IPS MODEL: BENEFITS COUNSELING!

At the Mental Health Center of Denver (MHCD), the 2Succeed Employment program assists people to find employment and keep their job. We do this by following the Individual Placement and Support Model (IPS). IPS has been rated by Substance Abuse and Mental Health Services Administration (SAMSHA) as a High Fidelity Model. IPS has been proven to be the very best way to support someone with their employment goals.

Continuing this series on the Principles of the IPS Model, we move on to Benefits Counseling. For a reminder of the objectives, please see page 21.

IPS defines Benefits planning as “helping a person review all of his or her benefits (e.g. Social Security benefits, medical benefits, food stamps, housing subsidies, Veteran’s Administration benefits, etc.) and determine the impact of earned income upon those benefits. Depending upon the preferences of the person, benefits planning may have the goal of helping someone exit the benefit system because they will support themselves entirely through working. Also called work incentives planning.

Most people who come to 2Succeed either have Social Security Income (SSI) or Social Security Disability Insurance (SSDI) and sometimes both. If both SSI and SSDI then both rules apply.

Social Security Income (SSI). Determining these earnings are more difficult. Please see the chart on page 20 to help determine how your benefits would be affected. These are determined for a single individual and if married the benefits differ.

(- Continued on Page 20 -)
Welcome to 2Succeed

2Succeed in Education is a psychiatric rehabilitation and supported education program that supports individuals in their recovery and promotes wellbeing. Every member of 2Succeed is expected to participate in the program to work on achieving their own desired goals.

How do I get started?

- **Step 1:** Attend Orientation
  - Tuesday: 10am
  - Wednesday: 2pm
  - Thursday: 10am

- **Step 2:** Participate in Learning and Wellness Planning Workshop
  - Monday: 1pm
  - Tuesday: 9am
  - Wednesday: 1pm
  - Thursday: 9am

- **Step 3:** Meet with your Education Counselor to be fully admitted to 2Succeed

- **Step 4:** Start utilizing 2Succeed to work towards the goals you identified on your Learning and Wellness Plan!

Eligibility for membership:

- Adult over 18 years of age.
- Diagnosed with mental illness.
- Must be in active clinical treatment in one of the following areas:
  - Mental Health Center of Denver clinical treatment.
  - Accessing another clinic through Access Behavioral Care.

For 2Succeed Orientation Plan to:

- Check in at the front reception desk and let them know you are here for Orientation.
- **Arrive only about 15 minutes early.** Try to not come too early as you will need to wait for orientation.
- **Be prompt** as those who arrive 10 minutes late or more will not be admitted and need to reschedule.
- Complete necessary paperwork for orientation.
**2Succeed in Education**

2Succeed in Education is a psychiatric rehabilitation and supported education program that supports individuals in their recovery and promotes wellbeing. Our program acts a bridge to the greater community, offering opportunities for individuals to participate in educational, social, physical, and spiritual pursuits. We encourage growth to assist individuals in pursuing their goals and to perceive themselves as the people they are beyond their experience of illness.

**Link2Succeed**

Link2Succeed helps students who are interested in pursuing formal education out in the community. Our Education Counselors provide support through tutoring, helping with financial aid and offering services on campus. Our counselors can help members navigate the education process from beginning to end; identifying barriers, celebrating successes and supporting individuals in achieving their academic goals.

**Studio 2Succeed**

Studio 2Succeed provides interested members with materials and instruction, as well as a spacious and welcoming art studio, to create many different forms of visual art. Staff, interns, and volunteers assist artists in using art as a creative expression as part of a person’s journey in recovery. Working as a bridge to the community, we help our artists show and sell their work at different venues around Denver.

**Culinary Arts Program**

Our Culinary Arts Training Program offers members an opportunity to gain valuable, paid, on-the-job training while preparing and providing nutritious meals within Sally’s Café, an operating restaurant at 2Succeed. The training offers participants the chance to see how a functioning food service entity runs and explore different job areas they might be interested in pursuing out in the community. Members learn skills including food prep, food safety and sanitation, storage, ordering and inventory, knife skills, customer service, timeliness and following directions. Sally’s Café serves approximately 150 meals per day and serves lunch and dinner five days a week.

**Sound Connection**

Members have the ability to participate in a variety of music classes and groups to enhance their skills and practice for in house and community based performances. Sound Connection is our community performance group, open to all abilities, styles and experience levels for fellowship in their artistry. We offer several music education classes including music literacy, piano, guitar, and drum circles. We provide members with an environment that promotes their own musical expression.
**Education and Wellness**

Other services provided by 2Succeed in Education are focused on wellness and recovery for the whole person. We offer a wide array of classes and groups. Computer classes are taught in two computer labs in our facility for all ranges of computer skills. Members can build relationships by engaging in social activities through exploring nature and attending cultural events. Our in house fitness center, yoga classes and daily outings to the YMCA provide opportunities to enhance physical wellbeing. For members looking to go to college or take the GED we have tutoring, biology, writing, math and reading classes. Members can explore their spirituality through meditation, mind body and spirit, gratitude in recovery and Bible readings classes. Other classes that can be found at 2Succeed include budgeting, nutrition, fishing, gardening, customer service, leadership, diabetes education, and life skills. Classes at 2Succeed vary and change based on consumer needs. We provide a welcoming environment that encourages growth and community involvement.

**Get Involved**

2Succeed is available to all consumers at the Mental Health Center of Denver. To become a member of 2Succeed, consumers must attend an orientation to learn about the program and be assigned to an education counselor. After orientation members will need to attend a Learning and Wellness Planning Workshop to establish what they want to work on while at 2Succeed. Once a member completes their plan they can schedule an appointment to meet with their Education Counselor for full admission into the program. Members will be closed with 2Succeed if they have not participated in the program for 90 days and must go through the admission process again.

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**How to Invite Your Friends to Like Us on Facebook**

**Step 1:**
Visit Mental Health Center of Denver’s Facebook Page at: [facebook.com/RecoveringDenver](http://facebook.com/RecoveringDenver)

**Step 2:**
Like the page

**Step 3:**
Click on ‘Invite friends to like this Page’

**Step 4:**
Invite your friends by clicking ‘Invite’ next to their name

For questions, concerns or ideas regarding social media, contact: adam.becker@mhcd.org
2016 2Succeed Satisfaction Survey

Thank you to everyone who took the time to participate in the 2016 2Succeed Satisfaction Survey! Your input and thoughtful responses were very much appreciated. We want you to know how valuable your feedback is in helping us to continue to grow and develop the Education program at 2Succeed. The overall results from the survey were very positive and we are extremely thankful for the wonderful members of this program.

The top response for “What classes/groups would you like to see 2Succeed offer?”—increased GED offering. We are gathering resources and researching different ways we can improve the GED offerings at 2Succeed.

The top response for “What activities would you like to see offered at 2Succeed?”—the annual retreat. We hope you will be excited to know we intend to bring back a retreat-type of event to 2Succeed. The new retreat will not be exactly the same as our previous retreats; however, we will be trying to offer a revised retreat.

