The Breeze

Work Works!

*MHP’s Supported Employment program provides individualized support to help overcome barriers to vocational goals.*

For many people with mental illness, meaningful work has proven to be a very important component of their recovery. But getting and keeping a job in today’s working world can be challenging (even for those not living with a psychiatric diagnosis). That’s where *MHP’s Supported Employment program (SE)* comes in. Whether you are beginning a job search, starting work for the first time, reentering the work force, transitioning into a new role or simply maintaining employment, the SE team can be of help!

Services provided by the Supported Employment program may include:

- Vocational guidance
- Job seeking skills
- Resume and cover letter writing
- Interview preparation
- ADA disclosures and requests for reasonable accommodations
- Employer outreach and job coaching
- Employment classes
- Food Service training program and Computer Lab use

Typically, clients meet with an Employment Specialist weekly. Clients involved in the program can expect an evaluation of their mental health and it’s impact on work, a thorough work history review, symptom management related to employment, and individualized supports and coping techniques.

MHP’s Supported Employment program works in partnership with the Division of Vocational Rehabilitation and Workforce Boulder County to support clients in their employment endeavors and career path. For more information on how SE can help you find, get, and keep your dream job, contact the Supported Employment program at "EmploymentTeam@MHPColorado.org"!
RWC Social Club Adventures!

**Woody's Wood Fired Pizza**

Leaving RWC at 11:00 am

*In Golden*

Saturday, February 2nd

Bring at least $12

Sign up now!

**CU Heritage Center and Tour**

Leaving RWC at 1:00 pm

Tuesday, February 5th

Free! Sign up now!

**Out to the Movies (Oscar edition)**

Tuesday, February 26th

Choose movie at 3:15 pm

Leave RWC at 3:30 pm

Cost is $4 - Sign up starting 2/20!

**NCAR at Table Mesa**

Thursday, February 28th

Leaving RWC at 1:00 pm

Tour the exhibits and hike the trails around the National Center for Atmospheric Research Table Mesa building!

Free! Sign up starting 2/20!

Referral and orientation required for all new participants

For more info, contact Cameron Smith (casmith@mhpcolorado.org)
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### Safe Harbor

Nondenominational Spirituality Group

**Monday, February 11th**

10:45 am

### RWC Computer Lab

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

### Knitty Gritty

**Knitting and Crocheting Group**

*Fridays - 10:00 am*

RWC Classroom 1

*Open to all MHP clients*

Materials provided - beginners welcome!

**Open Monday - Friday**

9:00 am - 12:00 pm

1:00 pm - 4:00 pm

RWC 1st Floor East
The Breeze is a publication for clients, staff and friends of MHP’s 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)

May The Breeze be always at your back!