PORTER BY DAY—FOODIE BY NIGHT

The dictionary definition of the word “porter” is a person who does cleaning and maintenance in a building, factory, store, etc. But this definition does not even come close to the skills that Michael Gaskin brings to the table when he comes to work at 2Succeed in Education/Employment.

I recently had the opportunity to interview Mike and discuss his role at 2Succeed. According to Mike, his job is much more than just cleaning and maintenance. “I like to think that we (building porters) have a lot to do with the way things flow in the building, and a big part of our job is to create a safe environment.”

A member who wished to remain anonymous described Michael as the heart and soul of 2Succeed. “He is a walking example of our culture and value system at 2Succeed. He has a keen sense of diversity and fairness, and he is extremely generous with his time and knowledge.”

Michael is from the Midwest, but what brought a guy who was born and raised in Indiana to Colorado and eventually MHCD? “I don’t remember exactly why I came to Colorado eleven years ago, but I think it was mainly a change of pace.”

(- Continued on Page 22 - )
Welcome to 2Succeed

How do I get started?

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

- **Step 2**: Participate in a Supported Education Wellness Planning Workshop
  - Monday 1 pm
  - Tuesday 9 am
  - Wednesday 1 pm
  - Thursday 9 am

- **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 Supported Education 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 front reception desk and let them know you are here for Orientation
- **Arrive only about 15 minutes 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

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2Succeed Connection Editor/Publisher: David McDonald (303-504-1771) david.mcdonald@mhcd.org

456 Bannock St.
Denver, CO 80204
303-504-1700
**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

**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@mhcdd.org
**2Succeed Has a New First Floor Entry System**

We have a new entry system for the first floor front door at the 2Succeed building. This increases our safety by making sure individuals belong in our program and verify this before letting them into the first floor.

**To enter the first floor:**

- Press the **Door Call Button** next to the first floor front door and wait to hear the receptionist greet you. Please do not lean into the box so we can see you on the video camera.

- The receptionist will verify that you are signed into the program and then unlock the door for you to enter. You can then pull the door open and enter the first floor.
  - **Note:** Please do not allow others to enter unless directed by the receptionist to do so. They need to be signed into the program to enter the first floor.

- If you are not signed into the program, you will be directed to the second floor reception desk before gaining entry to the first floor program.

**To enter the first floor using the accessibility pad at the first floor front door:**

- Press the **Door Call Button** next to the first floor front door and wait to hear the receptionist greet you.

- The receptionist will verify that you are signed into the program and then instruct you to move back to press the **Accessibility Pad**.

- They will unlock the door for you to enter and the door will open automatically.

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**Look for the Changes in Class Times and Dates this Month**

New Class Schedule on Pages 12–16
Winter Safety

Mental Health Center of Denver has established Emergency Safety Procedures for use at Bannock and other MHCD facilities. The purpose is to rapidly and efficiently mobilize resources in the event of an emergency and maintain a safe environment.

Winter Weather Notice for MHCD Staff and Those We Serve

- **Closings will be announced by 5 a.m. on the early morning Channel 9 News** and notification will be sent via our emergency communication system (BlazeCast).
- You may also call the snow line at 303 756-SNOW (7669).
- The time for announcing early closure may be variable due to developing weather conditions. Email and a BlazeCast message will be sent to all staff if MHCD is closing early.

People With Disabilities -- Winter Preparedness Tips

**Layer Up.** People with disabilities may want to take extra care during the cold weather season. Some weather conditions may limit sensory abilities and the ability to maintain body heat, so **be particularly vigilant about staying warm when you are out in low temperatures.**

When heading out into the cold weather, dress in layers, including a scarf around your neck, a winter hat, lined boots and two pairs of socks. Air acts as insulation when it gets trapped between layers. Also, wearing multiple layers offers you the ability to remove layers as you get warm or cool down.

Avoid cotton clothing when possible as it does not dry once wet. Try a moisture-wicking material like polypropylene and other lightweight, man-made fabrics.

Invest in good gloves. Grip driving gloves not only keep your hands warm but also prevent slipping when sleet or ice stick to wheelchairs and other surfaces. Always carry a second pair of gloves with you, in case one pair gets wet.

