



For Immediate Release: December 1, 2020

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### **Mental Health Partners Offers Support, Resources Virtually**

*A variety of free, virtual events offers coping skills, information, and hope during COVID-19*

Individuals and communities have reported increased mental health concerns, such as anxiety, stress, burnout, and fear, due to the COVID-19 pandemic and its impact on all areas of daily lives. In response, Mental Health Partners (MHP) is offering a variety of free, virtual events for community members to receive support and resources, as well as build key coping skills during this challenging and unprecedented time. Registration is now open!

#### **Upcoming Events:**

- **Thursday, December 3<sup>rd</sup> | 2:00-3:30pm**  
Breaking Barriers Workshop: an interactive workshop about how to break personal and external barriers to achieve health and wellness goals. Presented by Ashley Wallis, Community Health Worker. Register here: <https://www.eventbrite.com/e/breaking-barriers-and-setting-goals-tickets-129368983111>
- **Wednesday, December 9<sup>th</sup> | 12:00 – 1:00pm**  
Beyond the VA - Mental Healthcare for Veterans: an educational course outlining mental health care resources outside what the VA offers. Presented by Alaina Beaulaurier, Community Health Worker. Register here: <https://www.eventbrite.com/e/beyond-the-va-mental-healthcare-for-veterans-tickets-129934434391>
- **Thursday, December 10<sup>th</sup> | 6:00 – 7:00pm**  
[Spanish-Only Workshop] Destress Your Mind, Come Play Loteria! Join us to play a virtual game of Loteria and discuss resources and support for the holiday season. Presented by Whitney Rodriguez, Community Health Worker. Register here: <https://www.eventbrite.com/e/despeja-tu-mente-ven-a-jugar-loteria-tickets-129934921849>
- **Friday, December 11<sup>th</sup> | 1:00 – 2:30pm**  
COVID and Adverse Childhood Experiences (ACEs) Workshop: how to support children's mental health during COVID-19. Presented by Jen Nelson, Child/Family Specialist – Outreach Worker. Register here: <https://www.eventbrite.com/e/supporting-childrens-mental-health-during-covid-19-tickets-129359601049>

- Tuesday, December 15<sup>th</sup> | 3:15-4:15pm**  
 What's Cookin' in the Pantries: an interactive workshop featuring recipes using items from food pantries to create delicious meals. Presented by Jessica Broadbent, Outreach Worker – CO Spirit Team, and Leane Vasquez - Community Health Worker. Register here: <https://www.eventbrite.com/e/whats-cookin-in-the-pantries-tickets-129936456439>
- Tuesday, December 15<sup>th</sup> | 12:00-1:00pm**  
 Parenting in the Time of COVID: Navigating the Holidays for Yourself and Kids During COVID-19. To sign up, contact Jane Seymour, Clinical Therapist, [jseymour@mhpcolorado.org](mailto:jseymour@mhpcolorado.org), and a ZOOM invite will be sent to your email address.
- Thursday, December 17<sup>th</sup> | 6:00 - 8:00pm**  
 Basic Coping Skills for Stress Management: this seminar focuses on basic coping skills to help with anxiety, depression, and stress. To sign up, contact Bruce Renz, Peer Support Specialist, at [brenz@mhpcolorado.org](mailto:brenz@mhpcolorado.org) and a ZOOM invite will be sent to your email address.
- Friday, December 18<sup>th</sup> | 6:00 – 7:00pm**  
 Between a Rock and a Hard Place: Resources to Help When Money is Tight: this workshop will present community resources that can help free up money in your budget before you choose to skip a payment. Note: this is not a financial planning workshop. Presented by Jennifer Ramirez, Community Health Worker. Register here: <https://www.eventbrite.com/e/between-a-rock-and-a-hard-place-resources-to-help-when-money-is-tight-tickets-129937393241>

In addition to these free, virtual events, MHP's expanded Outreach Team is available for support online via:

- An interactive Facebook Group: [www.facebook.com/groups/mhpcommunityhealthworkers](http://www.facebook.com/groups/mhpcommunityhealthworkers);
- Instagram: @MentalHealthPartnersOutreach
- Warm Line: (303) 545-0852.
- Website: [www.mhpcolorado.org/community-outreach-team](http://www.mhpcolorado.org/community-outreach-team)
- All upcoming Zoom Events here: <https://www.eventbrite.com/o/mental-health-partners-31560329601C>

Also, MHP continues to provide comprehensive mental health and addiction recovery care mostly via telehealth, with some select services provided in-person at our site using COVID-19 safety precautions. Clients should check with their CARE Team member prior to their appointments. MHP offers multiple payment options for our services, including Medicare, Medicaid, and most insurance plans, as well as out-of-pocket. Call (303) 443-8500 and ask a member of our CARE Team for details or visit [www.mhpcolorado.org/access-to-care](http://www.mhpcolorado.org/access-to-care).

*About Mental Health Partners:*

In alignment with our mission – Healing is our purpose. Help is our promise. Health is our passion. – Mental Health Partners (MHP) provides immediate access to expert mental health and substance use care so people can enjoy healthy and fulfilling lives. For emergency assistance with a mental health crisis, please call 1 (844) 493-TALK (8255), text TALK to 38255 or go directly to our 24/7 Walk-In Center at 3180 Airport Rd., Boulder, CO.