EMPLOYMENT HIGHLIGHT: KATHRYN HOPPER

Kathryn Hopper is a proud native of Colorado, with her family living here going back many generations.

Kathryn has been attending 2Succeed since 2014. After successfully completing the Culinary Program at Sally’s Café, Kathryn began working with Shanah, her Employment Specialist. Together, they found Kathryn a job at a senior living center. Kathryn works in the kitchen at the senior care center and is a “jack of all trades” in the kitchen, assisting with every task and patient assistance when asked.

Kathryn loves her job and plans on staying there on a long-term basis.

“This is very rewarding work,” said Kathryn, “I get to see the patients and interact with them. I felt really well prepared because of working in Sally's. It gave me experience to be able to work in an industrial kitchen and I've cooked my whole life, but I had never been in a professional kitchen, until I learned at Sally’s. I didn't know how to grow my recipes for crowds and they allowed me to develop that in the program, and now I use it at my job.”

( - Continued on Page 16 - )
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 8 a.m.-6 p.m. On weekday holidays, we are open from 9 a.m.-3 p.m. We have occasional modified hours that are posed 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 12 p.m. and dinner is at 4:30 p.m.

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 re-assigned 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 Fridays from 10 a.m. -11 a.m. 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 pre-arranged 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.
Every Monday - New Postings are up!

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

*ArtReach has many Donors, the tickets can include*

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

Please remember tickets are not guaranteed!

(Only 2 requests per week)

Contact Candice for more information at 303-504-1752
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
## 2Succeed Classes by Category

### Computer Science (CPS)

- **Basic Computer Skills**
  - **Prerequisite:** Computer Orientation.
  - Course for students with little to no computer experience. 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 computer account by attending basic orientation for general procedures/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 except that this session is geared to individuals with existing basic computer skills.

- **Keyboard Skills Training**
  - Learn *Typing Master*, a training software where students complete lessons / games to develop keyboarding skills or brush up their skills.

- **Microsoft Excel 2016 Basics**
  - **Prerequisite:** Computer Basic Skills.
  - **Enrollment Required** - Class teaches how to create, save, print basic spreadsheets and tracking forms.

- **Microsoft Publisher 2016 Basics**
  - **Prerequisite:** Computer Basic Skills.
  - **Enrollment Required** - Class teaches how to create, save and print documents such as flyers, business letterhead/cards and greeting cards.

- **Microsoft Word 2016 Basics**
  - **Prerequisite:** Computer Basic Skills.
  - **Enrollment Required** - Class teaches how to create, save, print basic documents.

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

### General Studies (GEN)

- **Basic Spanish**
  - Class offers basics of Spanish. Learn how to have a small conversation anywhere you go!!.

- **ESL**
  - Class is a hybrid linguistic methodology that combines, ESL techniques, language translation, and bilingualism to expedite English language skills and promote mental health literacy. Language skills are taught in a structured, trauma-sensitive environment. This course is open to all.

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

- **General History**
  - This weekly student-driven, trauma-sensitive history class focuses on history lessons generated by class consensus.

- **High School Equivalency Math**
  - This class follows the High School Equivalency Exam syllabus strictly. Students learn Arithmetic, Algebra, Geometry, Statistics and Probability. These are five areas that High School Equivalency Math covers for exams.

- **Intro to Algebra**
  - **Prerequisite:** Pre-Algebra
  - Class expands on the concepts learned in the Pre-Algebra. Learn more complex concepts like linear equations, slopes, polynomials, exponents, inequalities, etc.

- **Intro to Statistics**
  - Class teaches students how to collect, analyze, interpret, present, and organize data.

- **Leadership in Well-Being**
  - Class teaches how to lead in your own wellbeing by identifying strengths and capabilities. Interact with others in learning/building tools through discussion/ worksheets enhancing a sense of wellness and progress in one’s own recovery-focused goals.
2Succeed Classes by Category

- **Life Skills**
  Improve / learn new skills for better coping skills for life’s stressors. Topics such as 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.

- **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.

- **Writer’s Workshop**
  This trauma-sensitive class helps students build writing fluency through continuous, repeated exposure to the writing process. Writing students work independently or in groups depending on goals.

