VALUES

Values are important because they create who we are today. They inform our thoughts, words and actions; and help us grow. Values help establish what is important in our lives. It helps you find your purpose and develop a sense of self. The decisions that we make are a reflection of our values and beliefs.

The values that were taught to us as children may change as you grow, from being influenced by others outside your home; going to school, making new friends, growing into adulthood, having a family and careers, so it’s important to keep in touch with your values because if your views change you could start feeling unbalanced.

No one person’s value is better or makes more sense than the next person because the other person’s experience or tragedy can deeply effect where each and every one of their values are placed, it’s what each of us holds in our hearts; from our past experiences, good or bad, situations we’ve observed, or things we are currently going through.

We are constantly making decisions based on what feels “right” to us. It’s an inner feeling. When you go along with something that doesn’t fit with your core values, you may feel uncomfortable and unhappy. So take the time to understand the real priorities in your life, and you’ll be able to determine the best direction for you and your life goals.

Could a relationship/marriage work if there are no common values? It could, with a lot of communication and both willing to meet in the middle. But if the values are significantly different communication may not be enough. With friendships, they could drift apart, not only from big life transitions but one or both friends’ values could’ve shifted, so it will be harder to find common ground.

( - Continued on Page 6 - )
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 FREQUENTLYAsked 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.
Some of us may view similar values on where we place the important factors, and others will view theirs completely different; which is ok. What is important to us may not be important to someone else.

So, as we move forward in life, our three most important values could always change, which could ultimately change the whole circle we’ve made; and that just means with growth our views can change as well. Life would be very different if we had no values. A life without values is a life with the inability to make decisions.

Personal Values Assessment is a free assessment to explore your values by, Barrett Values Centre; [www.valuecentre.com](http://www.valuecentre.com).

Written by Kristy Kelly
Community Information

MHCD’s Quality Facilitator and Advocate, Talese Holston

will be coming to the 2Succeed program on the first and third Friday of each month in Sally’s Café dining room from 3-5p.m. She will have a table set up and will be available for questions and support.

Street Sweeping Schedule for the 2Succeed Program Area

This schedule is active from April through November of each year and indicates what days these streets should not be parked on from 8 a.m. to 5 p.m. for Bannock Street and 5th Avenue.

- **1st Tuesday of the month** do not park on the East side of Bannock (the side 2Succeed building is located)
- **1st Wednesday of the month** for the West side of Bannock (the side that the Volunteers of America building is located)
- **1st Thursday of the month** for the South side of 5th Avenue (the side that the Bass Trauma Center is located)
- **1st Friday of the month** for the North side of 5th Avenue (the side that the strip mall behind our building is located)

2Succeed Safety Assembly Locations

- **For a Tornado or Tornado drill**, all building occupants are to move immediately to the first floor Wellness Studio and Conference Room 126
- **For a Fire/Evacuation or a Fire/Evacuation drill**, all building occupants are to move immediately to the sidewalk area on the north side of 5th Avenue between Acoma and Bannock Street.
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.

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.

- **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.
2Succeed 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.
2Succeed Classes by Category

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>
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<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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<tr>
<td>Monday</td>
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<tr>
<td><strong>WLS</strong></td>
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<tr>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
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<tr>
<td><strong>GEN</strong></td>
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<tr>
<td>Drop-in Peer Support and Resources</td>
<td>Room 234</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
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<tr>
<td><strong>WLS</strong></td>
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<td>Meditation</td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Yoga</td>
<td>First Floor Studio</td>
<td>10 a.m. – 11 a.m.</td>
<td>Yvonne Henderson</td>
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<tr>
<td>Basic Spanish</td>
<td>Sally’s Café Dining Room</td>
<td>1 – 2 p.m.</td>
<td>Marbella Myers</td>
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<tr>
<td>Nutrition 200</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td>Knit, Crochet and Needlework</td>
<td>First Floor Studio</td>
<td>1 - 3 p.m.</td>
<td>Marolyn / Participants</td>
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<td><strong>MUS</strong></td>
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<tr>
<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>1:30 - 3 p.m.</td>
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<td><strong>GEN</strong></td>
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<tr>
<td>Reading Skills</td>
<td>Computer Lab Room 114</td>
<td>1:30 - 3:30 p.m.</td>
<td>Meredith Mills</td>
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<td><strong>WLS</strong></td>
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<td>Studio Art</td>
<td>Art Room 118</td>
<td>1 - 3:30 p.m.</td>
<td>Kristin Elise</td>
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<tr>
<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
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<td><strong>WLS</strong></td>
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<tr>
<td>Get Fit Turbo Party</td>
<td>First Floor Studio</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
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<td><strong>GEN</strong></td>
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<tr>
<td>Eagle Eye 10 Photography</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Participants</td>
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<td><strong>CPS</strong></td>
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<tr>
<td>Basic Computer Skills</td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
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<td><strong>WLS</strong></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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<td><strong>WLS</strong></td>
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<tr>
<td>YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
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<td><strong>MUS</strong></td>
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<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>2:30 - 3 p.m.</td>
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<td><strong>MUS</strong></td>
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<tr>
<td>Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
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<td><strong>MUS</strong></td>
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<tr>
<td>Music Tutoring</td>
<td>Room 234</td>
<td>4 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
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# 2Succeed Daily Class Schedules

