DENVER INTERNATIONAL AIRPORT (DIA)

A few quick strokes on back of an appointment card led to the roof design of Denver International Airport (DIA). In early 1980, The Federal Aviation Administration (FAA) had a real concern about Denver’s Stapleton Airport:

1) Because planes were getting bigger and longer, the airport needed longer runways to land planes.

2) Buildings around the airport were getting taller; therefore, the steeper approach angle was needed to land planes.

3) Because the lack of taxiways, the airport was unable to deal with every changing weather.

4) Over the years, more and more noise complaints were being filed against the airport.

To prevent recurring troubles like they were having at Stapleton; DIA bought 33,531 acres of land which make it the largest commercial airport in the United States. Currently not all the land is being used in airport operations.

Currently, Jeppesen Terminal, named after aviation safety pioneer, Elrey Jeppesen, has Concourse A, Concourse B, and Concourse C which are being used in airport operations. If the need arises the airport can easily build Concourse D, E, East & West.

All passengers have to go through Jeppesen Terminal because it’s the only way to reach the gates. The terminal has long-term and short-term parking. The Westin Hotel, transit center, and security & customs screening happen in this terminal. Between Concourse A, B, and C there are 111 gates.

( - Continued on Page 14 - )
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 the front desk and let them know you are here for orientation.
- Arrive on time. Individuals who arrive more than 5 minutes late will be asked to return at another date to attend the orientation.
- Do not arrive more than 30 minutes early as you will have to wait for orientation. If you arrive more than 30 minutes early you may be asked to return at a time closer to 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.

2Succeed Music

All human beings are biologically hardwired to make music! 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 High School Equivalency Exam 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.

**2Succeed In Education Frequently Asked Questions**

1. **What are your hours?** We are open Monday- Friday from 8am-6pm. On weekday holidays, we are open from 9am-3pm. We have occasional modified hours that are posted on the calendar in the monthly newsletter.

2. **Do I need to have a Resource Center ID card?** No, you can just check in with your name or MHCD ID number at the front desk.

3. **What time are meals served?** Lunch is served at 12pm and dinner is at 4:30pm.

4. **How much do meals cost?** $8.00 for an unlimited month pass or $1.50 per meal.

5. **Where do I purchased a meal ticket?** There are always staff in the dining room, with a lap top computer, during meal times for ticket purchases.

6. **Do I have to take classes to eat lunch or dinner?** Yes, we ask that all individuals are engaged in classes or groups when at 2Succeed.
7. Can I just come to 2Succeed to hang out and socialize? The MHCD Adult Resource Center is available to people who want to hang out and socialize. We ask that all participants are actively taking classes or groups when at 2Succeed.

8. Do I have to be in clinical treatment to come to 2Succeed? Yes, all individuals need to be actively engaged in treatment with their clinical treatment team.

9. Who do I go to for questions? Everyone is assigned an Education Specialist to consult with about any questions they have at 2Succeed.

10. Who is my Education Specialist and how do I get in contact with them? You will be assigned to an Education Specialist at orientation. You will be given a business card with their contact information. Call your Education Specialist in order to schedule your initial meeting.

11. What if I just want to find a job? You can work directly with an Employment Specialist and not be a member of 2Succeed. Just remember that means you can only come to 2Succeed for scheduled appointments with your Employment Specialist.

12. What if I don’t come to 2Succeed for a while? After 90 days of not being active you will be closed at 2Succeed. You are welcome to come back at any time by attending another orientation and getting reassigned to an Education Specialist.

13. Where can I get a monthly newsletter? Newsletters are available at the front desk and are emailed to all MHCD staff so you can also talk to your clinician.

14. I noticed you have showers and laundry machines, can I use those? We do have “emergency only” showers and laundry. You will need to talk your Education Specialist about those.

15. How do I join the culinary program? The culinary program offers weekly orientation on Wednesday’s from 11am -12pm in Sally’s Café.

16. How do I get access to use the computers? Computer orientations can be scheduled with Steve Carter by calling 303-504-1758.

