A NOTE FROM THE VP OF REHABILITATION SERVICES

“If you don’t like the road you are walking, start paving another one.” - Dolly Parton

We already have one month of the year 2020 under our belts. I would like to challenge all of you to dream big! Set goals and forge forward to reach them. Over the past year I have witnessed so many of you celebrate successes. I am honored to be a part of each of your lives. I appreciate all the support that I have received from the Rehabilitation services managers, staff and the individuals that we serve over the past year as I served as the Director. I am excited to now be the Vice President of Rehabilitation Services and look forward to celebrating so many more successes with all of you. As we start this new decade keep in mind that pursuing your wishes, hopes and dreams is a key component to improving your overall wellbeing.

- Heidi Eastman, VP Rehabilitation Services
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!

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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.

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**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.
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.

- **Cell Phone Basics**  
  Learn basic principles of cell phone operating systems including but not limited to android, apple iOS, troubleshooting strategies, commonly used cell phone apps, including g-suite (docs, sheets, drive, google maps) uber, lyft etc. Drop in OK.

- **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.

- **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!!!.

- **Cooking on a Budget**  
  Looking to create delicious meals at home but find shopping stressful? Then this class is for you! Come learn how to shop smart and within your budget, explore new, simple recipes, and what foods to look for when shopping!

- **Cultural Awareness & Inclusivity**  
  Class explores what “culture” means; why culture is important and why culture means different things to different people. We look at impact that culture plays in 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 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.
2Succeed Classes by Category

- **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.

- **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?

- **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.

- **What’s Your Biz?**
  Intro to business and career readiness.

**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.* Beginning piano instruction for up to five per class. Learn foundations of 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. Designed so even those that have never played/studied music can be successful and part of a music ensemble. Not a performance based group, but a place for musicians to meet and share music.

#### Drumming Circle
Group requires no musical skill or experience. All welcome to join music making with 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 Beginning Music Literacy, they are eligible to participate in Ear Training. We learn 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 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.

### 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. Learn whole numbers, additions, subtraction, etc.; and progress into fractions, ratios, proportions, factors, percentages, simple and compound interests, etc.

#### Student Success Group
This group focuses on skills for students interested in adult / higher education within the community. (Post-secondary education, GED, Trade schools, College/Universities, On-line schooling/learning, any classes based in our community). Discussion 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)

#### Beginning Pilates
Beginning intro to group Pilates.

#### Bible Study
When we struggle it is easy to focus on that struggle and lose sight of the good work God can do in any circumstance. Believing in God’s redemption sometimes requires tremendous trust in the midst of overwhelming pain. If we pay attention we can see examples of God’s redemption all around us. The Bible is a book full of inspiration, wisdom, and practical answers. Our Bible Study gives you help in dealing with the challenges you face.

#### Building You
This class focuses on what we can control and what we can change about ourselves, to make us more confident and comfortable working on us. We will cover topics ranging from **perspective taking** to **honesty** to being **assertive**.

#### 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.
**2Succeed Classes by Category**

- **Diabetes Maintenance Workshop**
  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**
  All fitness levels and modification can be made if needed. 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.

- **Healing through Hope**
  Want to share your success story and improve your public speaking abilities; then come work with Zach and Candice as we help you write and rehearse how hope helped you succeed!

- **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**
  Needle, knit and crochet class 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 techniques for relaxation and calming of the mind. Individuals often find inner peace through meditation. Practice quieting the mind and body to relieve stress and bring about wellbeing.

- **Men's Workshop at 2Succeed**
  Internal male coping skills and how that reflects in the community.

- **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**
  Individuals walk with others at a comfortable pace. We cover different sidewalks paths in the Baker Neighborhood for half hour walk for about two miles.

- **Women's Health**
  A supportive educational group to explore/discuss various topic of women's health and celebrate many different/unique qualities that make us women.

