

The Breeze

Community Matters!

The Breeze talked to RWC Community Room Program Supervisor Joseph Brown about present offerings and future plans for this busy space . . .

TB: Welcome to the RWC, Joe! Can you tell our readers a bit about your background and how you came to be at Mental Health Partners?

JB: I'm originally from Sullivan, MO and studied psychology at St. Louis University. I moved to Florida shortly after graduating from SLU in 2015 with my Masters in Clinical Mental Health Counseling. My experience is broad and varied, and includes manning a suicide hotline, helping at-risk youth in an after-school program, facilitating a men's sex addiction group, working with substance abuse clients in a jail diversion program, and counseling children and families in home and school settings. I came to MHP about two years ago, where I worked at the Crisis Center (CIS) before coming to the RWC. I'm grateful to be here and enjoy the clients and staff that I get to interact with every day!

TB: Please share with us the latest news about the Community Room . . .

JB: We are currently working on expanding the group therapy programming as we speak! We have already added the "Knitty Gritty" crocheting/knitting group which is on Fridays from 9:30 AM-11:00 AM. We're hoping to add a "Morning Motivational" group in March that will be hosted in the community room to help jumpstart everyone's day. *James Huffman*, one of our health and wellness coaches, is facilitating an anger management group and is actively taking referrals. I'm also currently

working on re-designing how the community room looks and functions by examining the furniture layout. I hope to make changes that will freshen up the Community Room while also making it cozier and welcoming to our clients and staff, such as adding plants and client-made art.

TB: Joe, one last question. What's your vision for the future of the Community Room program?

JB: My vision is that the Community Room becomes a mental health hub where clients can come to engage in groups, socialize with one another, eat at the café, and connect with peers for ongoing support. Most importantly, I envision the Community Room as a safe space that is inclusive and welcoming to clients no matter their struggles or life situation. I hope that we can appeal to clients across our organization to come and participate in the amazing activities, groups, and support services we have available in our beautiful building. I plan on increasing the programming we have in the community room to give clients various opportunities to engage in services and continue their journey of wellness.



The RWC Community Care team is here to help!

RWC Social Club Adventures!

CELESTIAL SEASONINGS™

Taste and Tour

Tuesday, March 5th

Leaving RWC at 1 pm



Free! Sign-up starting Wednesday 2/27!

DENVER MUSEUM OF NATURE SCIENCE

Saturday, March 9th

Leaving RWC at 11 am



Cost \$1 Sign-up starting Wednesday, 2/27!

CU Art Museum

Tuesday, March 19th

Leaving RWC at 1 pm



Free! Sign-up starting Wednesday 3/13!

Denver March Pow Wow

Saturday, March 23rd

Leaving RWC at 9:30 am



Cost \$3 Sign-up Starting Wednesday 3/13!



Save the Date! Tea at the Dushanbe Tea House
Thursday, April 4th - Sign-up starting 3/27!



Referral and orientation required for all new participants
For more info, contact Cameron Smith (casmith@mhpcolorado.org)

Chinook Café



March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pulled Pork BBQ Sandwich	2
3	4 Mac and Cheese	5 Mardi Gras Jambalaya	6 Pizza & Wings	7 Eggplant Parmesan	8 Cheese Steak	9
10	11 Cubano	12 Enchiladas	13 Breakfast for Lunch	14 Spaghetti + Quinoa Balls	15 Corned Beef	16
17	18 Cheese Steak	19 Chicken Masala	20 Pizza	21 Enchilada Casserole	22 Hamburger	23
24	25 Fish Fry	26 Chicken Tortilla Soup	27 Pizza	28 Stuffed Peppers	29 BBQ Chk Sandwiches	30
31				Lunch Served 11:30 am - 1:00 pm	Vegetarian Options Available	Menu subject to change

Safe Harbor

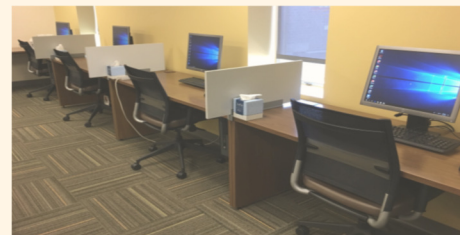
*Nondenominational
Spirituality Group*

Monday, March 11th
10:45 am



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!**

Knitty Gritty

**Knitting and
Crocheting Group**

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



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For more info, contact Bruce Levy at 303-545-0835 (blevy@mhpcolorado.org)**

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