17. Can I bring a visitor? We do allow a one-time visit for guests. This must be prearranged with your Education Specialist and the Program Manager in advance. You will need to provide the purpose of the visit and when the visit will occur for approval.

18. Where can I smoke? ALL MHCD sites are tobacco-free. We encourage individuals to go for a walk to smoke but be respectful of our neighbors and public spaces.
# 2Succeed Classes by Category

## Computer Science (CPS)

- **CPS 050 A  Computer Orientation (Beginner Level)**
  Arrange for a computer account by attending this basic orientation for 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**
  Learn *Typing Master*, a training software where students complete lessons and games to develop keyboarding skills. Also a good program for people who want to brush up their skills.

- **CPS 103  Basic Computer Skills**
  **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 use a personal email account.

- **CPS 105  Online Job Search Workshop**
  **Prerequisite:** Have a computer account and password. This lab time is reserved for individuals seeking employment. Assistance will be available to navigate job searches, online applications, building a resume, setting up an email account, etc.

- **CPS 110  Microsoft Word 2016 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 how to create a business letter, flyer, and a greeting card.

- **CPS 112  Microsoft PowerPoint 2016 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 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 / 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 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  Strategies to Wellness (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?
MARCH 2018

2Succeed Classes by Category

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

- **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**  Community Jam Session
  An opportunity for any person to enjoy the benefits of improvising music with others. Class is designed so that even the person that has never played or studied music can be successful and part of a music making ensemble. This is not a performance based group, but a great place for musicians of all levels to meet and share music and fun.

- **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 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 109**  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.

**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.
2Succeed Classes by Category

**Wellness (WLS)**

- **WLS 100  Studio Arts**
  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 an opportunity to seek spiritual methods through discussions and questions 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.

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

- **WLS 116  YMCA Workout**
  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 122  Wellness Workshop**
  Our objective of this class gives the opportunity / awareness in how self-wellness contributes to our overall well-being / mental health.

