

APRIL 2026

WellPower™
NextChapter

Your monthly look into our news & events

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The Art of Healing

**You're Invited to
NextChapter's Gallery**

**Friday April 3, 2026
3:30 - 7:00 p.m.**

**RSVPs are optional, but encouraged:
wellpower.org/art-of-healing**

See Details on Page 8

Contact Us

NextChapter
Monday - Friday, 8:00 a.m. - 4:30 p.m.
456 Bannock St., Denver, CO 80204
(303) 504-1700

April Outings

ATTENTION: To protect participant privacy, please meet in the coffee shop and wait for the facilitator for outings rather than gathering at the front desk.

Due to the high demand for our great outings, please limit your sign-ups to **2 per month**. You are welcome to join other waitlists for additional events.

Ping Pong

April 3 (Fri)

1:00 – 4:00 p.m.

5 Spots available

Fun and friendly competition with a high-energy ping pong experience that brings people together through play, movement, and laughter.

Facilitator: Pedro

Outings Continued:

Visit Golden

April 6 (Mon)

1:00 – 4:00 p.m.

5 Spots available

Another visit to the old capital.

Facilitator: Hunter

Idea Creative Arts Lab at the DenverCentral Library

April 8 (Wed)

10:35 a.m. – 12:00 p.m.

Seat Limit: 5

Visit the Denver Central Library IDEA creativity lab for a string art workshop.

Facilitator: Kiara



Photo Credit: NextChapter
Photography Student Rachel Enkey

April Outings

Botanic Gardens

April 8 (Wed)

2:00 – 3:30 p.m.

April 29 (Wed)

1:00 – 3:00 p.m.

5 Spots available

Facilitator: Alyssa

Duffey Roll

April 13 (Mon)

9:00 a.m. – 12:00 p.m.

5 Spots available

Eat, explore and play games.

Facilitator: Hunter

GK Billiards

April 17 (Fri)

1:00 – 4:00 p.m.

5 Spots available

Join us for a fun and social afternoon at a professional billiard hall.

Facilitator: Pedro

Outings Continued:

Movie Outing

April 21 (Tue)

12:30 – 4:00 p.m.

10 Spots available

Facilitators: Steph & Jessica

Cat Café

April 21 (Tue)

1:00 – 4:00 p.m.

5 Spots available

Hang out with cats while drinking coffee/tea.

Facilitator: Hunter

Barr Lake

April 22 (Wed)

1:00 – 3:00 p.m.

5 Spots available

Facilitator: Alyssa

Visit Evergreen

April 27 (Mon)

1:00 – 4:00 p.m.

5 Spots available

Arguably named after its year-round green landscape.

Facilitator: Hunter

April Workshops

Wellness Workshop

April 1 (Wed)

12:30 – 2:45 p.m.

Sally's Café

A time to promote healthier living by highlighting the importance of the eight Dimensions of Wellness.

Facilitators: Jessica & Kathy

Watches Workshop

April 6 (Mon)

9:00 – 10:00 a.m.

Curious about wristwatches and other timepieces? We'll talk about different types of watches including mechanical watches.

Facilitator: Hunter

Resume Workshop

April 8 (Wed)

1:00 – 2:00 p.m.

Seat Limit: 5

Computer Lab 210

Facilitators: Alyssa and

Maritza

Workshops Continued:

Documentary with Steph

April 7 & 21 (Tue)

9:00 – 11:00 a.m.

Meditation Room

Seat Limit: 8

Come and enjoy uplifting documentaries and discussion.

Facilitator: Stephanie



Photo Credit: NextChapter
Photography Student David Willmann

April Workshops

Diamond Art Workshop

April 15 (Wed)

10:00 a.m. – 12:00 p.m.

Art Studio

Seat Limit: 5

Create mandala diamond pieces of artwork. All supplies provided.

Facilitator: Kiara

Flower Arranging Workshop

April 22 (Wed)

10:00 – 11:45 a.m.

Art Studio

Seat Limit: 5

Create an arrangement of beautiful spring flowers to celebrate the season.

Facilitators: Kiara and Jessica

AI Workshop: Prompt Personalization & Style

April 23 (Thu)

9:30 – 10:50 a.m.

Computer Lab 210

Teaching AI your preferences: tone, pacing and accessibility needs.

Facilitators: Steph M., Alyssa & Pedro

Poetry Reading Workshop

April 27 (Mon)

9:00 – 10:00 a.m.

A monthly workshop where we'll start reading and reflecting on save me an orange. This is a collection of poems by Hayley Grace. For just a taste, "You were put on this earth to live. It's not too late to start now." – save me an orange.

Facilitator: Hunter

Watercolor Basics Workshop

April 29 (Wed)

10:00 – 11:30 a.m.

Art Studio

Seat Limit: 5

Learn basic watercolor painting techniques

Facilitator: Kiara

New Classes and Announcements

Spoon Making!

Mondays 4/6, 4/13, & 4/27 1:00 - 2:00 p.m. Room 234 (Alyssa's Office)

3 Seats Available: Sign Up at the Front Desk.

Learn how to reuse old spoons and forks to create a ring. Discover the art of turning vintage flatware into wearable jewelry in this hands-on spoon ring workshop. Perfect for beginners, this class introduces the fundamentals of metal shaping using simple hand tools, no prior jewelry experience required. (All materials provided.)

