

Wellness and Group Calendar

Nederland

Monday

Open Outreach
(2nd Monday)
5:30 - 6:30pm
Jamestown Food
Pantry
In Person

Tuesday

Write On
10:00 - 11:00am
Salto Coffee
In Person

Wednesday

Open Outreach
(1st Wednesday)
2:00 - 4:00pm
Allenspark Food
Pantry
In Person

Thursday

Open Outreach
(4th Thursday)
10:00am -
12:00pm
Nederland
Community
Center
In Person

Navigating the Process
1:00 - 2:00pm
Nederland Community
Library
In Person

Friday

Open Outreach
(1st Saturday)
10:00am - 12:00pm
Nederland Food
Pantry
In Person

Peer Groups
Wellness & Outreach

*Groups/classes are for adult MHP clients unless otherwise indicated. Class cost is covered by Medicaid. Other insurance and self-pay will have a fee or co-pay to participate.



Monday

Open Outreach Services

Each 2nd Monday of the month, meet MHP Mountain Community Health Worker, Kaelan Bradley, at Jamestown Food Pantry for resources and referrals to MHP services & more.

Contact: Kaelan Bradley (kbradley@mhpcolorado.org or 303-545-0802)

Tuesday

Write On

Join us for an open peer group focused on writing and 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.

**For existing MHP clients. Please note that this group will be conducted in a public space, however, confidentiality will be prioritized*

Contact: Chelsey LaForge (claforge@mhpcolorado.org or 303-545-0870)

Wednesday

Open Outreach Services

Each 1st Wednesday of the month, meet MHP Mountain Community Health Worker, Kaelan Bradley, at Allenspark Food Pantry for resources and referrals to MHP services & more.

Contact: Kaelan Bradley (kbradley@mhpcolorado.org or 303-545-0802)

Thursday

Open Outreach Services

Each 4th Thursday of the month, meet MHP Mountain Community Health Worker, Kaelan Bradley, at Nederland Community Center for the Nederland Human Services Fair where you can gather resources and referrals to MHP services & more.

Contact: Kaelan Bradley (kbradley@mhpcolorado.org or 303-545-0802)

Navigating the Process

Meet with MHP Nederland Mountain Clinic Case Manager, Ari Goodman, at the Nederland Community Library for one-on-one assistance during Mental Health Partners “Open Hour” dedicated to understanding how to proceed with paperwork in areas of SSDI, SSI, Colorado PEAK, LEAP, etc.

- File
- Fill
- In-depth detailed explanation

**For existing MHP clients. If interested in enrollment, please call 720-562-0572*

Contact: Ari Goodman (agoodman@mhpcolorado.org or 720-562-0572)

Saturday

Open Outreach Services

Each 1st Saturday of the month, meet MHP Mountain Community Health Worker, Kaelan Bradley, at Nederland Food Pantry for resources and referrals to MHP services & more.

Contact: Kaelan Bradley (kbradley@mhpcolorado.org or 303-545-0802)



What is wellness?

Wellness is being healthy in many dimensions of your life. This includes emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual wellness.

Self Assessment

How would you rate yourself on these nine dimensions of wellness?

Mental/Emotional

Expressing feelings, coping with stress and emotional or mental challenges, managing mental health symptoms

Physical

A healthy body, physical activity, nutrition, restful sleep, obtaining health care services

Spiritual

Expanding a sense of purpose and meaning in life, including one's morals and ethics, beliefs and values (which may or may not involve religious activities)

Intellectual

Gaining and sharing knowledge by reading, discussing current events and ideas, brain exercises, exploring interests, developing hobbies, visiting museums and cultural events

Social

Developing satisfying relationships that provide connection, belonging, support, and intimacy

Creative

Expressing one's imagination, ideas, and artistic side through activities, such as art, writing, music, dance, cooking, woodworking, photography, and other crafts

Financial

Having financial resources to meet basic needs and control over personal finances, such as budgeting skills and improving financial knowledge

Environmental

Creating safe, pleasant, stimulating, and soothing personal environments

Vocational

Involvement in fulfilling employment, volunteering, or educational activities