It’s also a good idea to carry a cell phone.
Use Protection. Use Sunscreen. We never think of it but when the sun’s reflection on the snow can cause severe sunburns.

Another helpful tip is to use Vaseline on exposed areas of your face. It reduces the risk of your face becoming dry or chapped by acting as a moisture insulator.

Travel in a wheelchair. Wrap a small blanket around your legs, tucking it underneath yourself or around your sides. This will help to maintain body heat. Use table salt or clay cat litter to clear ramps – rock salt can poison working assistance animals and also may be slippery. Wipe down any metal surfaces (wheelchair tire rims, walkers, etc.) as soon as possible after returning home. This will prevent rusting.

Using a wheelchair in the snow can be very strenuous. Always take your time and be careful when maneuvering through the snow as the extra exertion could have negative effects on your body.

Use a working assistance dog. Remember that dogs also can suffer from hypothermia and frostbite. Get a dog coat to place under the harness, and consider getting boots for the paws. Also, have a blanket in your vehicle for the dog.

Additional tips for people with disabilities:

If you receive home-based care (e.g., homecare attendant, home health aide, visiting nurse service), include caregivers in developing your plan and familiarize yourself with your homecare agency’s emergency plan.

If you are blind or have a visual disability, store a talking or Braille clock or large-print timepiece with extra batteries.

If you rely on home-delivered meals, always stock nonperishable food at home in case meal deliveries are suspended during an emergency.

Have a plan with your doctor that addresses emergency prescription refills, if possible.

If you receive dialysis or other medical treatments, find out your provider’s emergency plan, including where your back-up site is located.

If you rely on medical equipment that requires electric power, contact your medical supply company for information regarding a back-up power source such as a battery. Follow the manufacturer's directions when installing the equipment and the battery back-up. If you use a portable generator for emergency power, follow the manufacturer’s directions for safe operation, and check with local fire and building officials for regulations governing generator and fuel use. Ask your utility company if the medical equipment qualifies you to be listed as a life-sustaining equipment customer.

If you rely on oxygen, talk to your vendor about emergency replacements.
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 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 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. Class is usually offered 1-2 time per year.

- **CPS 113  Microsoft Publisher Basics**
  **Prerequisite:** CPS 110 Microsoft Word Basics.
  **Enrollment Required** - Class teaches how to create, save and print documents such as business cards, flyers and simple newsletters.

General Studies (GEN)

- **GEN 100  Basic Spanish**
  This class offers the basics of Spanish. Learn how to have a small conversation anywhere you go!!! This class is closed once it has started.

- **GEN 104  Reading Skills**
  This class helps individuals to gain new or improved reading skills through self-paced lessons and activities..

- **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 that teaches individuals the goals of saving. Learn to identify types of expenses, how to understand bank accounts, and how to achieve long-term financial goals.
2Succeed Classes by Category

- **GEN 121 Intro to Algebra**
  
  **Prerequisite:** GEN 105 Pre-Algebra
  
  This class expands on the concepts learned in the Pre-Algebra Class. Learn more complex concepts such as linear equations, slopes, polynomials, exponents, inequalities, etc.

- **GEN 127 VIMR**
  
  What’s your definition of hope? Do you know where your life is going? Are you wondering how to get through the stressors of life? If you answered yes to 1 or all of these questions, we have a group that can help you?

- **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 134 Leadership in Well-Being**
  
  This class teaches how to lead in your own wellbeing through identifying strengths and capabilities. Interact with others in learning and building tools through discussion/worksheets enhancing a sense of wellness and progress in one’s own and recovery-focused goals.

- **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**
  
  Community gathering of musicians, artists, poets, and stand-up comedians alike. Every week brings a new experience, depending on which activity is chosen to support fellowship through the performing arts.

- **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.**
2Succeed Classes by Category

- **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 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.

- **MUS 111**  Beginning Guitar
  **Prerequisite:** 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.

**Wellness (WLS)**

- **WLS 100**  Arts Workshop
  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.

- **WLS 104**  Sassy Seat Chair Exercise
  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.

- **WLS 109**  Meditation
  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.

- **WLS 110**  Mind, Body, Spirit
  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.

