*2Succeed Thanksgiving Day Activity*

Thursday, November 26th 11am-12pm

Join Meredith and Tosha for an interactive gratitude activity and guided meditation on Thanksgiving Day!

Contact Meredith or Tosha to get more information/register for the event.
Meredith.Mills@mhcd.org Tosha.Foreman@mhcd.org
+1 720-625-8684 Code: 214 671 350#

Cozy and Bright Festivities

December 10th from 1pm-6pm

* Wellness Speaker-TBD
* Ugly Sweater Contest
* Crafts (choice of Sugar Scrub or Cookie Jar)
* Holiday Sing-a-long
* Holiday Movie

Call Martha at 2Succeed front desk to reserve a choice of kit by 11/30!

**Look for Full Agenda in Dec. Newsletter**
**2Succeed in Education: Class Overview**

**2Succeed in Education** is a psychiatric rehabilitation and supported education program that offers adults the opportunity to participate in a variety of classes and activities or receive individual support to pursue one’s desired recovery goals. The program is designed to strengthen and broaden a person’s knowledge of the physical, intellectual, emotional and social practices that will enhance their wellbeing.

**Community Supported Education** helps individuals who are interested in pursuing education or training in the community, by providing support and helping navigate the process from beginning to end; identifying strengths and barriers, providing long term support while in school or a training program, celebrating successes and supporting individuals in achieving their academic goals.

**Adult Education** classes are provided to help build skills for community education or career pursuits. We offer a variety of classes in computers, reading, math, Spanish, and writing, as well as, tutoring in several subjects. We also assist with both in house and community-based volunteering opportunities to further explore and prepare for careers.

**Culinary Training** offers 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 in the community.

**Studio Art** provides people with materials and instruction, as well, as a spacious and welcoming art studio to create many different forms of visual art. We 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.

**Music and Performing Art** gives people the opportunity to participate in a variety of music experiences and groups to enhance skills, quality of life, and practice for in house and community-based performances. We provide people of all skill levels and abilities with an environment that promotes their own musical or preforming expression.

**Wellness** offerings provide individuals with opportunities to engage in a variety of classes, groups and experiences to enhance one’s own physical, spiritual, social and community wellbeing. We offer an in-house fitness center and group studio, as well as, several weekly outings to community-based gyms and classes. We offer frequent outings to cultural events, opportunities to connect with nature and explore the community. Other classes and activities you might expect to find assist people with nutrition, budgeting, life skills, leadership, or support for a variety of topics.

*Classes and activities at 2Succeed vary and change frequently based on interest and facilitator availability. So, check the monthly newsletter often to see what’s new!*
2Succeed in Education: In-person & Online Class Instructions

- Participants must be part of 2Succeed to attend.
- If you are interested in joining 2Succeed to attend classes please email tosha.foreman@mhcd.org to have a virtual orientation set up.

**2Succeed is now offering some in person classes. Each class has guidelines that must be followed in order to help ensure the safety of staff and people served.**

- Must check in at the front desk and complete safety screening, including temperature check.
- Doors open 5 min before class and close 5 min after class start time.
- If late more than 5 min, you will not be able to enter the building.
- If waiting outside prior to class, please stand at least 6 ft apart.
- Must exit building directly after class.
- Seating will be assigned and 6 ft apart.
- No food or drink permitted.
- Social distancing and masks required.
- Face shields and/or sneeze guard will be used during some sessions.
- Use the 1st floor video button or call the front desk for assistance at the building 303-504-1700.

*Some classes may have additional requirements.

Contact the instructor listed to enroll

You have several options for joining classes and groups virtually at 2Succeed!

- To join the class with video capabilities you will need to download Microsoft Teams
  - On a smart phone you can down load via the app store
  - On your computer you can use the following link: teams.microsoft.com/downloads

- You will need to send the instructor your email address to be added to the class or group

