



# May 2018



Jefferson Center  
for mental health

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>DO YOU LIKE TO HIKE!?</b> COME TO OUR INFO SESSION MAY 1ST FROM 5-6PM TO LEARN MORE ABOUT OUR 7 DAY HIKING TRIP AT NO COST!</p>	<p>1 <b>2:00-4:00</b> Free Time <b>4:00-5:00</b> <u>Group:</u> BrainWise (resumes on Tuesday, June 5th) <b>5:00-6:30</b> Big City Mountaineers Information Meeting (Come Apply for a backpacking trip!)</p>	<p>2 <b>2:00-4:00</b> Activities with Belmar Library <b>4:00-5:00</b> <u>Group:</u> Career and Employment: <i>College-Part 1</i> <b>5:00-6:30</b> Open Gym</p>	<p>3 <b>2:00-3:00</b> Open Gym <b>3:00-4:30</b> Free Time <b>4:30-6:30</b> Movie night at the drop-in!</p>
<p>7 <b>9:30-11:00</b> HSE Orientation <b>2:00-4:00</b> Netflix: Brain Games <b>4:00-6:30</b> Open Gym/Weightlifting</p>	<p>8 <b>2:00-4:00</b> Arts and Crafts: Painting <b>4:00-6:30</b> <b>Field Trip:</b> Walk at Sloans Lake <i>(permission slip required if under 18)</i></p>	<p>9 <b>2:00-4:00</b> Pool Tournament <b>4:00-5:00</b> <u>Group:</u> Career and Employment: <i>College-Part 2</i> <b>5:00-6:30</b> Open Gym/Weightlifting</p>	<p>10 <b>2:00-4:00</b> Free Time/Video Game Tournament <b>4:00-6:30</b> Make your own paracord and survival bracelet</p>
<p>14 <b>9:30-11:00</b> HSE Orientation <b>2:00-4:00</b> Netflix: Brain Games <b>4:00-6:30</b> Dodgeball Game</p>	<p>15 <b>2:00-4:00</b> Spring Cleaning in the Drop-In <b>4:00-5:00</b> Puzzle Contest <b>5:00-6:30</b> Yoga/Open Gym</p>	<p>16 <b>2:00-4:00</b> Mindfulness Jars <b>4:00-6:30</b> Nutrition and Cooking Class: Lettuce Wraps (Vegan) <b>Let's get cooking</b></p>	<p>17 <b>2:00-4:00</b> Optional: Social Skills Goal Setting/Apply for jobs with assistance (computers available) <b>4:00-6:30</b> Movie night at the drop-in!</p>
<p>21 <b>2:00-6:30</b> Gardening</p>	<p>22 <b>2:00-4:00</b> Optional: Social Skills Goal Setting/Apply for jobs with assistance (computers available) <b>4:00-5:00</b> Free Time <b>5:00-6:30</b> Capture the Flag/Outdoor Activities</p>	<p>23 <b>2:00-4:00</b> Team Building: Red Cup Challenge <b>4:00-6:30</b> Baking Class: Cupcakes</p>	<p>24 <b>2:00-4:00</b> Celebrate and spring into summer vacation with Memorial Day Popcorn and a party! <b>5:00-6:30</b> Open Gym/Outdoor Activities</p>
<p>28 The ROAD is Closed Happy Memorial Day!</p>	<p>29 <b>2:00-6:30</b> <b>Field Trip:</b> Walk/Hike at Roxborough State Park <i>(permission slip required if under 18)</i></p>	<p>30 Drop-In Closed <b>Sorry WE'RE CLOSED</b></p>	<p>31 <b>2:00-6:30</b> <b>Field Trip:</b> Fitness at Red Rocks Amphitheater <i>(permission slip required if under 18)</i></p>

## HSE (High School Equivalency) Information (aka GED)

Requirements:

- HSE Orientation
- 17-25 years old
- live in Jefferson, Gilpin or Clear Creek County
- bring photo ID to Orientation

Questions? Call 303-432-5063 or

[AmyPe@jcmh.org](mailto:AmyPe@jcmh.org)



**All classes, groups and activities offered at The ROAD are at no cost to you!**

**Ages 15-22**

**School Year Hours: 2pm-6:30pm**

5220 W. Ohio Ave.  
Lakewood, CO 80226  
*(Inside Brady High School)*  
(303) 982-6755

Email: [theroad@jcmh.org](mailto:theroad@jcmh.org)  
[www.theroad4youth.org](http://www.theroad4youth.org)