



# BOULDER WELLNESS CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10-11: ADHD skills—Smart but Scattered <b>Cancelled 12/10</b></p> <p>10:45-11:45: Safe Harbor <b>2nd Monday Only</b></p> <p>11-12: Dance Movement Therapy Group</p> <p>1-2: Mindful Mondays</p>	<p>10-12: Emotional Skills</p> <p>1-2: DBT Skills <i>*by referral</i></p> <p>1-2: Tobacco Recovery</p> <p>2-3: Writing Through the Darkness</p>	<p>9-10: Mindful Coloring</p> <p>10-11: Exploring the World of Work <b>Cancelled 12/5</b></p> <p>11-12: Life Goals</p> <p>1-2: DBT Skills <i>*by referral</i></p> <p>1:10-3: Creating Wellness through Art <b>Cancelled 12/5 &amp; 12/26</b></p>	<p>10-12:30: CHAT –Housing Advice</p> <p>11-12 Anxiety and Stress Management</p> <p>2-3 Knit Chat</p>	<p><b>Friday Hikes: 9-11</b> Call James to reserve a spot</p> <p>11-12: Difficult Conversations</p> <p>1-3: Better Boundaries</p>
<p>Dental Aid 9-5 New Clients Welcome See Alpine Front Desk</p>	<p>9-11:30 and 1-4: Benefits Open Hours</p>	<p><b>2:30-3:30 Healthy Habits! Tobacco Cessation See Clinica for details</b></p>	<p>9-11:30 and 1-4: Benefits Open Hours</p> <p>10-12:30: CHAT –Housing Advice</p>	

-----RWC Computer Lab: Open Daily 8:30am—4pm -----

Clinica open daily 8-1 and 2-4. Full service medical clinic open to all MHP clients. Visit Clinica 1st floor of RWC for an appointment or to sign up as a new patient

*December 2018*

Su	Mo	Tu	We	Th	Fri	Sat
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	1				

**Winter Art Fair**  
Weds December 5th  
11a-2p Colorado Rooms

Mental Health Partners will be closed December 24th, 25th, 31st and January 1st. Crisis services will remain open.

Are you interested in improving your physical wellness? Do you have a membership to the rec center and want support building an exercise routine?  
**See Victor at the COD desk Mondays 8:30-2.**  
**Or call 720-406-3644**

**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.
- See back of Calendar for info about classes.

### Mondays

**ADHD skills—Smart but Scattered:** Use your brain's executive skills to keep up, stay calm, and get organized at home and work. James, Canyon Room 2nd floor

**Safe Harbor:** Non-denominational spirituality group. Drop-ins encouraged. More info: Bruce or Cameron @ 303-545-0834

**RWC Computer Lab:** Use a computer! Support and instruction available. Print, copy, fax, or scan. More info: Bruce or Cameron @ 303-545-0834.

**Dance Movement Therapy Group:** Learn how to utilize movement and dance to support physical and emotional wellness. Aside from making us feel groovy, dance can help to improve communication between the mind and body, provide a healthy form of emotional expression, and connect us to one another. Come dance it out! Lexi Classroom 3

**Mindful Mondays:** Start your week off right, join Mindfulness Monday! We will start with a mindfulness activity and proceed with setting intentions for the week. Samantha, Classroom 2

### Tuesdays

**Benefits Open Hours:** Benefits questions? Need financial or Insurance help? Drop in to meet with a Client Service Advisor. 303-247-8750

**Emotional Skills:** Come learn some skills to help with your emotions in a health way. Debi G, Classroom 1

**DBT Skills:** Learn DBT skills in distress tolerance, emotional regulation, mindfulness, and interpersonal effectiveness to better manage symptoms and be more effective in your goals. Request referral through your clinician or contact Juliet: 303-413-6215, Classroom 2

**Tobacco Recovery:** You don't have to quit but you can work on cutting back and setting a quit date. Give it a try! Debi G, Classroom 1