It’s important to know that while we do value everyone’s feedback, we are not always able to accomplish everyone’s suggestions at 2Succeed. We really try to focus on providing the best educational and wellness offerings we can. Please continue to use the suggestion box that can be found near the activity book.

Thanks again, 2Succeed Staff

2Succeed’s Biggest Loser Contest

January 18 to March 11, 2016

Winners announced March 18 during lunch hour at Sally’s Café.

Consumers will go towards prizes:
1st ($25 gift card), 2nd ($15 gift card) and 3rd ($10 gift card).

Come and start a new, healthy lifestyle!
Live Well Diabetes Workshop

Returns on February 15th

Runs for six consecutive Mondays concluding on March 21st.

Held in Conference Room 126 from 1 to 2:30 p.m.
Weight Room Process

When you come for orientation of the Weight Room/Cardio Room be sure to wear warm-ups, loose fitting pants and top or shorts appropriate for movement. Also, be sure to wear your sneakers.

Be sure to take good care as far as our workout equipment goes and be mindful to use spotters when using the weight bench and weights. This is very important to prevent accidents from happening.

*Always set the weights down gently.* Dropping them will damage our flooring and wear out the equipment from the improper use. If you notice equipment damaged please come and let *Rosey Glover* know so we can address the issue. *Also, be mindful of the environment, support others on proper use and safety procedures so that we can all work on our health safely.*

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Sassy Seat Chair Workout

**Wednesdays 10 - 11 a.m.**
**Fridays 10 - 11 a.m.**
**Sally's Café Dining Room**

The objective of this class is for those with low mobility to experience a workout that aims to tone and stretch muscles without the painful effects from high impact motions.

Contact: Carrie Solano (303)305-1743  carolyn.solano@MHCSD.org

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YMCA Workout

**Monday 2 pm**
**Tuesday 2 pm**
**Wednesday 2pm (University Hills)**
**Friday 2 pm**

Workout, Relax in the Sauna or Steam Room, Play Basketball, Have Fun Exercising!

Sign Up In The Activity Book
Math Support Classes

Monday  
10am - 11am  Pre Algebra  
11am - 12pm  Intro to Algebra

Wednesday  
11am - 12pm  Math College Bound

Thursday  
2:30pm - 4pm  GED Math

Friday  
10am - 11am  Intro to Algebra  
11am - 12pm  Pre Algebra  
2pm - 4pm  Intro to Statistics

Room 115

Baby Boomers Club

1946–1964  
Carrie Solano, Facilitator

Meets the 2nd and 4th Tuesday of each month from 3:30 to 4:30 p.m. in Conference Room 126  
March 8th & March 22nd  
April 12th & April 26th  
May 10th & May 24th

Come and join the fun!

Wellness Friday

AT 2SUCCEED

Come enjoy a mini pedicure or a mini manicure and learn the benefits of self-care.

The objective of this class gives the opportunity/awareness in how self-wellness contributes to our overall well-being/mental health.

When: Fridays from 1 to 4 pm  
Location: First Floor Library  
Contact: Meredith Mills  
303-504-1713  
meredith.mills@mhcd.org

It's Movie Time

2Succeed will have a movie on every first and third Thursday of the month. Movie Time is for consumers to enjoy and learn about a variety of topics. We will have some time for questions and discussion after each movie.

Dates: Movie dates for March 2016 are:  
March 3rd and March 17th.

Location: Sally’s Café

Time: Movies start at 1:00 p.m. and can go as long as 4:30 p.m. depending on the length of movie that week.

Contact: Meredith Mills 303-504-1713 or meredith.mills@mhcd.org
LEADERSHIP IN RECOVERY
(In The Coffee Shop)
Fri- 9am
- How to lead in your own recovery?
  - What’s available?
  - What Plans for the weekends?
  - Resources
- Tools for coping with stressors
- Individual service plan & goals
- Tips for the Day!

Life Skills
Wednesdays 1:30 - 3 p.m.
Conference Room 126

March 2016
Managing Money without Stress

April 2016
Independence / Self-Reliance and Interdependence

May 2016
Acceptance / Rejection / Assertiveness

LEARN HOW TO
$$BUDGET$$
MONEY MATTER$ Classes
Sharpen Up Your Budgeting Skills
With MARY SHARP
Sally’s Cafe
Mondays 3:30 to 4:15 p.m.

Dual Recovery Anonymous
Meets on Tuesday and Friday
11 a.m. to 12 noon
Conference Room 126
456 Bannock Street
Computer Training at 2Succeed

☐ (Step 1) Complete Computer Orientation.
   ♦ Contact Steve Carter to set an appointment to attend for computer access at 2Succeed.

☐ (Step 2) If you are interested in the computer software classes we offer, let Steve Carter know at Computer Orientation.
   ♦ Steve will recommend attending Basic Computer Skills Class and/or Keyboard Skills to gain necessary skills for further computer training.

☐ (Step 3) Microsoft Word 2010 Basics— is the first class that you attend to continue on to additional software classes — Microsoft PowerPoint 2010 Basics and Microsoft Excel 2010 Basics.
   ♦ Microsoft Word 2010 Basics class requires students to keyboard 25+ NWPM (net words per minute—total after errors).

Eagle Eye Photography Club

Meeting every Monday from 2 - 3 p.m.
In Orientation Room 247
Upcoming Microsoft Software Classes

Announcing Enrollment for the Next Computer Software Classes

If you are interested in a lecture-driven class taught at a comfortable pace, complete the computer orientation / assessment process on previous Page 10 and then you will be referred to make an appointment with David McDonald at 303-504-1771 in Computer Training Lab 114.

PowerPoint 2010 Basics
Planned Start Date:
Tuesday, March 22, 2016
Class times: will be Tuesdays and Fridays from 2 p.m. to 4 p.m. (about 12-14 weeks)

New Class—Publisher 2010 Basics
Approximate Start Date: Tuesday, April 5, 2016
Class times: will be Tuesdays and Thursdays from 10 a.m. to 12 noon (about 14-16 weeks)

Need to be enrolled before attending each computer software classes! Call or see David McDonald for more information.

Learn Keyboard Skills

Tuesday
1 - 2 p.m.

Wednesday
1 - 2 p.m.

Thursday
1 - 2 p.m.

Computer Training Room 210

Need to be enrolled.
See Steve Carter for more details.

BASIC COMPUTER SKILLS

What you will learn:
Introduction to computers, hardware and software, how to browse the internet, introduction to Microsoft Word, send and receive e-mails.
Instructor: Marbella Myers (Bolivar)

♦ Need to be enrolled to attend this class.