**Supported Education (SE)**

- **SE 100**  Math for the College Bound
  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.

- **WLS 111**  Wellness Friday
  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.
2Succeed Classes by Category

♦ WLS 112 Walking Class
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.

♦ WLS 113 Diabetes Workshop
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.

♦ WLS 116 YMCA Workout
Get Healthy! Join a group of members and staff on 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. Come dressed in workout clothes or use a locker at the Y.

♦ 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 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
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.
<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>
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</tr>
<tr>
<td>GEN 132</td>
<td>Room 231</td>
<td>9:30 a.m. - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>High School Equivalency-Writing</td>
<td></td>
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<tr>
<td>WLS 119</td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
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<tr>
<td>Open Art Studio</td>
<td></td>
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<tr>
<td>WLS 109</td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Meditation</td>
<td></td>
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<tr>
<td>WLS 114</td>
<td>First Floor Library</td>
<td>10 a.m.—11 a.m.</td>
<td>Stephanie Snelgrove</td>
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<tr>
<td>Yoga</td>
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<tr>
<td>GEN 100</td>
<td>Sally’s Café</td>
<td>1—2 p.m.</td>
<td>Marbella Myers</td>
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<tr>
<td>Basic Spanish</td>
<td></td>
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<tr>
<td>WLS 123</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td>Christian Fellowship Club</td>
<td></td>
<td>1st and 3rd Monday</td>
<td></td>
</tr>
<tr>
<td>WLS 113</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td>Nutrition 101</td>
<td></td>
<td>2nd and 4th Monday</td>
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<tr>
<td>WLS 133</td>
<td>First Floor Library</td>
<td>1 - 3 p.m.</td>
<td>Marolyn / Participants</td>
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<tr>
<td>Knit, Crochet and Needlework</td>
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<tr>
<td>GEN 129</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Participants</td>
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<tr>
<td>Eagle Eye 10 Photography</td>
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<tr>
<td>CPS 103</td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Basic Computer Skills</td>
<td></td>
<td>Need to be enrolled</td>
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<tr>
<td>WLS 116</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
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<tr>
<td>YMCA Work Out</td>
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<tr>
<td>GEN 104</td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading</td>
<td></td>
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<tr>
<td>GEN 109</td>
<td>Sally’s Café</td>
<td>3:30—4:15 p.m.</td>
<td>Mary Sharp</td>
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<tr>
<td>Money Matters</td>
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<tr>
<td><strong>MUS 115</strong></td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Private Piano Lessons</td>
<td></td>
<td>Need to be Enrolled</td>
<td></td>
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<tr>
<td><strong>MUS 115</strong></td>
<td>Room 234</td>
<td>2:30 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Private Piano Lessons</td>
<td></td>
<td>Need to be Enrolled</td>
<td></td>
</tr>
<tr>
<td><strong>MUS 110</strong></td>
<td>Orientation Room 247</td>
<td>3:15 - 4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Piano and Guitar Lab</td>
<td></td>
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<tr>
<td><strong>MUS 102</strong></td>
<td>Room 247</td>
<td>5 - 6 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Music Tutoring</td>
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</tbody>
</table>
## 2Succeed Daily Class Schedules

### Class Location Time Instructor / Facilitator

<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>
<tr>
<td>GEN 135 High School Equivalency Grammar</td>
<td>Room 231</td>
<td>9:30 - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>WLS 119 Open Art Studio</td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>GEN 127 VIMR</td>
<td>Room 126</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>GEN 104 Reading</td>
<td>Room 115</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>CPS 111 Microsoft Excel 2010 Basics</td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
</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>WLS 50 Fitness Room Orientation</td>
<td>Fitness Room 243</td>
<td>11 - 12 noon or by appointment</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>GEN 127 VIMR</td>
<td>Room 126</td>
<td>1–2 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>CUL 102 ServSafe Training</td>
<td>Room 231</td>
<td>1:30–2:20 p.m. Must be enrolled</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>CPS 100 Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1-2 p.m. Need to be enrolled</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>WLS 110 Mind, Body and Spirit</td>
<td>Wellness Room 244 / Sally's Café</td>
<td>2 - 3:30 p.m. (1:30 - 3 p.m. Speaker)</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>WLS 116 YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>GEN 201 Intro to Statistics</td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>CPS 110 Microsoft Word 2010 Basics</td>
<td>Computer Room 114</td>
<td>2 - 4 p.m. Need to be Enrolled</td>
<td>David McDonald</td>
</tr>
<tr>
<td>GEN 123 English as a Second Language</td>
<td>Room 231</td>
<td>2:30 - 3:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>WLS 132 Baby Boomers and Beyond</td>
<td>Conference Room 126</td>
<td>3:30 - 4:30 p.m. 2nd and 4th Tues/Month</td>
<td>Carrie Solano</td>
</tr>
</tbody>
</table>
# 2Succeed Daily Class Schedules

