2SUCCEED INTERN EXPERIENCES

Randy McNeill shares her 2Succeed Internship Experience:

When I first started my internship at 2Succeed, I was nervous and a little lost about what I would be doing. I had never heard of psychiatric rehabilitation. But I had heard of the Mental Health Center of Denver. I knew what this organization was about and what they were trying to achieve in the community. Their mission was something I could get behind and support. When I first started my journey, I thought I had it all figured out. I wanted to work with kids, doing therapy. Now, after my experience here, it has opened my eyes to all the avenues I can go to help a lot of people. Now, I don’t think there is anything I don’t want to do, as long as I am helping people be the best they can be.

This program strives to help individuals to thrive in the community in all aspects of life. They help people not only with their mental health, but also with their education, wellbeing, social, as well as creativeness. The members here have taught me so much about the field and just how resilient people can be. As a senior in college graduating in May, this internship has been an invaluable learning experience. I was able to apply all those things I learned in classes to my work here at 2Succeed. I want to thank all of you from the bottom of my heart for your guidance, support, and openness. For teaching me and giving me the confidence to go out into this field and help people.

David Bowen shares his 2Succeed Internship Experience:

School was always been a way to show my strengths and improve my weaknesses. It has made me more intelligent, outgoing, and happy. It has improved almost every aspect of my life and has allowed me to grow. This 2Succeed Program internship allows me to take my major, Human Services, to the next level.

( - Continued on Page 10 - )
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 in the community. Our education counselors provide support through encouragement and assistance with many facets of going back to school as an adult. Helping with admissions, financial aid and offering services on campuses throughout the Denver metro area. Our counselors can help students navigate the education process from beginning to end; identifying strengths and barriers and assisting in finding resources for financial aid/defaulted loans. Other types of support may include finding tutoring, and celebrating successes by supporting each individual in achieving their academic goals.

**Studio 2Succeed**

Studio 2Succeed provides interested members with materials and instruction, as well as a spacious and welcoming art studio, to create many different forms of visual art. Staff, interns, and volunteers assist artists in using art as a creative expression as part of a person’s journey in recovery. Working as a bridge to the community, we help our artists show and sell their work at different venues around Denver.

**Culinary Arts Program**

Our Culinary Arts Training Program offers members an opportunity to gain valuable, paid, on-the-job training while preparing and providing nutritious meals within Sally’s Café, an operating restaurant at 2Succeed. The training offers participants the chance to see how a functioning food service entity runs and explore different job areas they might be interested in pursuing out in the community. Members learn skills including food prep, food safety and sanitation, storage, ordering and inventory, knife skills, customer service, timeliness and following directions. Sally’s Café serves approximately 150 meals per day and serves lunch and dinner five days a week.

**2Succeed Music**

All human beings are biologically hardwired to make music! Members have the ability to participate in a variety of music classes and groups to enhance their skills and practice for in house and community based performances. Sound Connection is our community performance group, open to all abilities, styles and experience levels for fellowship in their artistry. We offer several music education classes including music literacy, piano, guitar, and drum circles. We provide members with an environment that promotes their own musical expression.
Education and Wellness

Other services provided by 2Succeed in Education are focused on wellness and recovery for the whole person. We offer a wide array of classes and groups. Computer classes are taught in two computer labs in our facility for all ranges of computer skills. Members can build relationships by engaging in social activities through exploring nature and attending cultural events. Our in house fitness center, yoga classes and daily outings to the YMCA provide opportunities to enhance physical wellbeing. For members looking to go to college or take the High School Equivalency Exam we have tutoring, biology, writing, math and reading classes. Members can explore their spirituality through meditation, mind body and spirit, gratitude in recovery and Bible readings classes. Other classes that can be found at 2Succeed include budgeting, nutrition, fishing, gardening, customer service, leadership, diabetes education, and life skills. Classes at 2Succeed vary and change based on consumer needs. We provide a welcoming environment that encourages growth and community involvement.

Get Involved

2Succeed is available to all consumers at the Mental Health Center of Denver. To become a member of 2Succeed, consumers must attend an orientation to learn about the program and be assigned to an education counselor. After orientation members will need to attend a Learning and Wellness Planning Workshop to establish what they want to work on while at 2Succeed. Once a member completes their plan they can schedule an appointment to meet with their Education Counselor for full admission into the program. Members will be closed with 2Succeed if they have not participated in the program for 90 days and must go through the admission process again.