- To join the class over the phone dial 1-720-625-8684 and then enter the class conference ID number listed on the class schedule
<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Class ID #</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
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<tr>
<td>8:30am</td>
<td><strong>ServSafe Managers</strong></td>
<td>Drake &amp; Candice</td>
<td>695 761 805</td>
</tr>
<tr>
<td></td>
<td>Culinary class covering both</td>
<td><a href="mailto:Drake.louie@mhcd.org">Drake.louie@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>topics in preparation for</td>
<td><a href="mailto:Candice.vigil@mhcd.org">Candice.vigil@mhcd.org</a></td>
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<tr>
<td></td>
<td>certification test.</td>
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<tr>
<td>9:00am</td>
<td><strong>What’s Your Biz</strong></td>
<td>Vanessa</td>
<td>147 423 133</td>
</tr>
<tr>
<td></td>
<td>Helping those interested in</td>
<td><a href="mailto:Vanessa.valdez@mhcd.org">Vanessa.valdez@mhcd.org</a></td>
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<tr>
<td></td>
<td>starting a business and learn</td>
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<td></td>
<td>professional skills.</td>
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<tr>
<td>10:00am</td>
<td><strong>Web Design</strong></td>
<td>Doug</td>
<td>790 786 903</td>
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<tr>
<td></td>
<td>Instruction and skills</td>
<td><a href="mailto:Doug.reed@mhcd.org">Doug.reed@mhcd.org</a></td>
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<tr>
<td></td>
<td>development of HTML, CSS,</td>
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<td></td>
<td>JAVASCRIPT, BOOTSTRAP, JQUERY,</td>
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<td>PYTHON, at you own pace.</td>
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<tr>
<td>10:00am</td>
<td><strong>Yoga Nidra</strong></td>
<td>Steph</td>
<td>410 886 486</td>
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<tr>
<td></td>
<td>Known as yogic sleep-a</td>
<td><a href="mailto:Stephanie.snelgrove@mhcd.org">Stephanie.snelgrove@mhcd.org</a></td>
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<tr>
<td></td>
<td>meditation practice intended to</td>
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<td>induce physical, mental, and</td>
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<td>emotional relaxation.</td>
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<tr>
<td>10:00am</td>
<td><strong>Coffee Club</strong></td>
<td>Janelle</td>
<td>784 669 723</td>
</tr>
<tr>
<td></td>
<td>Coffee club meets for morning</td>
<td><a href="mailto:Janelle.hassell@mhcd.org">Janelle.hassell@mhcd.org</a></td>
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<td>meditations and daily</td>
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<td>reflections to awaken the power</td>
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<td>within to change</td>
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<tr>
<td>10:30am</td>
<td>*<strong>Writer’s Workshop</strong></td>
<td>Raymond</td>
<td>827 887 589</td>
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<tr>
<td></td>
<td>This class will engage writers</td>
<td><a href="mailto:Raymond.sedillo@mhcd.org">Raymond.sedillo@mhcd.org</a></td>
<td>or @2Succeed</td>
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<tr>
<td></td>
<td>and also cover grammar skills.</td>
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<tr>
<td>11:00am</td>
<td><strong>Building You</strong></td>
<td>Zach</td>
<td>664 177 374</td>
</tr>
<tr>
<td></td>
<td>Focus on what we can control</td>
<td><a href="mailto:Zach.michalski@mhcd.org">Zach.michalski@mhcd.org</a></td>
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<tr>
<td></td>
<td>and what we can change</td>
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<td>about ourselves and be</td>
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<td></td>
<td>confident in being yourself.</td>
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<tr>
<td>11:00am</td>
<td><strong>Sassy Seat</strong></td>
<td>Meredith</td>
<td>158 446 627</td>
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<tr>
<td></td>
<td>Class for those with low</td>
<td><a href="mailto:Meredith.mills@mhcd.org">Meredith.mills@mhcd.org</a></td>
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<td></td>
<td>mobility to experience a</td>
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<td>workout that aims to tone and</td>
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<td>stretch muscles.</td>
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<tr>
<td>11:30am</td>
<td><strong>Culinary</strong></td>
<td>Candice &amp; Drake</td>
<td>291 250 069</td>
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<tr>
<td></td>
<td>Introduction to food</td>
<td><a href="mailto:Drake.louie@mhcd.org">Drake.louie@mhcd.org</a></td>
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<tr>
<td></td>
<td>preparation techniques and</td>
<td><a href="mailto:Candice.vigil@mhcd.org">Candice.vigil@mhcd.org</a></td>
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<td>culinary</td>
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<td>theory. Basic concepts of</td>
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<td>kitchen organization and</td>
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<td>operation, basic terminology,</td>
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<td>use of standardized recipes.</td>
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<tr>
<td>1:00pm</td>
<td><strong>Basic Spanish</strong></td>
<td>Marbella</td>
<td>565 766 664</td>
</tr>
<tr>
<td></td>
<td>Participants learn and practice</td>
<td><a href="mailto:Marbella.myers@mhcd.org">Marbella.myers@mhcd.org</a></td>
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<tr>
<td></td>
<td>the basics of Spanish,</td>
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<td>including small conversations</td>
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<td>for everyday situations.</td>
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<tr>
<td>1:00pm</td>
<td><strong>Culture &amp; Faith Group</strong></td>
<td>Marie &amp; Drake &amp; Candice</td>
<td>426 734 990</td>
</tr>
<tr>
<td></td>
<td>Looking for a place to safely</td>
<td><a href="mailto:Marie.wang@mhcd.org">Marie.wang@mhcd.org</a></td>
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<td>express and develop your</td>
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<td>non-Christian spiritual and</td>
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<td>cultural identity, then this is</td>
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<td>the group for you. Participate</td>
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<td>in this open-minded safe</td>
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<td>space and answer a few brief</td>
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<td>questions prior to receiving</td>
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<td></td>
<td>an invitation.</td>
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</tbody>
</table>
## 2Succeed Virtual Class Schedules