- **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 132  Baby Boomers and Beyond**
  Senior support group (50+) meets twice monthly offering activities and resources. 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.
## 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
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<tr>
<td>Open Art Studio</td>
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<tr>
<td><strong>GEN 141</strong></td>
<td>Room 234</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>Drop-in Peer Support and Resources</td>
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<tr>
<td><strong>WLS 109</strong></td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Meditation</td>
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<tr>
<td><strong>WLS 114</strong></td>
<td>First Floor Studio</td>
<td>10 a.m.—11 a.m.</td>
<td>Yvonne Henderson</td>
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<tr>
<td>Yoga</td>
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<tr>
<td><strong>WLS 117</strong></td>
<td>First Floor Studio</td>
<td>11 - 11:45 a.m.</td>
<td>Teresa</td>
</tr>
<tr>
<td>Zumba</td>
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<tr>
<td><strong>GEN 100</strong></td>
<td>Sally’s Café Dining Room</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><strong>WLS 140</strong></td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td>Nutrition 200</td>
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<tr>
<td><strong>WLS 133</strong></td>
<td>First Floor Studio</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><strong>MUS 115</strong></td>
<td>Room 234</td>
<td>1:30 - 3 p.m. Need to be enrolled</td>
<td>Casey Ehresman</td>
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<tr>
<td>Private Piano Lessons</td>
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<tr>
<td><strong>GEN 104</strong></td>
<td>Computer Lab Room 114</td>
<td>1:30 - 3:30 p.m.</td>
<td>Meredith Mills</td>
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<tr>
<td>Reading Skills</td>
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<tr>
<td><strong>WLS 100</strong></td>
<td>Art Room 118</td>
<td>1 - 3:30 p.m.</td>
<td>Kristin Elise</td>
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<tr>
<td>Studio Art</td>
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<tr>
<td><strong>MUS 115</strong></td>
<td>Room 234</td>
<td>2 - 2:30 p.m. Need to be enrolled</td>
<td>Casey Ehresman</td>
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<tr>
<td>Private Piano Lessons</td>
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<tr>
<td><strong>WLS 124</strong></td>
<td>First Floor Studio</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
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<tr>
<td>Get Fit Turbo Party</td>
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<tr>
<td><strong>GEN 129</strong></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><strong>CPS 103</strong></td>
<td>Computer Room 210</td>
<td>2 - 3 p.m. Need to be enrolled</td>
<td>Marbella Myers</td>
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<tr>
<td>Basic Computer Skills</td>
<td></td>
<td>Starts March 5th</td>
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<tr>
<td>Healthy Relationships</td>
<td>Room 231</td>
<td>2 - 3:30 p.m.</td>
<td>Stephanie Snelgrove/Katherine Frank</td>
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<tr>
<td><strong>WLS 116</strong></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><strong>MUS 115</strong></td>
<td>Room 234</td>
<td>2:30 - 3 p.m. Need to be enrolled</td>
<td>Casey Ehresman</td>
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<tr>
<td>Private Piano Lessons</td>
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<tr>
<td><strong>MUS 110</strong></td>
<td>Orientation Room 247</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Piano and Guitar Lab</td>
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<tr>
<td><strong>MUS 102</strong></td>
<td>Room 234</td>
<td>4 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Music Tutoring</td>
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</table>
## 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
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<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>Tuesday</strong></td>
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<tr>
<td><strong>MUS 108</strong></td>
<td>Wellness Room 244</td>
<td>8:30 - 9:30 a.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Beginning Music Literacy</td>
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<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
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<td>Open Art Studio</td>
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<tr>
<td><strong>GEN 127</strong></td>
<td>Room 115</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
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<tr>
<td>Strategies to Wellness (VIMR)</td>
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<tr>
<td><strong>CPS 112</strong></td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
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<tr>
<td>Microsoft PowerPoint 2016</td>
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<td>Need to be Enrolled</td>
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<tr>
<td><strong>GEN 104</strong></td>
<td>First Floor Studio 115</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
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<tr>
<td>Reading Skills</td>
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<tr>
<td>Dual Recovery Anonymous</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>WLS 50</strong></td>
<td>Fitness Room 243</td>
<td>11 - 12 noon</td>
<td>Rosey Glover</td>
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<tr>
<td>Fitness Room Orientation</td>
<td></td>
<td>or by appointment</td>
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</tr>
<tr>
<td><strong>GEN 141</strong></td>
<td>Room 234</td>
<td>1 - 2 p.m.</td>
<td>Vanessa Valdez</td>
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<tr>
<td>Drop-in Peer Support and</td>
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<tr>
<td>Resources</td>
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<tr>
<td><strong>GEN 127</strong></td>
<td>Room 115</td>
<td>1–2 p.m.</td>
<td>Rosey Glover</td>
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<td>Strategies to Wellness (VIMR)</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>
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<tr>
<td>Keyboard Skills</td>
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<td>Need to be enrolled</td>
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<tr>
<td><strong>CUL 104</strong></td>
<td>Room 231</td>
<td>1:30 to 2 p.m.</td>
<td>Yvonne Henderson /</td>
</tr>
<tr>
<td>Culinary Team Meeting</td>
<td></td>
<td>2nd/4th Tues of month</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>Financial Empowerment</strong></td>
<td>First Floor Studio 234</td>
<td>1:30 - 2:30 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td><strong>WLS 110</strong></td>
<td>Sally’s Café Dining Room</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Mind, Body and Spirit</td>
<td></td>
<td></td>
<td>(1:30 - 3 p.m. Speaker)</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>
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</tr>
<tr>
<td><strong>CPS 112</strong></td>
<td>Computer Room 114</td>
<td>2 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft PowerPoint 2016</td>
<td></td>
<td>Class is Closed</td>
<td></td>
</tr>
<tr>
<td><strong>MUS 105</strong></td>
<td>Wellness Room 244</td>
<td>2:30 - 3:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Ukulele Lessons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 123</strong></td>
<td>Room 231</td>
<td>2:30 - 3:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>English as a Second Language</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS 124</strong></td>
<td>First Floor Studio 234</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>Get Fit Turbo Party</td>
<td></td>
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</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>Tuesday (continued)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 145</strong></td>
<td>Room 115</td>
<td>3 - 4 p.m.</td>
<td>Kathy Ehret/Tawney</td>
</tr>
<tr>
<td>Foundations of Reading</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 132</strong></td>
<td>Conference Room 126</td>
<td>3:30 - 4:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Baby Boomers and Beyond</td>
<td></td>
<td>2nd and 4th Tues/Month</td>
<td></td>
</tr>
<tr>
<td><strong>MUS 116</strong></td>
<td>Sally’s Café Dining Room</td>
<td>3:30 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Community Jam Session</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 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>Strategies to Wellness (VIMR)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 133</strong></td>
<td>First Floor Studio</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman / Lisa Nelson</td>
</tr>
<tr>
<td>Beginning Adaptive Yoga</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>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>Strategies to Wellness (VIMR)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 100</strong></td>
<td>Art Room 118</td>
<td>1 - 3:30 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>Studio Art</td>
<td></td>
<td></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 100</strong></td>
<td>Sally’s Café Dining Room</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Basic Spanish</td>
<td></td>
<td></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>1:30 - 2 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 - 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>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>
<td></td>
</tr>
</tbody>
</table>
# 2Succeed Daily Class Schedules