2Succeed in Education — Frequently Asked Questions

1. **What are your hours?** We are open Monday- Friday from 8am-6pm. On weekday holidays, we are open from 9am-3pm. We have occasional modified hours that are 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 12pm-1pm and dinner 4:30pm-5pm.

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

5. **Where do I purchase a meal ticket?** There are always staff in the dining room, near the sound room, during meal times for ticket purchases. They will have tablets to help people check in for meals.
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. Check the newsletter for a list of all the great program offerings.

7. **Can I just come to 2Succeed to hang out and socialize?** The MHCD Adult Resource Center is available to people who want a safe place to hang out and socialize. We ask that all participants are actively taking classes, groups or meeting with a counselor when they are 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 Counselor to consult with about any questions they have at 2Succeed.

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

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 Counselor.

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 Counselor directly about those.

15. **How do I join the culinary program?** The culinary program offers weekly orientation on Friday’s from 10am -11am in room 231.

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

17. **Can I bring a visitor?** We do allow a onetime visit for guests. This must be prearranged with your Education Counselor 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.
Safety First!

2Succeed Emergency Assembly Locations

For a Tornado or Tornado Drill:

- When we are told to take shelter for an actual tornado or a tornado drill, all building occupants are to move immediately to the first floor Wellness Studio and Conference Room 126.
  - Please be safe but move at a good pace to ensure we can all move to the assembly location within a short period of time.
  - Please keep the elevator available only for those with mobility concerns like a wheelchair or walker.
  - For both Tornado and Fire Evacuation, listen for instructions from the Safety Captains as they will be notified of when we are safe to return to regular business within the building.

For a Fire/Evacuation or a Fire/Evacuation Drill:

- When we are told to evacuate the building for an actual fire/event or a fire drill, all building occupants are to move immediately to the sidewalk area on the north side of 5th Avenue between Acoma and Bannock Street.
  - This area is beyond the north end of our building’s alley (next to the Bass Trauma Center parking lot).
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 Coaching by Appointment**
  Personalized troubleshooting and learning for each tech need. Collaborative learning and unintimidating one on one coaching on the use of computers, software, phones, other electronic gadgets.

- **Computer Orientation**
  Arrange for computer account by attending basic orientation for general procedures/expectations around the use of the computers and your account.

- **Keyboard Skills Training**
  Use on-line training software to complete lessons / games to develop keyboarding skills or brush up skills.

- **Learn to Code**
  Learn basic principles of coding languages including variable declaration, data types, comparison and logic operators, functions, data structures, and developing programming logic. Topics will be broken down into smaller concepts and presented to the group in the first part of class and practiced individually in a lab in the second part of class. Individualized instruction is available during the lab portion.

- **Make Computers Work for You**
  Learn how to Safely and Effectively use Email, Social Networks, Job Searching Sites. Basic overview and discussions, and time to practice. All computer skill levels are welcome.

- **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 PowerPoint 2016 Basics**
  Prerequisite: Computer Basic Skills.
  Enrollment Required - Class teaches how to create, save, print and run a slide presentation.

- **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.

- **Webpage Design**
  Instruction and skills development of HTML, CSS, JAVASCRIPT, BOOTSTRAP, JQUERY, PYTHON, at you own pace. Collaborative learning with individualized instruction ranging from basic coding concepts to the more advanced.

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.
2Succeed Classes by Category

- **Gaming Club**
  Come and participate in the comradery of good old fashion couch co-op gaming. A variety of games will be available to play in the Café.

- **High School Equivalency Math**
  This class follows the five areas of the High School Equivalency Exam syllabus strictly. Students learn Arithmetic, Algebra, Geometry, Statistics and Probability.

- **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.

- **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.

- **Poetry in Recovery**
  This class employs the therapeutic use of poems, narratives, and other spoken or written media to promote well-being and healing. Students in this class will use existing literature and create their own poetry in a safe, non-judgmental atmosphere in which people in recovery are able to explore their written expressions and associated emotional responses.

- **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.

