

The Breeze

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).

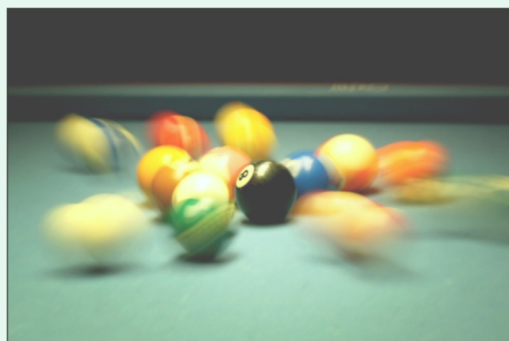
"I'm proud that we are able to offer activities like these, and gratified when I hear of friendships developing between people that go on the outings." - Cameron Smith

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!

DENVER ART MUSEUM

Saturday - July 13th

Leaving RWC at 11:00 am



Cost \$1

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!

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)*

July 2019



Chinook Café

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 French Dip	2 Taco Salad	3 Breakfast for Lunch	4 Closed	5 Sloppy Joe	6
7	8 Beef Dinner	9 Posole	10 Pizza	11 Spaghetti & Meatballs	12 Pulled Pork	13
14	15 Chicken Dinner	16 Indian Biryani	17 Pizza	18 Enchilada Casserole	19 Burger	20
21	22 Pork Chop	23 Steak Salad	24 Pizza	25 Sweet and Sour Lentil	26 Breaded Chicken	27
28	29 Thai	30 Orange Chicken	31 Pizza	Vegetarian Options Available Lunch Served 11:30 am - 1:00 pm Menu subject to change		

Safe Harbor

Nondenominational Spirituality Group

Monday, July 8th
10:45 am



Knitty Gritty

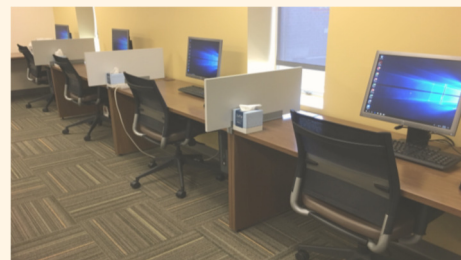
Knitting and Crocheting Group

Fridays - 9:30 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

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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)**

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