



# The Breeze

(Formerly the Chinook Wind Times)

## The Lab Is Where It's At!

***Ryan Wellness Center's Education and Resource Lab offers office services and computer training in a comfortable and welcoming environment . . .***

Nestled back in the southeast corner of the Ryan Wellness Center's first floor sits the RWC Education and Resource Lab ("The Lab"). Pop in any weekday morning and you're likely to see a number of folks intently gazing into computer screens or working on projects at one of the Lab's work tables. That's because The Lab is a well-equipped resource center available for use by any and all clients of Mental Health Partners.

At the Lab, you can:

- \* Use a computer to check e-mail, surf the Internet, or look for an apartment or job*
- \* Receive individualized tutoring in essential computer skills, including using e-mail, the Internet, and Microsoft Office (Word, Excel, Publisher, Outlook, PowerPoint)*
- \* Make copies, send faxes, print or scan documents (we accept donations for these services)*
- \* Get help using your cell phone, laptop, or other mobile device*
- \* Train in office, receptionist, graphic design, and video production skills*
- \* Sign up for and help choose RWC Social Club events*
- \* Get support in working toward your goals*

At the Lab, we do our utmost to make each and every guest feel welcome and comfortable. When you arrive, one of our trainees will cordially greet you at our front reception counter and, if you are new to the Lab, you will be given a quick orientation to the facility. Assistance using a computer is almost always available or, if more extensive computer tutoring is needed, we have daily drop-in hours in addition to tutoring by appointment.

The Lab is a vibrant, energetic, positive place where everybody seems to help and encourage each other. We invite you to stop by (no referral necessary), check out The Lab, and experience how we can help you achieve your hopes and dreams . . .

***The Lab is open Monday thru Friday 8:30 a.m. - 4:00 p.m. See you soon!***



*Cameron checks in with Ron, left, who's practicing his typing on the Internet. On the right, receptionist trainee Rachel assists a caller to The Lab.*



## RWC Social Club

### Out 2 the Movies OSCAR Edition



Tuesday, March 6th

Choose a film at 3:30  
- we leave from RWC  
shortly thereafter!  
Cost is \$4.00

Sign Up Sheet Goes Up 2/28

### Kathmandu in Nederland

Saturday  
March 10th



Leaving RWC parking lot at 11am\*



Sign up sheet goes up 2/28

Bring at least \$12

\*If bad weather we will visit Kathmandu in Boulder

### *Leanin' Tree and Celestial Seasonings Factory Tours*

Tuesday March 20th

Leave at 1:15pm



Sign up sheet goes up March 14th

### Denver March Pow Wow

Saturday March 24th

Leave RWC parking lot at 9:30 a.m.

Sign-up  
sheet goes up  
March 14th -  
\$1.00 deposit to  
hold your spot



**Referral and orientation required to go on social outings!**

**Have your provider send a referral to Cameron (casmith@mhpcolorado.org)**

# RWC Happenings

## Client Services Walk-In Hours

### Ryan Wellness Center

#### Monday

**Counselor on Duty**

**Financial Recovery Planner**

**Medication & Injections**

**8:30am - 2:00pm**

**9:30 am - 12:00 pm, 3:00 pm - 4:30 pm**

**9:00 am - 12:00 pm, 2:30 pm - 4:00 pm**

#### Tuesday

**Counselor on Duty**

**Financial Recovery Planner**

**Medication & Injections**

**Benefits**

**Health and Wellness Drop-In**

**8:30 am - 2:00 pm**

**9:30 am - 12:00 pm, 3:00 pm - 4:30 pm**

**9:30 am - 12:00 pm, 2:30 pm - 4:00 pm**

**9:00 am - 11:30 am, 1:00 pm - 4:00 pm**

**9:00 am - 11:00 am**

#### Wednesday

**Counselor on Duty**

**Medication & Injections**

**Morning Club**

**8:30 am - 11:00am**

**9:00 am - 12:00 pm, 2:30 pm - 4:00 pm**

**9:00 am - 10:00 am**

#### Thursday

**Counselor on Duty**

**Financial Recovery Planner**

**Medication & Injections**

**CHAT Housing**

**Benefits**

**8:30 am - 11:00 am**

**9:30 - 11:00 am, 3:00 - 4:30 pm**

**10:00 am - 12:30 pm**

**10:00 am - 12:30 pm**

**9:00 - 11:30 am, 2:00 - 4:00 pm**

#### Friday

**Counselor on Duty**

**Financial Recovery Planner**

**Medication & Injections**

**Health and Wellness Drop-In**

**8:30 am - 2:00 pm**

**9:30 am - 12:00 pm**

**9:00 am - 12:00 pm, 2:30 pm - 4:00 pm**

**9:00 am - 11:00 am**

**Mondays  
1:00 - 2:30 p.m.**

## Que Sera, Sera!

*Join Sera to learn about the supported training and education opportunities at MHP, the social event program, or to give feedback on services at the RWC!*



