

The Breeze

Five Years!!!!

Fifth anniversary of Ryan Wellness Center will bring changes to Community Room program . . .

It's hard to believe that it's been half a decade since the Ryan Wellness Center opened in September 2014! It has been quite a journey so far, and the evolution continues. *The Breeze* talked to *Community Room Program Supervisor Joseph Brown* (photo below) about upcoming changes to the popular Community Room program. Here's what he told us:

"Our vision is a peer-led Community Room with our talented Peer Support Specialists directing and facilitating the daily activities of the area on their respective shifts. This will give each peer an opportunity to incorporate their own interests and strengths into that days' activities. Our hope is that our peers can lead by example using their own stories to inspire others, and that the Community Room then becomes a microcosm of how our clients will engage with the community-at-large.

The Community Room will function differently than before. Clients will have to enroll in the Community Room program with either myself or the Peer-on-Duty to be able to access the space, and all Community Room members will have to perform a daily check-in with the Peer-on-Duty, who will take note of the individual's goal for the day. Clients can utilize the Community Room for up to 4 hours a day; individuals not engaged in a Wellness activity or service, or who are not behaving appropriately, will be invited to leave for the day.

In addition, we will also be physically changing the Community Room to better suit our needs going forward. There will be tables added and the seating will be re-arranged to allow for more group activities. We will also be starting a client library and plan on expanding the programming in the Community Room so members have a variety of activities and groups to engage in. To give us time to create this change, **we will be closing the Community Room for several weeks in mid-October.** During this time, the Community Room will not be accessible to clients or staff as we make the necessary changes to the space. We will likely reopen the end of October or beginning of November, depending on how the logistics of the move pan out.

We plan on having a grand reopening, which will be announced at a later date. We are excited to see these changes come to fruition and hope that clients will appreciate the new and improved Community Room!"



Fall Fun with the RWC Social Club!

Open Art Studio Tour

Saturday, October 5th
Leaving RWC at 11:00 a.m.



Visit and meet artists all over Boulder!
Free! Sign-up starts 9/25!



Tuesday October 8th
Leaving RWC at 1:00 p.m.



Cost \$1 Sign-up starts 10/2!

South Boulder Creek Trail

Easy Scenic Hike

Saturday October 12th
Leaving RWC at 11:00 a.m.



Free! Sign-up starts 10/2!



CU Art Museum

Thursday October 17th
Leaving RWC at 4:00 p.m.



Free! Sign-up starts 10/9!



Saturday October 26th
Leaving RWC at 11:00 a.m.



Cost \$1 Sign-up starts 10/16!

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

October 2019**Chinook Café**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Vegetarian Options Available	Lunch Served 11:30 am - 1:00 pm	1 Chinese Chicken	2 Breakfast for Lunch	3 Enchilada Casserole	4 Burgers	5
6	7 Thai	8 Taco Salad	9 Pizza	10 Spaghetti & Meatballs	11 Grilled Chicken	12
13	14 Pork Chop	15 Indian	16 Pizza	17 Stuffed Peppers	18 Pulled Pork	19
20	21 Italian Wedding	22 Huevos Rancheros	23 Pizza	24 Sweet 'n Sour Lentils	25 Burgers	26
27	28 Beef Dinner	29 Possole	30 Pizza	31 Minestrone	Menu subject to change	

Safe Harbor

*Nondenominational
Spirituality Group*

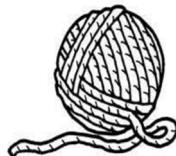
Monday, October 14th
10:45 a.m.



Knitty Gritty

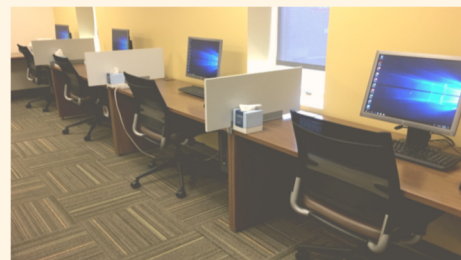
**Knitting and
Crocheting Group**

*Mondays - 10:30 am
RWC Classroom 2
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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www.mhpcolorado.org



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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!