Meets Monday @ 2 p.m. to 3 p.m.
And Wednesday @ 10:30 to 11:30 a.m.
In Computer Room 210
Intenders Circle

"Each and every component that makes up your life experience is drawn to you by the powerful Law of Attraction’s response to the thoughts you think and the story you tell about your life. Your money and financial assets; your body’s state of wellness, clarity, flexibility, size, and shape; your work environment, how you are treated, work satisfaction, and rewards—indeed, the very happiness of your life experience in general—is all happening because of the story that you tell." ~ Abraham

Intenders Circle is a group that meets every Thursday afternoon from 2:30-4:00. We practice as a group building positive perspectives. Your perspectives and perception create your story. Are you ready to have a supportive story; creating awareness of possibilities that were there all along? Join us!

“Living consciously involves being genuine; it involves listening and responding to others honestly and openly; it involves being in the moment.” ~ Sidney Poitier

Nancy J. Markow

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Mind, Body and Spirit

This month’s topics are:

**Week 1 - (Tuesday, March 1)** “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)

**Week 2 - (Tuesday, March 8)** “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)

**Week 3 - (Tuesday, March 15)** Speaker, Steve Fisher, talks about Self-Care Wellbeing. (1:30 to 3 p.m. in Sally’s Café)

**Week 4 - (Tuesday, March 22)** “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)

**Week 5 - (Tuesday, March 29)** Spiritual Cinema—”The Blue Butterfly” (movie).
(1 to 4 p.m. in Sally’s Café)
The Benefits of Meditation

- Lowers high blood pressure
- Improves the immune system
- Higher states of consciousness
- Happiness and well-being increases
- Intuition develops and so much more

Meditation Class
Carrie Solano, Facilitator
Wellness Room 244

Wednesdays 2–3 p.m.
Midweek - Relax your mind from stress!

Mondays 10–11 a.m.
Fridays 11 a.m.—12 noon
Creating a Miniature Village 2Succeed

Join us in the art studio and construct or simply decorate an already constructed miniature house to add into our mini Village 2Succeed. Let’s create a large and diverse village filled with all of the unique, artistic voices of our members!

Wednesdays & Fridays from 2:00-4:00 p.m.
Sound Connection

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>March 2</td>
<td>Tour of UCD Music Dept. / Facilities</td>
</tr>
<tr>
<td>March 9</td>
<td>Rehearsal at 2Succeed</td>
</tr>
<tr>
<td>March 16</td>
<td>Gypsy House Café Open Mike</td>
</tr>
</tbody>
</table>

Music Trivia

Thursdays at 5:00pm
We are excited to introduce a new tool, called myHealthPointe (MHCD.org/myHealthPointe). After gaining some experience working with consumers to use myHealthPointe at the RC, we are growing its exposure at other locations. Here is some information you may like to have about myHealthPointe.

Briefly, myHealthPointe is a secure and private website where consumers can see their health information, and connect with MHCD services. MyHealthPointe provides access to such information as medication lists, lab results, and vital signs, and provides consumers a new means of keeping track of their appointments – they can use mHP to see the dates and times of past appointments, to request new appointments, and to receive reminders about upcoming appointments. It also is useful as a place where consumers can connect with resources, both inside MHCD and in the broader Denver community.

MHCD received a generous grant from the Colorado Health Foundation to support consumer use of myHealthPointe, and with this funding we have hired a new team of Peer Mentors, the myHealthPointe Team, to assist consumers in accessing and becoming familiar with mHP. If you are in the Recovery Center and see staff wearing a bright green name badge, please say hello and welcome these Peer Mentors to the MHCD team.

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**Learn the myHealthPointe Portal at 2Succeed in Education**

**Vanessa Valdez, Peer Specialist, will be working with Steve Carter** to assist members at 2Succeed with obtaining accounts for myhealthpointe which is a portal from which consumers can access parts of their health information.

Steve Carter will be available to assign PIN numbers in Computer Training Room 210 on Tuesdays from 10 to 11 a.m. and Thursdays from 1 to 2 p.m. starting Tuesday, January 26th.

Vanessa Valdez will be available to assist those who need it acquire a personal e-mail address and assist them with setting up a myHP account and tutor them on navigating through the portal.
What you can expect from the Consumer Experience Facilitator

- Consumer advocacy for concerns regarding treatment, access to services, consumer rights, & consumer engagement
- Open lines of communication with both the consumers and staff to discuss concerns and explore resolutions
- Participation in community based consumer advocacy forums such as the Denver Alliance for the Mentally Ill
- Conduct focus groups with staff, stakeholders, and consumers in order to apply feedback for quality and process improvement activities
- Solicit positive feedback about consumer experience throughout MHCD

LACEY J. PETERSON
Consumer Experience Facilitator

4141 E. Dickenson Place
Denver, Colorado 80222
☎ 303.504.6579
✉ lacey.peterson@mhcd.org
Enrolled students in 2Succeed’s Culinary Program receive hands-on, team-oriented, industry-standard commercial kitchen training that includes the following:

- Introductory cleaning and sanitation skills
- Salad preparatory skills
- Basic cooking and baking techniques
- Knife skills
- ServSafe Certification classes and exam
- This is a paid training program

And all of this is provided in a supportive environment designed to build self-esteem, professionalism and a strong work ethic.

For further information, please attend a Culinary Program Orientation held every Wednesday afternoon at 1:00 p.m. at Sally’s Café, 456 Bannock Street. Or contact the program administrators; Michele Rosebrook at (303)-504-1765 or Raymond Sedillo, at (303) 504 1772.

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Join millions of foodservice professionals in taking the first step in a commitment to food safety. Classes are open to all 2Succeed Consumers.

- Class is held every Monday at 1–2 p.m. in Room 231
- Class is held every Friday at 1–2 p.m. in Room 231

For further details please contact either Michele Rosebrook or Raymond Sedillo at Sally’s Café.
Interested in working? Then we want to help you.

2Succeed in Employment can assist you in finding employment. We will help you look for jobs that interest you by providing the following services:

- Identifying job goal matching interest, skill level and core values
- Building a resume and cover letters
- How to conduct a job search and approaching employers
- Professionalism—attitude, dress and job expectations
- A personal Employment Specialist assisting you to find employment and job retention services.

If you would like to set an appointment for services please contact Gabe Sandoval at 303-504-1720 or Melanie Ritter at 303-504-1752.

Gabe Sandoval is also at the Recovery Center on Tuesdays from 8 a.m. to 12 noon in Room 106. And Melanie Ritter is at the Recovery Center on Wednesdays from 11:30 a.m. to 3:30 p.m. in Room 106. Please call for an appointment.
Quick Reference Chart for SSI 2016

If you are receiving the full SSI payment of $733.00 per month and your only other income is from work, this chart shows how your gross monthly earnings will effect your SSI payment.

<table>
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<th>Gross Earnings</th>
<th>SSI Payment</th>
<th>Total Income</th>
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<tbody>
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<td>$ 0.00</td>
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Call 1-866-772-0953 between the first and the sixth of the month only.

**Warning:** all individual on SSI/SSDI benefits must report all income to SSA by the 10th of each month or risk overpayment and possibly loss of benefit for six month to a year. You may contact your local SSA office by phone or mail, or you may contact them by calling 1-800-772-1213. Ask for a receipt.