### MONDAY (continued)

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Instructor(s)</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00pm</td>
<td>*<strong>Nutrition</strong></td>
<td>Raymond</td>
<td><a href="mailto:Raymond.sedillo@mhcd.org">Raymond.sedillo@mhcd.org</a> @ 2Succeed Building 179 771 110</td>
</tr>
<tr>
<td></td>
<td>In-Person or Online</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Brain Fitness</td>
<td>Janelle</td>
<td><a href="mailto:Janelle.hassell@mhcd.org">Janelle.hassell@mhcd.org</a> 977 786 899</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Bible Study</td>
<td>Janelle</td>
<td><a href="mailto:Janelle.hassell@mhcd.org">Janelle.hassell@mhcd.org</a> 112 517 745</td>
</tr>
<tr>
<td></td>
<td><strong>This class will discuss Sunday’s game and everything Broncos.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00pm</td>
<td>Outdoor Adventures</td>
<td>Doug</td>
<td><a href="mailto:Doug.reed@mhcd.org">Doug.reed@mhcd.org</a> 355 510 37</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Harmonica</td>
<td>Sarah</td>
<td><a href="mailto:Sarah.broadwell@mhcd.org">Sarah.broadwell@mhcd.org</a> 493 716 581</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Queer Support Group</td>
<td>Selene &amp; Steven &amp; Marie</td>
<td><a href="mailto:Selene.toffoli@mhcd.org">Selene.toffoli@mhcd.org</a> 865 064 509</td>
</tr>
<tr>
<td></td>
<td><strong>A 12-week peer support group created &amp; led by members of the LGBTQ+ community for people we serve over 18 who identify as LGBTQ+ to access community-based support in a group environment.</strong></td>
<td></td>
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</tr>
<tr>
<td>4:00pm</td>
<td>Meditation</td>
<td>Sarah</td>
<td><a href="mailto:Sarah.broadwell@mhcd.org">Sarah.broadwell@mhcd.org</a> 806 545 25</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Mystery Science Theater 3000</td>
<td>Doug</td>
<td><a href="mailto:Doug.reed@mhcd.org">Doug.reed@mhcd.org</a> 817 986 888</td>
</tr>
</tbody>
</table>

### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Instructor(s)</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am</td>
<td>ServSafe Food Handlers</td>
<td>Drake &amp; Candice</td>
<td><a href="mailto:Drake.louie@mhcd.org">Drake.louie@mhcd.org</a> <a href="mailto:Candice.vigil@mhcd.org">Candice.vigil@mhcd.org</a> 389 896 550</td>
</tr>
<tr>
<td></td>
<td><strong>Culinary class covering both topics in preparation for certification test.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td>Strategies to Wellness</td>
<td>Marbella</td>
<td><a href="mailto:Marbella.myers@mhcd.org">Marbella.myers@mhcd.org</a> 172 731 324</td>
</tr>
<tr>
<td></td>
<td><strong>Focused to help develop personalized strategies to challenges in life.</strong></td>
<td></td>
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</tr>
<tr>
<td>10:00am</td>
<td><em><strong>Science of Wellbeing</strong></em></td>
<td>Steph &amp; Sarah</td>
<td><a href="mailto:Stephanie.snelgrove@mhcd.org">Stephanie.snelgrove@mhcd.org</a> <a href="mailto:Sarah.broadwell@mhcd.org">Sarah.broadwell@mhcd.org</a> 275 795 969</td>
</tr>
<tr>
<td></td>
<td><strong>10 Week course on taking care of our physical and mental health. INCENTIVES FOR THOSE THAT COMPLETE!!</strong></td>
<td></td>
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</tr>
<tr>
<td>10:00am</td>
<td>Algebra</td>
<td>BB</td>
<td><a href="mailto:BB.ahaneku@mhcd.org">BB.ahaneku@mhcd.org</a> 469 476 845</td>
</tr>
<tr>
<td></td>
<td><strong>This is a basic algebra class.</strong></td>
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</tbody>
</table>
### Tuesday (continued)