- **Vocabulary in Recovery**
  Increase your cognitive processing speed with new words. Let new words help you open new lines of reasoning, and increase your vocabulary to help you better understand the world around you. This trauma-informed class meets once a week for sixty minutes.

- **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. Not necessary to be able to read music or chord charts 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.

  **Enrollment required.** 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.
**2Succeed Classes by Category**

- **Beginning Piano**
  **Prerequisite:** Music Literacy or basic ability to read music.
  **Enrollment required.** 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**
  Come enjoy the benefits of improvising music with others. Class is designed so that even those that have never played or studied music can be successful and part of a music ensemble. This is not a performance based group, but a place for musicians of all levels to meet and share music.

- **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 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.

- **Community Resources - Wellness Focused**
  You will learn about some amazing health, wellness, fitness and recreation resources that are available in your community and how to access them.

- **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.

- **Fitness Buddies/Fitness Room Orientation**
  Get instructions on how to use the equipment in the fitness room or workout with the Fitness/Recreation Counselor, if you would like. Sign up for one or both.

- **Fitness Class**
  For all fitness levels and modification can be made if needed. We will be doing a half hour of low impact workouts that incorporate strength, balance, flexibility, and endurance. As you continue with this program the exercises will get easier and easier.

- **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.
2Succeed Classes by Category

- **Nutrition and Exercise for Wellness and Recovery (NEW-R)**
  Evidenced-Based program that helps people with mental illnesses approach weight loss with “intentionality” and gain new knowledge and skills for healthier eating and physical activity. This trauma-informed class meets once a week for sixty minutes.

- **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.

- **YMCA Workout**
  We go to the downtown YMCA to use their wonderful facilities which include a gym, track and workout equipment the University Hills location to take advantage of the pool for swimming. 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.

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2Succeed Intern Experiences

I enjoyed interning at 2Succeed because the people there are interesting and fun. They have given me a glance of the world outside of my part time job and school. I feel I have grown immensely. I believe that my education would not be the same without this experience. It has made me very happy and I would not trade this place for anything.

My internship requires lots of clinical hours. The Human Service major is not like other degrees because of the hours. It requires lots of in class credit hours as well. It is a very difficult major to complete. I will be graduating soon, and I am very excited. I feel that working at 2Succeed is a major stepping stone on my way to a bright career. I am thankful for all that you have given to me.

This 2Succeed community has brought me life and happiness. I know now what I could not have known before. I am thankful for the many meals that I have had and the fun groups I attended. I think you are all great people. I hope that I have served you well. Thank you for giving a better experience that I do not think I could have anywhere else. I would like to thank the staff for everything. I hope that opening the guitar room was not to annoying. The music program is awesome. I really enjoy jamming with everybody. You guys are great musicians. Keep up the good work!
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<th>Class</th>
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<td><strong>Monday</strong></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><strong>GEN</strong></td>
<td>Room 234</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
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<td><strong>GEN</strong></td>
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<td>Meredith Mills</td>
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<td>Get Fit Turbo Party</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Audio Book Club</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Piano and Guitar Lab</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Music Tutoring</td>
<td>4 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Open Art Studio</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Microsoft Excel 2016 Basics</td>
<td>9:30 p.m. - 11:30 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Strategies to Wellness (VIMR)</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Vocabulary</td>
<td>10–11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Fitness Buddies/Fitness Room Orientation</td>
<td>10–11 a.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Beginning Adaptive Yoga</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Reading Skills</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Microsoft Excel Study Lab</td>
<td>11:30 p.m. - 12 noon</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Walking Group</td>
<td>1 - 1:30 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Drop-in Peer Support and Resources</td>
<td>1 - 2 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Keyboard Skills</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Open Art Studio</td>
<td>1 - 3:45 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td>Culinary Team Meeting</td>
<td>1:30 - 2 p.m.</td>
<td>Culinary supervisor</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Financial Empowerment</td>
<td>1:30 - 2:30 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Microsoft Publisher 2016 Basics</td>
<td>1:30 p.m. - 3:30 p.m.</td>
<td>David McDonald</td>
</tr>
</tbody>
</table>
# 2Succeed Daily Class Schedules