**Supplemental Security Income; Telephone Wage Reporting (SSI only)**

You may call and report during the first six days of the month for the previous month only.

Things you need to have before you call to report wages by telephone:

- The Social Security Number of the person who is reporting wages (the caller)
- The Social Security Number of the wage earner
- The **TOTAL** amount of Gross wages for the wage earner.
- The Social Security Number of the person who is eligible to receive SSI benefits.
- The caller’s name as it appears on their Social Security card.

It has always been extremely important for individuals receiving SSI to notify Social Security with any change to income. If beginning a job, you need to save earnings until Social Security has changed your benefits to include your working income because Social Security will request a pay back. Social Security deems this as the individual responsibility and failure to do so would result in garnished SSI check or even lead to losing the subsidy. Benefit Planning and meeting with a Benefit Planner are essential when planning on returning to work.

**Social Security Disability Insurance (SSDI).** SSDI rules are a bit easier to remember. One needs to stay under the 2016 amount of what Social Security has deemed as Substantial Gainful Activity (SGA), of $1,130 monthly. Unfortunately many people tend to go over the SGA with earning and lose their SSDI. **The SGA rules are defined as gross wages and not the amount that one brings home.** There are also
additional weeks in some months and the employers pay periods could lead to one going over the SGA amount. If you want to remain on SSDI, please plan out your pay periods to verify that you have remained under the SGA. If you want to work to go off of benefits it would be advisable to work with a benefits counselor in order to know the rules and how to get back on, if needed.

There are some ways that a person can go over their SSI and SSDI amount of SGA. There are also ways for people to slowly go off of benefits. For all of these services you would want to work with a benefit planner.

The Work Force Centers all have people trained in Benefit counseling. Gabe Sandoval at 2Succeed has training in benefits counseling. We are also fortunate at 2Succeed to have Teresa A, McGarry, Benefits Planner/Community Work Incentive Coordinator 303/691-9339 who attends our site every other Tuesday. To set an appointment to see her at her office please call her. I could set an appointment for you to see Terry at 2Succeed, as well.

We further advise people to also see the benefits counselor after accepting a job to go over rules and to make sure that everything is in place.

I have seen a lot of people in their 40s and 50s find full time jobs and go off of benefits. I also know people who have remained successfully employed for decades and remain on Social Security benefits. Social Security benefits can often help people to remain stable; effectively manage their disability while employed. It would be up to you, if you choose to remain on benefits or not.

The Resource Center at the Mental Health Center of Denver can assist you if you wish to apply for social security benefits. Please contact them at 303/504-6800.

We want to help you be successful in a job and career. Social Security benefits are tricky and you are responsible to know the rules. Please let us know how we can assist you in understanding your benefits. If you would like to know more about the 2Succeed Employment program or have an appointment to see Terry, please contact me, Linda Miller at 303/504.1734.

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**The Principles of Individual Placement and Support Model (IPS)**

- **Competitive Employment** - A regular job in the community that anyone can apply to.
- **Integrated with Treatment Teams** - IPS is part of the treatment team.
- **Zero Exclusion** - Every person with severe mental illness who wants to work is eligible for IPS, regardless of diagnosis, symptoms, work history, or other problems, including substance abuse.
- **Attention to Person's Preferences** - Services are based on individual's preferences and choices.
- **Benefits Counseling is Important** - Employment Specialists help people to access ongoing guidance regarding Social Security, Medicaid, and other government entitlements.
- **Rapid Job Search** - Employment Specialists beginning the job search process within 30 days.
- **Systematic Job Development** - Multiple visits with employment to learn about the work environment and work needs, continuing to network because that is how people find jobs.
- **Time-unlimited Support** - Follow-along supports are individualized and continued for as long as the person wants and needs the support.
HOSPITALITY & CUSTOMER SERVICE FOCUSED!

Get help getting a job specifically in the hospitality & customer service industry!

Denver Road to Work Program presents the Hospitality & Customer Service Training Course

♦ 2-day specialized training focused on hospitality & customer service
♦ Training on preparing to look for employment
♦ Knowledge about what it takes to be successful in the hospitality field
♦ Information about positions within the hospitality industry
♦ Interview preparation including experience doing “speed interviewing” for practice with hotel managers
♦ Inside connections to local employers who partner with DRW
♦ Inside tips from HR managers and GMs of local hotels
♦ A chance to ask industry specific questions to industry leaders

If you are interested tell your employment specialist! Your employment specialist has more detailed information about the training and can sign you up if you want to participate!

Rebecca Friedel,
Vocational Project Coordinator
2Succeed Classes by Category

**Computer Science (CPS)**

- **CPS 050 A Computer Orientation** (Beginner Level)
  To arrange for a computer account you need to attend this basic orientation which explains general procedures and expectations around the use of the computers and your account. This session is for beginners to the computer.

- **CPS 050 B Computer Orientation** (Have Computer Skills)
  Same as above orientation except that this session is geared towards individuals with existing basic computer skills/experience.

- **CPS 90 Computer Club**
  A time and place for computer enthusiasts to come together to share the latest applications, latest tech news, new gadgets, and video games. A network hub will be provided to network laptops together for networked game play, however, participants in the Computer Club must provide their own laptop accessories.

- **CPS 100 Keyboard Skills Training**
  Using the Typing Master software, students work through lessons and games for developing keyboarding skills. Also a good program for people who want to brush up their skills.

- **CPS 103 Computer Basics**
  **Prerequisite:** CPS 050 Computer Orientation.
  This course is for students with little to no experience with computers. Topics include; the differences between hardware and software, beginner internet skills, and how to operate a personal email account.

- **CPS 108 Computer Basics Tutoring Lab**
  Support lab for basics computer question.

- **CPS 110 Microsoft Word Basics**
  **Prerequisite:** CPS 050 Computer Orientation, CPS 103 Computer Basics and keyboard skills of 25+ words a minute.
  **Enrollment Required** - Class teaches how to create, save and print a basic document. Also learn the Memo Format, Business Letter Format and basic Flyers.

- **CPS 111 Microsoft Excel Basics**
  **Prerequisite:** CPS 110 Microsoft Word Basics.
  **Enrollment Required** - Class teaches how to create, save, edit and print a basic spreadsheet for tracking information and basic calculations.

- **CPS 112 Microsoft PowerPoint Basics**
  **Prerequisite:** CPS 110 Microsoft Word Basics.
  **Enrollment Required** - Class teaches how to create, save, print and run a basic presentation slide show.

**General Studies (GEN)**

- **GEN 102 Bible Reading**
  Is one of your goals to read the New Testament? Many people have found this to be a great help in their spiritual life. People of all faiths are encouraged to attend.

- **GEN 104 Pre-GED Reading**
  We work on improving reading skills that will be necessary for the GED and for becoming a lifelong learner.
2Succeed Classes by Category

- **GEN 105 Pre-Algebra**
  This class introduces the student to basic algebra concepts such as variables, integers, rational expressions, equations, and translating words into algebraic equations, etc.

