





June Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WALK IT OUT Hiking Group with Chelsey 10:00-11:00am @ Barker Res.</p> <p>Open Hours Case Management with Ari 1:00-3:00pm @ Salto</p> <p>Open Outreach Jamestown Food Pantry 2nd Monday 5:00 - 6:30pm</p>	<p><i>Stay tuned for more groups & services COMING SOON!</i></p> <p>Open Outreach Nederland Library 10:00am - 12:00pm & 1:00 - 5:00pm <i>*4th Tues includes Wellness Activity</i></p>	<p>Open Outreach Allenspark Food Pantry 1st Wednesday 2:00 - 4:00pm</p>	<p>Write On with Chelsey 10:00-11:00am @ Salto</p> <p></p> <p>Nederland Human Services Fair 4th Thursday 10:00am - 12:00pm</p>	<p></p> <p></p>	<p>Open Outreach Nederland Food Pantry 1st Saturday 9:00am-12:00pm</p> <p></p>

Nederland Clinic

80 Big Springs Dr. (Suite 102)
Nederland, CO 80466

Phone: 303-443-8500

Fax: 303-464-1413



Monday

Walk It Out: Let the sunshine in while you join us for an open peer group focused on hiking & nature! Being outside renews our spirits, encouraging us to look beyond our immediate circumstances. It also allows us to process difficult feelings in a judgment-free zone, playing a particularly important role with emotional regulation. Quite simply, **nature is restorative.**

**Liability form is required*

@ **Barker Reservoir Recreation Area**
27036 Boulder Canyon Dr, Nederland, CO
Contact: claforge@mhpcolorado.org
or 303-545-0870

Open Hours Case Management: Meet Nederland's MHP Client Services Advisor, Ari Goodman, for open time slots at Salto's café. Ari will provide local resources, referrals, life skills building/coaching, and supportive counseling in a comfortable environment.

**Other times are available by appointment*

@ **Salto's 112 E. Second St.**
Nederland, CO
Contact: agoodman@mhpcolorado.org
or 720-562-0572

Thursday

Write On: Join us for an open peer group focused on writing & journaling! Weekly prompts will be given to help keep you motivated to write and journal through your mental health recovery process. Sharing will be encouraged, but not required.

**Please note that this group will be conducted in a public space, however, confidentiality will be prioritized*

@ **Salto's 112 E. Second St.**
Nederland, CO

Contact: claforge@mhpcolorado.org
or 303-545-0870

***All groups & services meet weekly
unless otherwise noted**

*Keep an eye out for more groups & services from MHP
while we work to grow our BRAND NEW mountain clinic!*
Questions or Comments?
Call: 303-443-8500

In crisis? Dial 988 to call/text the National Suicide & Crisis Lifeline or **visit our 24/7 Walk-In Crisis Center:**
3180 Airport Road, Boulder CO

Open Outreach

Open Outreach Services: Meet MHP's Mountain Community Health Worker, Kaelan Bradley, for resources and referrals to MHP services & more:

2nd Mon. 5:00pm - 6:30pm

@ **Jamestown Food Pantry**

**Temporary Fire Hall/Tennis Courts
off Cemetery Rd. Jamestown, CO**

Tuesdays 10:00am -12:00pm

& 1:00pm - 5:00pm

***4th Tues. includes Wellness Activity**

@ **Nederland Community Library**
200 CO-72 Nederland, CO

1st Wed. 2:00pm - 4:00pm

@ **Allenspark Food Pantry**
14863 Highway 7 Allenspark, CO

4th Thurs. 10:00am - 12:00pm

@ **Nederland Human Services Fair**
750 CO-72, Nederland, CO 80466

1st Sat. 9:00am - 12:00pm

@ **Nederland Food Pantry**
750 CO-72 Nederland, CO

Contact: kbradley@mhpcolorado.org
or 303-545-0802