## Tuesday (continued)

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MUS</strong></td>
<td>Wellness Room 244</td>
<td>2 - 3 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 210</td>
<td>2 - 4 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td>Make Computers Work for You</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>
<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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Downtown YMCA</td>
<td>3 - 5 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td>YMCA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 114</td>
<td>3:30 p.m - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Publisher Study Lab</td>
<td></td>
<td>Class starts April 30</td>
<td>Need to be Enrolled</td>
</tr>
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</table>

## Wednesday

<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>Sally’s Café</td>
<td>10 - 11 a.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Sassy Seat</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>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>CPS</strong></td>
<td>Computer Room 210</td>
<td>10–11 a.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td>Learn to Code</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Supported Education</strong></td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Math for the College Bound</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</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>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>University Hills</td>
<td>1 - 4 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td>YMCA (with pool)</td>
<td>Schlessman YMCA</td>
<td>1st/3rd week of month</td>
<td></td>
</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>
<td></td>
</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>CPS</strong></td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td>Computer Orientation</td>
<td></td>
<td>By appointment, only</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>Thursday</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>WLS</strong></td>
<td>Fitness Room 243</td>
<td>10 - 11 a.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td>Fitness Buddies/Fitness Room Orientation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio</td>
<td>10 - 11 a.m.</td>
<td>Tajah Schall</td>
</tr>
<tr>
<td>Therapeutic Dance/Movement</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Diabetes Maintenance</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>
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</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
<td>Need to be enrolled</td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Art Room 118</td>
<td>1 - 3:45 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>Room 247</td>
<td>1:30 - 2:30 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Healthy Relationships</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 247</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>WLS</strong></td>
<td>Room 247</td>
<td>3 - 4 p.m.</td>
<td>Randi McNeill</td>
</tr>
<tr>
<td>Mindfulness Class</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Room 235</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>
<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 Word 2016 Basics</td>
<td></td>
<td>Class started April 19</td>
<td>Need to be Enrolled</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Room 234</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Advanced Music Literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Room 247</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman/David Bowen</td>
</tr>
<tr>
<td>Community Jam Session</td>
<td></td>
<td></td>
<td></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>Friday (continued)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong> Sassy Seat</td>
<td>Sally’s Café Dining Room</td>
<td>10 - 11 a.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>CUL</strong> Culinary Orientation</td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Culinary Supervisor</td>
</tr>
<tr>
<td><strong>Supported Education</strong> Math for the College Bound</td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>WLS</strong> New R Weight Loss Program</td>
<td>Room 126</td>
<td>10 - 11:30 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>WLS</strong> Fitness Class</td>
<td>First Floor Studio</td>
<td>11:15 - 12 noon</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>CPS</strong> Microsoft Word Study Lab</td>
<td>Computer Room 114</td>
<td>11:30 a.m. - 12 noon</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>CUL</strong> ServSafe Education</td>
<td>Room 247</td>
<td>1 - 2 p.m.</td>
<td>Culinary Supervisor</td>
</tr>
<tr>
<td><strong>MUS</strong> Beginning Guitar Circle</td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS</strong> Studio Art</td>
<td>Art Room 118</td>
<td>1 - 3 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td><strong>WLS</strong> YMCA</td>
<td>Downtown YMCA</td>
<td>1 - 3 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>CPS</strong> Microsoft PowerPoint 2016</td>
<td>Computer Room 114</td>
<td>1:30 - 3:30 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>CPS</strong> Gaming Club</td>
<td>Sally’s Café Dining Room</td>
<td>2 - 3 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>GEN</strong> Poetry</td>
<td>Room 231</td>
<td>2 - 3 p.m.</td>
<td>Raymond Sedillo</td>
</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>WLS</strong> Gratitude and Wellbeing</td>
<td>Room 126</td>
<td>3 - 4 p.m.</td>
<td>Janelle Hassell</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>
<tr>
<td><strong>CPS</strong> Microsoft PowerPoint Study Lab</td>
<td>Computer Room 114</td>
<td>3:30 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
</tbody>
</table>
Who is Who? New Staff Directory in Room 247

Have you ever attended a 2Succeed community forum? On Fridays at 11 a.m., Community Forum takes place in Sally’s Café. This is a time where 2Succeed members have an opportunity to voice constructive opinions, add positive feedback and give suggestions for classes, activities, field trips etc...

