

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 its 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!



**Saturday,
February
2nd**

In Golden

Leaving RWC at 11:00 am



**Bring at
least \$12**



Sign up now!

CU Heritage Center and Tour

Tuesday, February 5th

Leaving RWC at 1:00 pm



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

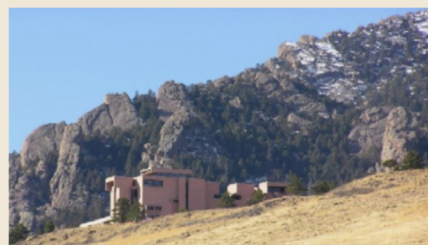


Cost is \$4 - Sign up starting 2/20!

NEAR 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)***

Chinook Cafe



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Lunch Served 11:30 am - 1:00 pm				1 Burger Day	2
3	4 Corn Chowder	5 Mexican Casserole	6 Pizza	7 Pasta Marinara	8 BBQ Chik Sandwich	9
10	11 Chicken Cordon Bleu	12 Huevos Rancheros	13 Pizza	14 Frito Pie	15 Burger Day	16
17	18 Meatloaf	19 Posole	20 Breakfast Sandwiches	21 Sweet & Sour Lentil	22 Sloppy Joes	23
24	25 Italian Wedding Soup	26 Mexican Stuffed Potatoes	27 Pizza	28 Minestrone	Vegetarian Options Available	Menu subject to change

Safe Harbor

*Nondenominational
Spirituality Group*

Monday, February 11th
10:45 am



Knitty Gritty

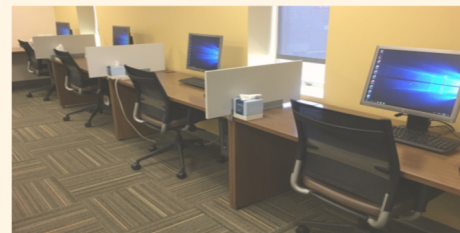
**Knitting and
Crocheting Group**

Fridays - 10:00 am
RWC Classroom 1
Open to all MHP clients
Materials provided -
beginners welcome!



RWC Computer Lab

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



Open Monday - Friday
9:00 am - 12:00 pm
1:00 pm - 4:00 pm
RWC 1st Floor East

New
Hours!

Mental Health Partners
Ryan Wellness Center
1000 Alpine Ave.
Boulder, CO. 80304
Phone: 303-545-0834
www.mhpcolorado.org



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Address Service Requested

***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!