**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.**
2Succeed Classes by Category

Supported Education (SE)

- **SE 100  Math for the College Bound**
  This is a foundational math class which assumes that the student does not have higher than a 7th grade math skill. Students learn 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 have fun activities enhancing skills in memory, concentration, focus and healthy competition. Some of the activities provided include guest speakers in safety, wellbeing, AARP services, community events and discounts, self-defense, travel tips, 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, 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 basic beginners skills to a fun and productive hobby/craft in all three areas. Learn how to sew a button or repair a seam, even make a blanket. Come and join in.

- **Meditation**
  Meditation offers healing of one’s self through guided imagery. Individuals find one’s inner peace through meditations. Practice quieting the mind and body to relieve stress and bring well being.

- **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 a introspective way of being.
<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>GEN</strong> Drop-in Peer Support and Resources</td>
<td>Room 234</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>WLS</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>GEN</strong> Book Club</td>
<td>Room 115</td>
<td>10–11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS</strong> Yoga</td>
<td>First Floor Studio</td>
<td>10 a.m.—11 a.m.</td>
<td></td>
</tr>
<tr>
<td><strong>GEN (Summer Series)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Writer’s Workshop</td>
<td>Room 231</td>
<td>10 a.m.—11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>GEN</strong> Basic Spanish</td>
<td>Sally’s Café Dining Room</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>WLS</strong> Nutrition 200</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS</strong> Knit, Crochet and Needlework</td>
<td>First Floor Studio</td>
<td>1 - 3 p.m.</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>MUS</strong> Private Piano Lessons</td>
<td>Room 234</td>
<td>1:30 - 3 p.m. Need to be enrolled</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN</strong> Reading Skills</td>
<td>Computer Lab Room 114</td>
<td>1:30 - 3:30 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>WLS</strong> Studio Art</td>
<td>Art Room 118</td>
<td>1 - 3:30 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td><strong>MUS</strong> Private Piano Lessons</td>
<td>Room 234</td>
<td>2 - 2:30 p.m. Need to be enrolled</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS</strong> Get Fit Turbo Party</td>
<td>First Floor Studio</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>GEN</strong> Eagle Eye 10 Photography</td>
<td>Art Room 118</td>
<td>2 - 3 p.m.</td>
<td>Kristin Elise/Participants</td>
</tr>
<tr>
<td><strong>CPS</strong> Basic Computer Skills</td>
<td>Computer Room</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>WLS</strong> Healthy Relationships</td>
<td>Room 231</td>
<td>2 - 3:30 p.m.</td>
<td>Stephanie Snelgrove/Katherine Frank</td>
</tr>
<tr>
<td><strong>MUS</strong> Private Piano Lessons</td>
<td>Room 234</td>
<td>2:30 - 3 p.m. Need to be enrolled</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS</strong> Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS</strong> Music Tutoring</td>
<td>Room 234</td>
<td>4 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
</tr>
<tr>
<td>-------</td>
<td>------------------</td>
<td>--------------------</td>
<td>------------------------------------------</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td></td>
<td></td>
</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>
<td></td>
</tr>
<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>
<td></td>
</tr>
<tr>
<td><strong>GEN (Summer Class Series)</strong></td>
<td>Room 231</td>
<td>10–11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>General History</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Computer Room 210</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading Skills</td>
<td></td>
<td></td>
<td></td>
</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>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 231</td>
<td>11 a.m. - 12 noon</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Creative Writing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 234</td>
<td>1 - 2 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>Drop-in Peer Support and Resources</td>
<td></td>
<td></td>
<td></td>
</tr>
<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></td>
<td></td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td>Room 247</td>
<td>1:30 - 2 p.m.</td>
<td>Culinary supervisor</td>
</tr>
<tr>
<td>Culinary Team Meeting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 126</td>
<td>1:30 - 3 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Financial Empowerment</td>
<td></td>
<td></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 (1:30 - 3 p.m. Speaker)</td>
</tr>
<tr>
<td>Mind, Body and Spirit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 114</td>
<td>1:30 pm - 3:30 p.m.</td>
<td>David McDonald Class starts Sept 4th</td>
</tr>
<tr>
<td>Microsoft Excel 2016 Basics</td>
<td></td>
<td></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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 114</td>
<td>3:30 pm - 4 p.m.</td>
<td>David McDonald Class starts Sept 4th</td>
</tr>
<tr>
<td>Microsoft Excel Study Lab</td>
<td></td>
<td></td>
<td></td>
</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>
<td></td>
<td></td>
</tr>
<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>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday (continued)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foundations of Reading</td>
<td>Room 115</td>
<td>3 - 4 p.m.</td>
<td>Kathy Ehret/Tawney</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Jam Session</td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baby Boomers and Beyond</td>
<td>Conference Room 126</td>
<td>3:30 - 4:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sassy Seat</td>
<td>Sally’s Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strategies to Wellness (VIMR)</td>
<td>Room 115</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Wellness Room 244</td>
<td>10–11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Music Literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Supported Education</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Math for the College Bound</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking</td>
<td>Baker Neighborhood Meet at reception</td>
<td>1 - 1:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic Spanish</td>
<td>Sally’s Café Dining Room</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Life Skills</td>
<td>Conference Room 126</td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>1:30 - 2 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meditation</td>
<td>Wellness Room 244</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Computer Orientation (Beginner Level)</td>
<td>Computer Room 210</td>
<td>2 - 4 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>2 - 4 p.m.</td>
<td>Steve Carter</td>
</tr>
</tbody>
</table>
## 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday (continued)</strong></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 Music Circle</td>
<td></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>Fundamentals of Reading</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Thursday**