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<th>Instructor / Facilitator</th>
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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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<td>Beginning Music Literacy</td>
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<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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<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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<td>Strategies to Wellness (VIMR)</td>
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<td><strong>GEN</strong></td>
<td>Wellness Room 244</td>
<td>10–11 a.m.</td>
<td>Casey Ehresman</td>
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<td>Book Club</td>
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<td><strong>CPS</strong></td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
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<td>Microsoft PowerPoint 2016</td>
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<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
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<td>Reading Skills</td>
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<td>Fitness Room 243</td>
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<td>Rosey Glover</td>
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<td><strong>GEN</strong></td>
<td>Room 234</td>
<td>1 - 2 p.m.</td>
<td>Vanessa Valdez</td>
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<td>Drop-in Peer Support and Resources</td>
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</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 115</td>
<td>1 – 2 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>Strategies to Wellness (VIMR)</td>
<td></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>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></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>
</tr>
<tr>
<td>Culinary Team Meeting</td>
<td></td>
<td>2nd/4th Tues of month</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>First Floor Studio</td>
<td>1:30 - 2:30 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Financial Empowerment</td>
<td></td>
<td>1st and 3rd Tuesday/mth</td>
<td></td>
</tr>
<tr>
<td><strong>WLS</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>(1:30 - 3 p.m. Speaker)</td>
<td></td>
</tr>
<tr>
<td><strong>WLS</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>
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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>
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</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>
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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</strong></td>
<td><strong>(continued)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</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>MUS</strong></td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Community Jam Session</td>
<td></td>
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</tr>
<tr>
<td><strong>WLS</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>Wednesday</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS</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>
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</tr>
<tr>
<td><strong>WLS</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>
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<tr>
<td><strong>GEN</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>
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</tr>
<tr>
<td><strong>GEN</strong></td>
<td>First Floor Studio</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Adaptive Yoga</td>
<td></td>
<td></td>
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<tr>
<td><strong>SE</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>
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</tr>
<tr>
<td><strong>WLS</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>
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</tr>
<tr>
<td><strong>GEN</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>
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</tr>
<tr>
<td><strong>WLS</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>
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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>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
<td>Need to be enrolled</td>
<td></td>
</tr>
<tr>
<td><strong>GEN</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>
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</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Conference Room 126</td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>Life Skills</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>MUS</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</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</strong></td>
<td>Wellness Room 244</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Meditation</td>
<td></td>
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<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<tr>
<td><strong>Wednesday (continued)</strong></td>
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<tr>
<td><strong>CPS</strong></td>
<td><strong>Computer Orientation (Beginner Level)</strong></td>
<td><strong>Computer Room 210</strong></td>
<td>2 - 4 p.m.</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>YMCA Work Out</strong></td>
<td><strong>University Hills</strong></td>
<td>2 - 4 p.m.</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Community Music Circle</strong></td>
<td><strong>Sally's Café Dining Room</strong></td>
<td>3 - 4 p.m.</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td><strong>Fundamentals of Reading</strong></td>
<td><strong>Room 115</strong></td>
<td>3 - 4 p.m.</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Open Art Studio</strong></td>
<td><strong>Art Room 118</strong></td>
<td>9 a.m. - 12 p.m.</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Therapeutic Dance/Movement</strong></td>
<td><strong>First Floor Studio</strong></td>
<td>10 a.m. - 11 a.m.</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td><strong>Reading Skills</strong></td>
<td><strong>Computer Lab Room 114</strong></td>
<td>10 a.m. - 12 noon</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td><strong>Basic Computer Skills</strong></td>
<td><strong>Computer Room 210</strong></td>
<td>10:30 - 11:30 a.m.</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Yoga Nidra</strong></td>
<td><strong>First Floor Studio</strong></td>
<td>11 a.m. - 12 noon</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Dual Recovery Anonymous</strong></td>
<td><strong>Wellness Room 244</strong></td>
<td>11 a.m. - 12 noon</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td><strong>Keyboard Skills</strong></td>
<td><strong>Computer Room 210</strong></td>
<td>1 - 2 p.m.</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Beginning Music Literacy</strong></td>
<td><strong>Room 247</strong></td>
<td>2:45 - 3:45 p.m.</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td><strong>High School Equivalency Math</strong></td>
<td><strong>Room 115</strong></td>
<td>2:30 - 4 p.m.</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td><strong>Online Job Search Workshop</strong></td>
<td><strong>Computer Room 210</strong></td>
<td>2:30 - 4 p.m.</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Beginning Music Literacy</strong></td>
<td><strong>Room 247</strong></td>
<td>5 - 5:50 p.m.</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