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor(s)</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td><strong>G Suite</strong>&lt;br&gt;Similar and can work in partnership with Microsoft Office. Learn word processing with Google Docs and spreadsheets with Google Sheets and presentations with Google Slides.</td>
<td>Doug</td>
<td><a href="mailto:Doug.reed@mhcd.org">Doug.reed@mhcd.org</a> 515 805 255</td>
</tr>
<tr>
<td>11:00am</td>
<td><strong>Math for Liberal Arts</strong>&lt;br&gt;The primary goal of this class is to develop quantitative reasoning skills that students will need to succeed in other college courses/in their careers.</td>
<td>BB</td>
<td><a href="mailto:BB.Ahaneku@mhcd.org">BB.Ahaneku@mhcd.org</a> 130 625 302</td>
</tr>
<tr>
<td>11:00am</td>
<td><strong>Cooking on a Budget</strong>&lt;br&gt;Learn new recipes/shopping strategies to make cooking fun and stress-free.</td>
<td>Zach</td>
<td><a href="mailto:Zach.michalski@mhcd.org">Zach.michalski@mhcd.org</a> 405 562 189</td>
</tr>
<tr>
<td>11:30am</td>
<td><strong>Culinary</strong>&lt;br&gt;Introduction to food preparation techniques and culinary theory. Basic concepts of kitchen organization and operation, basic terminology, use of standardized recipes.</td>
<td>Candice &amp; Drake&lt;br&gt;<a href="mailto:Drake.louie@mhcd.org">Drake.louie@mhcd.org</a>&lt;br&gt;<a href="mailto:Candice.vigil@mhcd.org">Candice.vigil@mhcd.org</a></td>
<td>291 250 069</td>
</tr>
<tr>
<td>1:00pm</td>
<td><strong>Life Skills 2</strong>&lt;br&gt;Time Management; how important is time to you?</td>
<td>Kathy</td>
<td><a href="mailto:Kathy.ehret@mhcd.org">Kathy.ehret@mhcd.org</a> 358 098 794</td>
</tr>
<tr>
<td>1:30pm</td>
<td><strong>Cultural Awareness</strong>&lt;br&gt;Explore what culture means and why it is important and why it means different things to other people!</td>
<td>BB</td>
<td><a href="mailto:BB.ahaneku@mhcd.org">BB.ahaneku@mhcd.org</a> 118 601 483</td>
</tr>
<tr>
<td>3:00pm</td>
<td><strong>Art for Relaxation</strong>&lt;br&gt;Watercolor painting class in which we share our artwork, discuss the creative process, learn and adapt to new painting techniques, methods and materials.</td>
<td>Kristin</td>
<td><a href="mailto:Kristine.elise@mhcd.org">Kristine.elise@mhcd.org</a> 159 676 816</td>
</tr>
<tr>
<td>3:00pm</td>
<td><strong>Let’s Talk About It (Light Hearted)</strong>&lt;br&gt;People helping people. Peers sharing experiences, feelings and thoughts in a safe, supportive and non-judgmental space.</td>
<td>Vanessa</td>
<td><a href="mailto:Vanessa.valdez@mhcd.org">Vanessa.valdez@mhcd.org</a> 926 462 55</td>
</tr>
<tr>
<td>4:00pm</td>
<td><strong>Movie Night</strong>&lt;br&gt;Watch Movie of the Week and discuss after. Video capability strongly recommended.</td>
<td>Doug</td>
<td><a href="mailto:Doug.reed@mhcd.org">Doug.reed@mhcd.org</a> 877 625 153</td>
</tr>
</tbody>
</table>

### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor(s)</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>8:30am</td>
<td><strong>ServSafe &amp; Managers</strong>&lt;br&gt;Culinary class covering both topics in preparation for certification test.</td>
<td>Drake &amp; Candice&lt;br&gt;<a href="mailto:Drake.louie@mhcd.org">Drake.louie@mhcd.org</a>&lt;br&gt;<a href="mailto:Candice.vigil@mhcd.org">Candice.vigil@mhcd.org</a></td>
<td>695 761 805</td>
</tr>
<tr>
<td>9:00am</td>
<td><strong>Bible Study</strong>&lt;br&gt;Our Bible Study gives you help in dealing with the challenges you face.</td>
<td>Janelle</td>
<td><a href="mailto:Janelle.hassell@mhcd.org">Janelle.hassell@mhcd.org</a> 890 663 431</td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Morning Stretching</strong>&lt;br&gt;Start your day off on the right foot with an energy boost through stretching with your friends</td>
<td>Janelle</td>
<td><a href="mailto:Janelle.hassell@mhcd.org">Janelle.hassell@mhcd.org</a> 730 858 393</td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Strategies to Wellness</strong>&lt;br&gt;Focused to help develop personalized strategies to challenges in life.</td>
<td>Marbella</td>
<td><a href="mailto:Marbella.myers@mhcd.org">Marbella.myers@mhcd.org</a> 172 731 324</td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Morning Meditation &amp; Journaling</strong>&lt;br&gt;Start the week by stretching and getting in touch with the breath and reflect with journaling.</td>
<td>Stephanie</td>
<td><a href="mailto:Stephanie.snelgrove@mhcd.org">Stephanie.snelgrove@mhcd.org</a> 294 415 173</td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Sassy Seat (<strong>Online</strong>)</strong>&lt;br&gt;Class for those with low mobility to experience a workout that aims to tone and stretch muscles.</td>
<td>Meredith</td>
<td><a href="mailto:Meredith.mills@mhcd.org">Meredith.mills@mhcd.org</a> 774 598 70</td>
</tr>
<tr>
<td>Time</td>
<td>Class</td>
<td>Description</td>
<td>Contact(s)</td>
</tr>
<tr>
<td>------</td>
<td>-------------------------------</td>
<td>------------------------------------------------------------------------------------------------------------------------------</td>
<td>------------------------------------------------</td>
</tr>
<tr>
<td>10:30am</td>
<td>Amateur Photography Community</td>
<td>Come share your non-professional photos in a welcoming setting! Each week there will be a photo assignment and then we will view them.</td>
<td>Zach <a href="mailto:zach.michalski@mhcd.org">zach.michalski@mhcd.org</a></td>
</tr>
<tr>
<td>11:00am</td>
<td>Math</td>
<td>A foundational math class; learn whole numbers, percentages, etc.add/sub., fractions, ratios, proportions,</td>
<td>BB <a href="mailto:BB.Ahaneku@mhcd.org">BB.Ahaneku@mhcd.org</a></td>
</tr>
<tr>
<td>11:00am</td>
<td>Me First</td>
<td>Self care and empowerment workshops.</td>
<td>Vanessa <a href="mailto:Vanessa.valdez@mhcd.org">Vanessa.valdez@mhcd.org</a></td>
</tr>
<tr>
<td>11:00am</td>
<td>Reading</td>
<td>Please reach out to Meredith to pre-register!!</td>
<td>Meredith <a href="mailto:Meredith.mills@mhcd.org">Meredith.mills@mhcd.org</a></td>
</tr>
<tr>
<td>11:30am</td>
<td>Culinary</td>
<td>Introduction to food preparation techniques and culinary theory. Basic concepts of kitchen organization and operation,</td>
<td>Candice &amp; Drake <a href="mailto:Drake.louie@mhcd.org">Drake.louie@mhcd.org</a> <a href="mailto:Candice.vigil@mhcd.org">Candice.vigil@mhcd.org</a></td>
</tr>
<tr>
<td>12:00pm</td>
<td>Resume Workshop</td>
<td>This résumé workshop provides detailed explanations, as well step-by-step processes, for creating an effective résumé.</td>
<td>Janelle &amp; Priscilla <a href="mailto:Janelle.hassell@mhcd.org">Janelle.hassell@mhcd.org</a></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Basic Spanish</td>
<td>Participants learn and practice the basics of Spanish, including small conversations for everyday situations.</td>
<td>Marbella <a href="mailto:Marbella.myers@mhcd.org">Marbella.myers@mhcd.org</a></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Art Forum</td>
<td>Group discussion to generate creative ideas for projects, review art techniques, share knowledge, support one another artistically.</td>
<td>Kristin <a href="mailto:Krisin.elise@mhcd.org">Krisin.elise@mhcd.org</a></td>
</tr>
<tr>
<td>1:30pm</td>
<td>Life Skills</td>
<td>Time Management: how important is time to you?</td>
<td>Kathy <a href="mailto:Kathy.ehret@mhcd.org">Kathy.ehret@mhcd.org</a></td>
</tr>
<tr>
<td>1:30pm</td>
<td>Healing Through Hope</td>
<td>Come share your success story and inspire others!</td>
<td>Zach and Candice <a href="mailto:Candice.vigil@mhcd.org">Candice.vigil@mhcd.org</a> <a href="mailto:Zach.michalski@mhcd.org">Zach.michalski@mhcd.org</a></td>
</tr>
<tr>
<td>2:00pm</td>
<td>Music History</td>
<td>Students will learn interesting facts about important composers throughout history and will learn how to enhance their own musical analysis skills.</td>
<td>Sarah <a href="mailto:Sarah.broadwell@mhcd.org">Sarah.broadwell@mhcd.org</a></td>
</tr>
<tr>
<td>3:00pm</td>
<td>Lets Talk About It (Heavy Hearted)</td>
<td>People helping people. Peers sharing experiences, feelings and thoughts in a safe, supportive and non-judgmental space.</td>
<td>Vanessa <a href="mailto:Vanessa.valdez@mhcd.org">Vanessa.valdez@mhcd.org</a></td>
</tr>
<tr>
<td>3:00pm</td>
<td>Open Mic: Zoom Meeting ID: 984 0232 7870</td>
<td>Join me for open mic weekly and use your self-expression as a tool to enhance your well-being! This is through Zoom not Teams!</td>
<td>Stephanie <a href="mailto:Stephanie.snelgrove@mhcd.org">Stephanie.snelgrove@mhcd.org</a></td>
</tr>
</tbody>
</table>
## 2Succeed Virtual Class Schedules

### Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am</td>
<td><strong>ServSafe Food Handlers</strong></td>
<td>Drake &amp; Candice</td>
<td>389 896 550</td>
</tr>
<tr>
<td></td>
<td>Culinary class covering both topics in preparation for certification test.</td>
<td><a href="mailto:Drake.louie@mhcd.org">Drake.louie@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:Candice.vigil@mhcd.org">Candice.vigil@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td><strong>Student Support</strong></td>
<td>Kathy</td>
<td>170 824 494</td>
</tr>
<tr>
<td></td>
<td>For those interested in higher education GED, College/University, or Trade schools.</td>
<td><a href="mailto:Kathy.ehret@mhcd.org">Kathy.ehret@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td><strong>Tutoring</strong></td>
<td>BB</td>
<td>518 500 291</td>
</tr>
<tr>
<td></td>
<td>Math tutoring class for those working independently or in classes</td>
<td><a href="mailto:BB.Ahaneku@mhcd.org">BB.Ahaneku@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Let’s Go!</strong></td>
<td>Stephanie</td>
<td>793 711 682</td>
</tr>
<tr>
<td></td>
<td>A virtual trip around the world!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Morning Stretching</strong></td>
<td>Janelle</td>
<td>218 863 771</td>
</tr>
<tr>
<td></td>
<td>Start your day off on the right foot with an energy boost through stretching with your friends</td>
<td><a href="mailto:Janelle.hassell@mhcd.org">Janelle.hassell@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Coffee Club</strong></td>
<td>Meredith</td>
<td>786 483 424</td>
</tr>
<tr>
<td></td>
<td>Coffee club meets for morning meditations and daily reflections to awaken the power within to change</td>
<td><a href="mailto:Meredith.mills@mhcd.org">Meredith.mills@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>10:30am</td>
<td><strong>2Succeed Tele-Health Orientation</strong></td>
<td>Vanessa</td>
<td>182 045 903</td>
</tr>
<tr>
<td></td>
<td>Orientation for Supported Education and Supported Employment services.</td>
<td><a href="mailto:Vanessa.valdez@mhcd.org">Vanessa.valdez@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>10:30am</td>
<td><strong>Creative Writing</strong></td>
<td>BB &amp; Shanah</td>
<td>571 905 415</td>
</tr>
<tr>
<td></td>
<td>This class will encourage participants to write creatively and share with the rest of the class if they so choose.</td>
<td><a href="mailto:BB.Ahaneku@mhcd.org">BB.Ahaneku@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td><strong>Drum Circle</strong></td>
<td>Janelle &amp; Sarah</td>
<td>553 061 564</td>
</tr>
<tr>
<td></td>
<td>Come and experience rhythmic energy with anything you want to use as a drum</td>
<td><a href="mailto:Janelle.hassell@mhcd.org">Janelle.hassell@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:Sarah.broadwell@mhcd.org">Sarah.broadwell@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td><strong>Diabetes Maintenance</strong></td>
<td>Raymond</td>
<td>149 622 269</td>
</tr>
<tr>
<td></td>
<td>This evidence-based class teaches strategies to manage Diabetes using prescribed medications, exercise and diet.</td>
<td><a href="mailto:Raymond.sedillo@mhcd.org">Raymond.sedillo@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td><strong>Ted Talk &amp; Discussion</strong></td>
<td>Steph</td>
<td>400 085 874</td>
</tr>
<tr>
<td></td>
<td>Come watch educational Ted Talk’s and discuss the topic with your peers!</td>
<td><a href="mailto:Stephanie.snelgrove@mhcd.org">Stephanie.snelgrove@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>11:30am</td>
<td><strong>Culinary</strong></td>
<td>Candice &amp; Drake</td>
<td>291 250 069</td>
</tr>
<tr>
<td></td>
<td>Introduction to food preparation techniques and culinary theory. Basic concepts of kitchen organization and operation, basic terminology, use of standardized recipes.</td>
<td><a href="mailto:Drake.louie@mhcd.org">Drake.louie@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:Candice.vigil@mhcd.org">Candice.vigil@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>2:30pm</td>
