A SUCCESS STORY IN THE MAKING

I am the Employment Specialist working with Vivian Vigil. I first learned that Vivian had worked in the Café Market (snack shop) at 2Succeed and that she also graduated from the culinary training program at Sally’s Café.

When I first met with Vivian I asked her what type of work she would like to do. Without hesitation Vivian said, “I want to work at Elitch’s, my happy place.” I learned that Vivian started going to Elitch’s at the age of 14 and it was her life long dream to work there.

We drove to the hiring office at Elitch Gardens and it was there we met the manager, Michael Arviso. Michael had us attend an orientation and then set up down at a computer to apply for a position at the park. When Michael asked Vivian when she wanted to start work, Vivian said “like last year.” Vivian started her training on March 5th and stated she obtained her major job goal when she was hired at Elitch’s.

Vivian was put in charge of cleaning bathrooms, floors, table tops, and providing customer service. It turns out that Vivian loves working at the park and has received numerous awards for her leadership, her customer service skills, and “the grand daddy of all” was the six pride cards she has been awarded from her supervisor for her professionalism, respect, integrity, dedication and enthusiasm for working hard. Vivian will now get to go to the “All Star” party on August 23rd at the Tracadoro hosted by Elitch’s and will be ready to return to Elitch’s next year.

Vivian credits her success to family and friends that have backed her up along the way.

By Pam Reusink, 2Succeed Employment Specialist
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! We invite musicians of all abilities, styles and experience levels to explore fellowship in their artistry. Members have the ability to participate in a variety of music classes and groups to enhance their skills. We offer several music education classes including music literacy, piano, voice, 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.
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/Entry Level 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 for skills training and skills brush up.

- **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. Basics will be discussed at the beginning of every class, and then more advance topics will be presented after. Drop in is OK.

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

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

- **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.

## Culinary Training (CUL)

- **ServSafe Education**  
  ServSafe Education prepares students to sit for the ServSafe Food Protection Exam. ServSafe Certifications are recognized by more federal, state, and local jurisdictions than any other food safety certification. We provide classroom instruction, textbooks, and study materials. The Colorado Restaurant Association proctors the exam with no expense to the student.

## General Studies (GEN)

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

- **Cultural Awareness & Inclusivity**  
  This class will explore what the word “culture” means; why culture is important and why culture means different things to different people. We will look at the impact that culture plays in our society, in our worldview, and in the way we relate to others. We will examine the importance of respecting the culture of other people. We will look at cultures within cultures (sub-cultures). This class will also examine why it is important for us to celebrate our different cultures and embrace our diversity.

  This class encourages students to come up with topics for discussion. Staff will serve more as facilitators than as instructors. Participation by everyone in class is required.
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.

Financial Empowerment
This class offers basic budgeting skills and techniques to increase financial well-being.

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.

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. 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.

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.

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.

Life Skills
This course covers the foundations of Music Theory. Students will learn how to read notes on the staff, and how to incorporate rhythms and note values into their own musical practice. Intermediate concepts are also introduced at the end of the course including key signatures and the major scale.

Music and Performance (MUS)
Advanced Music Literacy
Prerequisite: Beginning Music Literacy.
Continue to explore music reading, and advanced concepts.

Beginning Guitar Circle
Bring a guitar or borrow one of ours and sit in with other beginning guitarists. Not necessary to be able to read music or chord charts but those that do are welcome.

Beginning Harmonica
Everyone is welcome to join our harmonica class! We cover basic harmonica techniques and practice them in a comfortable group environment. We also discuss the musical history of the harmonica and study music where harmonica is prominently featured.

Beginning Music Literacy
This course covers the foundations of Music Theory. Students will learn how to read notes on the staff, and how to incorporate rhythms and note values into their own musical practice. Intermediate concepts are also introduced at the end of the course including key signatures and the major scale.
# 2Succeed Classes by Category

- **Beginning Piano**  
  **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.