- **YMCA Workout**
  Downtown YMCA to use their 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 Nidra**
  Known as yogic sleep—a meditation relaxation practice intended to induce physical, mental, and emotional relaxation. 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.
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<th>Class</th>
<th>Location</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>Open Art Studio</td>
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<td><strong>GEN</strong></td>
<td>Room 247</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
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<td>What’s Your Biz?</td>
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<td>Cari Ross/Doug Reed</td>
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<td><strong>GEN</strong></td>
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<td><strong>CPS</strong></td>
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<td>Conference Room 126</td>
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<td><strong>MUS</strong></td>
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<td>Sarah Broadwell</td>
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<td>Private Piano Lessons</td>
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<td>Need to be enrolled</td>
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<td><strong>MUS</strong></td>
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<td>2 - 2:30 p.m.</td>
<td>Sarah Broadwell</td>
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<td>Private Piano Lessons</td>
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<td><strong>MUS</strong></td>
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<td><strong>GEN</strong></td>
<td>Room 115</td>
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<td>Janelle Hassell</td>
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<td>Bible Study</td>
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<tr>
<td><strong>CPS</strong>&lt;br&gt;Cell Phone Basics</td>
<td>Computer Room 114</td>
<td>11 a.m. - 12 noon</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>GEN</strong>&lt;br&gt;Cooking on a Budget</td>
<td>Sally’s Café Kitchen</td>
<td>1 - 2 p.m.</td>
<td>Zach Michalski</td>
</tr>
<tr>
<td><strong>GEN</strong>&lt;br&gt;Drop-in Peer Support and Resources</td>
<td>Room 234</td>
<td>1 - 2 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>CPS</strong>&lt;br&gt;Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>WLS</strong>&lt;br&gt;Open Art Studio</td>
<td>Art Room 118</td>
<td>1 - 3:45 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>CUL</strong>&lt;br&gt;Culinary Team Meeting</td>
<td>Room 231</td>
<td>1:30 - 2 p.m.</td>
<td>Culinary supervisor</td>
</tr>
<tr>
<td><strong>GEN</strong>&lt;br&gt;Cultural Awareness</td>
<td>Room 115</td>
<td>2 - 3 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>GEN</strong>&lt;br&gt;Drop-in Peer Support and Resources</td>
<td>Room 234</td>
<td>1 - 2 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>CPS</strong>&lt;br&gt;Make Computers Work for You</td>
<td>Computer Room 210</td>
<td>2 - 4 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>WLS</strong>&lt;br&gt;Beginning Pilates</td>
<td>First Floor Studio</td>
<td>3 - 4 p.m.</td>
<td>Meredith Mills/ Vanessa Valdez</td>
</tr>
<tr>
<td><strong>MUS</strong>&lt;br&gt;Community Jam Session</td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
</tbody>
</table>
# 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fitness Class</td>
<td>First Floor Studio</td>
<td>9 a.m. - 12 noon</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fitness Buddies/Fitness Room</td>
<td>Fitness Room 243</td>
<td>10 a.m. - 11 a.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sassy Seat</td>
<td>Sally's Café 243</td>
<td>10 a.m. - 11 a.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strategies to Wellness (VIMR)</td>
<td>Room 115</td>
<td>10 a.m. - 11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced Music Literacy</td>
<td>Room 234</td>
<td>10 a.m. - 11 a.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Women's Health</td>
<td>Room 247</td>
<td>11 a.m. - 12 noon</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>Supported Education</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Math for the College Bound</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 p.m. - 2 p.m.</td>
<td>Independent Study / No Instruction</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic Spanish</td>
<td>Sally's Café Dining Room</td>
<td>1 p.m. - 2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>YMCA</td>
<td>University Hills YMCA w/pool</td>