- **GEN 108 Life Skills**
  Improve or learn new skills by acquiring better coping skills for life’s stressors. Topics discussed include relationships, communications, self esteem, awareness and understanding of others, emotional support, and building positive support systems.

- **GEN 109 Money Matters**
  A budgeting class which will teach individuals the goals of saving. Students learn to identify types of expenses; and learn how to understand bank accounts, and how to achieve long-term financial goals.

- **GEN 120 Current and Historical Events**
  Come together and discuss what is happening in the city, country and world today. Comfortable environment for casual conversations and community building.

- **GEN 121 Intro to Algebra**
  **Prerequisite:** GEN 105 Pre-Algebra
  This class expands on the concepts learned in the Pre-Algebra Class. Students learn about more complex concepts such as linear equations, slopes, polynomials, exponents, inequalities, etc. Students MUST have had a pre-algebra class before they can be admitted into this class.

- **GEN 125 Recovery Talk Inspirational Books**
  We read and discuss fun, interesting stories from books such as “Everything I Need to Know I learned in Kindergarten”, “Don’t Sweat the Small Stuff”, “Something to Smile About” and “Life’s Little Instruction Book”.

- **GEN 128 GED Math**
  This class follows the GED syllabus strictly. Students learn Arithmetic, Algebra, Geometry, Statistics and Probability. These are the five areas that GED math covers for the exams. Also learn how to use the Casio Scientific calculator, which is used for the GED test.

- **GEN 129 Eagle Eye 10 Photography**
  We try to go on photo shoots about once per month. We share our photos and experiences to help each other grow as photographers.

- **GEN 132 GED Writing**
  This class prepares the student for successful completion of the GED exam by offering instruction and practice in development of college level writing skills.

- **GEN 134 Leadership in Well-Being**
  This class is offered to help individuals learn how to lead in your own wellbeing through identifying strengths and capabilities. This class offers opportunities to learn and interact with others in learning and building tools / skills in a group setting through discussion and lessons / worksheets enhancing a sense of wellness and progress in one’s own rehabilitation and recovery-focused goals.
2Succeed Classes by Category

- **GEN 136  Group Games**
  The objective of the class is to challenge our bodies and our minds, and to have fun. We will do a variety of inside activities including: games like Yahtzee, Scrabble, Boggle, Cribbage, Checkers and dance lessons.

- **GEN 140  Writing for Recovery**
  A writing class for individuals wanting to express themselves in a fun and meaningful way. Classes include different types of poetry, writing exercises, short stories, advocacy letters and any suggestions from our members who enjoy writing. Beginning and experienced writers are encouraged to come and have fun.

- **GEN 201  Intro to Statistics**
  In this class, students will learn how to collect, analyze, interpret, present, and organize data.

- **GEN 202  Trigonometry**
  In this class, students will study the relationships involving lengths and angles of a triangle.

**Music and Performance (MUS)**

- **MUS 104  Sound Connection**
  A long standing community gathering of musicians, artists, poets, and stand-up comedians alike. Every week brings a new experience, depending on what people would like to share or which activity is chosen to support fellowship through the performing arts. Audience members welcome also.

- **MUS 106  Acoustic Guitar Jam Circle**
  Bring a guitar or borrow one of ours and sit in with guitarists of all skill levels and styles. It is not necessary to be able to read music, chord charts, or tablature; but those that do are welcome. We’d love to have beginning to advanced players join us!

- **MUS 107  Actor’s Cove**
  Attention: Writers and actors needed! If you love to perform, write skits, are creative; and want to be in front of an audience, Actor’s Cove is where you should be. Come join in the fun.

- **MUS 108  Music Literacy**
  Learn the foundations for basic music reading as well as intermediate concepts including key signatures and conducting. A basic exploration of music genres throughout time is also presented. 12 weeks. Prerequisite for Beginning Piano and Beginning Guitar.

- **MUS 109  Drumming Circle**
  This group requires no musical skill or experience. All are welcome to join us for music making with use of percussion instruments. We use drums to express ourselves, expel energy, connect and communicate with one another, and learn more about our emotional and musical selves.

- **MUS 110  Beginning Piano**
  **Prerequisite:** Music Literacy or basic ability to read music.
  **Enrollment required.** This class provides beginning piano instruction, starting from the very beginning for up to five members per class. Learn the foundations of a healthy physical approach to piano playing, tips and methods for practicing and developing skill, and increase your musical agility. This class is designed to quickly give students skills to enjoy and share music.

Prerequisites for select classes:

- **MUS 104 Sound Connection**: Intermediate experience.
- **MUS 105 Music Literacy**: Basic knowledge.
- **MUS 106 Acoustic Guitar Jam Circle**: Any skill level welcome.
- **MUS 108 Actor’s Cove**: Basic acting experience.
- **MUS 109 Drumming Circle**: No musical skill required.
- **MUS 110 Beginning Piano**: Basic reading ability.
## 2Succeed Classes by Category

<table>
<thead>
<tr>
<th>Category</th>
<th>Course</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MUS 111  Beginning Guitar</strong></td>
<td></td>
<td><strong>Prerequisite:</strong> Music Literacy or basic ability to read music, chord charts, or tablature. This class will offer basic fundamentals for a long life of healthy guitar playing. Instruction will include a healthy physical approach to the instrument, tips and methods for practicing and developing skill, and an increase in musical agility. This class is designed to quickly give students skills to enjoy and share music using the guitar.</td>
</tr>
<tr>
<td><strong>Supported Education (SE)</strong></td>
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<tr>
<td><strong>SE 100  Math for the College Bound</strong></td>
<td></td>
<td>This is a foundational math class. This class assumes that the student does not have higher than a 7th grade math skill. Students begin by learning whole numbers, additions, subtraction, etc.; and progress into fractions, ratios, proportions, factors, percentages, simple and compound interests, etc.</td>
</tr>
<tr>
<td><strong>Wellness (WLS)</strong></td>
<td></td>
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<tr>
<td><strong>WLS 104  Sassy Seat Chair Exercise</strong></td>
<td></td>
<td>The objective of this class is for those with low mobility to experience a workout that aims to tone and stretch muscles without the painful effects from high impact motions.</td>
</tr>
<tr>
<td><strong>WLS 105  Diabetes Education</strong></td>
<td></td>
<td>Do you have Type II Diabetes? Are you carbohydrate conscious? Come awaken your mind and body as you learn to manage your diagnosis through diet, exercise, education, stress reduction and medication.</td>
</tr>
<tr>
<td><strong>WLS 106  Arts Workshop</strong></td>
<td></td>
<td>We work with a variety of materials to explore self-expression. We create a calm, safe environment where we can share our Art Work and explore recovery.</td>
</tr>
<tr>
<td><strong>WLS 109  Meditation</strong></td>
<td></td>
<td>Meditation offers healing of one’s self through guided imagery. Individuals do this by finding one’s inner peace through meditations. One practices quieting the mind and body to relieve stress and bring well being through meditation.</td>
</tr>
<tr>
<td><strong>WLS 110  Mind, Body, Spirit</strong></td>
<td></td>
<td>Mind, Body and Spirit classes give individuals the opportunity to seek spiritual methods through discussions by questions or answers with others. Studies include Eastern philosophy, astrology, aromatherapy and other topics that the class wants to discuss. The benefits of attending this class is to bring spiritual recovery to one’s self and a spiritual connection to one another.</td>
</tr>
<tr>
<td><strong>WLS 111  Wellness Friday</strong></td>
<td></td>
<td>Our objective of this class gives the opportunity / awareness in how self-wellness contributes to our overall well-being / mental health. Come and enjoy a mini pedicure or a mini manicure and learn the benefits of self care.</td>
</tr>
<tr>
<td><strong>WLS 112  Walking Class</strong></td>
<td></td>
<td>Walk at your own pace! This is an opportunity for individuals to walk with others at a comfortable pace. We cover different sidewalks paths in the Baker Neighborhood for a half hour walk covering about two miles.</td>
</tr>
</tbody>
</table>
2Succeed Classes by Category