- **Ear Training**  
  **Prerequisite:** Beginning Music Literacy.  
  After students have completed Beginning Music Literacy, they are eligible to participate in Ear Training. In Ear Training, we learn different skills so we can better identify pitches, chords, melodies, intervals, and rhythms. Ear Training is an integral part of refining your musical skills and is relevant for every musician regardless of instrument.

- **Voice Lessons**  
  Voice lessons are open to anyone that wants to express themselves through singing! Lessons are scheduled by appointment only and will include brief warmup exercises followed by reviewing or learning a song of the singer’s choice. All genres of music are studied and no prior experience is needed.  
  **By appointment in room 234.**

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## Supported Education (SE)

- **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.

- **Student Success Group**  
  This interactive group focuses on skill building for students interested in adult and higher education within the community. (Post-secondary education, GED, Trade schools, College/Universities, On-line schooling/learning, any classes based in our community). Discussion of topics such as Financial Aid, note taking, college etiquette, code of conduct/social and behaviors skills, expectations, services on campuses, preparation for higher education, support systems, balancing work, school, family/friends and life at home. Summer semesters and Fall and Winter breaks focus on enjoying cognitive based activities to keep that brain learning and having fun! (Trivia, Pictionary, Bunko, Yahtzee, Brain games, 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.

- **Beginning Pilates**  
  Beginning intro to group Pilates.

- **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.

- **Dance Jam**  
  Low to moderate group dance class.

- **Diabetes Maintenance 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.
2Succeed Classes by Category

- **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.

- **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.

- **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.

- **Healthy Relationships**
  This class provides interactive discussion and education on integrating positive and healthy relationships of all types into your life.

- **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.

- **Me First!**
  Self care and empowerment workshops. Different topics and class activities.

- **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.

- **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. Independent study.

- **Sassy Seat Chair Exercise**
  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. 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.

- **Women’s Health**
  This class is a supportive educational group that will explore and discuss various topic within women’s health and celebrate the many different and unique qualities that make us women.

- **YMCA Workout**
  We go to the downtown YMCA to use their wonderful facilities which include a gym, track and workout equipment. On certain days we go to 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**
  Yoga for all levels helps individuals focus on the poses, building on basics with emphasis on alignment of standing, sitting, and twisting poses. Instruction will help you achieve a deeper reflection in asana and refine your relationship to your body.

