**CAROUSEL OF HAPPINESS OF NEDERLAND, CO**

“The Carousel of Happiness of Nederland Colorado” has a long and colorful history.

Charles I.D. Loff, built carousels all over the nation. In 1910, he delivered one to “Saltair Park” which is just outside of Salt Lake City. In it 49 years of operation it survived several fires and wind storms. On one occasion it was the only ride that survived a major fire in the park. After a wind storm that knocked over the roller coaster on it, it was rebuilt with 2 rows of animals instead of the original 4 rows of animals.

In 1959, the park was declared bankrupt, and Utah’s Governor gave it to the Utah State Training School in American Fork. For 27 years, the developmentally and physically disabled residents enjoyed it. In 1976, the school restored the animals on it.

In 1986, the school sold it to a collector, who only wanted the animals.

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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 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)

- **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 operate a personal email account.

- **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.

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

- **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.

- **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.

- **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.

- **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.

- **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.

- **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.

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

- **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.

- **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.

- **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.

General Studies (GEN)

- **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.
Succeed Classes by Category

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

- **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?

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

**Music and Performance (MUS)**

- **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!

- **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.

- **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.

- **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.

- **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.

- **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.

**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.
Wellness (WLS)

♦ 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.

♦ 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.

♦ 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.

♦ 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.

♦ 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.

♦ Mind, Body, 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.

♦ 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.

♦ 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.

♦ 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.

♦ 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.

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

♦ 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.

♦ Yoga Nidra
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 an introspective way of being.
<table>
<thead>
<tr>
<th><strong>Class</strong></th>
<th><strong>Location</strong></th>
<th><strong>Time</strong></th>
<th><strong>Instructor / Facilitator</strong></th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td><strong>WLS</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</strong></td>
<td>Room 234</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
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<tr>
<td>Drop-in Peer Support and Resources</td>
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<tr>
<td><strong>WLS</strong></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>
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<tr>
<td><strong>WLS</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>GEN</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>
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<tr>
<td><strong>WLS</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</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</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</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</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</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</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</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</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>
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<tr>
<td><strong>WLS</strong></td>
<td>Room 231</td>
<td>2 - 3:30 p.m.</td>
<td>Stephanie Snelgrove/ Katherine Frank</td>
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<tr>
<td>Healthy Relationships</td>
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<tr>
<td><strong>WLS</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</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</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</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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## 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>Tuesday</strong></td>
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<tr>
<td><strong>MUS</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</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</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</strong></td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft PowerPoint 2016</td>
<td></td>
<td>Need to be Enrolled</td>
<td>Starts April 3</td>
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<tr>
<td><strong>GEN</strong></td>
<td>First Floor Studio</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><strong>WLS</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
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<td>Dual Recovery Anonymous</td>
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<tr>
<td><strong>WLS</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>
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<td>or by appointment</td>
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<tr>
<td><strong>GEN</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 Resources</td>
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<tr>
<td><strong>GEN</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</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</strong></td>
<td>Room 231</td>
<td>1:30 to 2 p.m.</td>
<td>Yvonne Henderson /</td>
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<tr>
<td>Culinary Team Meeting</td>
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<td>2nd/4th Tues of month</td>
<td>Raymond Sedillo</td>
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<tr>
<td><strong>GEN</strong></td>
<td>First Floor Studio</td>
<td>1:30 - 2:30 p.m.</td>
<td>Stephanie Snelgrove</td>
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<tr>
<td>Financial Empowerment</td>
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<td>1st and 3rd Tuesday/mth</td>
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<tr>
<td><strong>WLS</strong></td>
<td>Sally’s Café</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Mind, Body and Spirit</td>
<td>Dining Room</td>
<td>(1:30 - 3 p.m. Speaker)</td>
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<tr>
<td><strong>WLS</strong></td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
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<tr>
<td>YMCA Work Out</td>
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<tr>
<td><strong>CPS</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</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>
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</tr>
<tr>
<td><strong>GEN</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>
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<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio</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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<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<tr>
<td><strong>Tuesday</strong></td>
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</tr>
<tr>
<td>GEN</td>
<td>Foundations of Reading</td>
<td>Room 115</td>
<td>3 - 4 p.m.</td>
</tr>
<tr>
<td>WLS</td>
<td>Baby Boomers and Beyond</td>
<td>Conference Room 126</td>
<td>3:30 - 4:30 p.m.</td>
</tr>
<tr>
<td>MUS</td>
<td>Community Jam Session</td>
<td>Sally’s Café</td>
<td>3:30 - 4:30 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
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<tr>
<td>WLS</td>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
</tr>
<tr>
<td>WLS</td>
<td>Sassy Seat</td>
<td>Sally’s Café</td>
<td>10 - 10:30 a.m.</td>
</tr>
<tr>
<td>GEN</td>
<td>Strategies to Wellness (VIMR)</td>
<td>Room 115</td>
<td>10–11 a.m.</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Beginning Adaptive Yoga</td>
<td>First Floor Studio</td>
<td>10 - 11 a.m.</td>
</tr>
<tr>
<td>SE</td>
<td>Math for the College Bound</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
</tr>
<tr>
<td>WLS</td>
<td>Walking</td>
<td>Baker Neighborhood</td>
<td>1 - 1:30 p.m.</td>
</tr>
<tr>
<td>WLS</td>
<td>Studio Art</td>
<td>Room 115</td>
<td>1 - 2 p.m.</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
</tr>
<tr>
<td>GEN</td>
<td>Basic Spanish</td>
<td>Sally’s Café</td>
<td>1 - 2 p.m.</td>
</tr>
<tr>
<td>GEN</td>
<td>Life Skills</td>
<td>Conference Room 126</td>
<td>1:30 - 3 p.m.</td>
</tr>
<tr>
<td>MUS</td>
<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>1:30 - 2 p.m.</td>
</tr>
<tr>
<td>MUS</td>
<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
</tr>
<tr>
<td>WLS</td>
<td>Meditation</td>
<td>Wellness Room 244</td>
<td>2 - 3 p.m.</td>
</tr>
<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<td><strong>Wednesday (continued)</strong></td>
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<tr>
<td>CPS</td>
<td>Computer Room 210</td>
<td>2 - 4 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Computer Orientation (Beginner Level)</td>
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<td>By appointment, only</td>
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<tr>
<td>WLS</td>
<td>University Hills</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>GEN</td>
<td>Room 115</td>
<td>3 - 4 p.m.</td>
<td>Kathy Ehret/Tawney</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
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<tr>
<td>WLS</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>WLS</td>
<td>First Floor Studio</td>
<td>10 a.m. - 11 a.m.</td>
<td>Hillary Sinn</td>
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<td>Therapeutic Dance/Movement</td>
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<tr>
<td>GEN</td>
<td>Computer Lab Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading Skills</td>
<td></td>
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<tr>
<td>CPS</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>
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<td>Need to be enrolled</td>
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<tr>
<td>WLS</td>
<td>First Floor Studio</td>
<td>11 a.m. - 12 noon</td>
<td>Stephanie Snelgrove</td>
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<tr>
<td>Yoga Nidra</td>
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<tr>
<td>WLS</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
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<tr>
<td>CPS</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>MUS</td>
<td>Room 247</td>
<td>2:45 - 3:45 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Music Literacy</td>
<td></td>
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<tr>
<td>GEN</td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
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<tr>
<td>High School Equivalency</td>
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<tr>
<td>CPS</td>
<td>Computer Room 210</td>
<td>2:30 - 4 p.m.</td>
<td>Vanessa Valdez</td>
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<tr>
<td>Online Job Search Workshop</td>
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<tr>
<td>MUS</td>
<td>Room 247</td>
<td>5 - 5:50 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Beginning Music Literacy</td>
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</tbody>
</table>