## Wednesday (continued)

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPS 050 A Computer Orientation (Beginner Level)</td>
<td>Computer Room 210</td>
<td>2 - 4 p.m. By appointment, only</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>WLS 116 YMCA Work Out</td>
<td>University Hills</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>GEN 145 Fundamentals of Reading</td>
<td>Room 115</td>
<td>3 - 4 p.m.</td>
<td>Kathy Ehret/Tawney</td>
</tr>
</tbody>
</table>

## Thursday

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLS 119 Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>WLS 124 Therapeutic Dance/Movement</td>
<td>First Floor Studio</td>
<td>10 a.m. - 11 a.m.</td>
<td>Hillary Sinn</td>
</tr>
<tr>
<td>GEN 104 Reading Skills</td>
<td>Computer Lab Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>CPS 103 Basic Computer Skills</td>
<td>Computer Room 210</td>
<td>10:30 - 11:30 a.m. Need to be enrolled</td>
<td>Marbella Myers Starts March 8th</td>
</tr>
<tr>
<td>WLS 114 Yoga</td>
<td>First Floor Studio</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</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>MUS 108 Beginning Music Literacy</td>
<td>Room 247</td>
<td>2:45 - 3:45 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>GEN 128 High School Equivalency</td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>CPS 105 Online Job Search Workshop</td>
<td>Computer Room 210</td>
<td>2:30 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>MUS 108 Beginning Music Literacy</td>
<td>Room 247</td>
<td>5 - 5:50 p.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>

**Note:** Classes that are shaded are either new classes or the class day/time/location has been changed.
# 2Succeed Daily Class Schedules

## Friday

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WLS 119</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td><strong>GEN 134</strong> Leadership in Well-Being</td>
<td>Sally's Café Dining Room</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>MUS 200</strong> Ear Training</td>
<td>Room 234</td>
<td>9:30 - 10 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN 141</strong> Drop-in Peer Support and Resources</td>
<td>Room 234</td>
<td>10 - 11:30 a.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>WLS 104</strong> Sassy Seat</td>
<td>Sally's Café Dining Room</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>CUL 103</strong> Culinary Orientation</td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Yvonne Henderson / Raymond Sedillo</td>
</tr>
<tr>
<td><strong>SE 102</strong> Math for the College Bound</td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>MUS 208</strong> Advanced Music Literacy</td>
<td>Orientation Room 247</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>CPS 112</strong> Microsoft PowerPoint 2016</td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald\n<strong>Starts March 27</strong></td>
</tr>
<tr>
<td><strong>WLS 109</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>WLS 119</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>11 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>CPS 050 B</strong> Computer Orientation (Have some Skills)</td>
<td>Computer Room 210</td>
<td>1 - 1:30 p.m.\n<strong>By appointment, only</strong></td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>CUL 102</strong> ServSafe Education</td>
<td>Room 231</td>
<td>1 - 2 p.m.</td>
<td>Yvonne Henderson / Raymond Sedillo</td>
</tr>
<tr>
<td><strong>MUS 111</strong> Beginning Guitar Circle</td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Casey Ehresman</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>GEN 104</strong> Reading Skills</td>
<td>First Floor Studio</td>
<td>1:30 - 3:30 p.m.</td>
<td>Meredith Mills</td>
</tr>
</tbody>
</table>
### 2Succeed Daily Class Schedules

