

# The Creative Forum

October 2017

A Monthly Publication of Creative Wellness Opportunities  
A Peer Run Service of the Mental Health Association

## First Friday Artist: Kit Scott



This is my second show here at Creative Wellness Opportunities. I have to say it is definitely different from the first. For this show I worked with acrylics and a little watercolor. My first show was mostly in pencil. My subject is always the same...the human face. I am still learning.

I experience depression and terrible mood swings. I have had some tough days trying to figure out what I can and cannot do. My art is very much connected to the symptoms I experience and, as a result,

I have had years of "artist block". I know now that I cannot let it stop me anymore. Although CWO does not provide clinical therapy, it has done wonders for my soul and my art. I am able to get support from my peers and the staff of Creative Wellness Opportunities. I am also grateful that I am able to give support to others in the Creative Wellness community and glad that it is in Rochester. - Kit Scott

*Please join us for an opening reception at 320 N. Goodman St., Creative Wellness Opportunities, Friday, October 6th from 5:30 to 8:00 PM.*



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# Gift of Story - An anonymous gift of courage and encouragement

There are times people look at me and don't see all that I've accomplished. Sometimes, these people are strangers. Sometimes, they are friends. They don't realize how hard I work to keep it together on a day-to-day basis or maybe they've only seen me be well. They might not realize that I've lost years of my life due to bipolar disorder.

My last psychotic break was the worst. It took me a full year to recover and I still don't feel completely like myself. It was my absolute rock bottom and much of it had to do with trauma. When I started to recover I realized that I was unable to do design work. I didn't have the mental capacity. It felt too complicated and my brain was exhausted from simple tasks on the computer. It scared me for the future. What if I had another episode? What would I do after that and what am I capable of doing?

I decided to enroll in school for TV & Photography. The idea of taking a picture felt more manageable than spending hours in Adobe Illustrator connecting dots to create an image. I had to adapt due to the illness and my circumstance.

The fact that I am in school is a miracle to me. I dropped out of high school. I got accepted into FIT, but didn't go. I dropped out of beauty school. I've been through numerous hospitalizations, had psychotic breaks and spent many years of life simply existing instead of being a fully functional adult. I try so hard to keep it together. I also present myself in a certain way as I don't want anyone else to feel the burden I feel every day. I'm very lucky for all that I have. I live with my parents, but at my age, I have felt harshly judged for it. I stopped comparing myself to others a long time ago. But, that doesn't mean that it doesn't hurt when someone looks down on me for it.

I was terrified to enroll in school. I have dyslexia and ADD. It takes me longer to read and finish assignments. I also have Tourette's, which is not something I often reveal. But, I spend most of my day suppressing urges and it's exhausting. When I signed up for school, I choose to do two classes in the first semester. I also signed up at the office for students with disabilities to have accommodations and extended test time. Starting out slow, instead of doing a full course load was beneficial. It made me feel as if I was capable of actually going to school. It will take me longer to get my degree than others, but approaching school this way is the reason I've been able to stick with it for so long. I make sure that I have downtime every day to recover. This is essential because more than anything I must practice self-care to prevent a future episode if possible. My health will always have to come first and is my primary job. I've tried to schedule classes around my sleep schedule. I suffer from insomnia, so later classes are much easier for me to attend. It's not always possible to make that happen, but later classes are beneficial as I can get rest.

I've also learned that many other people in my school struggle with some of the same issues: depression, anxiety or learning disabilities and hearing that from them is a relief. I feel less alone. I see other older students like myself starting from scratch and it's inspiring. If you go back to school, I hope you'll choose something you love. If you struggle with money, please remember there are options available such as financial aid and student loans.

For anyone that is thinking about going to school, I encourage you to just give it a try. I encourage you to not give up if you're unable to stick with it or do it right away. Be kind to yourself. My last episode was truly a blessing. I finally got a cocktail of medication that works for me. I am the most functional I have been in 22 years. I don't know how long it will last. I continue to live my life day-to-day as that's the only way I know how. I plan for the future, but never plan too far ahead or I get overwhelmed. If you're struggling and not in the frame of mind for work or school, I just want you to know it will get better. You will find your purpose. You are special and important to others. You do matter and you are still valuable even if you are unable to do certain things that other people take for granted. Some people may never understand or see your journey or evolution. They may not realize how "small" steps are actually "big" steps for you. But, please don't let that discourage you. If you want to try school, know that you can take time off if you feel overwhelmed. Please remember that there are things like spring and online classes. You do have options and you may accomplish way more than you ever thought you were capable of.