**Note:** Classes that are shaded are either new classes or the class day/time/location has been changed.
<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>Friday</strong></td>
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<tr>
<td><strong>WLS</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Kristin Elise</td>
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<tr>
<td>Open Art Studio</td>
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<tr>
<td><strong>GEN</strong></td>
<td>Sally’s Café Dining Room</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>Leadership in Well-Being</td>
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<tr>
<td><strong>MUS</strong></td>
<td>Room 234</td>
<td>9:30 - 10 a.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Ear Training</td>
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<tr>
<td><strong>GEN</strong></td>
<td>Room 234</td>
<td>10 - 11:30 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</strong></td>
<td>Sally’s Café Dining Room</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Sassy Seat</td>
<td></td>
<td></td>
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<tr>
<td><strong>CUL</strong></td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Yvonne Henderson / Raymond Sedillo</td>
</tr>
<tr>
<td>Culinary Orientation</td>
<td></td>
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<tr>
<td><strong>SE</strong></td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
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<tr>
<td>Math for the College Bound</td>
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<tr>
<td><strong>MUS</strong></td>
<td>Orientation Room 247</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Advanced Music Literacy</td>
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</tbody>
</table>
| **CPS**      | Computer Room 114         | 10 a.m. - 12 noon | David McDonald  
| Microsoft PowerPoint 2016 |          | Need to be Enrolled                      | Starts April 3 |
| **WLS**      | Wellness Room 244         | 11 a.m. - 12 noon| Carrie Solano                               |
| Meditation   |                           |                 |                                             |
| **WLS**      | Art Room 118              | 11 a.m. - 4 p.m.| Independent Work                           |
| Open Art Studio |                        |                 |                                             |
| **CPS**      | Computer Room 210         | 1 - 1:30 p.m.   | Steve Carter                                |
| Computer Orientation (Have some Skills) |      | By appointment, only |                                             |
| **CUL**      | Room 231                  | 1 - 2 p.m.      | Yvonne Henderson / Raymond Sedillo          |
| ServSafe Education |                   |                 |                                             |
| **MUS**      | Sally’s Café Dining Room  | 1 - 2 p.m.      | Casey Ehresman                              |
| Beginning Guitar Circle |             |                 |                                             |
| **WLS**      | Wellness Room 244         | 1:30 - 2:30 p.m.| Carrie Solano                               |
| Gratitude in Recovery |                   |                 |                                             |
| **GEN**      | First Floor Studio        | 1:30 - 3:30 p.m.| Meredith Mills                             |
| Reading Skills |                         |                 |                                             |
### 2Succeed Daily Class Schedules