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<tr>
<th>Class</th>
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</tr>
</thead>
<tbody>
<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>CPS 112</strong></td>
<td>Computer Room 114</td>
<td>2 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft PowerPoint 2016</td>
<td></td>
<td>Class is Closed</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>MUS 109</strong></td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Drum Circle</td>
<td></td>
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</tbody>
</table>

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**DENVER INTERNATIONAL AIRPORT (CONTINUED FROM PAGE 1)**

Part of the cost of building DIA was buying the permanent artworks. The most famous one is the "Blue Mustang", by Luis Jimenez of New Mexico. The artist was killed before he completed his work and his two sons, Adan and Orion, finished the sculpture. Besides the Mustang there are 32 other permanent artworks spread throughout the airport.

To better use the land several other projects were added. DIA in mid-2008 built Solar I which generates 3.4 million kilowatt hours of electricity per year (MKEY). It is located south of the terminal.

In December 2009, built Solar II which generates over 2.7 MKEY and is located north of the airport.

In July 2011, built Solar III which generates up to 4.4 MKEY.

DIA in June 2014, built Solar IV which generates up to 2 MKEY.

Along with the solar farm when DIA bought the land they also bought 71 gas and oil wells and, now they own 76 gas and oil wells.

They have 8,327 acres currently leased to three farms.

By David Neason
Mental Health First Aid

8-hour Course

Fall 2017 Schedule

2Succeed in Education

May 16th and 17th

9 a.m.—1 p.m.

- For (2) 4-hours trainings (8 hours total)

Conference Room 126

*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.

Registration

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

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

Questions?
Call Kathy Ehret at 303.504.1746

Sometimes, the best first aid is you.

Take the course, save a life, strengthen your community.
2Succeed’s Biggest Loser Contest

Started Monday, January 22, 2018
and the competition runs until
Monday, April 2, 2018!

Winners will be announced
Friday, April 6 during the lunch hour.

Those we serve
will go towards prizes:
1st ($20 gift card),
2nd ($15 gift card) and
3rd ($10 gift card).

Come and start
a new,
healthy lifestyle!'
Fitness 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.*

YMCA Workout

- Monday 2 pm
- Tuesday 2 pm
- Wednesday 2 pm (University Hills)
- Thursday 3 pm
- Friday 2 pm

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

Sign Up In The Activity Book

Life Skills

**March**
Cultural Values in a Modern World / Exploring Our Own Culture and Others’ Culture

**April**
CHANGE/Transitioning/Conflict Resolution

**May**
Diagnoses- Knowledge of Illnesses (Depression, Bi-Polar, Schizophrenia, Anxiety)
Get Fit Turbo Party!

Mondays and Tuesdays 3—4 p.m.

The Studio (Former Library)

Bring comfy clothes and shoes and get ready to get fit! This is a group workout class that is offered at a lot of gyms in the community. Start at your own pace and work up to some serious strength.

I Can’t wait to see you there

Vanessa Valdez: Peer Specialist/Wellness Coach.

303-504-1759

Computer Basics Class

Would you like to have basic knowledge of internet, word, and email?

This class will introduce you to the basics of these programs so you can learn more about them!

If you are interested to know more about this class, please see Marbella in Room 215 or call at 303-504-1724 to get signed up for classes!
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 2016 Basics
- Microsoft PowerPoint 2016 Basics
- Microsoft Publisher 2016 Basics
- Microsoft Excel 2016 Basics

Check out the class schedule to see when classes are offered. (Pages 9 - 14)

- Students need to enroll before class start date.
- Once a class has started enrollment is closed.