*Presently, our writer for this story prefers to remain anonymous but wished to share their story in the hope that it would provide encouragement to others in recovery to risk following their own dream.*

October 18, 2017  
11:00 am-12:30 pm

## *Self Employment Series*

### *Keeping Good Tax Records*

Mental Health Association  
320N. Goodman St.  
Rochester, NY 14607

*This 1.5 hour training will provide the basics of what and how to collect the records you need to file a Federal Schedule C as a self-employed person. Come with questions and leave with a binder to keep for your records. Registration Required. Limited to 30 participants.*

\* Register by phone or E-mail to [Tammy DeMarle](mailto:TDeMarle@mharochester.org):

585-325-3145 x 100

[TDeMarle@mharochester.org](mailto:TDeMarle@mharochester.org)



# Reflections on a Conference Experience

Part I  
by Gerald Bamberger

For three days last week I was privileged to be part of the sixteen member CWO delegation to the NYAPRS conference at the Hudson Valley Resort in the Catskills. It was an opportunity to better get to know the CWO peers I pass in the hall on North Goodman Street, and to meet others from across the state. It was an opportunity to learn about and reflect on some of the great issues and tensions that face the mental health community today. It was also an opportunity for introspection, biking on the overgrown path of the resort's abandoned golf course, contemplating personal challenges and returning with a sense of renewed energy, vigor and hope.

In the process I picked up a few pointers--such as the "Rule of Three" in Leah Harris's Storytelling session. Did you notice the three "opportunities" I listed in the previous paragraph? How about closing that paragraph on (1) energy, (2) vigor and (3) hope?

In the first workshop I attended, I learned this was that the player making the first move could always win the game. What if that 70% of people with SMI (serious mental illness) who have college degrees earn less than \$10/hour. What a sobering statistic. I had been fortunate to earn enough to enjoy a comfortable life-style. But I needed look no further than my own mother, a woman with a Ph.D. from an Ivy League university and a diagnosis of borderline personality disorder, who drifted over the course of her life from one job to another until she stopped trying. How could people with so much to offer connect with far-sighted employers that would see the value and be willing to roll up their sleeves and overcome the challenges?

Some synapse in my brain connected this question to the work of David Gale. Gale was an early colleague of John ("A Beautiful Mind") Nash. When Gale and Nash were at Princeton, Nash had popularized a simple game, later called "Hex." Gale published a proof that Hex could not end in a tie. A consequence of was remarkable to me was that Gale was unable to tell you what that player's first move should be (it remains an unsolved problem today). Gale's greatest career contribution was likely the Gale-Shapley algorithm, which is a mathematically elegant way to match couples (it is widely used today to match students to universities, interns to hospitals, etc.). Could Gale's algorithm ultimately match employees with mental illnesses to employers? Somehow I intuited that this would work; but, like a Hex player about to make his first move, I didn't know where to start. I took the business card of the workshop presenter (himself a peer with a Ph.D. as well as a law degree) and resolved to pursue this further.

- Gerald

*Part II of this series of reflections from the conference will review a workshop called "The War in Washington and at Home" regarding funding threats. A keynote speaker proposed an idea regarding the question of "coming out" to battle stigma and those thoughts will also be reflected in our November newsletter.*

Finding a peaceful  
moment in a quiet  
space to celebrate  
with each other at  
NYAPRS  
Conference in  
September



# NYAPRS "Inside/Outside" An Experience presented by Evelyn Cammarano



I gave a workshop at NYAPRS, "Self-discovery using the symbolic language of art". It took the form of mask making our "outer selves" that we show to the world, and on the other side of mask was our "inner selves." My co-facilitator, Kathryn Thompson, unfortunately had an accident days before the workshop and wasn't allowed to travel, so I called upon the help of two other peers from CWO, Briana Kilpatrick-Grant, and Harry X. Jalil.

Twenty-six people attended. After introducing ourselves to each other, a few from Binghamton mentioned that

they were interested in learning how to do the masks to bring back to their peer groups as a project. After a brief description on a presentation pad about id, ego, superego, and the ways we wear a mask that we show to the world (which is different than what we feel inside,) the activity began. I watched as people took ribbons, feathers, stickers, decorative paper, cotton-balls, and fashioned all the materials into two-sided masks. We went around and shared each side and what it symbolized to the participants. All were very expressive, One person started to cry from all of the emotional pain surfacing up when describing their inner self. I was touched by her reaction and tried to be supportive by asking if she needed a hug...and she did. It surprised me how authentic people were and how brave it must have been for them to share. People definitely connected to the workshop. I am fairly certain that it had a healing affect for many of them to reflect upon their personal inner and outer selves. It went well, and hopefully next year another workshop will be happening... It was fun and a terrific experience. -Evelyn

## Mental Health Association's Drop-In Center

539 South Avenue  
Rochester, NY 14620  
(585) 454-3530

*Need to talk to someone but your therapist's office is closed?*

*It's not an emergency room situation yet, but if you don't find someone to talk to it could be? The Drop-In Center may be just what you need!*

The Center is open seven days a week from 5:00pm to 9:00pm.

*No referral or appointment necessary. Simply drop-in!*

The #5 South Avenue Bus will bring you right to our door at the corner of South Avenue and Hamilton Street

Support is provided by individuals who have overcome mental health concerns and now offer support to others as they find their own path to mental wellness.

## Art Challenge

October 26, 2017  
3:15-4:15 pm



# Face

# Off

Create a mask of your fantasy self in any materials you choose. Single entry only can be in 2D or 3D, 8 1/2 by 11 inches. Pieces may be on display for one month. Please mount or frame all 2D work. Gather together in the Main Space to share your creations.

