

# HAPPY ★ NEW ★ YEAR



January 2019

## The Breeze

# Resolved: A Great 2019!

***Ryan Wellness Center programming can help  
you achieve your goals for the coming year . . .***

If you're like many Americans, you may have made some ambitious resolutions for the new year or set some important goals for yourself. And, if you're also like other folks, you may have found it difficult in the past to stick to your commitments. Here at Mental Health Partner's Ryan Wellness Center, you can receive tons of support to help you keep those resolutions and reach your important and worthwhile goals! According to *MHP Health and Wellness Coach James Huffman* (pictured below), many of the RWC's Wellness classes are a perfect way to receive support, assistance, and encouragement as you set out on your quest. Here's just a few of the offerings that particularly suggest themselves to those wanting to implement life changes:

\* *WHAM (Whole Health Action Management)* - WHAM is a training program and support group designed to encourage increased resiliency, wellness, and self-management of health and behavioral health among people with mental illnesses and substance use disorders. A 16-20 week group led by peers, the skills learned in WHAM help participants engage in self-management and crystalize goals to achieve better whole health and wellness. WHAM begins January 14th! Contact *Peer Support Specialist Leane Vasquez* at 303-245-6784 for further info on WHAM.

\* *Life Goals* - Learn how to better manage your mental health and care, and improve shared decision-making with your providers. Topics change weekly. Drop-ins encouraged!

\* *Exploring the World of Work* - This pre-employment class covers many topics such as jobs you might like, communication, resumes, cover letters, and where to look for employment. It's also a great opportunity to have fun and meet people!

In addition, there are classes and groups on such other subjects as stopping smoking, setting better interpersonal boundaries, managing stress and anxiety, writing and art as paths to wellness, and a whole lot more. So let the RWC Wellness program be your path to new horizons and achievements in 2019!

***For more info on Wellness classes and groups, or to schedule an  
individual coaching session, contact James Huffman at 720-854-8527***



## Start the New Year with the RWC Social Club!

### DENVER ART MUSEUM

**Saturday, January 5th**

Leaving RWC at 11:00 am

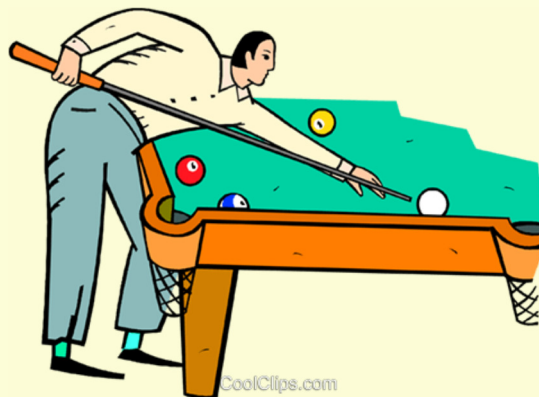


Free! Sign up starts 12/26!

### Billiards at the UMC

**Tuesday, January 15th**

Leaving RWC at 1:00 pm



Cost is \$2 - Sign up starts 1/9!

### Lunch at Boulder's Kathmandu

**Saturday, January 19th**

Leaving RWC at 11:00 am



Bring \$12 - Sign up starts 1/9!

### Bowling in Longmont

**Tuesday, January 29th**

Leaving RWC at 3:00 pm



\$1 First game  
\$2 Each  
addtl. game

Sign up starts 1/23!

**Referral and orientation required for all new participants on Social Club outings**  
For more info, contact Cameron Smith ([casmith@mhpcolorado.org](mailto:casmith@mhpcolorado.org))

# Chinook Cafe



# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Menu subject to change	<b>1</b> <b>CLOSED</b>	<b>2</b> Breakfast For Lunch	<b>3</b> Pasta w/ Meat Sauce	<b>4</b> Burger Day	<b>5</b>
<b>6</b>	<b>7</b> Beef Stroganoff	<b>8</b> Gumbo	<b>9</b> Pizza	<b>10</b> Macaroni & Cheese	<b>11</b> Pulled Pork	<b>12</b>
<b>13</b>	<b>14</b> Strip Steak	<b>15</b> Chicken Tortilla Soup	<b>16</b> Quiche	<b>17</b> Crab Cakes	<b>18</b> Burger Day	<b>19</b>
<b>20</b>	<b>21</b> <b>CLOSED</b>	<b>22</b> Papusa	<b>23</b> Pizza	<b>24</b> Pasta Carbonara	<b>25</b> Buffalo Chicken	<b>26</b>
<b>27</b>	<b>28</b> Meatloaf	<b>29</b> Chicken Molé	<b>30</b> Pizza	<b>31</b> Chicken Chili	Vegetarian Options Available	Lunch Served 11:30 am - 1:00 pm

## Safe Harbor

*Nondenominational  
Spirituality Group*

Monday, January 14th  
10:45 am



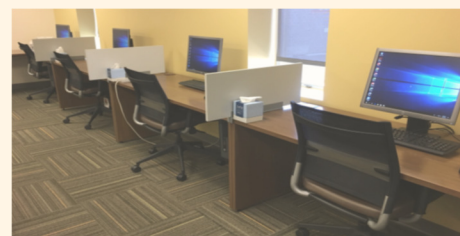
## Benefits Open Hours

Tuesdays: 9-11:30 am & 2-4 pm  
Thursdays: 9-11:00 am & 2-4 pm

More info: 303-247-8750

## RWC Computer Lab

- Twelve computers available for your use
- Computer support and instruction
- Print, copy, fax, and scanning services



**Open Monday - Friday**  
**8:30 am - 4:00 pm**  
**RWC 1st Floor East**

Mental Health Partners  
Ryan Wellness Center  
1000 Alpine Ave.  
Boulder, CO. 80304  
Phone: 303-545-0834  
[www.mhpcolorado.org](http://www.mhpcolorado.org)



NON PROFIT ORG  
US POSTAGE PAID  
BOULDER, CO  
PERMIT NO. 697

*Address Service Requested*

***The Breeze*** is a publication for clients, staff and friends of the Ryan Wellness Center,  
and is designed and printed at the RWC Computer Lab.  
For more info, contact Bruce Levy at 303-545-0835 ([blevy@mhpcolorado.org](mailto:blevy@mhpcolorado.org))

May ***The Breeze*** be always at your back!