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><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>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio</td>
<td>10 a.m. - 11 a.m.</td>
<td>Hillary Sinn</td>
</tr>
<tr>
<td>Therapeutic Dance/Movement</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN (Summer Series)</strong></td>
<td>Room 231</td>
<td>10 a.m.—11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Writer’s Workshop</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>10:30 - 11:30 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Basic Computer Skills</td>
<td></td>
<td>Need to be enrolled</td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio</td>
<td>11 a.m. - 12 noon</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Yoga Nidra</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td></td>
<td></td>
<td></td>
</tr>
<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>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>High School Equivalency Math</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>2:30 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>Online Job Search Workshop</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Room 247</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Music Literacy</td>
<td></td>
<td></td>
<td></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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td></td>
<td></td>
<td></td>
</tr>
<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>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Room 234</td>
<td>9:30 - 10 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Ear Training</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 114</td>
<td>9:30 a.m. - 11:30 a.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Publisher 2016 Basics</td>
<td></td>
<td>Need to be Enrolled</td>
<td>Class starts August 24th</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Sally’s Café Dining Room</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Sassy Seat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Culinary Supervisor</td>
</tr>
<tr>
<td>Culinary Orientation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Supported Education</strong></td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Math for the College Bound</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Meditation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Art Room 118</td>
<td>11 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 114</td>
<td>11:30 a.m. - 12 noon.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Publisher Study Lab</td>
<td></td>
<td>Need to be Enrolled</td>
<td>Class starts August 24th</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>1 - 1:30 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Computer Orientation</td>
<td></td>
<td>_by appointment, only</td>
<td></td>
</tr>
<tr>
<td>(Have some Skills)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td>Room 247</td>
<td>1 - 2 p.m.</td>
<td>Culinary Supervisor</td>
</tr>
<tr>
<td>ServSafe Education</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Guitar Circle</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Wellness Room 244</td>
<td>1:30 - 2:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Gratitude in Recovery</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Computer Room 210</td>
<td>1:30 - 3:30 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading Skills</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Shanah and Kathryn have done well with job coaching to make sure she is successful at work. Another aspect of Kathryn’s job is the ability to exercise while at work, given the physical demands of her job. “If I'm going to have to work I might as well work hard and get paid to work out instead of paying to work out. I love it and that's why I am in the best shape of my life!”