- **Yoga Nidra**
  Known as yogic sleep—a meditation relaxation practice intended to induce physical, mental, and emotional relaxation. Being relaxing, restorative and restful, studies have shown it can also ease insomnia, decrease anxiety, alleviate stress, reduce PTSD, chronic pain and chemical dependency, heighten awareness and focus, transform negative habits, behaviors and ways of thinking, and foster feelings of peace, calm and clarity.
# 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td><strong>WLS</strong></td>
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<tr>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
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<tr>
<td><strong>GEN</strong></td>
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<tr>
<td>Drop-in Peer Support and Resources</td>
<td>Room 234</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
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<tr>
<td><strong>WLS</strong></td>
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<tr>
<td>Meditation</td>
<td>Wellness Room 244</td>
<td>10 - 11 a.m.</td>
<td>Stephanie Snelgrove</td>
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<tr>
<td><strong>CPS</strong></td>
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<tr>
<td>Website Design</td>
<td>Computer Room 210</td>
<td>10 - 11 a.m.</td>
<td>Cari Ross/Doug Reed</td>
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<tr>
<td><strong>GEN</strong></td>
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<tr>
<td>Writer’s Workshop</td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td><strong>WLS</strong></td>
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<tr>
<td>Yoga</td>
<td>First Floor Studio</td>
<td>10 - 11 a.m.</td>
<td>Mary Crisman</td>
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<tr>
<td>Yoga Nidra</td>
<td>First Floor Studio</td>
<td>11 a.m. - 12 noon</td>
<td>Stephanie Snelgrove</td>
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<tr>
<td><strong>GEN</strong></td>
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<tr>
<td>Basic Spanish</td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Marbella Myers</td>
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<tr>
<td><strong>CPS</strong></td>
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<tr>
<td>Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
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<tr>
<td><strong>WLS</strong></td>
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<tr>
<td>Nutrition 200</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td><strong>WLS</strong></td>
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<tr>
<td>YMCA</td>
<td>Downtown YMCA</td>
<td>1 - 3 p.m.</td>
<td>Janelle Hassell</td>
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<tr>
<td><strong>WLS</strong></td>
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<tr>
<td>Knit, Crochet and Needlework</td>
<td>First Floor Studio</td>
<td>1 - 3 p.m.</td>
<td>Participants</td>
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<tr>
<td><strong>WLS</strong></td>
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<tr>
<td>Studio Art</td>
<td>Art Room 118</td>
<td>1 - 3 p.m.</td>
<td>Kristin Elise</td>
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<tr>
<td><strong>MUS</strong></td>
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<tr>
<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>1:30 - 2 p.m.</td>
<td>Sarah Broadwell</td>
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<tr>
<td><strong>MUS</strong></td>
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<tr>
<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
<td>Sarah Broadwell</td>
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<tr>
<td><strong>GEN</strong></td>
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<tr>
<td>Advocacy 101</td>
<td>Sally’s Café Dining Room</td>
<td>2 - 3 p.m.</td>
<td>Kathy Ehret/Tabitha Shackleton</td>
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<tr>
<td><strong>CPS</strong></td>
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<tr>
<td>Basic Computer Skills</td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
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<tr>
<td><strong>MUS</strong></td>
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<td>Private Piano Lessons</td>
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<tr>
<td><strong>GEN</strong></td>
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<tr>
<td>Bible Study</td>
<td>Room 115</td>
<td>3 - 4 p.m.</td>
<td>Janelle Hassell</td>
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<tr>
<td><strong>Class</strong></td>
<td><strong>Location</strong></td>
<td><strong>Time</strong></td>
<td><strong>Instructor / Facilitator</strong></td>
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<td><strong>Monday (continued)</strong></td>
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<tr>
<td><strong>MUS</strong></td>
<td>Room 247</td>
<td>3 - 4 p.m.</td>
<td>Londa/Participants</td>
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<tr>
<td>Beginning Harmonica</td>
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<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>Dance Jam</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Wellness Room 244</td>
<td>3 - 4 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>Piano and Guitar Lab</td>
<td></td>
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<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td></td>
<td></td>
<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>
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</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 231</td>
<td>10-11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Vocabulary</td>
<td></td>
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</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>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>
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<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><strong>Need to be enrolled</strong></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>
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<td></td>
<td></td>
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<tr>
<td><strong>CUL</strong></td>
<td>Room 231</td>
<td>1:30 - 2 p.m.</td>
<td>Culinary supervisor</td>
</tr>
<tr>
<td>Culinary Team Meeting</td>
<td></td>
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<tr>
<td><strong>GEN</strong></td>
<td>Room 247</td>
<td>1:30 - 2:30 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Financial Empowerment</td>
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<td></td>
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</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 115</td>
<td>2 - 3 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Cultural Awareness</td>
<td></td>
<td>1st and 3rd Tues of Mth</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>
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</tr>
<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio</td>
<td>3 - 4 p.m.</td>
<td>Meredith Mills/ Vanessa Valdez</td>
</tr>
<tr>
<td>Beginning Pilates</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>Sarah Broadwell</td>
</tr>
<tr>
<td>Community Jam Session</td>
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</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</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>WLS</strong></td>
<td><strong>Open Art Studio</strong></td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Fitness Class</strong></td>
<td>9 - 10 a.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Fitness Buddies/Fitness Room</strong></td>
<td>10–11 a.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Sassy Seat</strong></td>
<td>10 - 11 a.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td><strong>Strategies to Wellness (VIMR)</strong></td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Advanced Music Literacy</strong></td>
<td>10–11 a.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Women's Health</strong></td>
<td>10–11 a.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Me First!</strong></td>
<td>11 a.m. - 12 noon</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>Supported Education</strong></td>
<td><strong>Math for the College Bound</strong></td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Walking Group</strong></td>
<td>1 - 1:30 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td><strong>Keyboard Skills</strong></td>
<td>1 - 2 p.m.</td>
<td>Independent Study / No Instruction</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td><strong>Basic Spanish</strong></td>
<td>1 - 2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>YMCA</strong></td>
<td>1 - 3 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>YMCA (with pool)</strong></td>
<td>1 - 4 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td><strong>Life Skills</strong></td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Private Piano Lessons</strong></td>
<td>1:30 - 2 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Private Piano Lessons</strong></td>
<td>2 - 2:30 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td><strong>Reading Skills</strong></td>
<td>2 - 3:45 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<tr>
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<tr>
<td><strong>Thursday</strong></td>
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</tr>
<tr>
<td>WLS</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>WLS</td>
<td>Fitness Room 243</td>
<td>10 - 11 a.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td>WLS</td>
<td>First Floor Studio</td>
<td>10 - 11 a.m.</td>
<td>Tajah Schall</td>
</tr>
<tr>
<td>WLS</td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>GEN</td>
<td>Computer Lab Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>CPS</td>
<td>Computer Room 210</td>
<td>10:30 - 11:30 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>WLS</td>
<td>First Floor Studio</td>
<td>11 a.m. - 12 noon</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>CPS</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Independent Study / No Instruction</td>
</tr>
<tr>
<td>WLS</td>
<td>Art Room 118</td>
<td>1 - 3:45 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>WLS</td>
<td>Room 247</td>
<td>1:30 - 2:30 p.m.</td>
<td>Katherine Frank</td>
</tr>
<tr>
<td>GEN</td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>WLS</td>
<td>Downtown YMCA</td>
<td>3 - 5 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td>WLS</td>
<td>Room 247</td>
<td>4:30 - 5:30 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>WLS</td>
<td>As Scheduled with Instructor</td>
<td>By appointment, only</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>GEN</td>
<td>As Scheduled with Instructor</td>
<td>By appointment, only</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>WLS</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>GEN</td>
<td>Sally's Café Dining Room</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>MUS</td>
<td>Room 234</td>
<td>9:30 - 10 a.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>CPS</td>
<td>Computer Room 114</td>
<td>9:30 a.m. - 11:30 a.m.</td>
<td>David McDonald</td>
</tr>
</tbody>
</table>

