

Reach Beyond

Your monthly update on behavioral health in Adams County.



Greetings!

As we wrap up the year, Community Reach Center is grateful for the warmth and generosity shared across our community. This month, our staff volunteered at our annual client holiday parties, complete with Santa visits, crafts, games, and joyful moments that reminded us why this work matters. The smiles on our clients' faces were a powerful reflection of the care and compassion our team brings every day.

We extend our sincere thanks to [Coats for Colorado](#) for donating warm jackets and coats, and to the many donors whose support made these celebrations possible for the children, adults, and families we serve.

Our clinical teams also continued important community-focused initiatives this season. The Walk-in Crisis & Resource Center (WCRC) partnered with [The Naloxone Project](#) for tabling events across Denver to increase access to lifesaving overdose-prevention tools. Additionally, our Day Treatment program utilized its annual food drive to send home substantial food packages to families in need during the Thanksgiving break.

Thank you to our staff, partners, and supporters for helping us end the year with connection, compassion, and hope. Together, we are building a healthier community for all.

In Focus: Celebrating Consumer Holiday Parties

This month, many of us will come together to celebrate Hanukkah, Christmas, and Kwanzaa. Traditionally, this time of year is centered around traditions, connection, and gathering with family and friends. For many consumers in our programs and across our community, it's an important reminder that this time of year may look different for those we serve.

Each holiday season, this reality is the reason our staff and community partners come together to create meaningful moments of warmth and belonging through our consumer holiday parties.

These celebrations bring together consumers from across our programs to enjoy a warm holiday meal, thoughtful gifts, and free winter coats from [Coats for Colorado](#). These events are made possible through generous community partnerships, donors, and the dedication of our staff volunteers who help make the season brighter. Thank you to everyone who came together and helped bring our consumer holiday parties to life.



Mental Health Minute: Tackling Winter Blues



We know that winter blues, also known as Seasonal Affective Disorder (SAD), can feel overwhelming as the days grow shorter and colder. You're not alone in these feelings, and there are many ways to manage symptoms.

Symptoms can look different for everyone. That's why we recommend building a toolkit with tips from the Mental Health First Aid curriculum to take care of your mental health and well-being this winter and beyond. Check them out to make a meaningful difference this season.

Reference: National Council for Mental Wellbeing

[Tackle Your Winter Blues](#)

Partner Oriented: Community in Action



We are deeply grateful for our continued partnership with Coats for Colorado. Each winter, this collaboration helps ensure that children, adults, and families in our programs have access to free warm coats for the cold months ahead. Thanks to their generous donations every year, our consumers who attended our annual holiday parties were able to take home a coat. Partnerships like these help us bridge the gap and ensure our community stays warm for winter.

Being a partner oriented organization is one of our guiding principles and plays a vital role in how we support our community. This month, our Westminster Outpatient team volunteered with Hope House Colorado, a local nonprofit dedicated to empowering teen moms and their children. We are inspired by our staff who came together to prepare and serve meals for families seeking support during the holiday season. Thank you for leading with heart and showing what it truly means to support one another.

Better Together: Events Spotlight



Mark Your Calendars: Holiday Movie & Hot Cocoa Day at the AWARE Center!

Where: [AWARE Center](#)
690 W 84th Ave, Thornton, CO 80260

When: Friday, December 26th at 12:00 PM

What: Get in the festive spirit and join us at the AWARE Center for a holiday movie and hot cocoa!

[More Info](#)

Careers in Mental Health: Join CRC's Mission to Make a Difference

Check back in 2026 for our updated list of job openings!

Community Reach Center is a proud recipient of the 2024 bronze-level Healthy Workforce Designation for demonstrating a strong commitment to improving the health and vitality of its employees through a workplace well-being program.



Support Community Mental Health

You can help save lives in Adams County. A donation to Community Reach Center ensures people on Medicaid receive essential mental health care, regardless of their ability to pay.

[Donate Today](#)



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To enhance the health of our community.

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