



CHOW's mission is to support the lives of food/beverage/hospitality workers through shared stories, skills and resources.

Weekly Meetings: These meetings are free and are open to all – chefs, servers, bussers, bartenders, owners, suppliers, farmers, writers, dishwashers, and industry veterans. Meetings are facilitated by an “Expo” (a person who has walked the path of recovery from mental illness/substance use disorder and is trained to assist others in their recovery)

Amuse' Mental Health Course: Amuse' is a four hour training course that is meant to shine light on some of the most pressing issues affecting workplace wellness. This course offers tangible evidenced based skills that everyone can use for themselves or to support a coworker/friend.

Partnership with Khesed Wellness: Khesed Wellness makes outpatient mental health and wellness services affordable for the underinsured. They offer 16 pro-bono sessions to folks in the hospitality industry. <https://www.khesedwellness.com/> (in CO, TX, IL, and MI)

The CHOW Wellness Workbook: The CHOW workbook is written in simple, straight forward language with exercises, techniques, and stories to help those in the hospitality industry improve their wellness, inside or outside of the workplace.

Workplace Wellness Toolkit: We've created a living toolkit that folks can use to implement Wellness techniques in the workplace. The toolkit encourages a healthy environment where employers and employees can work together to end stigma about wellness. Free downloadable PDF at www.chowco.org!

CHOW Text Service: Stay tuned for our CHOW Text Service that will deliver weekly actionable items for you and your organization!

Scripts for Challenging Conversations: Stay tuned for our CHOW Scripts for Challenging Conversations designed to guide employers and employees through navigating challenging conversations in the food/beverage/hospitality industry. Vetted by trauma informed mental health professionals and lawyers to keep everyone safe and supported.

WWW.CHOWCO.ORG