In 2018 a community member suggested a “staff directory.” A way to know “who is who” on the education side of 2Succeed. In new member orientation we assign every new and returning member to an Education Specialist/Counselor. This process can be confusing and tricky when a new member is directed to multiple people for different needs. Whether it is to Doug, our Technology Coordinator, Lucrecia for Art Reach tickets, Chris for Employment Intake or Casey the Music Educator, we will no longer need to put describing labels on each other.

The great suggestion of a community member in one of our Forum’s inspired Vanessa and Martha to create a “staff directory”. This is in Room 247 (Orientation Room) and is helpful for all people at 2Succeed, not just new members. The staff directory has pictures of the education team along with job title, room numbers, direct phone numbers and email addresses. Members, students, visitors and staff will be able to see “who is who” on the education side, our Director, Employment Intake Specialists and Administrative team of 2Succeed.

We invite you to share your ideas with the Community Forum group Friday’s at 11 a.m. in Sally’s Café. Your idea just might be the next new concept implemented at 2Succeed!!
Mental Health First Aid

8-hour Course

Spring 2019 Schedule

2Succeed in Education

May 14th and 15th

9 a.m.—1 p.m.

Conference Room 126

- For (2) 4-hours trainings (8 hours total)
- Need to attend both days

*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.
COMPUTER COACHING
- BY APPOINTMENT -

Do you experience set up issues or confusion with your personal computer or phone? Need help with understanding emails or other computer software?

Call to set up an appointment to discuss and arrange for individualized coaching for your tech needs.

Call Doug Reed at 303-504-1758

Thursdays 2:30 - 4 p.m. in Room 210

BASIC COMPUTER SKILLS

What you will learn:

Introduction to computers, hardware and software, how to browse the internet, introduction to Microsoft Word, send and receive e-mails.

Instructor: Marbella Myers (Bolivar)

Started Monday, April 15
Meets Monday @ 2 p.m. to 3 p.m.
And Wednesday @ 10:30 to 11:30 a.m.
In Computer Room 210
2Succeed’s Biggest Loser Contest

Begins April 8, 2019
and the competition runs
until June 7, 2019.

Weigh-In will be
April 1 to April 5
in Fitness Room 243 at 2Succeed.
See Janelle Hassell to arrange for
your weigh-in.

Winners will be announced
Monday, June 10 during the lunch hour.
Members will go towards prizes:
1st ($20 gift card), 2nd ($15 gift card) and
3rd ($10 gift card).

Come and start a new,
healthy lifestyle!
Fitness Class

Mondays and Fridays
First Floor Fitness Studio
Classes are for all fitness levels and modifications can be made if needed. We do low impact workouts that incorporate strength, balance, flexibility, and builds endurance.

Walking Group
An opportunity for individuals to walk with others at a comfortable pace. Individuals are able to work on physical health goals as well as have meaningful conversations with others regarding personal wellbeing.
Tuesdays from 1-1:30 p.m. starting in March!

YMCA Workout
Mondays-Downtown YMCA
10 a.m. to 12 noon
Tuesdays-Downtown YMCA
2 - 4 p.m.
2nd/4th Wednesdays of the month
University Hills YMCA
1 - 4 p.m.
2nd/4th Thursdays of the month
Downtown YMCA
3 - 5 p.m.
Fridays-Downtown YMCA
1 - 3 p.m.
Fitness Room Orientation
Mondays and Thursdays

Days and Times

Tuesday
10 to 11 am

Thursday
10 to 11 am

In the Fitness Room 243

• Every journey begins with the first step
• Defy your limitations
• Be brave
• Yesterday you said tomorrow

• It’s the start that stops most people
• Strive for progress not perfection
• Clear your mind of can’t
• Just do it!!

You will be given an overview of the weight room with instruction on how to safely use the equipment. We will go over the expectations for use of the facility. We will answer questions and go over your desired fitness goals. Grab a buddy and come on in!
Life Skills

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

May
Symptom Management (Depression,
Bi-Polar Disorder, Schizophrenia,
Anxiety) Learn some new tools
to cope.

June
Communication/Social Skills/
Assertiveness (Boundaries/”No
Means No”/Ask for what you need!)

July
Cultural Recognition –Learning
cultures/Show and Tell

Window Gardens

Come decorate your own pot and choose
from a variety of plants to fill it!