Sera Anderson is Supervisor of Supported Training and Education at MHP.  
For more info, contact Sera at 303-535-0808 (skanderson@mhpcolorado.org)

# RWC Happenings

## Safe Harbor



Monday, March 12th  
at 10:45 am

Nondenominational Spirituality  
Group

## Computer Tutoring

at Chinook Office Services

### Drop In Times:

Monday, Wednesday &  
Friday

9:00-11:00 am

Tuesdays & Thursdays

1:00-3:00pm



**OR BY APPOINTMENT 303-545-0834**

*April*

***Social Event  
Planning***

*Wednesday  
March 14th  
1:00 pm  
In Chinook Lab*

Help us choose the Social Events for April!

## Benefits Open Hours

Tuesdays: 9-11:30 a.m. & 1-4 p.m.

Thursdays: 9-11:30 a.m. & 2-4 p.m.

More info: 303-247-8750

## Morning Club

Wednesday & Friday 9-10 am  
RWC Community Room



Fun, fellowship, and free coffee refills!  
Wednesdays - Mindful Coloring  
Fridays - Games & Puzzles

## Yoga for Everyone

Tuesdays  
2:00 - 3:00 pm  
Classroom 2

More info:  
Christine  
303-402-8017



***Hike It Out!***  
***Fridays 2-4 pm***

Hiking for symptom  
management!  
All fitness levels welcome!  
More info: Christine  
303-402-8017

Practice  
telling  
your  
recovery  
story!



Build  
public  
speaking  
skills!

***Fridays 1-2 pm Classroom 2***  
***More info: James 720-854-8527***

# From the heart . . .

## Self-Sabotage

By Lisa and Corrine

Self-Sabotage is self-defeating behavior that creates problems and interfere with long term goals. Some examples include alcoholism, overeating, smoking, tech addiction, procrastination, or cutting. While these behaviors help us cope short term, ultimately they may have life destructing consequences. Almost everyone I asked acknowledged having issues with self-sabotage.

My collegiate coworker at a reception job was meeting a fellow for the first time at work. He came and seemed nice. Shortly into her meeting she told him to take off his cap. He said, "no". Later on she told him to do it again. Finally she insisted upon it and he just left. Her comment to me was "I always sabotage myself".

My own example of self-sabotage came to me as a surprise. I was talking to a bookstore owner in hopes it would lead to a job. I told him how much I liked his shop and how unique the architecture was. Suddenly I started insulting him tremendously. I went into shock and walked away. I reflected on why I might have done that, some possible reasons for self-sabotage are boredom, desire for sympathy, indecisiveness, or distaste for change. Fear of success can be equated with loss of control. A person can feel more in control with the usual failure than with a sudden success.

With so much at risk it seems important to stop sabotaging ourselves. Some ways that I find helpful are:

- \* Being aware of when you start to self-sabotage
- \* Pointing out to yourself why you are trying a particular goal
- \* Imagining the outcome if you succeed or if you fail



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www.selfsabotage.com

It seems overwhelming to stop these bad habits at first, because they help us cope short term, but there is hope. Keep trying even if you fail at first - it can be hard to change old negative behaviors. The point is progress not perfection, as they say!

## Poetry Place by Katie F.

While we mellow 'n meditate  
Really relaxed, come to ruminate  
When we heed thee need & mediate  
Entire Earth with ONE WILL motivate



May we say 'n share 'hi' on byways  
Sometimes shed some tears 'byes days'  
Folks finding how solace & soul stays  
All along pathways for souls whom prays

When we, riding 'long real roads which swerve  
Remembering 'tis wise ways which "give with curve"  
In relating to reflections to serve  
Nifty, nice 'n neato knowing takes nerve

To see with clarity: conscience attends  
How Times change while one's soulship bends  
All adults who are aware make amends  
As above . . . Goodness Gracious Allah attend

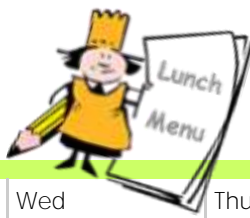
- Katie

## Laura's Life by Laura K.

I've been learning to look up things  
on the computer. Has been helping  
me so far. I've looked up Robert E.  
Lee, General Grant, John & Abigail  
Adams, and George Washington. I  
didn't know that George's dad died  
when he was only 11 years old. And  
he never chopped down the cherry  
tree - that story was made up after  
his death. There's an old joke that  
when George was a boy he was able  
to throw a silver  
dollar across the  
Potomac River - a  
dollar went a lot  
farther in those  
days!