<td><strong>High School Math</strong></td>
<td>BB</td>
<td>681 568 969</td>
</tr>
<tr>
<td></td>
<td>A foundational math class; learn whole numbers, add/sub., fractions, ratios, proportions, percentages, etc.</td>
<td><a href="mailto:BB.Ahaneku@mhcd.org">BB.Ahaneku@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>4:00pm</td>
<td><strong>Anime Club</strong></td>
<td>Doug</td>
<td>927 755 240</td>
</tr>
<tr>
<td></td>
<td>Come watch, learn and discuss Anime, Animation techniques, and Animation software.</td>
<td><a href="mailto:Doug.reed@mhcd.org">Doug.reed@mhcd.org</a></td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Course</td>
<td>Description</td>
<td>Instructor</td>
</tr>
<tr>
<td>-------</td>
<td>---------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>5:00pm</td>
<td><strong>Social Hour</strong></td>
<td>Come virtually hang out, socialize and possibly play voice capable games like trivia, 20 questions, name that movie quote games.</td>
<td>Doug</td>
</tr>
<tr>
<td>8:30am</td>
<td><strong>ServSafe Managers</strong></td>
<td>Culinary class covering topics in preparation for certification test.</td>
<td>Drake &amp; Candice</td>
</tr>
<tr>
<td>9:00am</td>
<td><strong>Leadership in Wellbeing</strong></td>
<td>Lead in your own wellbeing by identifying strengths and capabilities. Recovery-focused goals.</td>
<td>Kathy</td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Learn to Code</strong></td>
<td>Learn basic principles of coding languages including data types, comparison and logic operations.</td>
<td>Doug</td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Sassy Seat</strong></td>
<td>Class for those with low mobility to experience a workout that aims to tone and stretch muscles.</td>
<td>Meredith</td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Math for Liberal Arts</strong></td>
<td>The primary goal of this class is to develop quantitative reasoning skills that students will need in future college courses.</td>
<td>BB</td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>Morning Stretching</strong></td>
<td>Start your day off on the right foot with an energy boost through stretching with your friends</td>
<td>Janelle</td>
</tr>
<tr>
<td>11:00am</td>
<td><strong>Algebra</strong></td>
<td>This is a basic algebra class.</td>
<td>BB</td>
</tr>
<tr>
<td>11:00am</td>
<td><strong>Community Forum</strong></td>
<td>Discuss current events, ask questions and give suggestions to keep making our program better!</td>
<td>Vanessa</td>
</tr>
<tr>
<td>11:30am</td>
<td><strong>Culinary</strong></td>
<td>Introduction to food preparation techniques and culinary theory. Basic concepts of kitchen organization and operation, basic terminology, use of standardized recipes.</td>
<td>Candice &amp; Drake</td>
</tr>
<tr>
<td>12:00pm</td>
<td><strong>Tutoring</strong></td>
<td>This is a math tutoring class for those working independently or in classes</td>
<td>BB</td>
</tr>
<tr>
<td>1:00pm</td>
<td><strong>In-Person or Online</strong></td>
<td>*<strong>Guitar</strong> Learn how to play songs written by your favorite songwriters like Lennon/McCartney, Neil Young, Cat Stevens, and many more.</td>
<td>Raymond</td>
</tr>
<tr>
<td>1:00pm</td>
<td><strong>Gratitude and Wellbeing</strong></td>
<td>Focus on the positive through journaling!</td>
<td>Janelle</td>
</tr>
<tr>
<td>2:00pm</td>
<td><strong>Video Game (Jackbox)</strong></td>
<td>Come participate in the comradery of good old fashion co-op gaming.</td>
<td>Doug</td>
</tr>
<tr>
<td>4:00pm</td>
<td><strong>Bingo</strong></td>
<td>Online Bingo, can play on computer or phone but will need a set of cards to play, can deliver through email, text/mail.</td>
<td>Meredith &amp; Doug</td>
</tr>
</tbody>
</table>
1) **What are your hours?** We are open Monday-Friday from 8am-6pm. On weekday holidays, we are open from 9am-3pm. We have occasional modified hours that are posted on the calendar in the monthly newsletter.