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Next Microsoft PowerPoint 2016 Basics Class

**Approximate Start Date**
Tuesday, March 27, 2018

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

**Enrollment Required.**

**Prerequisite** - Completion of Computer Orientation, Computer Basic Skills and Microsoft Word class.

**Learning Objectives:** How to create, save, print and run a basic presentation (slide show).

*If you are interested in a lecture-driven class taught at a comfortable pace, contact David McDonald at 303-504-1771 or in Room 114A.*

Next Microsoft Publisher 2016 Basics Class

**Approximate Start Date:**
Tuesday, April 17, 2018

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

**Enrollment Required.**

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

**Learning Objectives:** How to create, save and print flyers, brochures and greeting cards.

*If you are interested, contact David McDonald at 303-504-1771 or in Room 114A.*
Mind, Body and Spirit

This month’s topics are:

Week 1 - (Tuesday, March 6)  Speaker, Mateo Ruiz-Williams, will talk about Reiki and its benefits.  
(1:30 to 3 p.m. in Sally’s Café)

Week 2 - (Tuesday, March 13) “Food for Talk” Cards. 
(2 to 3 p.m. in Sally’s Café)

Week 3 - (Tuesday, March 20) Trip to Goddess Metaphysical Store.  
(Leave at 1:30 and return approx. 3 p.m.)

Week 4 - (Tuesday, March 27) “Food for Talk” Cards.  
(2 to 3 p.m. in Sally’s Café)
Yoga Nidra

Thursdays at 11:00
First Floor Studio

Yoga Nidra is often referred to as "yogic sleep," a state of being between sleep and consciousness that's conducive to deep emotional and physical healing, rewiring your brain, and self-exploration. This meditation is highly effective for reducing tension and anxiety, balancing the autonomic nervous system, and for undoing various tension and anxiety-related symptoms such as poor concentration, chest and abdominal pain, palpitations of the heart, and sleep and memory disturbances. Yoga Nidra is a practice that helps bring you into alignment with your truth. Please come and explore your well-being through this practice. There will be some light movement and please wear comfortable clothing.

Please contact Stephanie Snelgrove with any questions.
Basic Spanish Class

Monday and Wednesday
Starting March 5th & 7th, 2018

1:00-2:00pm
Sally’s Cafe
Tortilla / Fry Bread Making Workshops

With Candice Vigil

Sally’s Café Kitchen

Corn Tortillas
Thursday, March 8
1:30 p.m. to 3 p.m.

Native American Fry Bread
Thursday, March 22
1:30 p.m. to 3 p.m.
Strategies to Wellness (VIMR)

Are you having a difficult time managing life?
Do you wish you had extra support in your life?
If life is good, want to learn more about how to continue on that path?

We invite you to come to Strategies to Wellness Group!

We will discuss how to find what recovery goals are, how to manage stress, what are selfcare techniques that can be helpful, how to manage symptoms, avoid substances, how to build relationships, and the list goes on and on!!

Roosevelt “Rosey” Glover facilitates group:
Rm. 115 on Tuesdays @ 1 - 2 p.m.
Rm. 115 on Wednesdays @ 1 - 2 p.m.

Marbella Myers facilitates group:
Starting first week in March
Rm. 115 on Tuesdays @ 10 - 11 a.m.
Rm. 115 on Wednesdays @ 10 - 11 a.m.

Call if you have questions OR just DROP IN!!!

Marbella Myers 303-504-1724
Rosey Glover 303-504-1731
Financial Empowerment

1st and 3rd Tuesday of each month
1:30 - 2:30 p.m.
First Floor Studio

“I believe that through knowledge and discipline,
Financial peace is possible for all of us” - Dave Ramsey

Please contact Stephanie Snelgrove with any questions.

Healthy Relationships

Mondays (starting March 5th)
2 - 3:30 p.m.
Room 231

Taught by Katherine Frank and
Stephanie Snelgrove
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 Friday morning at 10 a.m. in Room 231. You can also contact Yvonne Henderson at (303) 504-1772 or Raymond Sedillo at (303)-504-1777.