## Wednesday

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MUS 109</strong></td>
<td>Sally’s Café</td>
<td>9 - 9:30 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Drum Circle</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 208</strong></td>
<td>Orientation Room 247</td>
<td>9:30 a.m. - 10:30 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Advanced Music Literacy</td>
<td></td>
<td></td>
<td></td>
</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>WLS 104</strong></td>
<td>Sally’s Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Sassy Seat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 127</strong></td>
<td>Room 115</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>VIMR</td>
<td></td>
<td></td>
<td></td>
</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>
<td></td>
</tr>
<tr>
<td><strong>CUL 103</strong></td>
<td>Computer Room 114</td>
<td>11 a.m. - 12 noon</td>
<td>Michele Rosebrook</td>
</tr>
<tr>
<td>Culinary Orientation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 117</strong></td>
<td>First Floor Library Area</td>
<td>11 - 11:45 a.m.</td>
<td>Teresa</td>
</tr>
<tr>
<td>Zumba</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 112</strong></td>
<td>Baker Neighborhood Meet at reception</td>
<td>1 - 1:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Walking</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 127</strong></td>
<td>Room 115</td>
<td>1–2 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td>VIMR</td>
<td></td>
<td></td>
<td></td>
</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>
<td>Need to be enrolled</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 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>
<td></td>
</tr>
<tr>
<td><strong>MUS 115</strong></td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Private Piano Lessons</td>
<td></td>
<td>Need to be Enrolled</td>
<td></td>
</tr>
<tr>
<td><strong>MUS 115</strong></td>
<td>Room 234</td>
<td>2:30 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Private Piano Lessons</td>
<td></td>
<td>Need to be Enrolled</td>
<td></td>
</tr>
<tr>
<td><strong>GEN 100</strong></td>
<td>Sally’s Café</td>
<td>2–3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Basic Spanish</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS 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>
<td></td>
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</tr>
<tr>
<td><strong>WLS 100</strong></td>
<td>Art Studio Room 118</td>
<td>2 - 4 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>Art Workshop</td>
<td></td>
<td></td>
<td></td>
</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>
<td>By appointment, only</td>
<td></td>
</tr>
<tr>
<td>(Beginner Level)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<tr>
<td>---------------</td>
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</tr>
<tr>
<td><strong>Wednesday (continued)</strong></td>
<td></td>
<td></td>
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</tr>
<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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 105</strong></td>
<td>Room 115</td>
<td>2:30 - 4:30 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Pre-Algebra</td>
<td></td>
<td></td>
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<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>
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</tr>
<tr>
<td><strong>GEN 116</strong></td>
<td>Room 231</td>
<td>3:15 - 4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Poetry</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
<td></td>
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</tr>
<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>GEN 104</strong></td>
<td>Room 115</td>
<td>10 a.m.- 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading</td>
<td></td>
<td></td>
<td></td>
</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></td>
<td>Need to be enrolled</td>
</tr>
<tr>
<td><strong>GEN 135</strong></td>
<td>Room 231</td>
<td>11 a.m. - 12 noon</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>High School Equivalency-Grammar</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 114</strong></td>
<td>First Floor Library</td>
<td>11 a.m.- 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Yoga</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Dual Recovery Anonymous</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</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></td>
<td>Need to be enrolled</td>
</tr>
<tr>
<td><strong>MUS 108</strong></td>
<td>Room 247</td>
<td>2:30 - 3:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Music Literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 128</strong></td>
<td>Wellness Room 244</td>
<td>2:30 - 4 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Intender’s Circle</td>
<td></td>
<td></td>
<td></td>
</tr>
<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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 105</strong></td>
<td>Sally’s Café</td>
<td>3 - 4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Ukulele Lessons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 108</strong></td>
<td>Room 247</td>
<td>5 - 6 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Music Literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 108</strong></td>
<td>Room 247</td>
<td>8:30 - 9:30 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Music Literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 111</strong></td>
<td>First Floor Library/Room 110</td>
<td>9 am - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Wellness Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
<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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 200</strong></td>
<td>Room 234</td>
<td>9 - 9:30 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Ear Training</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 132</strong></td>
<td>Room 231</td>
<td>9:30 a.m. - 10:45 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>High School Equivalency/Writing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 104</strong></td>
<td>Sally's Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Sassy Seat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 202</strong></td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Trigonometry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS 111</strong></td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Excel 2010 Basics</td>
<td></td>
<td>Need to be Enrolled</td>
<td>Class is closed</td>
</tr>
<tr>
<td><strong>WLS 109</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Meditation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS 050 B</strong></td>
<td>Computer Room 210</td>
<td>1 - 1:30 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Computer Orientation (Have some Skills)</td>
<td></td>
<td>By appointment, only</td>
<td></td>
</tr>
<tr>
<td><strong>GEN 121</strong></td>
<td>Room 115</td>
<td>1 - 2 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Intro to Algebra</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 208</strong></td>
<td>Orientation Room 247</td>
<td>1 - 2 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Advanced Music Literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 110</strong></td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Piano and Guitar Lab</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 121</strong></td>
<td>Wellness Room 244</td>
<td>1:30 - 2:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Gratitude in Recovery</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 104</strong></td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 116</strong></td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td>YMCA Work Out</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS 110</strong></td>
<td>Computer Room 114</td>
<td>2 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Word 2010 Basics</td>
<td></td>
<td>Need to be Enrolled</td>
<td>Class is Closed</td>
</tr>
<tr>
<td><strong>WLS 100</strong></td>
<td>Art Studio Room 118</td>
<td>2 - 4 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>Art Workshop</td>
<td></td>
<td></td>
<td></td>
</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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 109</strong></td>
<td>Sally’s Café</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Drum Circle</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 113</strong></td>
<td>Sally’s Café</td>
<td>5 - 6 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Community Choir</td>
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</tbody>
</table>
2Succeed in Education
Expectations / Goals of Membership