- **WLS 116 YMCA Workout**
  Get Healthy! Join in a group of members and staff in a trip to the YMCA. Four times a week we go to the downtown YMCA to use their wonderful facilities which include a gym, track and workout equipment. Then one time a week we go to the YMCA at Colorado Blvd. which includes swimming, steam room and sauna. Come dressed in workout clothes or use a locker at the Y.

- **WLS 117 Weight Room Orientation**
  Get your 2Succeed Fitness Room Membership and Card so that you can utilize the Fitness Room to work on your wellness goals five days a week.

- **WLS 119 Open Art Studio**
  Bring a project to finish, or use our materials to create a piece of art. You will be on your own after a general tour of the room.

- **WLS 121 Gratitude and Well-Being**
  Gratitude and Well-Being class focuses on being positive, which brings us into Well-Being through sharing and journaling our thoughts.

- **WLS 124 Movement**
  Using Dance and Movement is a fun way to get in some healthy exercise and share dance moves with others. Dance/move to various music genres weekly in Sally's Café dining room.

- **WLS 126 Knit, Crochet and Needle Work**
  The objective of the needle, knit and crochet class is to offer the basic beginners skills to pursue a fun and productive hobby/craft in all three areas. If you would like to learn how to sew a button or repair a seam, even make a blanket, then you'll enjoy this informative craft class.

- **WLS 128 Intender's Circle**
  Intender practice empowering positive living. Our circle begins with an agreement to lift ourselves and each other. We weave a focus of Gratitude and Appreciation with a topic that supports positive living and a meditation that encourages alignment with highest expression. We conclude with toning, sharing the positive energy out into the world.

- **WLS 132 Baby Boomers and Beyond**
  Senior support group (50+) meets twice monthly offering activities and resources to individuals. We offer fun activities enhancing skills in memory, concentration, focus and healthy competition. Some of the activities provided include guest speakers in safety, wellbeing, health advice, AARP services, community events and discounts, self-defense, travel tips, money management, and fraud protection.

- **WLS 135 Nutrition 101**
  Learn basic nutrition from a Master Nutrition Therapist. Learn the biochemistry of the human body, the methylation pathways that drive human metabolism, the minerals, macro and micro nutrients that we all need to survive. This class will also teach you evidence-based strategies for losing or gaining weight, and how to feed an illness.

- **WLS 114 Yoga / Stretching**
  Get in touch with your deeper capacity for living in a fast-pace world and finding respite and balance in your life. This course is designed for members who want to learn Hatha and Hindu Yoga. Some movements focus on reducing depression, anxiety and of course attending helps members join each other in an introspective way of being.
## 2SUCCEED CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS 119 Open Art Studio</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>GEN 109 Meditation</strong></td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>GEN 105 Pre-Algebra</strong></td>
<td>Room 115</td>
<td>10 a.m. - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>MUS 200 Ear Training</strong></td>
<td>Music Room 245</td>
<td>10:30 a.m. - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN 121 Intro to Algebra</strong></td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>MUS 111 Beginning Guitar Class</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS 114 Yoga</strong></td>
<td>First Floor Library</td>
<td>11 a.m.–12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>CUL 102 ServSafe Training</strong></td>
<td>Room 231</td>
<td>1–2 p.m.</td>
<td>Michele Rosebrook / Ray Sedillo</td>
</tr>
<tr>
<td><strong>WLS 133 Knit, Crochet and Needlework</strong></td>
<td>First Floor Library</td>
<td>1 - 3 p.m.</td>
<td>Marolyn / Participants</td>
</tr>
<tr>
<td><strong>GEN 129 Eagle Eye 10 Photography</strong></td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>CPS 103 Basic Computer Skills</strong></td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>WLS 116 YMCA Work Out</strong></td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td><strong>GEN 109 Money Matters</strong></td>
<td>Sally’s Café</td>
<td>3:30–4:15 p.m.</td>
<td>Mary Sharp</td>
</tr>
<tr>
<td><strong>MUS 110 Beginning Piano</strong></td>
<td>Room 247</td>
<td>3:15–4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS 102 Music Tutoring</strong></td>
<td>Room 247</td>
<td>5 –5:50 p.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
# 2Succeed Class Schedule