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

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

ServSafe Class
Friday from 1 - 2 p.m.
Room 231

For more information, contact:
Yvonne Henderson at 303-504-1772 or Raymond Sedillo at 303-504-1777.
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 Chris Winslow at 303-504-1728 or Lucrecia Salazar at 303-504-1742.

2Succeed in Employment at the Recovery Center

We are 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.
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!

Heidi Eastman,
Vocational Project Coordinator
## Plans for March 2018

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<th>Sunday</th>
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F R E E  D A Y S  A R O U N D  D E N V E R - 2 0 1 8  S C H E D U L E

**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 3
☆ Saturday, April 7
☆ Saturday, May 5
☆ Saturday, June 2
☆ Saturday, July 7
☆ Saturday, August 4
☆ Saturday, September 1

**Denver Botanic Gardens**
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Thursday, March 22 (World Water Day)
☆ Sunday, April 8
☆ Tuesday, June 5
☆ Thursday, July 19
☆ Wednesday, August 29
☆ Saturday, November 3 (Día de los Muertos)

**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 6
☆ Tuesday, April 3
☆ Tuesday, June 5
☆ Tuesday, July 3
☆ Tuesday, August 7
☆ Tuesday, November 6

**Denver Museum of Nature & Science**
(303-322-7009)
2001 Colorado Boulevard, Denver
9 a.m. to 5 p.m.
www.dmns.org
☆ Monday, April 9
☆ Sunday, April 29 (Día del Niño)
☆ Sunday, June 3
☆ Thursday, July 5 - Night at the Museum
☆ Monday, August 13
☆ Wednesday, September 12 - Night at the Museum
☆ Sunday, September 30
☆ Sunday, October 14
☆ Saturday, November 3 - Night at the Museum
☆ Sunday, December 9

**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
☆ Friday, November 9
☆ Monday, November 12

Always call ahead to verify event information!
# 2Succeed Social Activities - March 2018

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<th>Monday</th>
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<td><strong>29</strong></td>
<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>Cider &amp; Chai Night 5 - 6 p.m. (RS/CS)</td>
<td>Ice Cream Social @ Yogurt Land 4:30– 6 p.m. (MMB/RG)</td>
<td>Community Forum Sally’s Café @ 11 a.m. (KRE) Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Student Support Group 4:30 - 5:45 p.m. (KEH)</td>
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<td>Coffee Club at Pablo’s 4:30 - 6 p.m. (RG)</td>
<td>In House Ice Cream and Game Night 5– 6 p.m. (CE/SS/BB)</td>
<td>Community Forum Sally’s Café @ 11 a.m. (KRE) Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Student Support Group 4:30 - 5:45 p.m. (KEH)</td>
<td>Bingo 5– 5:45 p.m. (CS)</td>
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<td>Cider &amp; Chai Night 5 - 6 p.m. (CS/RS)</td>
<td>Coffee Concert at the Arvada Center 11 a.m. - 1 p.m. (RS) Ice Cream Social @ Sweet Action 4:30– 6 p.m. (MMB/BB)</td>
<td>Community Forum Sally’s Café @ 11 a.m. (KRE) Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Student Support Group 4:30 - 5:45 p.m. (KEH)</td>
<td>Wild Life Sanctuary 9 a.m. to 4 p.m. (RG) Bingo 5– 5:45 p.m. (CS/MM)</td>
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<td>Coffee Club at Starbucks 4:30 - 6 p.m. (RS/CS)</td>
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<td>Community Forum Sally’s Café @ 11 a.m. (KRE) Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Student Support Group 4:30 - 5:45 p.m. (KEH)</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 March 2018

Week 1  Buy 1 Bottled Water
get 2nd for 25 cents!

Week 2  Buy 1 Microwave Popcorn
get 2nd for 25 cents!

Week 3  Buy 1 Slim Jim Snax Stick
get 2nd for 25 cents!

Week 4  Buy 1 Ice Cream Sandwich
get 2nd for 50 cents!

SALLY'S CAFÉ

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.

Meal Prices
$1.50 Per Meal
$8 Monthly Unlimited Meals

Meals
$1.50 Per Meal
$8 Monthly Unlimited Meals