2Succeed has a culinary training program with students learning skills to use in pursuing their employment goals. The culinary students are able to prepare great low cost meals to students at 2Succeed who are actively engaged in the program and working on their own goals.

Every member of 2Succeed is expected to participate in the program offerings to work on achieving their own desired goals. Members create a Learning and Wellness Plan, similar to a treatment plan, to identify their own unique goals and how to utilize 2Succeed to achieve their desired education and/or wellness goals. If you need assistance with navigating 2Succeed and exploring all of the great classes and groups, please schedule an appointment with your 2Succeed Education Counselor.

By Tosha Foreman, Program Manager-2Succeed in Education
Sometimes, first aid isn’t a bandage, or CPR, or the Heimlich, or calling 911.

Sometimes, first aid is YOU!

Winter 2017
Wednesday, March 29 and Thursday, March 30 9am-1pm
2Succeed 1st floor Conference Room

Someone you know could be experiencing a mental illness or crisis. You can help them.
You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen your community.

Mental Health First Aid
2017
Kathy Ehret
303-504-1746

Free Training
This course brought to you by the Mental Health Center of Denver
Mental Health First Aid
8-hour Course

Winter 2017
Wednesday, March 29 and Thursday, March 30, 2017   9 am -1 pm

REGISTRATION

To register, please email the information below to Kathy.Ehret@mhcdo.org. If you do not have access to email, call 303.504.1746 or mail this completed form to:

Mental Health Center of Denver
attr: Kathy Ehret
456 Bannock
Denver, CO 80204

Questions? Call Kathy Ehret at 303.504.1746

Name__________________________________________

Phone number, if any ________________________________

E-mail address, if any ______________________________

Occupation and employer name, if any

Brief description of why you’re enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

________________________________________________________________________

________________________________________________________________________
2Succeed’s Biggest Loser Contest

Begins February 3, 2017
and the competition runs
until March 31, 2017.

