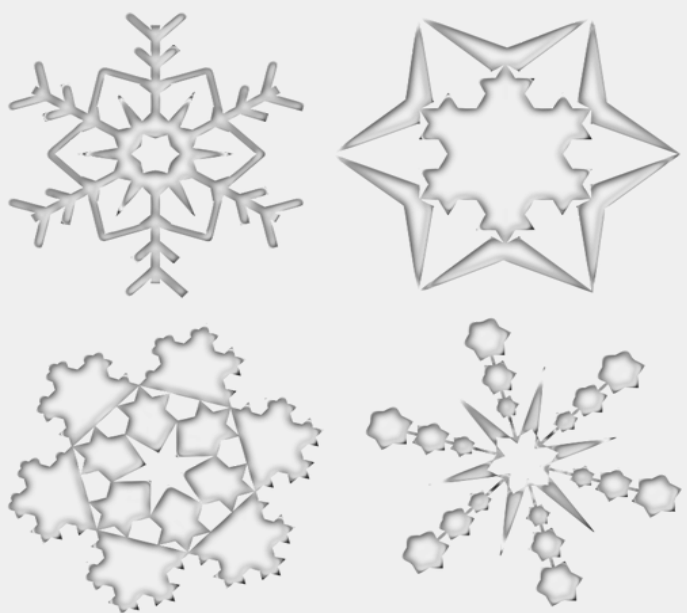




Connection

Interested in 2Succeed

Contact Tosha Foreman @
Tosha.foreman@mhcd.org



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Cozy and Bright Festivities

Join Us!! December 10th from 1pm-6pm

- ❖ 1-1:30pm Speaker Lakeysha Molock-Director of Diversity, Equity & Inclusiveness
- ❖ 1:30-2pm Ugly Sweater Contest
- ❖ 2-3pm Crafts-Festive Scene in a Jar
- ❖ 3-3:10pm Healing Through Hope Speaker
- ❖ 3:10-4pm Sing-a-long
- ❖ 4-6pm Holiday Movie

**Contact Martha @2Succeed for a craft kit
Call-in Number: [+1 720-625-8684](tel:+17206258684), [932955527#](tel:+1932955527)

INFO

2Succeed in Education and Employment

Mental Health Center of Denver
Rehabilitation Services

456 Bannock Street
Denver, CO 80204
303-504-1700



2 Succeed Class Schedule

Dec. 25th **Virtual Christmas Day Activity**

11am-12pm +1 720-625-8684,,187003205#

[Christmas Link here](#)

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8:30	ServSafe/Food Handler	Candice/Drake	695 761 805
9:00	What's Your Biz	Vanessa	147 423 133
10:00	Coffee Club	Janelle	784 669 723
10:00	Yoga Nidra-Guided Meditation	Steph	410 886 486
10:30	Writers Workshop	Ray	827 887 589
11:00	Building You	Zach	664 177 374
11:00	Sassy Seat	Meredith	158 446 627
11:30	Culinary	Drake/Candice	291 250 069
1:00	Culture & Faith Group	Marie/Drake/Candice	426 734 990
1:00	Basic Spanish	Marbella	565 766 664

1:00	Nutrition	Ray	179 771 110
1:00	Brain Games	Janelle	977 786 899
2:00	Bible Study	Janelle	186 283 898
2:00	Bronco Talk	Ray	250 798 224
3:00	Harmonica	Sarah	493 716 581
3:00	Mystery Science Theater	Doug/Jasmine	817 986 888
3:00	Queer Support Group	Selene/Steven	865 064 509
* Open to people we serve that identify as or are questioning if they may be part of the LGBTQ+ community.			
4:00	Meditation	Sarah	806 545 25

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8:30	ServSafe/Food Handler	Candice/Drake	389 896 550
9:30	Laughter Yoga	Ray	294 761 313
10:00	Strategies to Wellness	Marbella	172 731 324
10:00	Supportive Reading	Meredith	343 125 36
10:00	Pre-Algebra	BB	469 476 845
11:00	Cooking on a Budget	Zach	405 562 189
11:00	Liberal Arts Math	BB	130 625 302
11:30	Culinary	Drake/Candice	291 250 069
1:00	Life Skills 2	Kathy	358 098 794
1:30	Cultural Awareness	BB	118 601 483

3:00	Art for Relaxation	Kristin	159 676 816
3:00	Lets Talk About It	Vanessa	926 462 55
4:00	Movie Night	Doug/Marbella	877 625 153

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8:30	ServSafe Managers	Candice/Drake	695 761 805
9:00	Bible Study	Janelle	890 663 431
10:00	Strategies to Wellness	Marbella	172 731 324
10:00	Morning Meditation & Journaling	Steph	294 415 173
10:00	Sassy Seat	Meredith	774 598 70
10:00	Morning Stretching	Janelle	732 959 007
10:30	Amateur Photography Community	Zach	246 880 941
11:00	Math	BB	116 914 805
11:00	Me First	Vanessa	707 690 765
11:30	Culinary	Drake/Candice	291 250 069
12:00	Resume Workshop	Janelle/Priscilla	689 849 580
1:00	Basic Spanish	Marbella	565 766 664
1:00	Academic Lab	Meredith/Janelle	459 937 476
1:00	Art Forum	Kristin	559 352 846
1:00	Gardening Class	BB	464 688 006

1:30	Life Skills	Kathy	482 496 879
1:30	Healing Through Hope	Zach/Candice	648 863 259
2:00	Music History	Sarah	190-270-649
3:00	Lets Talk About It	Vanessa	138 164 319
3:00	Open Mic <small>(call in)</small>	Steph/Kristin	+1 669 900 9128 US Meeting ID: 931 7757