*Tea and cookies included

Friday, May 10th 1pm
Sally's Cafe
Bead Making

Mondays 1:00-3:00 p.m.

We will be making colorful polymer clay beads in the art studio this month. The beads can be strung together to make beautiful jewelry: earrings, bracelets, or necklaces.

Mosaic Making

Fridays 1:00-3:00 p.m.

We will be creating colorful polymer clay discs, then combining them with buttons and beads to create mosaic wall hangings.
Nutrition and Exercise for Wellness and Recovery (NEW-R)

Evidenced-Based program that helps people with mental illnesses approach weight loss with “intentionality” and gain new knowledge and skills for healthier eating and physical activity. This trauma-informed class meets once a week for sixty minutes.

Topics:
- I Can Make a Change!
- The ABC’s of Healthier Eating
- Reading Food Labels & Portion Control
- Let’s Get Moving!
- Eating Out
- Meal Planning and Thrifty Shopping
- Let’s Get Cooking Without All the Fat and Sugar!
- Celebrating Accomplishments and Keeping Up the Good Work
Learn the Bus with Us

Monday, May 6th at 12:45 p.m. - 4:00 p.m.

Join Janelle and Vanessa for a day downtown exploring Union Station and Civic Center Station

We will be taking the bus to the 16th Street Mall and riding the free mall shuttle to Union Station, exploring Union Station, then riding the bus to Civic Center Station, exploring Civic Center Station, and then riding the bus back to 2Succeed.

♦ A bus pass or bus fare is needed for this outing.

Please contact Vanessa at 303-504-1759 or Janelle at 303-504-1731 if you need assistance with this.
“The present moment is the only time over which we have control.”

Mindfulness Class

Thursdays 3 - 4 PM

With Randi

In Orientation Room 247
LET’S GO FISHING!

If you would like to join us this summer for some fishing, please see Janelle Hassell or call her at 303-504-1731 for a free lifetime fishing permit!
New Events are posted every Monday!

How to request

- Grab a request form
- Fill out the ENTIRE form
- Place it in the black box
- I will contact you

ArtReach events can include:

National Western Stock Show/Denver Coliseum/Museums

Planetariums/Orchestras/Concerts/Symphonies

Sporting Events/Zoo/Plays & More!

Remember tickets are not guaranteed

(PLEASE – ONLY 2 REQUESTS ALLOWED PER WEEK)

Thank you

Questions/Contact Lucrecia in Rm 212 (Admin) 303-504-1736
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 Maritza Ovalles at 303-504-1727.

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.
Senior Discounts

Shopping
- **Kohl's**: 60+ get 15% off on Wednesdays
- **Marshall’s, Ross**: Seniors (check age) get 10% on Tuesdays
- **Walgreens**: (Seniors Day – 1 x mth) Rewards card holders and 55+ get 20% off / 10% off for online ordering
- **Dress Barn**: 62+ get 10% off on Tues/Weds
- **Stein Mart**: 55+ get on First Monday and extra 20% off clearance items
- **Michaels**: Seniors get 10% exclusive discounts and more on crafting material
- **JoAnn**: Senior Days 55+ get 20% off total purchase

Phone Service
- **Consumer Cellular**: Senior plan $30 month

Senior Disc. Club/Free Memberships
- Amazon, Best Buy, CVS Pharmacy, JC Penney, Kohl’s, Target, Walgreens, Walmart

Eating Out
- **McDonald’s**: discounts on coffee and beverages (55+)
- **Whataburger**: free drink with purchase of a meal, depending on location (55+)
- **Wendy’s**: give free coffee or other discounts depending on location
- **Piccadilly Cafeteria**: 10% discount with “Prime Time for Seniors” card
- **IHOP**: 10% discount (55+) and a menu for people aged 55 and over at participating locations
- **Golden Corral**: Senior discount varies by location
- **Krispy Kreme**: Senior Discount: 10% off (50+) (age and discount varies depending on location)
- **Perkins Restaurants**: Fifty-Five Plus menu Offers special deals (55+)
- **Subway**: 10% off (60+) varies by location
- **The Old Spaghetti Factory**: Spaghetti Factory “Senior Menu” offers discounted list of menu items
- **Uno Pizzeria & Grill**: “Double Nickel Club” 25% off on Wednesday (55+)
- **Sizzler**: Offers “Honored Guest Menu” (60+) varies by location
- **Papa John’s**: Senior Discount: check with your local stores (no standard senior discount policy)
- **Old Country Buffet**: Daily discounts for seniors (55+)
- **Friendly’s Restaurants**: 10% off meal w/ free coffee at breakfast or free small sundae during non-breakfast hours
- **Fazoli’s**: Join “Club 62” for special senior menu items (62+)
- **KFC**: free small drink with any meal depending on location (55+)
- **Country Kitchen**: Great Senior Menu (55+)
- **Burger King**: 10% discount on purchase depending on location (60+)