<td>1 p.m. - 4 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Life Skills</td>
<td>Conference Room 126</td>
<td>1:30 p.m. - 3 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private Piano Lessons</td>
<td>Room 234</td>
<td>1:30 p.m. - 2 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>Need to be enrolled</td>
<td>Room 234</td>
<td>1:30 p.m. - 2 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reading Skills</td>
<td>Computer Room 210</td>
<td>2 p.m. - 3:45 p.m.</td>
<td>Meredith Mills</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>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>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Independent Study / No Instruction</td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
<td></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>GEN</strong></td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>High School Equivalency Math</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>SE</strong></td>
<td>Room 247</td>
<td>4:30 - 5:30 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>Student Success Group</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>As Scheduled with Instructor</td>
<td>By appointment, only</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>New R Weight Loss Program</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>As Scheduled with Instructor</td>
<td>By appointment, only</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>ESL (English as Second Language)</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>Sarah Broadwell</td>
</tr>
<tr>
<td>Ear Training</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CPS</strong></td>
<td><strong>Learn to Code</strong></td>
<td><strong>Computer Room 210</strong></td>
<td><strong>10 - 11 a.m.</strong></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Sassy Seat</strong></td>
<td><strong>Sally’s Café Dining Room</strong></td>
<td><strong>10 - 11 a.m.</strong></td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td><strong>Culinary Orientation</strong></td>
<td><strong>Room 231</strong></td>
<td><strong>10 - 11 a.m.</strong></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td><strong>Entry Level Computer Orientation</strong></td>
<td><strong>Computer Room 210</strong></td>
<td><strong>11 a.m. - 12 noon</strong></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Meditation</strong></td>
<td><strong>Wellness Room 244</strong></td>
<td><strong>11 - 11:20 a.m.</strong></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Fitness Class</strong></td>
<td><strong>First Floor Studio</strong></td>
<td><strong>11:15 - 12 noon</strong></td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td><strong>ServSafe Education</strong></td>
<td><strong>Room 247</strong></td>
<td><strong>1 - 2 p.m.</strong></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td><strong>Keyboard Skills</strong></td>
<td><strong>Computer Room 210</strong></td>
<td><strong>1 - 2 p.m.</strong></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Healthy Relationships</strong></td>
<td><strong>Room 247</strong></td>
<td><strong>1 - 2 p.m.</strong></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Beginning Guitar Circle</strong></td>
<td><strong>Conference Room 126</strong></td>
<td><strong>1 - 2 p.m.</strong> <strong>Starts Feb 7</strong></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Studio Art</strong></td>
<td><strong>Art Room 118</strong></td>
<td><strong>1 - 3 p.m.</strong></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>YMCA</strong></td>
<td><strong>Downtown YMCA</strong></td>
<td><strong>1 - 3 p.m.</strong></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Men’s Workshop at 2Succeed</strong></td>
<td><strong>Room 115</strong></td>
<td><strong>1:30 - 2:30 p.m.</strong></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td><strong>Gaming Club</strong></td>
<td><strong>Sally’s Café Dining Room</strong></td>
<td><strong>2 - 3 p.m.</strong></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Beginning Music Literacy</strong></td>
<td><strong>Room 234</strong></td>
<td><strong>2 - 3 p.m.</strong></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Piano and Guitar Lab</strong></td>
<td><strong>Orientation Room 247</strong></td>
<td><strong>2 - 3 p.m.</strong></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td><strong>Gratitude and Wellbeing</strong></td>
<td><strong>Room 126</strong></td>
<td><strong>3 - 4 p.m.</strong></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td><strong>Drum Circle</strong></td>
<td><strong>Sally’s Café Dining Room</strong></td>
<td><strong>3 - 4 p.m.</strong></td>
</tr>
</tbody>
</table>
Cell Phone Basics
Computer Room 114
Tuesdays from 11 a.m. – 12 noon

