

# The Breeze

# Awaring Is Caring

*May's **Mental Health Awareness Month** includes activities on both national and local levels!*

Mental Health Awareness Month has been observed in May in the United States since 1949, reaching millions of people around the country through the media, local events, and screenings.

Its purpose is to raise awareness and educate the public about mental illnesses, such as the 18% of Americans who suffer from depression, schizophrenia, and bipolar disorder, the realities of living with these conditions, and strategies for attaining mental health and wellness. It also aims to draw attention to *suicide*, which can be precipitated by some mental illnesses. Additionally, Mental Health Awareness Month strives to reduce the stigma (negative attitudes and misconceptions) that surrounds mental illnesses.

Locally, Mental Health Partners is hosting

free suicide prevention trainings during the month in Boulder, Longmont, Lafayette, and Broomfield. Our most popular suicide prevention training, *Question-Persuade-Refer (QPR)*, will be offered by MHP's expert trainers. This one-hour training highlights how individuals can recognize the warning signs of suicide and how to respond and provide help.

To register (or for more information) go to: [www.mhpcolorado.org/free-trainings/](http://www.mhpcolorado.org/free-trainings/) or email [trainings@mhpcolorado.org](mailto:trainings@mhpcolorado.org).

Together, we can save lives . . .

**MENTAL HEALTH  
AWARENESS MONTH**



**IF YOU  
DIDN'T  
KNOW  
YOU'RE  
NOT  
ALONE**

## RWC Social Club Adventures!

### DENVER BOTANIC GARDENS

Tuesday - May 7th

*Departs RWC at 12:30 pm*



Cost is \$1

Sign-up starts Wednesday 5/1!

### Eldorado Canyon Hike

Saturday - May 11th

*Departs RWC at 11:00 am*



Free! Bring a lunch

Sign-up starts Wednesday 5/1!

### Molly Brown House

Tuesday - May 21st

*Departs RWC at 11:30 am*



Free! \$1.00 deposit to reserve a spot

Sign-up starts Wednesday 5/15!

### Out to the Movies

Tuesday May 28th

*Choose movie & depart at 3:00 pm*



Cost is \$4

Sign-up starts Tuesday 5/21!

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

# Chinook Café



# May 2019

| Sun                                   | Mon                                | Tue                       | Wed                         | Thu                            | Fri                               | Sat |
|---------------------------------------|------------------------------------|---------------------------|-----------------------------|--------------------------------|-----------------------------------|-----|
| Lunch Served<br>11:30 am -<br>1:00 pm | Vegetarian<br>Options<br>Available | Menu subject<br>to change | 1<br>Breakfast for<br>Lunch | 2<br>Chili                     | 3<br>Burger                       | 4   |
| 5                                     | 6<br>Italian<br>Wedding Day        | 7<br>Chinese Day          | 8<br>Pizza                  | 9<br>Stuffed<br>Peppers        | 10 Breaded<br>Chicken<br>Sandwich | 11  |
| 12                                    | 13<br>French Dip                   | 14<br>Huevos<br>Rancheros | 15<br>Pizza                 | 16<br>Eggplant<br>Parmesan     | 17<br>Burger Day                  | 18  |
| 19                                    | 20<br>Beef Dinner                  | 21<br>Taco Salad          | 22<br>Pizza                 | 23<br>Minestrone               | 24<br>Sloppy Joes                 | 25  |
| 26                                    | 27<br>Closed for<br>Memorial Day   | 28<br>Posole              | 29<br>Pizza                 | 30<br>Spaghetti &<br>Meatballs | 31<br>Burger Day                  |     |

## Safe Harbor

*Nondenominational  
Spirituality Group*

Monday, May 6th  
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 - 9:30 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

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[www.mhpcolorado.org](http://www.mhpcolorado.org)



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***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](mailto:blevy@mhpcolorado.org))**

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