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!

**Billiards at UMC**
Tuesday, January 21st
Leaves RWC at 1:00 p.m.

$2.00
Sign-up starts 1/14!

**Longmont Museum**
Saturday, January 11th
Leaves RWC at 11:00 a.m.

Free!
Sign-up starts 12/31!

**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

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

### Lunch Served
- 11:30 am - 1:00 pm

### Vegetarian Options Available

### Menu subject to change

### Open Monday - Friday
- 9:00 am - 12:00 pm
- 1:00 pm - 4:00 pm

### RWC Computer Lab
- Twelve computers available for your use
- Computer support and instruction
- Print, copy, fax, and scanning services

### Safe Harbor

**Nondenominational Spirituality Group**

*Monday, January 13th 10:45 am*
Mental Health Partners
Ryan Wellness Center
1000 Alpine Ave.
Boulder, CO. 80304
Phone: 303-545-0834
www.mhpcolorado.org

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!