

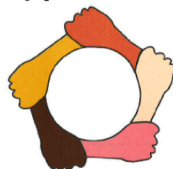
The Breeze

Happy Holidays!

For many, the holidays can be a time of sadness and loneliness rather than a celebration. MHP and the Ryan Wellness Center have a number of classes and groups to help you survive and even enjoy the season . . .

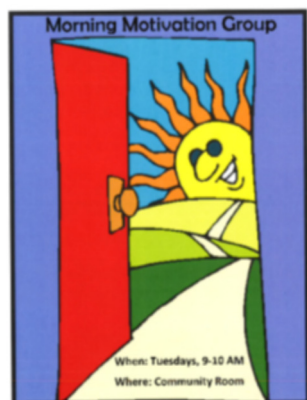


Holding It Together... Support Group

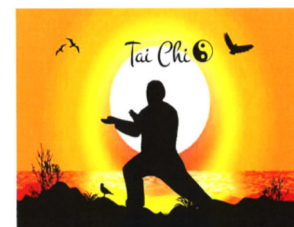
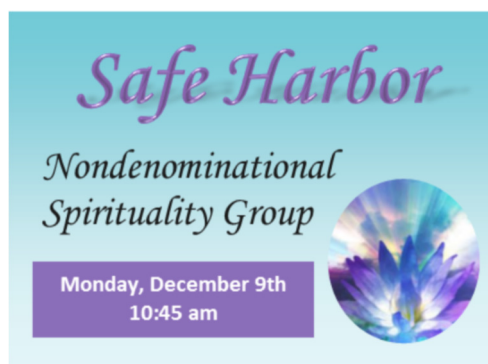


Do you struggle with anxiety, depression, or bipolar symptoms, especially surrounding the holidays? Join the group and get the support you need!

Tuesdays, 1-2 pm
Classroom 1



Jumpstart your day with some positivity and support!



Tai Chi

with Jon Lears

Mondays, 9:30-10:30 AM
Classroom 3

Holiday Fun with the RWC Social Club!

A Taste of Zoo Lights

Thursday, December 5th

Leaves RWC at 1:00 p.m.



Cost \$1 Sign-up begins 11/25!

MCA
DEN
VER



Denver
Museum of
Contemporary
Art

Saturday, December 7th

Leaves RWC at 11:00 a.m.



Cost \$1 Sign-up begins 11/25!

Holiday Lights Tour

Tuesday, December 17th

Leaves RWC at 4:30 p.m.



Free! Sign-up begins 12/11!

HAMMOND'S
Since CANDIES 1920

Factory Tour

Saturday, December 28th

Leaves RWC at 11:00 a.m.



Free! Sign-up begins 12/16!

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

December 2019



Chinook Café

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Thai	3 Posole	4 Breakfast for Lunch	5 Stuffed Peppers	6 Burgers	7
8	9 Beef Dinner	10 Taco Salad	11 Pizza	12 Minestrone	13 Chicken Sandwich	14
15	16 Chicken Dinner	17 Indian	18 Pizza	19 Enchilada Casserole	20 Sloppy Joes	21
22	23 CLOSED	24 CLOSED	25 CLOSED	26 Festive Holiday Meal	27 Burgers	28
29	30 French Dip	31 Spaghetti & Meatballs	Vegetarian Options Available	Lunch Served 11:30 am - 1:00 pm	Menu subject to change	

Mental Health Partners' HOLIDAY ART FAIR

Shop from local artists this holiday season!

December 10th from 11:00 AM - 2:00 PM

RWC - Colorado East & West Rooms

Clients interested in selling art or crafts at the Holiday Art Fair, please contact Joe Brown.

E-Mail: jabrown@mhpcolorado.org | Call: (303) 604-4239

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
Ryan Wellness Center
1000 Alpine Ave.
Boulder, CO. 80304
Phone: 303-545-0834
www.mhpcolorado.org



NON PROFIT ORG
US POSTAGE PAID
BOULDER, CO
PERMIT NO. 697

Address Service Requested

***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!