Need to be enrolled
## 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 (continued)</strong></td>
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<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
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<tr>
<td>Learn to Code</td>
<td>Computer Room 210</td>
<td>10 - 11 a.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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></td>
<td></td>
<td></td>
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<tr>
<td>Culinary Orientation</td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Culinary Supervisor</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Entry Level Computer Orientation</td>
<td>Computer Room 210</td>
<td>11 a.m. - 12 noon By appointment, only</td>
<td>Doug Reed</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>11 a.m. - 12 noon</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Fitness Class</td>
<td>First Floor Studio</td>
<td>11:15 - 12 noon</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
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</tr>
<tr>
<td>Microsoft Word Study Lab</td>
<td>Computer Room 114</td>
<td>11:30 a.m. - 12 noon Class Closed</td>
<td>David McDonald Need to be Enrolled</td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>ServSafe Education</td>
<td>Room 247</td>
<td>1 - 2 p.m.</td>
<td>Culinary Supervisor</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>Doug Reed</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginning Guitar Circle</td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Studio Art</td>
<td>Art Room 118</td>
<td>1 - 3 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>YMCA</td>
<td>Downtown YMCA</td>
<td>1 - 3 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Men’s Group at 2Succeed</td>
<td>1:30 - 2:30 p.m.</td>
<td>David Macaulay</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
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</tr>
<tr>
<td>Microsoft PowerPoint 2016</td>
<td>Computer Room 114</td>
<td>1:30 - 3:30 p.m. Class Closed</td>
<td>David McDonald Need to be Enrolled</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
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<tr>
<td>Gaming Club</td>
<td>Sally’s Café Dining Room</td>
<td>2 - 3 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
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</tr>
<tr>
<td>Beginning Music Literacy</td>
<td>Room 234</td>
<td>2 - 3 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Sarah Broadwell</td>
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<tr>
<td><strong>WLS</strong></td>
<td></td>
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<tr>
<td>Gratitude and Wellbeing</td>
<td>Room 126</td>
<td>3 - 4 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
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<tr>
<td>Drum Circle</td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
</tbody>
</table>
The stillness, serenity, and breathtaking beauty of Estes Park made it a perfect home away from home for people we serve for three days. They all relished the rustic mountain charm of this little town in northern Colorado. It was an awesome opportunity to grow, learn, and socialize. The possibilities for fun and camaraderie were seemingly endless with outdoor and indoor activities at the YMCA, as well as activities in town.

