



December

LONGMONT WELLNESS CALENDAR



Mental Health PARTNERS
Healthy Minds, Healthy Communities

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>10-11:45 <u>Mindfulness in Nature</u>, WEC</p> <p>New day! 10-12 <u>Emotional Skills Class for Life</u>, WEC</p> <p>2-4 <u>Open Art Therapy</u> WEC</p> <p>MHP's Month of Hope</p>  <p>MHP Closed Dec. 24, 25 & 31 plus Jan. 1</p> | <p>8:30-2 <u>Benefits Open Hours</u>, COF</p> <p>1:30-3 <u>Art & Wellness</u> COF</p> <p>2:30-4 <u>Strength and Recovery Support</u>, WEC</p> | <p>9-11 <u>Peer Walk-in</u>, COF <u>Longmont Housing CHAT</u>: 9:00 – 11:00 COF 2:00- 4:00 WEC appt. only New! 10-11 <u>Diabetes Super Hero</u> WEC Dec 5th & 19th 10-11:30 <u>DBT Lite</u>, WEC</p> <p>New! 2:00-2:30 <u>Hopeful Activities</u>, WEC</p> <p>2:30-4:30 <u>Writing through the Darkness</u>, COF Only Dec. 12th, 19th, & 26th Dec 5th 11-2 MHP Art Fair in Boulder, 2000 Alpine Dec 19th 12-1 Wellness in Nature Art Opening, WEC</p> | <p>8:30-12 <u>Benefits Open Hours</u>, COF</p> <p>2-3:30 <u>Crochet, Knit and Chat</u>, WEC Beginners Welcome!</p>  | <p>11:30-12 <u>ZUMBA!</u> WEC</p> <p>10-11:30 New! <u>Thriving Through the Holidays</u>, WEC Classes for DEC. on 7th, 14th, and 21st</p> <p>3-4:30 New! <u>Movie Time</u> WEC Dec. 7th (See back for the featured movie)</p> |

-Classes are open to all adult MHP clients & are drop-in, unless otherwise indicated. Class cost is covered by Medicaid or sliding scale fee. Please see back of Calendar for more info about classes or call our Wellness Coaches. One-on-ones with wellness Coaches fill up quickly.

Amy Murray @ 720-381-7978
Shawna Shirazi @ 303-247-8726
Debi G. @ 303-246-2012

December 2018

| Su | Mo | Tue | We | Th | Fri | Sat |
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| 30 | 31 | 1 | 2 | 3 | 4 | 5 |

Location Key

- COF: 529 Coffman (2nd floor, unless noted on Calendar) This is the Boulder County Building in Longmont.
- WEC: Wellness Education Center, 834 S. Sherman St. Longmont



**Coffman Behavioral Health Home
Registration & Benefits Open Hours**

- 8:30-2p Monday, Wednesday, Friday
Walk-in Registration
- 8:30-2p Tuesdays and 8:30-12:00pm
Thursday staff are available to answer
questions about Social Security Benefits
and Insurance.

Please call Susan Pomerleau (303) 245-4473
or Denise Danice Williamson 303-604-4234

Monday

Mindfulness in Nature: Join us in creating awareness
of ourselves, appreciation of nature, observing our
environment, inspiration to expand mindfulness skills.
Lynette Anderson 303-656-0454

Open Art Therapy Group: Come experience art as a
process for self-expression, exploration, healing, and
community. Simple art directives will be provided,
along with a variety of art materials to explore your
own unique creative process. No art experience re-
quired. Contact Emily S @720-636-6705 or Amy Mur-
ray @720-381-7978

Tuesday

Benefits Open Hours @ WEC: with Kristine 303-247-
8719 & Esmeralda 303-245-4476.

Emotional Skills Class for Life: Come learn some skills
to help your emotions in a health way. Debi G @ 303-
246-2012

Art +Wellness: Come explore your creative side and
experience wellness through art expression. No expe-
rience or materials required! Led by Deborah Carlson
303-245-4476 + Shawna Shirazi 303-247-8726

Strength and Recovery Support: For those struggling
with mental illness and/or substance use, join us to
develop skills to get through difficult experiences and
increase wellness in our lives and relationships. Con-
tact Kristina 720-601-8879 or Amy 720-381-7978

Wednesday

CHAT :is an opportunity to meet with Housing staff to
address housing concerns and homelessness.
Meetings are limited to 20-30 minutes per person. If
you need additional housing assistance or you are un-
able to attend **CHAT**, please contact Lisa to set up an
appointment. Lisa Staudenmayer: 720-562-0544.

Peer Walk-in: Peer supportive counseling. Come talk.

New! Diabetes Super Hero! Erika Alexander, Genoa
Pharmacist, assisted by Amy and Shawna as MHP
Health and Wellness Coaches, will be providing an **in-
teractive, motivating, and informative educational**
class about learning ways to make managing diabetes
easier. Drop-ins welcome! Amy @ 720381-7987 with
questions

DBT (Dialectical Behavior Therapy) Lite: Skills to im-
prove mood regulation, practice mindfulness, & devel-
op interpersonal effectiveness. Contact Emily @ 720-
636-6705 or MaryKathryn @ 303-247-8733 with ques-
tions

New! Hopeful Activities : join us for Hopeful Activities
Writing Through the Darkness: Easing your depres-
sion with paper and pen... freewriting, memoir, poetry
and storytelling to alleviate the anguish, confusion,
and pain associated with depression. Debi G. @ 303-
246-2012

Thursday

Crochet , Knit and Chat: Come chat with us and meet
new friends. Learn to crochet, knit or to improve your
skills, in a fun environment. Pros and beginners wel-
come. Contact Debi G @ 303-246-2012

Friday

New! Thriving Through the Holidays: Explore healthy
alternatives to loneliness and stress during the holi-
days. Discover ways to enjoy yourself solo or with the
company of others, get support and connect with oth-
ers. For questions contact Shawna S. @ 303-247-8726.

ZUMBA:—Led by Esmeralda—Join the party and get
moving! Don't just exercise, Dance! Perfect for begin-
ners. No need for special clothing. Great music, great

people, burn a ton of calories without even realizing
it! Clients and Staff are Welcome!! 303-245-4461

On Dec 19th, at 12-1
Wellness in Nature Art Opening
@ WEC appetizers will be served

MHP's Month of Hope



What are you Hopeful for? It is one of the
pathways to wellbeing... "Once you
choose Hope anything is possible."
~ Christopher Reeves

24/7 Statewide Crisis Line

844-493-8255

or Text TALK to 38255

Tobacco Cessation with Peer Deborah Carlson.

Call for more information 303-245-4476.

New! Movie Time:

Increase your social connection, have fun, and
take a break! Come watch a movie and have a
snack. **December 7th 3:00 pm to 4:30 pm** We've
planned a film series once a month.

~ The film is titled **MST3K aka Mystery**
Science Theatre 3000 and is reportedly hilarious,
good fun, and relates to Santa Claus.

Longmont Health & Wellness Coaches:

Shawna Shirazi 303-247-8726

Amy Murray 720-381-7978

Debi G. 303-246-2012