Students will learn how to source and identify different spoon metals, with a focus on sterling silver, and explore how material choice affects both design and wearability. You'll plan your ring design, determine proper sizing, and cut, shape, sand, and polish your piece from start to finish. Along the way, you'll learn techniques for forming smooth curves, avoiding common shaping issues, and achieving either a high-polish or antique finish. By the end of class, each participant will leave with a custom spoon ring and the confidence to continue experimenting with this accessible and creative jewelry-making technique.

Facilitator: Alyssa

STUDY HALL

2nd,3rd,4th and occasional 5th Wednesdays in Sally's Cafe Dining Room from 1-2:45pm

This STUDY HALL will be a time that is offered to students to study for upcoming official testing (IPS/CPFS/CPRP ,etc.) credentialing for peer support, GED Studies for group studies, individual studies, reading, serve safe/serve safe managerial studies etc. It will remain a quiet environment for individuals needing a distraction free environment to focus on their studies, asking questions as needed for support. It will be held in-person and on-line for individuals receiving services through NextChapter only.

Facilitators: Kathy & Bri

Spanish Conversation Club

Fridays 10:30-11:30 a.m. Room 126

This immersive class is designed specifically for adult learners who want to connect, communicate, and build community through the Spanish language. Let's move beyond the "rules" of classroom grammar and dive straight into the heart of the language, real-world conversation and Spanish-Speaking Culture.

Facilitator: Ray

Who's Who at NextChapter



Boggs Nagel has been a Peer for more than 15 years, bringing a deep well of lived experience, compassion, and connection to his work. One of the accomplishments he is most proud of during his time with WellPower is receiving the Jenny Hinkle Award in 2017, an honor he holds with humility, especially when reflecting on the remarkable peers who share that distinction. Known for his natural ability to connect with people from all walks of life, Boggs credits his “WOO” as a hidden talent, feeling genuinely comfortable meeting people wherever they are on their journey.

A true lover of music and history, Boggs attended the legendary Woodstock Music Festival in 1969 and has seen many of the most iconic acts in rock and roll history. Music has played a powerful role in his life, so much so that he says The Beatles quite literally saved his life in 1964. It’s a story he loves to share, so if you run into him at NextChapter, don’t hesitate to ask. As Boggs would say, angels with you.

Bri Waites has been a Peer Support Specialist for six years and began her journey with WellPower as a participant in the year-long DBT program. After experiencing firsthand the impact of meaningful support in her own recovery, Bri felt a strong desire to give back to the community that helped her grow. She brings empathy, authenticity, and intention to her work, finding purpose in using lived experience to support others as they build skills, confidence, and lives worth living. Bri values encouraging people to be their best selves and is grateful to be even a small part of what individuals take with them from their time at Next Chapter.

Outside of work, Bri is a creative night owl who enjoys making art in all forms and spending time outdoors, especially when the two overlap. A Colorado native, she sings in a Denver chorus, takes local dance classes, attends concerts whenever possible, and loves wandering the Denver Botanic Gardens, her favorite spot in the city. When slowing things down, Bri can usually be found at home with her calico cat Mina, watching *Bob’s Burgers*, wrapped in a cozy blanket with a Dr. Pepper and some vegetarian Indian food close by.



WellPower™

NextChapter

You're Invited to NextChapter's Gallery: The Art of Healing

- **Date:** April 3, 2026
- **Time:** 3:30 to 7:00 p.m.
- **Location:** NextChapter
 - 456 Bannock St.,
Denver, CO 80204
 - Free street parking
available

Celebrate Artwork that Reflects Recovery and Wellness

We are showcasing the art created by people served at NextChapter's Learning and Wellness center to share in their recovery and wellness journeys.

Join us for the gallery viewing on April 3, enjoy light refreshments and connect with the artists about their work.

RSVPs are optional, but encouraged:
wellpower.org/art-of-healing

About WellPower: We know the pursuit to live, feel and be well looks different for each person. At WellPower, we power the pursuit of well-being by supporting and promoting the vital connection between a person's mental health and overall well-being. Our nationally-recognized services help children, families and adults in the Denver community create a path to living happier and healthier lives.

APRIL 2026



Registered ServSafe Proctor & Certified ServSafe Instructor

ServSafe® Food Handler Program

- Join NextChapter to get certified by a certified instructor & registered proctor with ServSafe and the National Restaurant Association.
- We provide instruction for both the 3-year certification (food handler) and 5-year license (food protection manager).
- We offer classes Tuesdays 2:00 – 3:30 p.m. for Food Handlers and Fridays 2:00 – 3:30 p.m. for Managers.
- We offer the ServSafe program, ServSafe training, ServSafe classes and ServSafe testing.
- Contact Vocational Project Coordinator/Instructor & Proctor and Manager Candice Vigil at **(303) 504-1765** or email candice.vigil@wellpower.org



Culinary Training Program



Culinary Training offers an opportunity to gain valuable, paid, on-the-job training while preparing and providing nutritious meals within Sally's Café, an operating restaurant at NextChapter. The training offers participants the chance to see how a functioning food service entity runs and explore different job areas they might be interested in pursuing in the community.