2) **Do I need to have a Resource Center ID card?** No, you can just check in with your name or MHCD ID number at the front desk.

3) **What time are meals served?** Lunch is served 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 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.

10) **What if I just want to find a job?** You can work directly with an employment specialist and not be a member of 2Succeed.

11) **What if I don’t come to 2Succeed for a while?** After 90 days of not being active you will be closed at 2Succeed. You are welcome to come back at any time by attending another orientation and getting reassigned to an Education Counselor.

12) **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.

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

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

15) **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.

16) **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.
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 November 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.
# 2Succeed Phone Directory

## Employment Team

<table>
<thead>
<tr>
<th>Number</th>
<th>Name</th>
<th>Room</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1727</td>
<td>Ovalles, Maritza</td>
<td>229</td>
<td>Intake Coordinator</td>
</tr>
<tr>
<td>1728</td>
<td>Winslow, Chris</td>
<td>222</td>
<td>Intake Coordinator</td>
</tr>
<tr>
<td>1748</td>
<td>Bray, Sara</td>
<td>218</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1722</td>
<td>Breeden, Jasmine</td>
<td>226</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1742</td>
<td>Chatterton, Darlene</td>
<td>235</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1757</td>
<td>DVR/Benefits</td>
<td>230</td>
<td>Employment</td>
</tr>
<tr>
<td>1717</td>
<td>Emerson, Samantha</td>
<td>223</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1712</td>
<td>Harrington, Alyssa</td>
<td>218</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1720</td>
<td>Huber, Deseree</td>
<td>221</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1718</td>
<td>Kropp, Amberley</td>
<td>233</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1734</td>
<td>Printz, Priscilla</td>
<td>214</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1737</td>
<td>Sisco, Cheryl</td>
<td>213B</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1714</td>
<td>Sternberg, Talia</td>
<td>221B</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1721</td>
<td>Turner, Ronald</td>
<td>226</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1738</td>
<td>Tyler, Jeane</td>
<td>216</td>
<td>Employ. Specialist</td>
</tr>
<tr>
<td>1769</td>
<td>Zucker, Shanah</td>
<td>225</td>
<td>Employ. Specialist</td>
</tr>
</tbody>
</table>

## Education Team

<table>
<thead>
<tr>
<th>Number</th>
<th>Name</th>
<th>Room</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1756</td>
<td>Ahaneku, BB</td>
<td>211</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1743</td>
<td>Broadwell, Sarah</td>
<td>234</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1746</td>
<td>Ehret, Kathy</td>
<td>113</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1754</td>
<td>Elise, Kristin</td>
<td>118A</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1731</td>
<td>Hassell, Janelle</td>
<td>211</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1725</td>
<td>Michalski, Zachary</td>
<td>217</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1705</td>
<td>Mills, Meredith</td>
<td>110</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1758</td>
<td>Reed, Doug</td>
<td>204</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1777</td>
<td>Sedillo, Raymond</td>
<td>251</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1747</td>
<td>Snelgrove, Stephanie</td>
<td>217</td>
<td>Edu. Counselor</td>
</tr>
<tr>
<td>1759</td>
<td>Valdez, Vanessa</td>
<td>234</td>
<td>Peer Specialist</td>
</tr>
<tr>
<td>1772</td>
<td>Louie, Drake</td>
<td>236</td>
<td>Culinary Team</td>
</tr>
<tr>
<td>1765</td>
<td>Vigil, Candice</td>
<td>236</td>
<td>Culinary Team</td>
</tr>
<tr>
<td>1700</td>
<td>Riordan, Martha</td>
<td>Front</td>
<td>Front Desk Admin.</td>
</tr>
<tr>
<td>1736</td>
<td>Salazar, Lucrecia</td>
<td>212</td>
<td>Admin. Assistant</td>
</tr>
<tr>
<td>1745</td>
<td>Yeada, Ed</td>
<td>212</td>
<td>Admin. Assistant</td>
</tr>
</tbody>
</table>

## Management

<table>
<thead>
<tr>
<th>Number</th>
<th>Name</th>
<th>Room</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1740</td>
<td>Eastman, Heidi</td>
<td>206</td>
<td>VP Rehab.</td>
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## Peer Support Team

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**Mental Health Center of Denver**

*Dial (303)-504 and then the individual’s listed four digit extension to call them directly*
**Self-Care & Safety**

COVID-19 Safety Reminders The COVID-19 pandemic continues to impact Colorado, with the COVID-19 positivity rate rising to over 5%. This is the highest this rate has been in the state since the start of the pandemic. It is important that we continue to make good decisions in the activities that we engage in. You can use the chart from CDPHE below to help understand the risk level of different social activities.

Everyone should continue to practice physical distancing of 6’, wearing a mask, and frequent hand washing. As a reminder, Mental Health Center of Denver staff must also comply with the COVID-19 Safety Protocol for Staff anytime you are in our buildings for work which includes taking their temperature and monitoring possible symptoms on a daily basis. Photo credit of Colorado Department of Public Health and Environment (CDPHE)