

Boulder Wellness & Group Calendar



**Mental Health
PARTNERS**

Healthy minds, healthy lives, healthy communities

Monday

MHP Closed 1/1 & 1/15

Knitty Gritty
10–11:30am

Improving Your A1C
10:30–11:30am
(Clinica Alpine Only)

Nowhere
1–2pm

MACAW
1–2:30pm
Virtual

Young Adult Drop In
1–2pm
(at Norton)



Open Hours:

Care Coordinators: 10–12
Computer Lab: 10–12

Tuesday

BAOS DBT
1–2:30pm
(**Virtual & at Norton**
requires referral)

Creative Creations
2–3:30PM

BAOS Drop In
3–4pm
(at Norton)

Better Boundaries
4–5pm

Open Hours:

Benefits: 9–11 & 1–3
Computer Lab: 10–12 & 1–3

Wednesday

Mindful Coloring
10–11:30am

Healthy Habits
2–3pm
(Clinica Alpine Only)

BAOS ACT
2–3pm
(*requires referral*)

Living a Balanced Lifestyle
2:30–4pm
Virtual

Open Hours:

Care Coordinators: 10–12
Computer Lab: 10–12 & 1–3

Thursday

WHAM
10:30am–12pm

Living Well with Chronic Pain
2–3pm
(Clinica Alpine Only)

Writing Through the Darkness
2:30–4pm
Virtual

Open Hours:

Benefits: 9–11 & 1:30–3

Friday

Meditation Reflection
10:30–11:30am
Canceled 1/5

Interpersonal Relationships
11:30am–12:30pm
Virtual

Virtual groups are held via Microsoft Teams.
Please reach out to the staff hosting the
group for a virtual invitation.

Groups/classes are for adult clients of MHP.
Class costs are covered by Medicaid. Other insurance
and self-pay will have a fee or co-pay to participate.

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Monday

Knitty Gritty

Crochet and knitting group open to all: no experience needed, materials provided. Contact Debi G.

Improving Your A1C - Clinica Alpine Patients Only

Diabetes health and life skills management group to reduce your risk.

Nowhere

provides a relaxed environment to practice self-compassion and relaxation skills while learning about the many benefits of connecting with the present moment. Contact Ling.

MACAW - Virtual

Monday Afternoon Connection and Wellness (MACAW) offers 40 minutes of checking in followed by 40 minutes of wellness activities. Come for fun, conversation and activity w/ others. Contact Debi G.

BAOS Young Adult Drop In - at Norton

This processing group is open to individuals between the ages of 18 and 25. Build community and connect with other folks navigating young adulthood. Contact Sara.

Tuesday

BAOS DBT - at Norton & Virtual

Requires referral; Practice mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Contact Peyton or Debbie Laner.

Creative Creations

Use your creative abilities and breath to help fight anxiety, reduce stress, and promote self-discovery with the intent of increasing self-esteem. Contact Leane.

BAOS Drop In - at Norton

No referral required. Topics include anxiety, depression, trauma, substance use, etc. Skills discussed include mindfulness, emotion regulation, distress tolerance, communication, window of tolerance and grounding, and more! Contact Peyton.

Better Boundaries

Explore types of boundaries in a non-judgmental setting. Contact Debi G.

Wednesday

Mindful Coloring

Start your day with creativity and community. Learn how you can use mindfulness to find more peace in your life. Contact Debi G.

Healthy Habits - Clinica Alpine Patients Only

Learn valuable skills to eat healthier, breathe easier, manage stress, exercise & more!

BAOS Acceptance and Commitment Therapy (ACT)

Requires Referral. ACT helps you experience acceptance and peace, separate from painful thoughts and memories, and develop a meaningful life. Effective in treating substance misuse, depression, anxiety, OCD, and chronic pain. Contact Justin.

Living a Balanced Lifestyle - Virtual

explores coping strategies, what we want as individuals, and techniques to deal with negative thinking. Learn skills from CBT, DBT, and more to help increase our overall wellbeing. Virtual. Contact Debi G.

Thursday

WHAM: Whole Health Action Management

Learning wellness skills, set goals, and move towards wellness of mind / body / spirit! Contact Leane.

Living Well with Chronic Pain - Clinica Alpine Patients Only

Learn how pain works and ways to manage pain and deal with difficult emotions.

Writing Through the Darkness - Virtual

Ease depression with paper and pen... we use freewriting, memoir, poetry and storytelling to alleviate the anguish, confusion, and pain associated with depression. Contact Debi G.

Friday

Meditation Reflection

We read from a pathway of recovery and practice mindfulness as we reflect and meditate, allowing mind, heart and spirit to connect with the present. Contact Elise.

Interpersonal Relationships - Virtual

Stop letting your emotions sabotage your relationships. Are you ready to create better relationships? Then please join us in this journey. Contact Debi G.

Open Hours

Computer Lab: reservations required - contact ClientTechServices@mhpcolorado.org or 303-413-6260 **Mon 10-12; Tues 10-12 & 1-3; Weds 10-12 & 1-3**

Care Coordinators: for supportive counseling or case management. **Mon & Weds 10-12**
Benefits: help with Medicaid, Social Security, Food Assistance, transportation and more.
Tues 9-11 & 1-3; Thurs 9-11 & 1:30-3

Contact Info

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