**Writing through the Darkness:** A writing group for people living with depression. Various writing styles are used to explore and process depression; memoir, freewriting, poetry, and storytelling. No prior writing experience necessary. James, Classroom 1

### Wednesdays

**Mindful Coloring Group:** Come start your day with creativity and community. Learn how you can use mindfulness to find more peace in your life. Leanne V, Community Room

**Exploring the World of Work:** This pre-employment class covers many topics such as jobs you might like, communica-

tion, resumes, cover letters, and where to look for employment. It's also a great opportunity to have fun and meet people! Debi G, Classroom 2

**Life Goals:** Learn how to better manage your care, including how to improve shared decision-making with your providers. 12/5—values and goals, 12/12—depression 1, 12/19—depression 2, 12/26—hopelessness. Samantha, Classroom 2

**Creating Wellness Through Art:** Wellness Coach leads exploration of different themes related to wellness, & creative expression. James, Classroom 1

**DBT Skills:** See Tuesday's description.

### Thursdays

**Benefits Open Hours:** See Tuesday's description

**CHAT (Community Housing Advice Team):** Drop-in time to talk with Housing staff. Victor

**Anxiety and Stress Management:** Learn practical skills for managing the thoughts and physical symptoms of anxiety and better manage avoidance behaviors James Classroom 1

**Knit Chat:** Come manage stresses of the winter months and create in community. No experience needed. James

### Fridays

**Friday Hikes:** Mindful hikes around Boulder. A van will leave RWC at 9 and return by 11. Please bring water and weather appropriate clothing. Contact James for more information and to reserve a seat.

**Difficult Conversations:** Learn strategies for having challenging conversations as we read through *Difficult Conversations, How to Discuss what Matters Most* Debi G, Classroom 2

**Better Boundaries:** Come learn and practice healthy boundaries in this reading and discussion group. Debi G, Classroom 1

### Boulder Health and Wellness Coaches :

James Huffman 720-854-8527

Samantha Mangum 303-545-0856

Debi G 303-246-2012

**Additional resources available for clients enrolled to Clinica** Visit Clinica Alpine (1<sup>st</sup> floor, RWC) to sign up :

**Nutritionist Advice Monday 8:30 – 11:00**

One-on-one session with Clinica nutritionist: assess you eating habits, set nutrition goals.

By appointment only

**Improve your A1C Monday 10:00 – 11:00**

A pre-diabetes health and life skills management group.

Come learn valuable skills to reduce your risk for diabetes, or better manage your diabetes. Learn to eat healthier, exercise better, manage stress, and more!

**WHAM Monday 2-3:30**

16-week program to learn skills and information, create your own personal wellness goals, and receive support from fellow peers.

**Healthy Habits Wednesday 2:30 – 3:30**

Come learn valuable skills to quit smoking and improve your health. Learn to eat healthier, breathe easier, manage stress, exercise smarter and more!

**24/7 Statewide Crisis Line: (844) 493-8255  
or Text TALK to 38255**

**FREE WELLNESS CLASSES/RESOURCES:**  
SAMHSA, website of resources, including free mobile phone apps: [www.samhsa.gov](http://www.samhsa.gov)  
[www.livewellcolorado.org/healthy-living](http://www.livewellcolorado.org/healthy-living)  
- OSMP Activities [www.naturehikes.org](http://www.naturehikes.org)  
- NAMI: [www.namibouldercounty.org](http://www.namibouldercounty.org)  
-Library: [www.calendar.boulderlibrary.org](http://www.calendar.boulderlibrary.org)  
-Free Boulder yoga: [www.unlimitedyoga.com](http://www.unlimitedyoga.com)  
-free meditation: [boulder.shambhala.org](http://boulder.shambhala.org)  
-On-line: [learnitlive.com](http://learnitlive.com) & [classcentral.com](http://classcentral.com)  
-Classes for seniors: [www.activeminds.com](http://www.activeminds.com)