<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>Friday (continued)</strong></td>
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</tr>
<tr>
<td>MUS</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Piano and Guitar Lab</td>
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<tr>
<td>CPS</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>WLS</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td>YMCA Work Out</td>
<td></td>
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</tr>
<tr>
<td>MUS</td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Drum Circle</td>
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**CAROUSEL OF HAPPINESS (CONTINUED FROM PAGE 1)**

Scott Harrison, a Nederland resident, heard about the empty carousel frame and with some help from his friends, they brought it back to Nederland. When he was a young Marine in Vietnam his sister sent him a tiny music box which played Chopin's "Tristesse" and it brought visions of a carousel in a mountain town. He often held it up to his ear to distract him from the horrors of war and be reminded of this peaceful vision.

After rescuing the carousel, he spent the next 26 years hand-carving the animals for it. More than 50 one-of-kind animals were carved with 35 that can be ridden.

The Nederland community came together and raised $700,000 to give the carousel a permanent home. The Carousel of Happiness opened on Memorial Day 2010 with a silent memorial to recognize the service of fallen veterans and continues today to be one of the special attractions of Nederland, Colorado.

Contributed 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!

Get FITTE!

Frequency: How often you work out
Intensity: How hard you work out
Time: The duration of your work out
Type: Kind of exercises you are doing
Enjoyment: How much pleasure you get from the activity
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.*

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**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

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**Life Skills**

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

**April**

CHANGE/Transitioning/Conflict Resolution

**May**

Diagnoses- Knowledge of Illnesses  
(Depression, Bi-Polar, Schizophrenia, Anxiety)

**June**

Exercise and Holistic Mental Health
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.

Next Microsoft PowerPoint 2016 Basics Class

Approximate Start Date
Tuesday, April 3, 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.

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).

Enrollment for this class has been completed.
No more seats are available.

Next Microsoft Publisher 2016 Basics Class

Approximate Start Date:
May 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, April 3) “Food for Talk” Cards.  
(2 to 3 p.m. in Sally’s Café)

Week 2 - (Tuesday, April 10) “Food for Talk” Cards.  
(2 to 3 p.m. in Sally’s Café)

Week 3 - (Tuesday, April 17) Speaker, Carol Pollard, talks about the  
“Urban Shaman.” A practical guide to spiritual growth in the city.  
Learn about crystals and amulets, tarot, mindfulness, meditation  
and breathing techniques. Bring your crystals and a open mind!  
(1:30 to 3 p.m. in Sally’s Café)

Week 4 - (Tuesday, April 24) “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
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
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
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.
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
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.
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!

(Only2 requests per week)

Contact:  David For more information 303-504-1736
# Plans for April 2018

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<td>Notes</td>
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Notes:
**FREE DAYS AROUND DENVER - 2018 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](http://www.denverartmuseum.org)  
☆ 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](http://www.botanicgardens.org)  
☆ 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](http://www.botanicgardens.org)  
☆ 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](http://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](http://www.denverzoo.org)  
☆ Friday, November 9  
☆ Monday, November 12

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

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<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>DIA Trip 9 a.m. - 4 p.m. (RS)</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>
<td>Bingo 5–5:45 p.m. (MM/CS)</td>
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<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>Coffee Club @ 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>
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<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>Hammond’s Candy Factory Trip 9 a.m. - 4 p.m. (RS) Cider &amp; Chai Night In-house 5 - 6 p.m.</td>
<td>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>Garden of the Gods Hike/Manitou Spgs 9 a.m. to 4 p.m. (RG/KRE) Bingo 5–5:45 p.m. (CS/MM)</td>
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<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>Carousel of Happiness Nederland Trip 9 a.m. - 4 p.m. (RS) Coffee Club @ Starbucks 4:30 - 6 p.m.</td>
<td>In House Ice Cream and Game Night 5–6 p.m. (MM/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>
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<td>Cider &amp; Chai Night In-house 5 - 6 p.m. (RS)</td>
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<td>Bingo 5–5:45 p.m. (CS/MM)</td>
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*Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.*
Meal Prices
$1.50 Per Meal
$8 Monthly Unlimited Meals

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

Munch Bunch
Weekly Sales for April 2018

Week 1  Buy 1 Bag of Chips
get 2nd for 45 cents!

Week 2  Buy 1 Microwave Popcorn
get 2nd for 45 cents!

Week 3  Buy 1 LaCroix Sparkling Water
get 2nd for 50 cents!

Week 4  Buy 1 Cup of Noodles Soup
get 2nd for 35 cents!