

HAPPY ★ NEW YEAR



January 2020

The Breeze

New Year, New Career!

MHP's Employment Program can help you achieve your vocational goals for the coming year . . .

If your New Year's resolution includes employment, MHP wants to help! Looking for a job is a lot of work. It can feel isolating, debilitating, and outright draining. But you don't have to do it alone. We work with all clients* to help identify employment opportunities, develop solutions to employment barriers, and maintain long-term employment retention.

The Employment Team offers one-on-one services to support all vocationally-related matters, including:

- * Identifying your skillset to find the right job for you
- * Use of online resources and company websites to discover opportunities
- * Narrowing opportunities down to a few high-quality jobs to apply for
- * Customized resumes
- * Targeted cover letters
- * Interview preparation
- * Workplace success/symptom management



If you are interested, please reach out to the MHP Employment Team at EmploymentTeam@mhpcolorado.org. Include your name, client #, and the best way to contact you. We do our best to get back to folks within two weeks, and schedule meetings as availability allows.

*Must have Medicaid or be enrolled in DVR services

New Year's Fun with the RWC Social Club!

Bowling in Longmont

Tuesday, January 7th

Leaves RWC at 3:00 p.m.



\$1 first game and \$2 each addl. game

Sign-up starts 12/31!

Longmont Museum

Saturday, January 11th

Leaves RWC at 11:00 a.m.



Free!

Sign-up starts 12/31!

Billiards at UMC

Tuesday, January 21st

Leaves RWC at 1:00 p.m.



\$2.00

Sign-up starts 1/14!

Brunch at the Good Eats Grill in Longmont

Saturday, January 25th

Leaves RWC at 10:30 a.m.



Bring \$10-12

Sign up-starts 1/14!

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

January 2020



Chinook Café

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

Safe Harbor



*Nondenominational
Spirituality Group*

*Monday, January 13th
10:45 am*

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!