Written by Sammy Emerson, Employment Specialist
**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 David McDonald 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.*

---

**Life Skills**

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

Conference Room 126

**August**

Housekeeping/Cleanliness/Healthy Home and Body

**September**

Civic Responsibility—Citizenship/
Voting/Seeking facts/Important issues

**October**

Grief and Loss—How to Cope?
Mind, Body and Spirit

This month’s topics are:

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

Week 2 - (Tuesday, August 14) Speaker, Debra Nordstrom, talks about “Essential Oils and Body Care”. (1:30 to 3 p.m. in Sally’s Café)

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

Week 4 - (Tuesday, August 28)  No Class due to Staff Picnic.
Baby Boomers and Beyond
Special Open Class
“Boomers Leading Change in Health”
Tuesday, August 14th
Conference Room 126
3 to 4 p.m.

Are you age 50+, looking for a way to use your skills while impacting the community? Check out the great volunteer opportunities at this upcoming information session for Boomers Leading Change (www.boomersleadingchange.org).
Recruiting / Enrolling Now!!

We have these 3 computer classes scheduled to begin in August / September.

Don’t wait and call David McDonald now to let him know you are interested in one of these classes.

Seating is Limited!

(Tuesdays pm) Microsoft Excel 2016 Basics Class

Scheduled Start Date
Tuesday, September 4, 2018

Class days / times: are Tuesday
1:30 pm to 3:30 pm (15 minute class break)
Class runs for about 10 weeks.

Enrollment Required.

Prerequisite - Completion of Computer Orientation and Computer Basic Skills class.

Learning Objectives: How to create, save and print basic spreadsheets.

If you are interested, contact David McDonald at 303-504-1771 or in Room 114A.

Fridays (am) Microsoft Publisher 2016 Basics Class

Scheduled Start Date:
Friday, August 24, 2018

Class days / times: will be Fridays
9:30 a.m. to 11:30 am (15 minute class break)
Class runs for about 10 weeks

Enrollment Required.

Prerequisite - Completion of Computer Orientation and Computer Basic Skills class.

Learning Objectives: How to create, save and print flyers, business letterhead/cards and greeting cards.

If you are interested, contact David McDonald at 303-504-1771 or in Room 114A.

Fridays (pm) Microsoft Word 2016 Basics Class

Scheduled Start Date
Friday, August 24, 2018

Class days / times: are Tuesday
1:30 p.m. to 3:30 p.m. (15 minute class break)
Class runs for about 10 weeks.

Enrollment Required.

Prerequisite - Completion of Computer Orientation and Computer Basic Skills class.

Learning Objectives: How to create, save and print basic documents.

If you are interested, contact David McDonald at 303-504-1771 or in Room 114A.
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 more information, please attend a Culinary Program Orientation held every Friday morning at 10 a.m. in Room 231.

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 247

For more information, contact:
Culinary supervisor
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.
IF YOU CAN STAND FUN, GO TO THE
2SUCEED ANNUAL PICNIC
ON THURSDAY, AUGUST 9TH

IT WILL BE HELD AT CONGRESS PARK BETWEEN 9 AM TO 3 PM

*Raffle will be held at 2:30 PM *

HOW DO I ENTER THE RAFFLE?

- Each event you take part in at the picnic you will get a Stamp
- 4 Stamps = 1 Raffle Ticket

**EVENTS**
- GAMES OF DIFFRENT TYPES
- ART & CRAFT
- DRUMS AND MUSIC
- SWIMMING

**RAFFLE PRIZES**
- 32" FLAT SCREEN TV
- KID RED BIKE
- X BOX GAME
- CONTROLLED
- LARGE WASTE CAN

**FOOD**
- FRIED CHICKEN
- BARBECUE CHICKEN
- VEGATARIAN OPITION
- MACARONI OR POTATOES SALAD
- CUT-UP FRUIT BOWLS

- 2 Succeed will be closed for picnic
- Need to get your own ride to the picnic
# Plans for August 2018

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notes</td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

- **9th**: Succeed Closed for 2Succeed Annual Picnic
- **28th**: Succeed Closes at 12:15 p.m. for Staff Picnic
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
☆ 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
☆ Wednesday, August 29
☆ Saturday, November 3 (Dia de los Muertos and Night at the Museums)

**Denver Botanic Gardens at Chatfield**
(303-973-3705)
8500 Deer Creek Canyon Road, Littleton
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Tuesday, August 7
☆ Tuesday, November 6