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8:30	ServSafe/Food Handler	Candice/Drake	389 896 550
9:00	Student Support	Kathy/Kristin	170 824 494
9:00	Tutoring	BB	518 500 291
10:00	Coffee Club	Meredith	786 483 424
10:00	Let's Go	Steph	793 711 682
10:00	Morning Stretching	Janelle	208 260 38
10:30	2Succeed Orientation	Vanessa/Chris	182 045 903
10:30	Creative Writing	BB/Shanah	571 905 415
11:00	Name that Tune	Janelle /Sarah	899 731 368
11:00	Ted Talk & Discussion	Steph	400 085 874
11:00	Diabetes Maintenance	Ray	149 622 269
11:30	Culinary	Drake/Candice	291 250 069

2:30	High School Math	BB	681 568 969
3:00	Anime Club	Doug / Selene / Drake	927 755 240
4:00	Tutoring at 2Succeed	BB	941 135 627
5:00	Social Hour	Doug	830 803 218

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8:30	ServSafe/Food Handler	Candice/Drake	695 761 805
9:00	Leadership in Wellbeing	Kathy	881 029 000
10:00	Computer Programming	Doug	658 098 222
10:00	Sassy Seat	Meredith	923 916 159
10:00	Liberal Arts Math	BB	466 066 618
10:00	Morning Stretching	Janelle	997 310 668
11:00	GSuite Office Software (i)	Doug	515 805 255
11:00	DIY	Janelle	129 427 454
11:00	Algebra	BB	429 646 969
11:00	Community Forum	Vanessa	986 413 220
11:30	Culinary	Drake/Candice	291 250 069
12:00	Tutoring	BB	754 793 343
1:00	Guitar	Ray	845 189 632
1:00	Gratitude and Wellbeing	Janelle	167 448 418

2:00 | [Video Game \(Jackbox\)](#) | [Doug / Sarah](#) | 422 986 894

4:00 | [Online Bingo](#) | [Meredith/Doug](#) | 616 536 22

**contact doug.reed@mhcd.org to obtain electronic or a physical set of bingo cards **

Phone +1 669 900 9128 US
Meeting ID: 931 7757 8637
Passcode: 622843

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[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 performing 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.

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TO JOIN ONLINE CLASSES BY PHONE:

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INSTRUCTIONS ON HOW TO JOIN ONLINE CLASSES!

pedro.cruz@mhcd.org

ON PCI

- 1. Open the Teams app on your computer.
- Click on the "Join Meeting" button.
- Enter the meeting ID or URL.
- Click "Join".
- If you are prompted for a passcode, enter it.
- If you are prompted for a name, enter it.

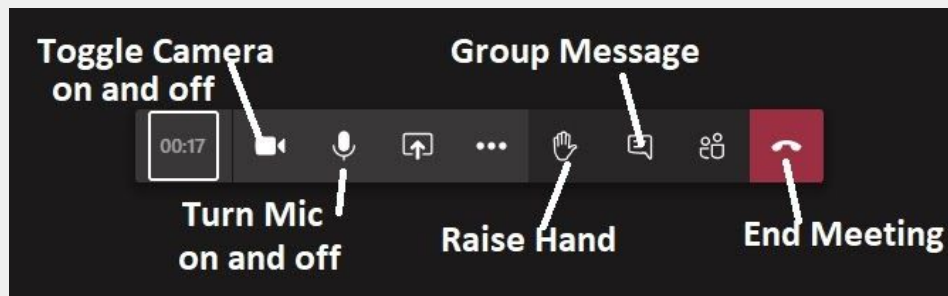
ON MOBILE:

- (1) Open the Teams app on your mobile device.
- Tap on the "Join Meeting" button.
- Enter the meeting ID or URL.
- Tap "Join".
- If you are prompted for a passcode, enter it.
- If you are prompted for a name, enter it.
- Tap on the "More" button (three dots) to access additional controls.
- Tap on the "Turn Off Camera" button to toggle your camera on and off.
- Tap on the "Turn Off Mic" button to toggle your microphone on and off.
- Tap on the "Raise Hand" button to raise your hand.
- Tap on the "End Meeting" button to end the meeting.

Quick Reference to Teams Controls

STILL HAVING PROBLEMS?

Contact pedro.cruz@mhcd.org for assistance.





*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 on a Thursday at the Recovery Center.

2Succeed Phone Directory

Employment Team

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

Education Team

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

Management

1740	Eastman, Heidi	Rm 206	VP Rehab.
1773	Fair, Gary	Rm 213A	Program Mgr./Peer
1730	Foreman, Tosha	Rm 207	Program Mgr./Edu. Team
1726	Justice, Michael	Rm 224	Program Mgr./Emp. Team
1716	Taylor, Shahn	Rm 227	Program Mgr./Emp. Team
1770	Cruz, Pedro	Rm 209	Exec. Assistant
1724	Myers, Marbella	Rm 215	Asst Program Mgr. Edu. Team
1749	McClure, Griff	Rm 113	Photo Voice

Peer Support Team

1751	Wang, Marie	Rm 107	Voc. Supervisor
1735	Echtermeyer, John	Rm 108	Peer Specialist
1735	Haden, Steven	Rm 108	Peer Specialist
1735	Prinz, Daphne	Rm 108	Peer Specialist
1735	Ronquillo, Yendi	Rm 108	Peer Specialist



Mental Health Center of Denver

Dial (303)-504 and then the individual's listed four digit extension to call them directly

