

The Breeze

I Dream Of Bigger Things!

Office Services trainee Corrine C. is wrapping up her internship at the RWC Education and Resource Lab. She spoke to *The Breeze* about her experience . . .

The Breeze: Corrine, we know that this internship at the Ryan Wellness Center was a competitive position that you had to apply and interview for. What motivated you to go for it?

Corrine C: I hadn't worked competitively in over two years. On past jobs, I had problems with punctuality and meeting deadlines, especially when I was depressed. I needed to improve on these, and wanted to build up my confidence. In addition, I desired insight into what reasonable accommodations I might require.

TB: How has it gone? What's the experience been like?

CC: It has been a wonderful opportunity. I've learned so much about myself and others in such a short amount of time. Working with (*Lab staff*) Bruce and Cameron has been great. They are such compassionate people who have been very patient with me. I've especially enjoyed tutoring other clients on their computer skills. I hadn't realized how much of a difference a little computer tutoring can make in people's lives. Before this, I thought I had to have a social work degree or be a Peer Support Specialist to help others with mental health issues.

TB: Your internship is scheduled to end in June. What's next for you?

CC: I'd like to stay as long as possible to learn and help others, but this is a temporary position. I'm meeting with Employment Specialist Lauren Riley to see what other jobs might appeal to me. I want to know that I have checked every possible option for my ideal job. Most people with mental illness would just take any job they get and be happy. I'm not like that. I dream of bigger things!

TB: Any parting words or thoughts, Corrine?

CC: A lot of people with schizoaffective disorder can't work at all or they do volunteer jobs, so I'm grateful to be able to work. Maybe one day I can work full-time again and even pursue a job I have dreamed of doing. This opportunity has given me the confidence to go back to work. Thanks to this job it all seems possible again!

For more information on MHP's Supported Training and Education opportunities, contact Program Supervisor Sera Anderson at 720-285-6824

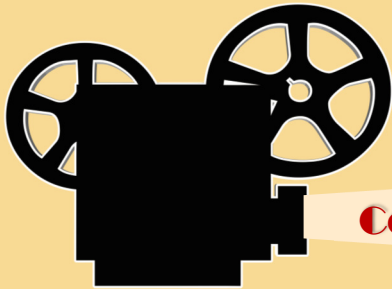


On the Town with the RWC Social Club!

Out to the Movies!

Tuesday - May 8th

Meet at RWC
at 3:00 pm



Cost is \$4.00

Sign up starting May 2nd!

Farmers Market Tour

Saturday - May 12th



Leave
RWC at
11:00am

*Sign up starting May 2nd -
bring \$ if you want to!*

Bowling in Longmont

Tuesday - May 22nd

Leave RWC
at 1:15 pm



\$1 for 1st game
\$2 each additional game

Sign up starting May 16th!

Chautauqua Shuttle & Hike

Saturday - May 26th

Leave RWC
at 11:00 am



*Sign up starting May 16th—
bring a sack lunch!*

Referral and orientation required to go on Social Club outings
For more info, contact Sera Anderson (skanderson@mhpcolorado.org)

RWC Happenings

Supported Employment Orientation

Learn more about MHP's Supported Employment Program and the supports and resources available! Clients who attend will learn about our services and be assigned to an Employment Specialist. Employment Orientation is held regularly in Boulder, Longmont, and Broomfield so you can attend whichever is most convenient (non-Medicaid clients may incur a fee) . . .

Boulder

Ryan Wellness Center
First & third Wednesdays
2:00 pm – 3:30 pm

Broomfield

Broomfield Office
Third Friday of each month
1:00 pm – 2:00 pm

Longmont

Sherman Office
Second & fourth Wednesdays
2:00 pm – 3:30 pm

Calm Waters

*Mindfully connect to nature
with poetry . . .*

Mondays 9 - 11 am



Weekly trips to natural areas around Boulder
No writing experience needed - call
James at 720-854-8527 to reserve a spot!

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

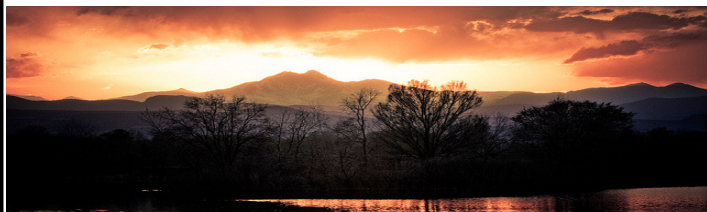
Friday

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

RWC Happenings

Safe Harbor



Nondenominational Spirituality Group

Monday, May 14th at 10:45 am

Computer Tutoring

at the RWC Education and Resource Lab

Drop In Times:

Monday, Wednesday &
Friday

9:00-11:00 am

Tuesdays & Thursdays

1:00-3:00 pm



OR BY APPOINTMENT 303-545-0834

June

Social Event Planning

*Wednesday
May 16th
1:00 pm
in the
Computer Lab*

Help us choose the Social Events for June!



Hike It Out!