Weigh-In will be
January 30 through February 3
in Fitness Room 243 at 2Succeed.
See Rosey Glover to arrange for
your weigh-in.

Winners will be announced Monday,
April 3 during the lunch hour.
Consumers will go towards prizes:
1st ($50 gift card), 2nd ($25 gift card)
and 3rd ($15 gift card).

Come and start a new,
healthy lifestyle!
Yoga and Meditation

Please join Stephanie for an hour of self-love, self-care and getting to know your own body.

- No experience necessary
- Mats and other props available

Mondays
10 to 11 a.m.
First Floor Library
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.
   ♦ For the software classes we are looking for our students to have keyboard skills and type at least 25+ NWPM (net words per minute—total after errors).

☐ (Step 3) Software classes offered throughout the year at 2Succeed include:
   ♦ Microsoft Word 2010 Basics
   ♦ Microsoft PowerPoint 2010 Basics
   ♦ Microsoft Publisher 2010 Basics
   ♦ Microsoft Excel 2010 Basics

Check out the class schedule to see when classes are offered. (Pages 12-16)
   ♦ Students need to enroll before class start date
   ♦ Once a class has started enrollment is closed.


Whatever the reason, Michael has made many contributions to 2Succeed. Many members don’t know that he got his start at 2Succeed in Sally’s Café. “Back in the day when Sally’s was new, I was a volunteer for a few years. I really enjoyed my time in the kitchen.”

In fact, Michael’s hobby is cooking. “I like food. I consider myself a foodie. I love to explore and experience other cultures and their cuisines.” But with all his experience and exploring, he does not have a favorite cuisine. “I don’t like to go there; I don’t like to categorize food.”

When asked about what he enjoys most about his current job at 2Succeed, he said that it is the social aspect that he enjoys most.

“I enjoy the membership. I like the fun and energy that we have here, the diversity, and the many diverse opportunities we offer.”

Mike parted the interview with his life philosophy: “Live life to your best and eat good food.”

Interviewed by Raymond Sedillo, Vocational Counselor
2Succeed in Education
New Version- Microsoft Word 2016 Basics

Approximate Start Date
Tuesday, March 28, 2017

Class days / times: are Tuesday and Friday
10 a.m. to 12 noon (15 minute break during class)
Class runs for about 12-14 weeks.

Prerequisite - Completion of Computer Orientation,
Computer Basic Skills and typing speed of at least 25 words per minute.

Enrollment Required - This class teaches how to create, save and print
basic documents, letters and flyers.

If you are interested in a lecture-driven class taught at a comfortable pace
and are committed to regular attendance—contact David McDonald at
303-504-1771 or in Room 114A.

New Version- Microsoft PowerPoint 2016 Basics

Approximate Start Date:  
Tuesday, March 28, 2017

Class days / times: will be Tuesdays and Fridays
2 p.m. to 4 p.m. (15 minute break during class)
Class runs for about 12-14 weeks

Prerequisite - must have taken Microsoft Word recently
to have the basic skills needed for this class.

Enrollment Required - This class teaches how to create,
save, print and run a basic presentation (slide show).
PowerPoint is a needed skill for higher education and employment.

If you are interested in a lecture-driven class taught at a comfortable pace
and are committed to regular attendance—contact David
McDonald at 303-504-1771 or in Room 114A.
Weight Room Process

**Orientation.** 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.

**Equipment Care.** 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 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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**Life Skills**

**Wednesdays 1:30 - 3 p.m.**

**Conference Room 126**

**February**

How to get and stay motivated!

**March**

Self Defense / Do you know how to defend yourself?

**April**

Stress Management. / How do you handle stressful situations?