Movies
- **AMC**: 60+ get 30% off movie ticket
- **Regal**: 60+ get 35% off movie ticket
Cultural Free Days Denver-2019

Clyfford Still Museum
(720-354-4800)
1250 Bannock St, Denver
Monday (Closed), Tuesday to Thursday (10 a.m. to 5 p.m.), Friday (10 a.m. to 8 p.m.), Saturday/Sunday (10 a.m. to 5 p.m.)
www.clyffordstillemuseum.org
☆ Wednesday, May 22
☆ Tuesday, June 18
☆ Wednesday, July 17
☆ Saturday, August 3

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, May 4
☆ Saturday, June 1
☆ Saturday, July 6
☆ Saturday, August 3

Denver Botanic Gardens
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Tuesday, June 4
☆ Wednesday, July 10

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, June 4
☆ Tuesday, July 2

Denver Museum of Nature & Science
(303-322-7009)
2001 Colorado Boulevard, Denver
9 a.m. to 5 p.m.
www.dmns.org
☆ Sunday, June 2
☆ Tuesday, July 2 (Night – 5 p.m. to 10 p.m.)
☆ Monday, August 26

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
☆ Monday, November 4
☆ Friday, November 8

Four Mile Historic Park
(720-865-0800)
715 S. Forest St., Denver
www.Fourmilepark.org
General Admission is Free on the second Friday of each Month from 12 to 4 p.m.
October to March (Wednesday to Sunday/9 a.m. to 5 p.m.)
April to September (Wednesday to Sunday/12 to 4 p.m.) Saturday and Sunday/10 a.m. to 4 p.m.)
☆ Friday, May 10
☆ Friday, June 7
☆ Friday, July 12
☆ Friday, August 9

Always call ahead to verify event information!
# Planning for May 2019

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- **Memorial Day**
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<td>Open Mike / Karaoke</td>
<td>Cider and Chai Night</td>
<td>In-House Ice Cream and Game Night</td>
<td>Movie Time!</td>
<td>Community Forum</td>
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<td>4:45 - 5:45 p.m. (JH)</td>
<td>In House 5 - 6 p.m. (RS/JH)</td>
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<td>Sally’s Café @</td>
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<td>Open Mike / Karaoke</td>
<td>Coffee Club @ Starbucks</td>
<td>1 - 4 p.m. (MM)</td>
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<td>Community Fellowship and Conversation</td>
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<td>Open Mike / Karaoke</td>
<td>Coffee Club @ Pablo’s</td>
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<td>Sally’s Café @</td>
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<td>Community Forum</td>
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<td>2Succeed Holiday Hours</td>
<td>Cider and Chai Night</td>
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<td>Sally’s Café @</td>
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<td>9 a.m. to 3 p.m.</td>
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<td>2Succeed will Be closed due</td>
<td>Ice Cream Social @ Sonic</td>
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<td>Sally’s Café @</td>
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<td>to All Staff Meeting</td>
<td>4:30 - 6 p.m. (MMB/JH)</td>
<td>Bowling 2:45 - 5:15 p.m. (JH)</td>
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<td>Reopens at 1:30 p.m.</td>
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<td>Hike/Picnic 9 a.m. - 4 p.m. (RS)</td>
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Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.
Sally's Café Market

Weekly Sales May 2019

Week 1  Buy 1 Chips get 2nd for 30 cents!
Week 2  Buy 1 Oreo and get 2nd for 40 cents
Week 3  Buy 1 Planters Salted Peanuts get 2nd for 25 cents!
Week 4  Buy 1 Planters Trail Mix get 2nd for 45 cents!

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. to 1 p.m.
Lunch is served from 12 noon until 1 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