Fridays 2-4 pm

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

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

More info:
Christine
303-402-8017



Benefits Open Hours

Tuesdays: 9-11:30 am & 1-4 pm

Thursdays: 9-11:30 am & 2-4 pm

More info: 303-247-8750

Life Goals

**Mondays
11 am - Noon**



Topics change monthly!

For more info, contact
James at 720-854-8527

From the Heart . . .

Brand New Day

To all the heartbroken ones, the misunderstood ones
 To all you misfits, outcasts, freaks and worldly failures
 To the ones they jeer at, poke, ridicule and crucify
 To all you lonely disillusioned poets and mad visionaries
 To those whose worlds are falling apart
 To those who have sought the Light for so long yet still feel far away
 To those whose unshakeable absolutes have dissolved into the relative
 To those whose hearts are burning up
 To those whose dreams have crumbled to the ground
 To those who have given everything for truth
 To those who have taken the path of crucifixion over the path of worldly comfort

To all of you out there in the dark, I salute you
 There is such dignity in what you are going through
 Life has called you to the deepest kind of trust in your own experience
 Do not turn away
 This is your unique invitation
 From the cosmic perspective nothing has gone wrong
 Only the false can die
 From the perspective of the heart it is always a brand new day
 Your beauty is your broken perfection
 I walk with you, my perfectly broken family

- by Jeff Foster

www.lifewithoutacentre.com

Double Dose of Katie!

In May

May peoples partake of Festivity celebrate ...
 elucidate our One Humanity ...!!

Celebrate, elucidate our One Humanity

In 'nifty, swift sailin sundries Navigate

Can come to coral caverns; we will Promulgate

Soaring, swerving with a lil wonderous Levity

'boats beings find breezy clarity ...

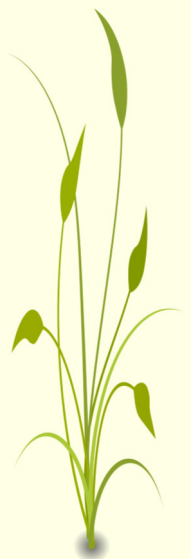
'Winds of change colouring 'finery

Wise words bringing bright sunny brevity - Katie



Are you all sighting signs of Spring?
 Such as crocus 'n bells 'n daffodils?
 Sense serendipitous sounds of birdy wordys
 to start thrills?
 What will the world of Nature
 Now bring?
 Such sounds of relish to ring!!
 Soon, Spring in ones ' step will work it's way
 To one's work-out!
 With spry nice nuances all around a Spring
 smile will show & know.
 While sunny sports start here 'n there we
 Spring into action with care.
 Spring fever readily replaces
 wintery weather worries.
 Souls start to see sunlight
 streaming in.
 Sunny souls shall see solutions
 Springing up.
 Thee time-honoured Tree of Life has real
 deep roots and branches reach out with
 green budding, Springing leaves.

-Katie AM



MAY 2018**CHINOOK CAFE**

Sun Mon Tue Wed Thu Fri Sat

		1 Moroccan Tangine	2 Breakfast Corned Beef Hash	3 White Chicken Chili	4 Beef Burgers	5
6	7 Flank Steak Salad	8 Huevos Rancheros	9 Pizza	10 Chicken Mar- sala	11 Beef Burgers	12
13	14 BLTs	15 Mexican Casserole	16 Pizza	17 Spaghetti & Meatballs	18 Beef Burgers	19
20	21 Chicken Pot Pie	22 Beef Tacos	23 Pizza	24 Pasta Putenesca	25 Sloppy Joes	26
27	28 CLOSED Memorial Day	29 Taco Salad	30 Pizza	31 Baked Pasta	Vegetarian Options Available	Lunch Served 11:30 am—1:00 pm

May

**BOULDER
WELLNESS
CALENDAR**



**Mental Health
PARTNERS**

Healthy minds, healthy lives, healthy communities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11: Computer Tutoring 10:45-11:45: Safe Harbor 2nd Monday Only 11-12 - Taking Charge Women's Support Group 2-4 Calm Waters Poetry Workshop	9-11:30 and 1-4: Benefits Open Hours 11-12: CARING FOR THE S.E.L.F. 1-3: Computer Tutoring 1:15-3: Creating Wellness through Art 2-3: Yoga	9-11: Computer Tutoring 11-12: Life Goals See back of calendar for topics this month 2-3:30 Supported Employment Orientation 1st and 3rd Wednesday of the month	9-11 and 2-4: Benefits Open Hours 10-12:30: CHAT -Housing Advice 11-12 Anxiety and Stress Management 1-3: Computer Tutoring	9-11: Computer Tutoring 11-12: ADHD skills—Smart but Scattered 2-4: <u>Hike it out</u> Please check with the front desk if the weather is unfavorable.

May 2018

Su	Mo	Tu	We	Th	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MHP Locations will
be closed on May
28th.

Crisis services will
continue to be
available



Wellness @ Ryan Wellness Center:
1000 Alpine, Boulder; 303-443-8500

-Classes are open to adult MHP clients
& are drop-in, unless indicated.

-Classes covered by Medicaid. Other
insurances & self-pay may have a fee
and cost to participant.

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