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**Munch Bunch Volunteers Needed**

*Learn Customer Service Skills
*Work With Fun People
*Help Make Money For 2Succeed Outings

Contact Mary Sharp at 303-504-1768 or Carrie Solano at 303-504-1743
Wellness Friday

Learn how to improve your wellness and health through the use of self-pampering. Learn how to give yourself a mini manicure and mini pedicure. There are only 3 spots available each Friday morning at 9 a.m., 10 a.m. and 11 a.m. Availability is extremely limited and persons may need to wait a week or two in advance.

- Please notify technician if you have diabetes, open wounds, any rashes, fungus, and or any discolored nails.

Fridays at
9 a.m., 10 a.m. and 11 a.m.
Meredith’s office Room 110.

Please contact Meredith Mills for available dates and times.
meredith.mills@mhcd.org
303-504-1713
Forgiveness Workshop

Mind, Body and Spirit Class on Tuesday, February 28th

Melove is a registered psychotherapist, hypnotherapist and a life coach based in Denver, Colorado. She has more than twenty years of experience in corporate training, coaching and spiritual counseling helping to develop individuals and teams alike. She held numerous management positions, worked with the Aurora Chamber of Commerce as an Ambassador, and has sat on the boards of several local non-profits.

Going through her own healing journey with meditation, she volunteered working with at risk youth facilitating guided meditation for self-worth, esteem and confidence. It was during her time as a volunteer that she discovered hypnotherapy. She knew she found her calling where she can help others get to that meditative state in working toward their own healing journey.

Now a skilled hypnotherapist, she teaches clients mental techniques and provides take-home tools to reinforce in-session gains. Her sessions are customized to the specific needs of each client, whether in hypnotherapy, Inner Release Technique, NLP, EFT, Neuroplasticity Rebalancing techniques or the teaching of different forms of self-meditation healing techniques best suited for each client.

Melove’s goal is to help each client become self-sufficient by training their unconscious mind to make healthier choices, emotionally, mentally, physically, stop the negative talk and beating themselves up and find inner love, peace and acceptance. She is now one of the most hired and most reviewed hypnotherapists in Metro Denver area.

Mind, Body and Spirit

This month’s topics are:

**Week 1 - (Tuesday, February 7)** “Food for Talk” Cards.  
(2 to 3 p.m. in Sally’s Café)

**Week 2 - (Tuesday, February 14)** Trip to Ye Olde Magic Shoppe. We are going to this Herb shop to meet and learn from Julie Andaverde, Herbalist. (Leave at 1:30 and return around 4 p.m.)

**Week 3 - (Tuesday, February 21)** “Food for Talk” Cards.  
(2 to 3 p.m. in Sally’s Café)

**Week 4 - (Tuesday, February 28)** Speaker, Melove Tindall, talks about Forgiveness. (1:30 to 3 p.m. in Sally’s Café)
Mosaic Boxes

In one of our December 2Succeed Art Lab classes, 2Succeed artists made personalized keepsake boxes. They painted the boxes, glued on home-made clay tiles, pictures, glitter and other embellishments to create unique designs.
2Succeed Fashion Show
Thursday, March 9th 3-4pm
Food, Drinks, Door Prizes, Fashion and Fun!
SALLY’S CAFÉ CULINARY TRAINING PROGRAM

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 morning at 11 a.m. in Computer Lab Room 114. Or contact the program administrators; Michele Rosebrook at (303)-504-1765 or Stephanie Snelgrove, at (303) 504 1772.

THE NATIONAL RESTAURANT ASSOCIATION’S SERVSAFE FOOD PROTECTION MANAGER CERTIFICATION CLASSES

Join millions of foodservice professionals in taking the first step in a commitment to food safety. Classes are open to all that have completed 2Succeed orientation process.

- Class is held every Tuesday at 1:30 - 2:20 p.m. in Room 231

For further details please contact Raymond Sedillo at 303-504-1759.
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!

Sean Thomas,
Vocational Project Coordinator
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.

2Succeed in Employment at the Recovery Center has Moved!

As of January 5, 2017, we will now be located in Room 416 at the Recovery Center. A sign is hung up at the front door when we are there and the Admins on the 4th Floor can help folks find us. This is an excellent opportunity for folks to find out about our Supported Employment program without coming to 2Succeed on Bannock. There is staff present on Tuesdays and Thursdays, from 8:30-11:30 a.m. and from 1-3 p.m.
Every Monday - New Postings are up!

