

The Breeze

Be 1 of 4098!



***Mental Health Partners champions
innovative suicide prevention initiative!***

If you've been to the Ryan Wellness Center (or other MHP locations) in recent months, you may have noticed staff sporting buttons inscribed with a cryptic "Be 1 of 4098". What's this all about? Why 4098?

Between 2006-2016, 683 people died by suicide in Boulder and Broomfield Counties. We can prevent future suicides by educating individuals on how to recognize the warning signs of someone contemplating suicide and how to effectively respond and intervene. ***Mental Health Partners' goal is to train 6 people for every 1 person who died by suicide during this time period.*** The hope is that this will create a community of support around those who experience suicidal ideation and for those who complete a training in suicide prevention.

Suicide prevention trainings empower communities by providing valuable information that is easy-to-understand and convenient to access. Four expert-led trainings are available to individuals or groups, ranging from one hour to two days in length. According to MHP Interim CEO Hans Wiik, "Since we launched the 'Be 1 of 4098' suicide prevention campaign in August 2018, we have now trained over 1,500 individuals. We know these trainings save lives and it is wonderful to see the increasing positive feedback about this campaign growing in the community!"

If you, or someone you know, would like to participate in an upcoming training, please register at: www.mhpcolorado.org/training or email trainings@mhpcolorado.org for more information.



RWC Social Club Adventures!



Afternoon Tea at

The Dushanbe Tea House

Thursday - April 4th

Leaving RWC at 3:00 pm



Bring \$4 Sign-up starts Wednesday 3/27!

Lunch in Ned

Saturday - April 13th

Leaving RWC at 11:00 am



UBON THAI CUISINE
Open Every Day 11am - 9:30pm

Bring \$12 Sign-up starts Wednesday 4/3!

Chautauqua Hike

Tuesday - April 23rd

Leaves RWC at 1:00 pm



Free! Sign-up starts Wednesday 4/17!

Denver Zoo

Saturday - April 27th

Leaving RWC at 11:00 am



Cost \$1 Sign-up starts Wednesday 4/17!

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

Chinook Café



April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Open-faced Turkey Sandwiches	2 Cuban Picadillo	3 Breakfast For Lunch	4 Sausage and Peppers	5 French Dip	6
7	8 Salmon	9 Chicken Tortilla Soup	10 Pizza	11 Italian Wedding	12 Sloppy Joe	13
14	15 Chicken Cordon Bleu	16 Mexican Stuffed Taters	17 Pizza	18 Spaghetti & Meatballs	19 Hamburger	20
21	22 Ham, Rice & Beans, Cornbread	23 Perogies	24 Pizza	25 Steak Salad	26 Buffalo Chicken	27
28	29 Beef & Broccoli	30 Fajitas				

Lunch Served
11:30 am -
1:00 pm

Vegetarian
Options
Available

Menu subject
to change

Safe Harbor

*Nondenominational
Spirituality Group*

Monday, April 8th
10:45 am



Knitty Gritty

**Knitting and
Crocheting Group**

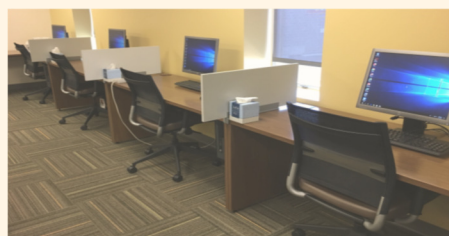
Fridays - 10:00 am
RWC Classroom 1

*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*

Mental Health Partners
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The Breeze is a publication for clients, staff and friends of MHP's Ryan Wellness Center,
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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!