Summer's here and the time is right . . .

Ryan Wellness Center’s Social Club provides opportunities that are both fun and therapeutic!

It’s three o’clock on a Tuesday afternoon at Boulder’s Ryan Wellness Center and a group of seven or eight people are gathering in the Community area. It’s a diverse bunch - various ages, genders, racial and ethnic backgrounds - with one common purpose: to become more socially involved and at ease in social situations. Today’s activity is bowling in Longmont, and the attendees soon depart in an MHP van for their afternoon of strikes, spares (hopefully a minimum of gutter balls!) and socializing with other members.

People with mental illness can often feel or become socially isolated, and it can be daunting to try something new like this. According to Vocational Rehab Counselor and Social Club Coordinator Cameron Smith (see photo below), “We always look to provide a safe, welcoming environment for all people, no matter where they are in their recovery, to engage or reengage in socializing, building confidence to interact with others and not isolate.” Outings include a variety of activities, days/times, and costs (many are free or only a dollar or two). Check out this month’s offerings on page 3!

Social Club members often go on to develop long-term friendships with other participants. Says Cameron: “We plan activities with the idea and hope that individuals may eventually be able to attend similar outings on their own. A lot of places we go to are on bus routes and offer discounts to those receiving assistance. This allows people to get together outside of our activities and go to places they’ve become familiar with.”

Social Club events are open to all active adult clients of Mental Health Partners. Additional fees may apply, depending on insurance source. For more information, contact Cameron at the RWC Computer Lab (casmith@mhpcolorado.org or 303-545-0863).

“I’m proud that we are able to offer activities like these, and gratified when I hear of friendships developing between people that go on the outings.” - Cameron Smith
Summer Sizzles at the RWC Social Club!

**Billiards at CU**
Monday - July 8th
Leaving RWC at 1:00 pm
Cost $2
Sign up starts Friday 6/28!

**Putt Putt Golf**
Monday July 22nd
Leaving RWC at 4:00 pm
Cost $4
Sign up starts Tuesday 7/16!

**DENVER ART MUSEUM**
Saturday - July 13th
Leaving RWC at 11:00 am
Cost $1
Sign up starts Friday 6/28!

**Caribou Ranch Hike and Picnic**
Saturday July 27th
Leaving RWC at 11:00 am
Free! Bring a lunch!
Sign up starts Tuesday 7/16!

*Referral and orientation required for all new participants*
*For more info, contact Cameron Smith (casmith@mhpcolorado.org)*
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<tr>
<td></td>
<td>1 French Dip</td>
<td>2 Taco Salad</td>
<td>3 Breakfast for Lunch</td>
<td>4 Closed</td>
<td>5 Sloppy Joe</td>
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<td>7</td>
<td>8 Beef Dinner</td>
<td>9 Posole</td>
<td>10 Pizza</td>
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<td>15 Chicken Dinner</td>
<td>16 Indian Biryani</td>
<td>17 Pizza</td>
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<td>22 Pork Chop</td>
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<td>25 Sweet and Sour Lentil</td>
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<td>29 Thai</td>
<td>30 Orange Chicken</td>
<td>31 Pizza</td>
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Vegetarian Options Available
Lunch Served 11:30 am - 1:00 pm
Menu subject to change

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**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

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**Safe Harbor**

*Nondenominational Spirituality Group*

Monday, July 8th 10:45 am

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**Knitty Gritty**

*Knitting and Crocheting Group*

Fridays - 9:30 am
RWC Classroom 1
Open to all MHP clients
Materials provided - beginners welcome!
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!