Culinary FAQ

Q: Who do I contact for the culinary referral?

A: Candice Vigil at **(303) 504-1765** or candice.vigil@wellpower.org.

Q: How do they get registered?

A: Contact Candice Vigil - they will be added to the waitlist. The follow-up is between referring staff, candidate and Candice Vigil.

Q: How quickly will someone start the program once referred?

A: The waitlist is six months to one year.

Q: How do the referrals know where they are on the waitlist?

A: Referring staff or candidates can call Candice Vigil to see where they are on the list. A call is placed 30 days before the candidate comes into the program.

Q: Can anyone join the program?

A: Individual needs to be receiving services through WellPower.

Q: Do they need to be enrolled with NextChapter Education?

A: Yes.

Q: Why is the wait so long to join?

A: Due to the popularity of the program and the hands-on training provided, we are limited to the amount of students we can bring in.

Q: How do they apply?

A: All applications are online.



Supported Employment

NextChapter will collaborate with you to help you attain your employment goals. Our employment program follows the Individual Placement Support (IPS) model which focuses on your strengths, skills, abilities, interests and how to overcome barriers to help you achieve your employment goals. Our program collaborates with the Division of Vocational Rehabilitation (DVR) to assist participants with additional services and support to attain your employment goals.

If interested in Supported Employment services, contact:

Dalma.Farkas@wellpower.org

Maritza.Ovalles@wellpower.org



If interested in:

- Finding and maintaining a full/part-time competitive job in the community
- Creating a resume
- Writing efficient cover letters
- Learning how to search and apply for jobs online
- Preparing for job interviews
- Learning strategies to maintain job stability

The Intake Process Involves:

- One or two telephone or video appointments to complete an application and a vocational assessment.
- Providing an electronic copy of your current (not expired) State Photo Id, your employment history and if you receive Social Security (SS) benefits, providing an electronic copy of your recent SS benefits award letter.
- Meeting with your Employment Specialist (ES) at least twice a month to work on attaining your employment goals.
- Having a Social Security card and if not a United States citizen, providing a copy of your current (not expired) Authorization card to work in the United States.
- After a job is found, continue meeting with ES to attain job stability and be able to maintain a job for at least three to six months or longer.

Learning & Wellness Overview

NextChapter provides a psychiatric rehabilitation and supported education program that offers adults the opportunity to participate in a variety of classes and activities or receive individual support to pursue one's desired recovery goals. The program is designed to strengthen and broaden a person's knowledge of the physical, intellectual, emotional and social practices that will enhance their wellbeing.

Community Supported Education helps individuals who are interested in pursuing education or training in the community, by providing support and helping navigate the process from beginning to end; identifying strengths and barriers, providing long term support while in school or a training program, celebrating successes and supporting individuals in achieving their academic goals.

Adult Education classes are provided to help build skills for community education or career pursuits. We offer a variety of classes in computers, reading, math, Spanish and writing, as well as tutoring in several subjects. We also assist with both in house and community-based volunteering opportunities to further explore and prepare for careers.

Music and Performing Art gives people the opportunity to participate in a variety of music experiences and groups to enhance skills, quality of life and practice for in house and community-based performances. We provide people of all skill levels and abilities with an environment that promotes their own musical or performing expression.

Studio Art provides people with materials and instruction, as well as a spacious and welcoming art studio to create many different forms of visual art. We assist artists in using art as a creative expression as part of a person's journey in recovery. Working as a bridge to the community, we help our artists show and sell their work at different venues around Denver.

Wellness offerings provide individuals with opportunities to engage in a variety of classes, groups and experiences to enhance one's own physical, spiritual, social and community wellbeing. We offer an in house fitness center and group studio, as well as, several weekly outings to community-based gyms and classes. We offer frequent outings to cultural events, opportunities to connect with nature and explore the community. Other classes and activities you might expect to find assist people with nutrition, budgeting, life skills, leadership, or support for a variety of topics.



Details/FAQ for Joining Online Classes

- Participants must be part of NextChapter to attend and fill out Consent for TeleHealth Services.
- If you're interested in joining NextChapter to attend classes, please reach out to your WellPower care team to schedule a virtual orientation.
- Contact the instructor for more class info by calling 303-504-1700 and asking to leave a voicemail or by clicking their name above and email. Your message should be returned promptly.

TO JOIN ONLINE CLASSES ON PC:

- Click Class Name on Schedule you wish to Attend.
- Click "join on the web instead" or "join in this browser instead" or "use teams on Microsoft Edge" or other variant as options vary depending on Browser.
- Allow access to mic and camera if applicable
 - Type Desired Name for meeting and click "Join Now".

TO JOIN ONLINE CLASSES ON MOBILE:

- Install Teams App (via App Store for iPhone or via Google Play Store for Android)
- Click Class Name Above or Join Microsoft Teams Meeting if invite came from an email.
- Allow access to mic and camera.
- Scroll Down Click "Join Meeting", or "Join as Guest".