<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</strong></td>
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<tr>
<td><strong>WLS</strong></td>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>W.R.A.:P. (Wellness Recovery and Action Planning)</td>
<td><strong>May 5</strong>—Computer Room 210</td>
<td>9 a.m. - 12 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Rest of Month</strong>—Class is in Room 126</td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Leadership in Well-Being</td>
<td>Sally’s Café Dining Room</td>
<td>9 a.m. - 10 a.m.</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Ear Training</td>
<td>Room 234</td>
<td>9:30 - 10 a.m.</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Sassy Seat</td>
<td>Sally’s Café Dining Room</td>
<td>10 - 10:30 a.m.</td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td>Culinary Orientation</td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
</tr>
<tr>
<td><strong>SE</strong></td>
<td>Math for the College Bound</td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Microsoft PowerPoint 2016</td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
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<tr>
<td></td>
<td></td>
<td><strong>Class is Closed</strong></td>
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</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Meditation</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>11 a.m. - 4 p.m.</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Orientation (Have some Skills)</td>
<td>Computer Room 210</td>
<td>1 - 1:30 p.m.</td>
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<td></td>
<td></td>
<td><strong>By appointment, only</strong></td>
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</tr>
<tr>
<td><strong>CUL</strong></td>
<td>ServSafe Education</td>
<td>Room 231</td>
<td>1 - 2 p.m.</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Beginning Guitar Circle</td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Gratitude in Recovery</td>
<td>Wellness Room 244</td>
<td>1:30 - 2:30 p.m.</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Reading Skills</td>
<td>Computer Room 210</td>
<td>1:30 - 3:30 p.m.</td>
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</tbody>
</table>
# 2Succeed Daily Class Schedules

<table>
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<tr>
<th>Class</th>
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<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><strong>MUS</strong> Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS</strong> Advanced Music Literacy</td>
<td>Room 234</td>
<td>2 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>CPS</strong> Microsoft PowerPoint 2016</td>
<td>Computer Room 114</td>
<td>2 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>WLS</strong> YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td><strong>MUS</strong> Drum Circle</td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
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.
4 weeks, every Friday in May, starting May 4th!

W.R.A.P. Workshop

What is W.R.A.P.?

Wellness Recovery and Action Planning. Finding the tools and exploring action planning for crisis prevention. Knowing the things that help you to stay well.

This is a four-week course every Friday 9 a.m. to 12 p.m. People interested will need to sign up with Vanessa Valdez to be a part of this 4-week workshop.

Vanessa Valdez 303-504-1759  Office 234
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 2pm (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**

**May**

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

**June**

Exercise and Holistic Mental Health

**July**

Social Etiquette (Manners, work, school, phone, computer)
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!
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
Mind, Body and Spirit Class Speaker—Alicia Powell

I went to massage school in 2010 and became a licensed massage therapist in 2011. I have studied 11 different types of massage but my favorite are:

- Swedish (performed on a table – what you probably think of when you hear the word “massage”)
- Deep Tissue (similar to Swedish but gets down into the deeper levels of muscle that are often missed by the gentle, Swedish massage)
- Shiatsu (fully-clothed and performed on a mat on the floor, largely consists of long stretching movements)
- Craniosacral (fully-clothed and focused on bringing the head and spine back into alignment; very light touching)

Alicia founded Massage for EveryBody in 2011 because I genuinely feel that physical contact is incredibly important to the overall health and well-being of every person. It’s my goal to make massage more accessible, less intimidating, and to educate people on the benefits for both body and soul.