The outdoor activities at the YMCA included horseback riding, archery, mini golf, and a campfire. Saddled up on sturdy mountain horses, comprised of Thunder, Pepper, and Shawnee, among others, like cowboys for a one-hour horseback ride through the valley, into the wild areas of the mountains, and even through streams, our riders delighted in quite a unique experience complete with native wildlife, such as, deer, elk, and coyotes, while the interesting land formations made a magnificent backdrop.

Archery was another exciting outdoor activity at the YMCA. Archery comes from the Latin word arcus meaning arch. It is the art of using a bow to shoot arrows at targets. The first time you release an arrow and watch it soar through the air is magical! The big round targets with colorful rings and a bullseye were set in the vast beauty of Rocky Mountain National Park.

Following a delicious meal, the first night, some people opted to play mini golf on the challenging 18-hole course there on the grounds of the YMCA while observing the gorgeous sunset. Others, meanwhile, rested in their lodge rooms. The outdoor activities concluded with a campfire on the last night. It was complete with roasting marshmallows to make smores, singing songs, and telling of ghost stories.

An indoor activity that most participated in was boardgames. They played Uno, Sorry, Dominoes, and Candyland, while others put a puzzle together. Swimming, arts and crafts, and karaoke were other indoor activities that were enjoyed by everyone. There was also a museum on site that several people were able to appreciate. Housed in a 1924 guest lodge, the museum featured several period room settings and display galleries. There was also a 1905 log tourist cabin and a two-bedroom cabin depicting accommodations from 1949.
2SUCCEED ANNUAL RETREAT AT ESTES PARK

Activities in town were shopping, where members looked at clothing, jewelry, souvenirs, soaps, and even Christmas décor, a pizza party for a fantastic time and togetherness, and lastly, on the way out of town, everyone visited the Stanley Hotel. With its old-world charm and luxury, the Stanley Hotel is a must-see historic sight in Estes Park.

In conclusion, all the attendees of the Estes Park Retreat 2019 thoroughly enjoyed themselves and savored the time away from the hustle and bustle of the big city. It was a time to reflect and forget all the stresses and worries of every-day life!

By Janelle Hassell, 2Succeed Vocational Counselor

Volunteer Position as a STUDENT NAVIGATOR at 2Succeed

Role of a Student Navigator - A student navigator at 2Succeed is someone who assists new people in feeling comfortable at 2Succeed. Intentionally welcoming people and encouraging class and social participation.

Student Navigators are leaders in the 2Succeed community. The only responsibility of a Student Navigator is to be the welcoming, nonjudgmental people they already are!!

Contact person for information on this volunteer position- Vanessa Valdez - #303-504-1759, Room #234 (Vanessa.valdez@mhcd.org)
Halloween Hangout
Presented by 2Succeed

THURS. OCT. 31ST 2PM-4PM SALLY’S CAFE

- Costumes are ENCOURAGED!
- Food and Drinks Provided
- Games with PRIZES!!
- Pumpkin Judging Contest
- AND MUCH MORE!!
Drop-In 2Succeed Information

Come learn about the great opportunities 2Succeed has to offer!