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

**Denver Zoo**
(303-376-4800)
2300 Steele Street, Denver
November to March (9 a.m. to 5 p.m.)
April to October (10 a.m. to 4 p.m.)
www.denverzoo.org
☆ Friday, November 9
☆ Monday, November 12

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
</tr>
</tbody>
</table>
| Open Mike / Karaoke  
4:45—5:45 p.m.  
(RG/RS) | Cider & Chai Night  
In-house  
5 - 6 p.m.  
(RS/BB) | Ice Cream Social  
@ YogurtLand  
4:30–6 p.m.  
(MMB/BB) | Movie Time!  
1 to 4 p.m.  
(MM) | Community Forum  
Sally’s Café @  
10:30 - 11:15 a.m.  
(VV)  
Forney Transportation Museum  
1:30 to 4 p.m.  
(RS)  
Bingo  
5–5:45 p.m.  
(MM/CS) |
| **6** | **7** | **8** | **9** | **10** |
| Open Mike / Karaoke  
4:45—5:45 p.m.  
(RS) | Broncos Training Camp  
9 am to 1 pm (RS)  
Coffee Club  
@ Bardo’s  
4:30 - 6 p.m.  
(MMB) | Community Fellowship and Conversation  
5–6 p.m.  
(SS/CE/BB) | **2Succeed Annual Picnic**  
Congress Park  
9 am to 3 pm  
**2Succeed Building Closed All Day** | Community Forum  
Sally’s Café @  
10:30 - 11:15 a.m.  
(VV)  
Bingo  
5–5:45 p.m.  
(CS/MM) |
| **13** | **14** | **15** | **16** | **17** |
| Open Mike / Karaoke  
4:45—5:45 p.m.  
(RS) | Broncos Training Camp  
9 am to 1 pm (RS)  
TED Talks Tuesday  
5 - 6 p.m.  
(SS/CS) | Ice Cream Social  
@ Sweet Action  
4:30–6 p.m.  
(MMB/SS) | Movie Time!  
1 to 4 p.m.  
(MM)  
Student Support Group  
4:30 to 5:30 pm (KEH) | Community Forum  
Sally’s Café @  
10:30 - 11:15 a.m.  
(VV)  
Fishing Trip Aurora / Chatfield Reservoir  
9 am to 4 pm (RS)  
Bingo  
5–5:45 p.m.  
(MM/CS) |
| **20** | **21** | **22** | **23** | **24** |
| YMCA / Estes Park Retreat  
Open Mike / Karaoke  
4:45—5:45 p.m.  
(RS) | YMCA / Estes Park Retreat  
Coffee Club  
@ Pablo’s  
4:30 - 6 p.m.  
(MMB/SS) | YMCA / Estes Park Retreat  
In-House Ice Cream and Game Night  
5–6 p.m.  
(SS/CE) | Movie Time!  
1 to 4 p.m.  
(MM)  
Student Support Group  
4:30 to 5:30 pm (KEH) | Art Museum Downtown / Dead Sea Scrolls  
9 a.m. to 4 p.m.  
(RS)  
Community Forum  
Sally’s Café @  
10:30 - 11:15 a.m.  
(VV)  
Bingo  
5–5:45 p.m.  
(CS) |
| **27** | **28** | **29** | **30** | **31** |
| Open Mike / Karaoke  
4:45—5:45 p.m.  
(RG/RS) | **2Succeed Closes At 12:15 pm**  
For All Staff Picnic | Ice Cream Social  
@ In-House  
4:30–6 p.m.  
(MM) | Movie Time!  
1 to 4 p.m.  
(MM)  
Student Support Group  
4:30 to 5:30 pm (KEH) | Community Forum  
Sally’s Café @  
10:30 - 11:15 a.m.  
(VV)  
Bingo  
5–5:45 p.m.  
(MM/CS) |

*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 August 2018

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

Week 2  Buy 1 Oreo Cookies
get 2nd for 50 cents!

Week 3  Buy 1 M&M Peanuts
get 2nd for 50 cents!

Week 4  Buy 1 Snickers
get 2nd for 50 cents!