Workshop scheduled for Tuesday, May 8th!

Mind, Body and Spirit

This month’s topics are:

**Week 1 - (Tuesday, May 1)** Speaker, Bryan McRaye, will talk about “Vedic Astrology”. (1:30 to 3 p.m. in Sally’s Café)

**Week 2 - (Tuesday, May 8)** Speaker, Alicia Powell, will talk about the importance of **Massage**. (1:30 to 3 p.m. in Sally’s Café)

**Week 3 - (Tuesday, May 15)** “Food for Talk” Cards. (2 to 3 p.m. in Sally’s Café)

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

**Week 5 - (Tuesday, May 29)** “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.
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.
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 May 2018

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday
--- | --- | --- | --- | --- | --- | ---
Notes | 1 | 2 | 3 | 4 | 5 | 6
6 | 7 | 8 | 9 | 10 | 11 | 12
13 | 14 | 15 | 16 | 17 | 18 | 19
Mother’s Day
20 | 21 | 22 | 23 | 24 | 25 | 26
2Succeed Opens at 1:30 p.m.
27 | 28 | 29 | 30 | 31 | Notes
Memorial Day
2Succeed Opens 9 a.m. to 3 p.m.
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, 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)
☆ Tuesday, June 5
☆ Thursday, July 19
☆ Wednesday, August 29
☆ Saturday, November 3 (Dia 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, 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)
☆ 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

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Always call ahead to verify event information!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>1 May 2018 Cider &amp; Chai Night  In-house  5 - 6 p.m. (RS)</td>
<td>2 TED Talks—Self Care  4:30– 6 p.m. (CE/MMB)</td>
<td>3 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</td>
<td>4 Bingo  5– 5:45 p.m. (CS/MM)</td>
</tr>
<tr>
<td>7 Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>8 Cider &amp; Chai Night  In-house  5 - 6 p.m. (RS)</td>
<td>9 Ice Cream Social @ Yogurt Land  4:30– 6 p.m. (RG/MMB)</td>
<td>10 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>11 Georgetown Fishing Trip  9 a.m. to 4 p.m. (RG/RS) Bingo 5– 5:45 p.m. (MM/CS)</td>
</tr>
<tr>
<td>14 Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>15 Coffee Club  @ Bardo’s  4:30 - 6 p.m. (RG/BB)</td>
<td>16 Community Fellowship and Conversation  5– 6 p.m. (SS/CE/BB)</td>
<td>17 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>18 Wolf Sanctuary Woodland Park  9 a.m. to 4 p.m. (RG/RS) Bingo 5– 5:45 p.m. (CS)</td>
</tr>
<tr>
<td>21 Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>22 Cider &amp; Chai Night  In-house  5 - 6 p.m. (RS/CS)</td>
<td>23 2Succeed Closed from 8 a.m. to 1:30 p.m. Opens at 1:30 p.m. Ice Cream Social @ Sweet Action  4:30– 6 p.m. (MM/MM)</td>
<td>24 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>25 Bingo 5– 5:45 p.m. (MM)</td>
</tr>
<tr>
<td>28 MHCD Holiday Memorial Day  2Succeed Holiday Hours  9 a.m. to 3 p.m.</td>
<td>29 Coffee Club  @ Starbucks  4:30 - 6 p.m. (RG/BB)</td>
<td>30 Outing  5– 6 p.m. (MM/MM)</td>
<td>31 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>1 June 2018 Bingo 5– 5:45 p.m. (CS)</td>
</tr>
</tbody>
</table>

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

Munch Bunch
Weekly Sales for May 2018

Week 1  Buy 1 Planters Trail Mix
         get 2nd for 50 cents!

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

Week 3  Buy 1 Slim Jim Snak Stix
         get 2nd for 25 cents!

Week 4  Buy 1 LaCroix Water
         get 2nd for 50 cents!