- Assistance with Higher Education/College
- High School Equivalency Preparation
- General Education for Adult Learners
  - Culinary Training
  - Art Studio
- Music Education and Performance
  - Fitness and Nutrition
- Computer Training
- Social, Spiritual and Recreational Offerings
- Various Workshops to Support Well-Being

1st Monday of the month
Vanessa Valdez
Recovery Center
Room 120A
1-2pm
Yoga Nidra Meditation

Mondays and Thursdays at 11 a.m.
First Floor Studio

Yoga Nidra is often referred to as "yogic sleep," and is highly effective for reducing tension and anxiety, balancing the autonomic nervous system, and for undoing various tension and anxiety-related symptoms such as poor concentration, chest and abdominal pain, palpitations of the heart, and sleep and memory disturbances. Yoga Nidra is a practice that helps bring you into alignment with your truth. Please come and explore your well-being through this calming and relaxing practice.

This can be practiced in any clothing, but comfortable clothing is recommended as well as a sweatshirt or light jacket to help keep you warm during meditation.

Please contact Stephanie Snelgrove with any questions: 303-504-1747 or stephanie.snelgrove@mhcd.org
Yoga Is Back!!

Mondays 10–11 a.m.
1st Floor Studio
Instructor: Mary Crisman
Advocacy 101

Learn How to Advocate for Yourself!

Mondays at 2 p.m.
Sally’s Café Dining Room
Me First!
Self-Care and Personal Wellness class

Each week will be a topic on Self-care, beauty, hygiene, self-responsibility and professionalism.

Wednesdays 11 a.m. -12 p.m.
In Room 247

Vanessa is a licensed beauty and wellness professional and would like to invite everyone to join in this shared learning experience.

For more information call Vanessa at 303-504-1759
Women’s Health

Wednesdays at 10 a.m.
Room 247

This group is for anyone who identifies as a woman. We will discuss topics such as women’s history, body image, sexual health, women’s health and wellness, self-esteem, relationships, healthy boundaries. etc.

“The circles of women around us weave invisible nets of love that carry us when we are weak and sing with us when we are strong” -Sark

Please contact Stephanie Snelgrove with any questions:
303-504-1747 or stephanie.snelgrove@mhcd.org
Men’s Workshop
At 2Succeed

Activities / Worksheets / Discussions

All New!

Fridays from 1:30 to 2:30 p.m.
Room 115
Starts October 4th

For more information contact:
David Macaulay at 303-504-1746
Cultural Awareness & Inclusivity

Everyone is welcome!!

1:30 to 3 p.m.
Sally’s Café Dining Room
1st and 3rd Tuesday of Month

For more information, contact:
BB Ahaneku       bb.ahaneku@mhcd.org   303-504-1756
Meredith Mills   meredith.mills@mhcd.org   303-504-1713
Dahlia Campus Farmers Market

October 2, 2019
3:30-6:00 p.m.
3401 Eudora St. Denver
With Janelle

Join Us!

- Farm fresh foods
- Family farm and gardening activities
- Juicing demos
- and more!
Want to Learn Computers? Where To Start...

Orientation Class Available
Fridays 11-12pm Lab 210 (Doug)
Or Instant Access Anytime
(If comfortable with login see Doug)

Make Computers Work For You
Tuesdays 2-4pm Lab 210 (Register with Doug)

Web Development and Coding Technologies
Mondays 10-11am Lab 210
(Register with Doug)

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Computer Orientation  Computer Basics  Intermediate  Specialized  Advanced

Basic Computer Skills:
Mondays 2-3pm Lab 210 & Thurs 10:30-11:30am (Marbella)
Keyboarding:
Mondays, Tuesdays, Thursdays, Fridays 1-2pm Lab 210 (Doug)

Microsoft Office Apps:
Word, Excel, Powerpoint
(Record with Dave McDonald)

Contact Doug Reed (303-504-1758), Marbella Myers (303-504-1724), Dave McDonald (303-504-1771)

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Learn to Code

Learn basic principles of coding languages:

Variable attributes and declaration, data types, comparison and logic operators, functions, data structures.