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
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<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS 108</strong></td>
<td>Computer Room 210</td>
<td>10 - 11 a.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Computer Skills Tutoring</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td>Conference Room 126</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>WLS 117</strong></td>
<td>Fitness Room 243</td>
<td>11 - 12 noon</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>Weight Training Orientation</td>
<td></td>
<td>or by appointment</td>
<td></td>
</tr>
<tr>
<td><strong>CPS 100</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
<td>Need to be enrolled</td>
<td></td>
</tr>
<tr>
<td><strong>GEN 122</strong></td>
<td>Room 231</td>
<td>1 – 2 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Creative Writing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 110</strong></td>
<td>Wellness Room 244 / Sally's Café</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Mind, Body and Spirit</td>
<td></td>
<td>(1:30 - 3 p.m. Speaker)</td>
<td></td>
</tr>
<tr>
<td><strong>WLS 116</strong></td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>YMCA Work Out</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 132</strong></td>
<td>Room 231</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>GED Writing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 132</strong></td>
<td>Conference Room 126</td>
<td>3 - 4 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Baby Boomers and Beyond</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>MUS 107</strong></td>
<td>Sally's Café</td>
<td>3:30 - 4:30 p.m.</td>
<td>Mary Sharp</td>
</tr>
<tr>
<td>Actor’s Cove</td>
<td></td>
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<tr>
<td><strong>Wednesday</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS 138</strong></td>
<td>Munch Bunch Coffee Area</td>
<td>9 - 10 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Arts / Entertainment in the News</td>
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<td></td>
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</tr>
<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 2 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 105</strong></td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Pre-Algebra</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 104</strong></td>
<td>Sally's Café</td>
<td>10 - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Sassy Seat</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>CPS 103</strong></td>
<td>Computer Room 210</td>
<td>10:30 - 11:30 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Basic Computer Skills</td>
<td></td>
<td>Need to be enrolled</td>
<td></td>
</tr>
</tbody>
</table>
## 2SUCCEED CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday (continued)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 104</strong></td>
<td>Conference Room 126</td>
<td>10:30 - 11:30 a.m.</td>
<td>By Appointment Only</td>
</tr>
<tr>
<td>Pre GED/GED Tutoring Lab</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>SE 102</strong></td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Math for the College Bound</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS 112</strong></td>
<td>Baker Neighborhood Room 200</td>
<td>1 - 1:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Walking</td>
<td>Meet at reception</td>
<td></td>
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</tr>
<tr>
<td><strong>CPS 100</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
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</tr>
<tr>
<td><strong>GEN 102</strong></td>
<td>Room 231</td>
<td>1 - 2 p.m.</td>
<td>Chris Hack</td>
</tr>
<tr>
<td>Bible Reading Group</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>CUL 103</strong></td>
<td>Sally’s Café</td>
<td>1 - 1:30 p.m.</td>
<td>Michele Rosebrook</td>
</tr>
<tr>
<td>Culinary Orientation</td>
<td></td>
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</tr>
<tr>
<td><strong>CUL 104</strong></td>
<td>Sally’s Café</td>
<td>1:30 to 2 p.m.</td>
<td>Michele Rosebrook</td>
</tr>
<tr>
<td>Culinary Meeting</td>
<td></td>
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</tr>
<tr>
<td><strong>GEN 108</strong></td>
<td>Conference Room 126</td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>Life Skills</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>GEN 109</strong></td>
<td>Wellness Room 244</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Meditation</td>
<td></td>
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</tr>
<tr>
<td><strong>MUS 106</strong></td>
<td>Sally’s Café</td>
<td>2:15 - 3 p.m.</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td>Acoustic Guitar Jam Circle</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>CPS 050 A</strong></td>
<td>Computer Room 210</td>
<td>2 - 4 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Computer Orientation</td>
<td></td>
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<tr>
<td>(Beginner Level)</td>
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<tr>
<td><strong>WLS 116</strong></td>
<td>University Hills</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>YMCA Work Out</td>
<td></td>
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</tr>
<tr>
<td><strong>CPS 90</strong></td>
<td>First Floor Library</td>
<td>3 - 4 p.m.</td>
<td>Phillip/Participants</td>
</tr>
<tr>
<td>Computer Club</td>
<td></td>
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</tr>
<tr>
<td><strong>MUS 104</strong></td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Sound Connection</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 125</strong></td>
<td>Munch Bunch Coffee Area</td>
<td>3:30 p.m. - 4:30 p.m.</td>
<td>Chris Hack</td>
</tr>
<tr>
<td>Recovery Talk - Inspirational Books</td>
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</tbody>
</table>
## 2SUCCEED CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
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<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>Open Art Studio</td>
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<tr>
<td><strong>WLS 114</strong></td>
<td>First Floor Library</td>
<td>10:30 - 11:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Yoga</td>
<td></td>
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<tr>
<td><strong>MUS 108</strong></td>
<td>Conference Room 126</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Music Literacy</td>
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<tr>
<td><strong>GEN 120</strong></td>
<td>Sally's Café Coffee Shop</td>
<td>11 a.m. - 12 noon</td>
<td>Chris Hack</td>
</tr>
<tr>
<td>Current and Historic Events</td>
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</tr>
<tr>
<td><strong>MUS 113</strong></td>
<td>Sally's Café Dining Room</td>
<td>11:15 a.m. - 12 noon</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Community Choir</td>
<td></td>
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<tr>
<td><strong>CPS 100</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
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</tr>
<tr>
<td><strong>GEN 112</strong></td>
<td>Sally's Café Coffee Shop</td>
<td>1 - 2 p.m.</td>
<td>Chris Hack</td>
</tr>
<tr>
<td>Think Fast Mind Bending</td>
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<tr>
<td><strong>CPS 108</strong></td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Computer Skills Tutoring</td>
<td></td>
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<tr>
<td><strong>WLS 128</strong></td>
<td>Conference Room 126</td>
<td>2:30 - 4 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Intender's Circle</td>
<td></td>
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<tr>
<td><strong>GEN 128</strong></td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>GED Math</td>
<td></td>
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<tr>
<td><strong>GEN 104</strong></td>
<td>First Floor Library</td>
<td>3 - 4 p.m.</td>
<td>Need to be enrolled</td>
</tr>
<tr>
<td>Pre GED Reading</td>
<td></td>
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<tr>
<td><strong>WLS 124</strong></td>
<td>Sally's Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Participants</td>
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<tr>
<td>Movement</td>
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<tr>
<td><strong>Friday</strong></td>
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<tr>
<td><strong>GEN 134</strong></td>
<td>Munch Bunch Coffee Area</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>Leadership in Well-Being</td>
<td></td>
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<tr>
<td><strong>GEN 121</strong></td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Intro to Algebra</td>
<td></td>
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<tr>
<td><strong>GEN 132</strong></td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>GED Writing</td>
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</table>
### 2Succeed Class Schedule

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor/Facilitator</th>
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<tbody>
<tr>
<td><strong>Friday (continued)</strong></td>
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<tr>
<td><strong>WLS 104</strong> Sassy Seat</td>
<td>Sally’s Café</td>
<td>10 - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>WLS 105</strong> Psychiatric Rehabilitation Association’s Core Principles</td>
<td>Room 231</td>
<td>11 a.m. - 11:45 a.m.</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td><strong>GEN 109</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>GEN 140</strong> Writing for Recovery</td>
<td>Room 247</td>
<td>11 a.m. - 12 noon</td>
<td>Chris Hack</td>
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<td></td>
<td></td>
<td></td>
<td><strong>Starts March 11th</strong></td>
</tr>
<tr>
<td><strong>SE 102</strong> Math for the College Bound</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>CPS 050 B</strong> Computer</td>
<td>Computer Room 210</td>
<td>1 - 1:30 p.m.</td>
<td>Steve Carter</td>
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<tr>
<td>Orientation (Have some Skills)</td>
<td></td>
<td></td>
<td><strong>By appointment, only</strong></td>
</tr>
<tr>
<td><strong>CUL 102</strong> ServSafe Training</td>
<td>Room 231</td>
<td>1—2 p.m.</td>
<td>Michele Rosebrook /</td>
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<td></td>
<td></td>
<td></td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td><strong>GEN 136</strong> Group Games</td>
<td>Sally’s Café Coffee Area</td>
<td>1 - 3 p.m.</td>
<td>Chris Hack</td>
</tr>
<tr>
<td><strong>WLS 111</strong> Wellness Friday</td>
<td>First Floor Library</td>
<td>1 - 4 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>WLS 121</strong> Gratitude in Recovery</td>
<td>Wellness Room 244</td>
<td>1:30 - 2:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>WLS 135</strong> Nutrition 101</td>
<td>Room 231</td>
<td>2 - 3 p.m.</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td><strong>GEN 201</strong> Intro to Statistics</td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>WLS 116</strong> YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td><strong>WLS 112</strong> Walking</td>
<td>Baker Neighborhood Meet at reception</td>
<td>3 - 4 p.m.</td>
<td>Chris Hack</td>
</tr>
<tr>
<td><strong>CPS 90</strong> Computer Club</td>
<td>First Floor Library</td>
<td>3 - 4 p.m.</td>
<td>Phillip/Participants</td>
</tr>
<tr>
<td><strong>MUS 109</strong> Drum Circle</td>
<td>Sally’s Café Dining Room</td>
<td>3:15 - 4:15 p.m.</td>
<td>Casey Ehresman</td>
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</table>
### Plans for March 2016