March 2018



Chinook Cafe

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Lunch Served 11:30 am—1:00 pm Menu subject to change	Vegetarian Options Available		1 Baked Pesto Pasta	2 Beef Burgers	3
4	5 Roasted Pork Loin	6 Pork Posole	7 Breakfast all day	8 Cod Pasta Putanesca	9 French Dip	10
11	12 Bacon & Potato Soup	13 Chicken Cordon Bleu	14 Pizza Pi & Dessert Pi	15 Meatball Sandwiches	16 Blackened Cod Sandwich	17
18	19 Corned Beef/Cabbage	20 Huevos Rancheros	21 Pizza	22 Chicken Parmesan	23 Beef Burger	24
25	26 BLTs	27 Mexican Casserole	28 Pizza	29 Thai Curry	30 Glazed Ham	31



## Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder

### Sutherland Seminar Series: Spring 2018

**What:** Weekly seminars on topics related to bipolar disorders.

**Who:** Designed for adults with a bipolar disorder and their family and friends; open to anyone in the community who wishes to better understand bipolar disorders.

**When:** Mondays, 6-7:30 pm. Each session stands alone; no commitment or pre-registration required.

**Where:** Atonement Lutheran Church main sanctuary, 685 Inca Parkway, Boulder, CO.

**Cost:** A \$10 per person donation is appreciated, but no fee is required.

#### 5- Mar-'18 Diagnosis Part I: Bipolar Disorders

*A review of the formal criteria for bipolar disorders, including the differences between bipolar I vs. bipolar II. We also will discuss how bipolar disorders are diagnosed.*

#### 12-Mar-'18 Diagnosis Part II: Bipolar Disorders (continued), "Close Cousins" and Substance Use

*"Soft bipolar disorder" and the "bipolar spectrum." What disorders commonly co-occur or are confused with bipolar? How does this impact treatment? How are alcohol and recreational drug use related?*






#### 19-Mar-'18 Mood Charts, Regular Daily Routines, Exercise, & Nutrition

*A review of lifestyle choices that may impact current symptoms and risk for relapses, and specific tools to help facilitate behavioral changes.*

**26-Mar-'18 No Seminar: Spring Break - Seminars resume in April!**



Robert D. Sutherland Center for the Evaluation  
and Treatment of Bipolar Disorder  
University of Colorado at Boulder – Department  
of Psychology and Neuroscience  
Box 345 UCB, Boulder, CO 80309-0345  
Phone: 303/492-5680 □ Fax: 303/492-2967  
<http://rdsfoundation.org/>

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				<b>1</b> Lab Open 8:30-4 Comp Tutoring 1:00	<b>2</b> Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Speakers Bureau 1:00 Hike It Out! 2:00	3
4	<b>5</b> Lab Open 8:30-4 Comp Tutoring 9:00	<b>6</b> Lab Open 8:30-4 Comp Tutoring 1:00 Yoga 2:00 <b>Out to the Movies 3:30</b> 	<b>7</b> Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00	<b>8</b> Lab Open 8:30-4 Comp Tutoring 1:00	<b>9</b> Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Speakers Bureau 1:00 Hike It Out! 2:00	<b>10 Kathmandu</b> 11:00 
11	<b>12</b> Lab Open 8:30-4 Comp Tutoring 9:00 <b>Safe Harbor 10:45</b> 	<b>13</b> Lab Open 8:30-4 Comp Tutoring 1:00 Yoga 2:00	<b>14</b> Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 <b>Social Event Planning 1:00</b>	<b>15</b> Lab Open 8:30-4 Comp Tutoring 1:00	<b>16</b> Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Speakers Bureau 1:00 Hike It Out! 2:00	<b>17</b>
18	<b>19</b> Lab Open 8:30-4 Computer Tutoring 9:00	<b>20</b> Lab Open 8:30-4 Comp Tutoring 1:00 <b>Leanin' Tree &amp; Celestial Seasonings 1:15</b> Yoga 2:00 	<b>21</b> Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00	<b>22</b> Lab Open 8:30-4 Comp Tutoring 1:00	<b>23</b> Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Speakers Bureau 1:00 Hike It Out! 2:00	<b>24 Denver March Pow Wow 9:30</b> 
25	<b>26</b> Lab Open 8:30-4 Comp Tutoring 9:00	<b>27</b> Lab Open 8:30-4 Comp Tutoring 1:00 Yoga 2:00	<b>28</b> Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00	<b>29</b> Lab Open 8:30-4 Comp Tutoring 1:00	<b>30</b> Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Speakers Bureau 1:00 Hike It Out! 2:00	31
1	Sign up sheets go up as follows: Out to the Movies - 2/28 Kathmandu - 2/28 Leanin' Tree/Celestial Seasonings - 3/14 March Pow Wow - 3/14					