Some computer experience required, please contact Doug Reed to Register.

Fridays @ 10AM in Lab 210
COMPUTER COACHING

- BY APPOINTMENT -

Do you experience set up issues or confusion with your personal computer of phone? Need help with understanding email 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

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)

Meets Monday @ 2 p.m. to 3 p.m. And Thursday @ 10:30 to 11:30 a.m.
In Computer Room 210
Basic Spanish Class
Mondays and Wednesdays

Hola!

1:00-2:00pm
Sally’s Cafe
Life Skills

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

October
Leadership/Skills/Delegation/
Organization

November
Your Rights/Responsibilities

December
Winter Holiday Traditions around
the World

YMCA Schedule

Mondays-Downtown YMCA
1 to 3 p.m.

Wednesdays-Downtown YMCA
1 - 3 p.m. (Janelle)

2nd/4th Wednesdays of the
month-
University Hills Pool YMCA
1 - 4 p.m. (Meredith)

2nd/4th Thursdays of the
month
Downtown YMCA
3 - 5 p.m.

Fridays-Downtown YMCA
1 - 3 p.m.
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!
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 at 2Succeed for services please contact:

Chris Winslow at 303-504-1728 or Maritza Ovalles at 303-504-1727.

2Succeed in Employment at the Recovery Center

Supported Employment Intake Specialists may meet individuals we serve for Supported Employment Intakes or for an informational meeting at the Recovery Center 4th Floor Conference Room 416 on Tuesdays from 1 p.m. – 3 p.m. and on Thursdays from 1:30 p.m. – 3:30 p.m. by appointment only. Please call Chris Winslow at 303-504-1728 if you’d like an appointment on a Tuesday or call Maritza Ovalles at 303-504-1727 if you’d like an appointment on a Thursday at the Recovery Center.
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.clyffordstillmuseum.org
☆ Tuesday, October 15
☆ Saturday, November 2
☆ Wednesday, December 18

**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, October 5
☆ Saturday, November 2
☆ Saturday, December 7

**Denver Botanic Gardens**
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Monday, November 11

**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, November 5

**Denver Museum of Nature & Science**
(303-322-7009)
2001 Colorado Boulevard, Denver
9 a.m. to 5 p.m.
www.dmns.org
☆ Monday, October 14
☆ Sunday, November 17
☆ Sunday, December 8

**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, October 11
☆ Friday, November 8
☆ Friday, December 13

Always call ahead to verify event information!
Planning for October 2019

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<tr>
<th>Sunday</th>
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### 2Succeed Social Activities - October 2019