To put in your request for tickets, you will find the Ticket Request Form at the ArtReach Bulletin Board. Be sure to fill out the ENTIRE form and place it in the black box at the ArtReach Board! You will get a call informing you if you were approved or denied for the ticket request.

*ArtReach has many Donors, the tickets can include*

- Denver Zoo
- Museum of Nature & Science
- Gates Planetarium
- Symphonies
- Orchestras
- Ballets
- Plays
- Sporting events
- Wings over the Rockies Space Museum
- Stock Show/Rodeo and Many More

Please remember tickets are not guaranteed!

(Only 2 requests per week)

Contact: Lucrecia For more information 303-504-1742
## Plans for February 2017

<table>
<thead>
<tr>
<th>Sunday</th>
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FREE DAYS AROUND DENVER - 2017 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, February 4
☆ Saturday, March 4

Denver Botanic Gardens
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Monday, February 20 (President’s Day)
☆ Wednesday, March 22 (World Water Day)

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, February 7
☆ Tuesday, March 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, February 27
☆ Monday, March 13

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
☆ Thursday, February 2
☆ Sunday, February 12
☆ Monday, February 13

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!
<table>
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<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>30  MSUD Student/ Faculty Recital @ King Center 1:45 to 3 pm</td>
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<tr>
<td>Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td>2 February 2017</td>
<td>Ice Cream Social &amp; Game Night In House</td>
<td>Community Forum</td>
<td>Performance Night 5 - 5:45 p.m.</td>
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<td>Coffee Club @ Dazbog</td>
<td>5 - 6 p.m. (RG)</td>
<td>Sally’s Café @ 11 a.m.</td>
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<td>Open Mike / Karaoke 4:45—5:45 p.m.</td>
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<td>Movie Time! 1 to 4 p.m. (MM)</td>
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</tr>
<tr>
<td>6  MSUD Student/ Faculty Recital @ King Center 1:45 to 3 pm</td>
<td>7</td>
<td>8</td>
<td>Bowling 3 - 5 p.m. (RG)</td>
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<tr>
<td>Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td>Cider and Chai Night In house 5 - 6 p.m. (CS/MMB)</td>
<td>Ice Cream Social @ Sweet Action 4:30 - 6 p.m. (MR/MMB)</td>
<td>Music Trivia 5 - 6 p.m. (CE)</td>
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<tr>
<td>13  MSUD Student/ Faculty Recital @ King Center 1:45 to 3 pm</td>
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<td>Community Forum</td>
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<tr>
<td>Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td>Coffee Club @ Starbucks</td>
<td>Ice Cream Social &amp; Game Night In House</td>
<td>Sally’s Café @ 11 a.m.</td>
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<td>4:30 - 6 p.m. (CS/RS)</td>
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<td>Movie Time! 1 to 4 p.m. (MM)</td>
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<td>20  MSUD Student/ Faculty Recital @ King Center 1:45 to 3 pm</td>
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<td>Bowling 3 - 5 p.m. (RG)</td>
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<tr>
<td>Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td>Coffee and Cocoa Night In House 5 - 6 p.m. (MS/BB)</td>
<td>Ice Cream Social @ Yogurt Land 4:30- 6 p.m. (MM/RG)</td>
<td>Food Trivia 5 - 6 p.m. (RS)</td>
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<td>27  MSUD Student/ Faculty Recital @ King Center 1:45 to 3 pm</td>
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<td>Community Forum</td>
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<tr>
<td>Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td>Coffee Club @ Baker Java &amp; Scoops 5 - 6 p.m. (RG/RS)</td>
<td>March 2017</td>
<td>Sally’s Café @ 11 a.m.</td>
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Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.
Munch Bunch
Weekly Sales for February

Week 1  Buy 1 V-8 Juice  get 1 for 60 cents!
Week 2  Buy 1 M&M’s Candy  get 1 for 60 Cents!
Week 3  Buy 1 Swiss Miss Hot Cocoa  get 1 for 25 Cents!
Week 4  Buy 1 Trail Mix  get 1 for 50 cents!