Learn basic principles of cell phone operating systems including but not limited to Android, Apple iOS, troubleshooting strategies, commonly used cell phone apps, including G-Suite (docs, sheets, drive, Google maps) Uber, Lyft, etc. Drop in OK.

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
New Meditation Class

Taught by Seth, 2Succeed member
Tuesdays, 10:00-11:00am in the meditation room

Seth is a doctor and scholar of Eastern Philosophy with twenty years of experience in teaching meditation. Though Seth is focused in Eastern tradition, the class is purely secular: everyone of every age from every background is welcome. Furthermore, this class caters to those proficient in meditation, beginners and everyone in between. This class strives to create a challenging and engaging learning environment in which students become life-long meditators. By prioritizing student participation students will learn what meditation is, the difference between meditation as a spiritual practice and as a therapy and the benefits achieved by continual practice.
Yoga Nidra Meditation

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

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

Basic Spanish Class
Mondays and Wednesdays

1:00-2:00pm
Sally's Cafe

MUSIC LITERACY

Beginning Music Literacy
Fridays at 2 p.m.

Advanced Music Literacy
Wednesdays at 10 a.m.

Both classes meet in Room 234

Join us as we learn everything from note reading to complex harmonic analysis!

Visit Sarah with any questions in Room 234 or call at 303-504-1743!
Healing Through Hope

Telling your story...

to inspire hope in others

Willing to share your success story? Interested in improving your public speaking abilities? Come join Candice and Zach in Room 115 on Monday's at 2pm! ~
**Life Skills**

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

*February*
Finding Freedom from Addiction

*March*
Dress for Success / Dressing for Occasions / Work / Play / School

*April*
Healthy Relationships - Good, Bad and Ugly Signs

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**YMCA Schedule**

**Mondays**
Downtown YMCA
1 to 3 p.m. (Janelle)

**Wednesdays**
YMCA w/pool
1 - 4 p.m. (Janelle)

**Fridays**
Downtown YMCA
1 - 3 p.m. (Janelle)

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**Women’s Health**

Wednesdays at 10 a.m.
Meditation Room 244

Please contact Stephanie S nelgrove with any questions:
Call 303-504-1747 or email @ stephanie.snelgrove@mhcd.org

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**Men’s Workshop**
At 2Succeed

Activities / Worksheets / Discussions

Fridays from 1:30 to 2:30 p.m.
Room 115

For more information contact:
David Macaulay at 303-504-1746
Art Class: Mandala Making

Mandala is the Sanskrit word for circle.

Mandalas have been used over many centuries and in various cultures around the world as a tool for calming thoughts and centering the mind. Join Kristin in the 2Succeed art studio on Mondays and Fridays from 1:00 - 2:30 p.m. throughout the month of February and add colors, textures and embellishments to large-scale printed mandalas.

These Mandalas will be displayed as a group in Sally’s Café when we complete them!
Strategies to Wellness (VIMR)

Are you having a difficult time managing life?
Do you wish you had extra support in your life?
If life is good, want to learn more about how to continue on that path?

We invite you to come to Strategies to Wellness Group!

We will discuss how to find what recovery goals are, how to manage stress, what are selfcare techniques that can be helpful, how to manage symptoms, avoid substances, how to build relationships, and the list goes on and on!!

Dreams and dedication are a powerful combination.
WILLIAM LONGGOOD

Come to this group to gain what you need...

Marbella Myers facilitates group:
Tuesdays-10:00-11:00 am
Wednesdays-10:00-11:00 am

Call if you have questions OR just DROP IN!!!
Marbella Myers 303-504-1724
What’s Your Biz?

Are you thinking about starting your own business? Are you interested in practicing some professional skills, such as public speaking, interviewing skills, communication through email and telephone?

This is the class for you! We will narrow down ideas, create elevator pitches, logos and branding ideas also connect with community resources and our website design class at 2Succeed that follows this class at 10am on Mondays in Room 210.

**When:** Mondays at 9am -10am

**Where:** Room 247 (Orientation room) with Vanessa Valdez

[Vanessa.valdez@mhcd.org](mailto:Vanessa.valdez@mhcd.org) Direct # 303-504-1759
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.
Cultural Free Days Denver-2020

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
☆ Saturday, February 15
☆ Tuesday, March 24
☆ Thursday, April 2
☆ Sunday, April 26 Family Day: Día del Niño

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, February 1
☆ Saturday, March 7
☆ Saturday, April 4

Denver Botanic Gardens
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Monday, February 17 (President’s Day)
☆ Sunday, March 22 (World Water Day)

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, February 4
☆ Tuesday, March 3

Denver Museum of Nature & Science
(303-322-7009)
2001 Colorado Boulevard, Denver
9 a.m. to 5 p.m.
www.dmns.org
☆ Monday, February 10 (Darwin Day)
☆ Sunday, February 23
☆ Sunday, April 26 Día del Niño

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
☆ Sunday, February 2
☆ Thursday, April 9

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, February 14
☆ Friday, March 13
☆ Friday, April 10
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<th>Monday</th>
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<td>3</td>
<td>Karaoke</td>
<td>Ice Cream Social</td>
<td>Movie Time</td>
<td>Community Forum</td>
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<td>4:45 - 5:45 p.m. (RS)</td>
<td>In House</td>
<td>1-4 p.m. (DR)</td>
<td>Sally’s Café @ 11 - 11:30 a.m. (VV)</td>
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<td>5 - 5:45 p.m. (MM)</td>
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**Note:** Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.
Meal Service Hours

Monday through Friday
Breakfast items served 8:30 to 9:45 a.m.
Lunch served 12 noon to 12:45 p.m.
Dinner served 4:30 to 5 p.m.

Meal Prices
$1.50 Per Meal
$8 Monthly Unlimited Meals

Café Market

Café Market has a new item! We have **bai Infusion Drinks** in the flavors of watermelon, clementine, blueberry, mango and pomegranate.

Being sold for $ .85