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Saturday</th>
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FREE DAYS AROUND DENVER - 2016 SCHEDULE

**Denver Art Museum**
General Admission is Free on the First Saturday of each Month
(720-865-5000)
100 West 14th Avenue Parkway, Denver
10 a.m. to 5 p.m.
www.denverartmuseum.org
☆ Saturday, March 5
☆ Saturday, April 2

**Denver Botanic Gardens**
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Saturday, March 19 (World Water Day)
☆ Sunday, April 3
☆ Thursday, June 23

**Denver Botanic Gardens at Chatfield**
(303-973-3705)
8500 Deer Creek Canyon Road, Littleton
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Tuesday, March 1
☆ Tuesday, April 5
☆ Tuesday, June 7

**Denver Firefighters Museum**
(303-892-1436)
1326 Tremont Place, Denver
Monday - Saturday  10 a.m. to 4 p.m.
www.denverfirefightersmuseum.org
☆ Seniors 65+ are free the second Saturday of every month

**Denver Museum of Nature & Science**
(303-322-7009)
2001 Colorado Boulevard, Denver
9 a.m. to 5 p.m.
www.dmns.org
☆ Monday, March 7
☆ Sunday, April 10
☆ Saturday, April 23

**Denver Zoo**
(303-376-4800)
2300 Steele Street, Denver
November to March  (9 a.m. to 5 p.m.)
April to October (10 a.m. to 4 p.m.)
www.denverzoo.org
☆ November 4
☆ November 7
☆ November 17

**Molly Brown House Museum**
(303-832-4092)
1340 Pennsylvania Street, Denver
Free museum admission to the residents of Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, and Jefferson Counties.
Closed Mondays
Tuesday through Saturday
First tour starts at 10:00 am
Last tour starts at 3:30 pm
Sunday
First tour starts at 12:00 pm
Last tour starts at 3:30 pm
www.mollybrown.org

Always call ahead to verify event information!
### Multicultural Education Week - March 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>29 Multicultural Education Week Kick Off - Inclusiveness Workshop 1 p.m. Sally’s Café Karaoke 5:15—6 p.m.</td>
<td>1 Multicultural Education Week Culture of Dance 2 p.m. Sally’s Café Coffee Club @ Starbucks 5:30—6 p.m.</td>
<td>2 Multicultural Education Week Multicultural Games 1:15 p.m. Sally’s Café Ice Cream Social Yogurt Land 5:30—6 p.m.</td>
<td>3 Multicultural Education Week “Secret Life of Walter Mitty” 1 p.m. Sally’s Café Music Trivia 5 -6 p.m. (CE) Bingo 5:30—6 p.m.</td>
<td>4 Multicultural Education Week Culture of Food 10 a.m. Sally’s Café Open Mike 5 -5:45 p.m.</td>
</tr>
<tr>
<td>7 MSUD Student/Faculty Recital @ King Center 1:45 to 3 pm Community Forum in Sally’s Café @ 1 p.m. Karaoke 5:15—6 p.m.</td>
<td>8 Coffee Club @ Dazbog 5:30—6 p.m.</td>
<td>9 Ice Cream Social @ Sweet Action 5:30—6 p.m.</td>
<td>10 Bowling 3 - 5 p.m. (RG) Music Trivia 5 -6 p.m. (CE)</td>
<td>11 Open Mike 5 -5:45 p.m.</td>
</tr>
<tr>
<td>14 MSUD Student/Faculty Recital @ King Center 1:45 to 3 pm Community Forum in Sally’s Café @ 1 p.m. Karaoke 5:15—6 p.m.</td>
<td>15 Coffee Club @ Pablo’s 5:30 - 6 p.m.</td>
<td>16 Ice Cream Social @ Yogurt Land 5:30—6 p.m.</td>
<td>17 Movie Time! 1 to 4:30 p.m. Bowling 3 - 5 p.m. (RG) Music Trivia 5 -6 p.m. (CE) Bingo 5:30—6 p.m.</td>
<td>18 Open Mike 5 -5:45 p.m.</td>
</tr>
<tr>
<td>21 Community Forum in Sally’s Café @ 1 p.m. Karaoke 5:15—6 p.m.</td>
<td>22 Coffee Club @ Bardo’s 5:30—6 p.m.</td>
<td>23 Ice Cream Social @ Sweet Action 5:30—6 p.m.</td>
<td>24 Bowling 3 - 5 p.m. (RG) Music Trivia 5 -6 p.m. (CE)</td>
<td>25 Lunchtime Acoustic Open Mike 11:45 a.m. - 12:30 p.m. Open Mike 5 -5:45 p.m.</td>
</tr>
<tr>
<td>28 Community Forum in Sally’s Café @ 1 p.m. Karaoke 5:15—6 p.m.</td>
<td>29 Coffee Club @ Starbucks 5:30-6 p.m.</td>
<td>30 Ice Cream Social @ Yogurt Land 5:30—6 p.m.</td>
<td>31 Music Trivia 5 -6 p.m. (CE) Bowling 3 - 5 p.m. (RG) Bingo 5:30—6 p.m.</td>
<td>1 April 2016 Open Mike 5 -5:45 p.m.</td>
</tr>
</tbody>
</table>

Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.
Open Hours

Monday through Friday
Open for Breakfast from 8 a.m. until 10:30 a.m.
Open for Lunch from 11:30 a.m. until 1 p.m.
Lunch is served from 12 noon until 12:30 p.m.
Open for Dinner from 4:00 to 5:30 p.m.
Dinner is served from 4:30 until 5 p.m.

Munch Bunch

Weekly Sales for March

Week 1  Buy 1 Planter’s Peanuts get 1 for Half Price!
Week 2  Buy 1 Vanilla Crème Cookies get 1 for Half Price!
Week 3  Buy 1 Baked Popcorn get 1 for Half Price!
Week 4  Buy 1 V-8 Vegetable Drink get 1 for Half Price!