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<td><strong>Open Mike / Karaoke</strong></td>
<td><strong>Cider &amp; Chai Night</strong></td>
<td><strong>Farmer’s Market</strong></td>
<td><strong>Bike Ride To Confluence Park</strong></td>
<td><strong>Community Forum</strong></td>
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<td>4:45 - 5:45 p.m. (SB)</td>
<td><strong>In House</strong></td>
<td>@ Dahlia 3:30-6 p.m. (JH)</td>
<td>9:30 a.m.–11:30 p.m. (DR)</td>
<td>Sally’s Café @ 11 - 11:30 a.m. (VV)</td>
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<td><strong>31</strong></td>
<td><strong>2</strong></td>
<td><strong>In House Ice Cream &amp; Game Night</strong></td>
<td><strong>Movie Time</strong></td>
<td><strong>Bingo</strong></td>
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<td>5-6 p.m. (BB/MM)</td>
<td>1-4 p.m. (DR)</td>
<td>5 - 5:45 p.m. (MM)</td>
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<td><strong>Bike Ride To</strong></td>
<td><strong>Bowling</strong></td>
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<td>Confluence Park</td>
<td>2:45–5 p.m. (JH)</td>
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<td><strong>Movie Time</strong></td>
<td><strong>Trivia</strong></td>
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<td>1-4 p.m. (DR)</td>
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<td>5-6 p.m. (SS)</td>
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<td><strong>Community Forum</strong></td>
<td><strong>Bingo</strong></td>
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<td>Sally’s Café @ 11 - 11:30 a.m. (VV)</td>
<td>5 - 5:45 p.m. (MM)</td>
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<td></td>
<td><strong>Coffee Club</strong></td>
<td><strong>Birthday Celebration</strong></td>
<td><strong>Community Forum</strong></td>
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<td><strong>8</strong></td>
<td>4:30-6 p.m. (MM/DR)</td>
<td>@ during lunch</td>
<td>Sally’s Café @ 11 - 11:30 a.m. (VV)</td>
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<td><strong>October</strong></td>
<td><strong>Community Fellowship</strong></td>
<td><strong>Bingo</strong></td>
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<td></td>
<td><strong>Coffee Club</strong></td>
<td><strong>Conversation</strong></td>
<td>5 - 6 p.m. (JJ)</td>
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<td><strong>In House</strong></td>
<td><strong>5 - 6 p.m. (JJ)</strong></td>
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<td><strong>14</strong></td>
<td><strong>Cider &amp; Chai Night</strong></td>
<td><strong>Molly Brown House Museum</strong></td>
<td><strong>Movie Time</strong></td>
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<td><strong>Open Mike / Karaoke</strong></td>
<td><strong>In House</strong></td>
<td><strong>9:30 –11:30 a.m. (JJ)</strong></td>
<td>1-4 p.m. (DR)</td>
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<td>4:45 - 5:45 p.m. (SS)</td>
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<td><strong>Coffee Club</strong></td>
<td><strong>Bowling</strong></td>
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<td><strong>@ Amethyst Coffee</strong></td>
<td>2:45–5:00 p.m. (JJ)</td>
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<td><strong>Trivia</strong></td>
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<td><strong>5-6 p.m. (JJ)</strong></td>
<td><strong>5-6 p.m. (SS)</strong></td>
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<td><strong>21</strong></td>
<td><strong>Ice Cream Social</strong></td>
<td><strong>Banana Split Night</strong></td>
<td><strong>Movie Time</strong></td>
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<td><strong>Open Mike / Karaoke</strong></td>
<td><strong>@ Sweet Action</strong></td>
<td><strong>In House</strong></td>
<td>1-4 p.m. (DR)</td>
<td><strong>Community Forum</strong></td>
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<td>4:45 - 5:45 p.m. (RS)</td>
<td>3:30-6 p.m. (SS/MM)</td>
<td>5-6 p.m. (BB/MM)</td>
<td><strong>Bowling</strong></td>
<td>**Sally’s Café @ 11 - 11:30 a.m. (VV)</td>
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<td><strong>2:45–5:00 p.m. (JJ)</strong></td>
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<td><strong>28</strong></td>
<td><strong>Cider &amp; Chai Night</strong></td>
<td><strong>Ice Cream Social</strong></td>
<td><strong>Movie Time</strong></td>
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<td><strong>Open Mike / Karaoke</strong></td>
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<td><strong>@ Besties Ice Cream</strong></td>
<td>1-4 p.m. (DR)</td>
<td><strong>Community Forum</strong></td>
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<td>4:45 - 5:45 p.m. (JH)</td>
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<td>4:30 - 6 p.m. (MM/JH)</td>
<td><strong>Bowling</strong></td>
<td>**Sally’s Café @ 11 - 11:30 a.m. (VV)</td>
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<td><strong>29</strong></td>
<td><strong>Halloween Party</strong></td>
<td><strong>Clue</strong></td>
<td>2-4 p.m.</td>
<td><strong>Bingo</strong></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 October 2019

Week 1  Buy 1 Bag of Chips 2nd for 50 cents!
Week 2  Buy 1 LaCroix Sparkling Water get 2nd for 40 cents!
Week 3  Buy 1 Planters Trail Mix get 2nd for 50 cents!
Week 4  Buy 1 Bag of M & Ms Plain and get 2nd for 60 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

Sally's Café Market

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