# October 2017

## Creative Wellness Opportunities of the Mental Health Association

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>3</b></p> <p>10:00-12:00 Acrylic Painting 10:00-12:00 Art Journaling 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-3:00 Art Exposed 3:00-4:30 Recovery International</p>	<p><b>4</b></p> <p>10:00-12:00 Intermediate Guitar 10:00-12:00 Collage &amp; Transfers 10:00-12:00 Printmaking 12:15-1:00 Creative Movement 1:00-2:00 Four Agreements MSG 1:00-2:00 <i>PHILOSOPHICAL MUSINGS</i> 1:00-3:00 Monoprints 1:00-3:00 <i>CREATIVE WRITING</i> 1:00-3:00 Crochet, Knitting, and Red Cross Blankets</p>	<p><b>5</b></p> <p>10:00-12:00 Guitar 101 10:00-12:00 Play Forward/Give Back 10:00-12:00 Mask Making 10:00-12:00 Junk Art 11:00-12:00 A Positive Twist 1:00-3:00 Alcohol Ink <i>*Reg</i> 3:15-5:00 <i>WISH DOLLS</i> 5:30-6:30 Emotions Anon. MSG 5:30-7:00 Hoarders/Clutterers MSG 6:00-7:15 Jewelry <i>*Reg</i> 6:00-7:15 Sculpture Clay</p>	<p><b>6</b></p> <p>10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-2:00 Mindfulness 1:00-3:00 Abstract Watercolor 2:00-3:00 Free Writing</p> <p><i>First Friday Event Kit Scott 5:30-8:00 pm</i></p>	<p><b>7</b></p> <p>11:00-1:00 Mutual Support Group 11:00-2:00 Watercolor 12:30-1:30 Eating Disorders MSG</p>	<p><b>8</b></p> <p>10:00am-3:00 pm 10:00am-3:00 pm 10:00am-7:30 pm 10:00am-3:00 pm 11:00am-2:00 pm (Exceptions noted on calendar)</p> <p>Please schedule an Orientation before attending a workshop by calling: 585-325-3145 x. 144</p> <p><i>"Life starts all over again when it gets crisp in the Fall."</i> F. Scott Fitzgerald</p>
	<p><b>10</b></p> <p>10:00-12:00 Acrylic Painting 10:00-12:00 Art Journaling 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-3:00 Art Exposed 3:00-4:30 Recovery International</p>	<p><b>11</b></p> <p>10:00-12:00 Intermediate Guitar 10:00-12:00 Collage &amp; Transfers 10:00-12:00 Printmaking 12:15-1:00 Creative Movement 1:00-2:00 Four Agreements MSG 1:00-2:00 <i>PHILOSOPHICAL MUSINGS</i> 1:00-3:00 Junk Journals <i>*Reg</i> 1:00-3:00 Monoprints 1:00-3:00 <i>CREATIVE WRITING</i> 1:00-3:00 Crochet, Knitting, and Red Cross Blankets</p>	<p><b>12</b></p> <p>10:00-12:00 Guitar 101 10:00-12:00 Play Forward/Give Back 10:00-12:00 Mask Making 11:00-12:00 A Positive Twist 1:00-3:00 Alcohol Ink <i>*Reg</i> 3:15-5:00 <i>WISH DOLLS</i> 5:30-6:30 Emotions Anon. MSG 5:30-7:15 Jewelry <i>*Reg</i> 6:00-7:15 Sculpture Clay</p>	<p><b>13</b></p> <p>10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-2:00 Mindfulness 1:00-3:00 Abstract Watercolor 2:00-3:00 Free Writing</p>	<p><b>14</b></p> <p>11:00-1:00 Mutual Support Group 11:00-2:00 Watercolor 12:30-1:30 Eating Disorders MSG</p>	
	<p><b>17</b></p> <p>10:00-12:00 Acrylic Painting 10:00-12:00 Art Journaling 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-3:00 Art Exposed 3:00-4:30 Recovery International</p>	<p><b>18</b></p> <p>10:00-12:00 Intermediate Guitar 10:00-12:00 Collage &amp; Transfers 10:00-12:00 Printmaking 12:15-1:00 Creative Movement 1:00-2:00 Four Agreements MSG 1:00-2:00 <i>PHILOSOPHICAL MUSINGS</i> 1:00-3:00 Monoprints 1:00-3:00 <i>CREATIVE WRITING</i> 1:00-3:00 Crochet, Knitting, and Red Cross Blankets</p>	<p><b>19</b></p> <p>10:00-12:00 Guitar 101 10:00-12:00 Play Forward/Give Back 10:00-12:00 Mask Making 11:00-12:00 A Positive Twist 1:00-3:00 Alcohol Ink <i>*Reg</i> 3:15-5:00 <i>FACE A WEEK</i> 5:30-6:30 Emotions Anon. MSG 5:30-7:00 Hoarders/Clutterers MSG; <i>GUEST SPEAKER</i> 5:30-7:15 Jewelry <i>*Reg</i> 6:00-7:15 Sculpture Clay</p>	<p><b>20</b></p> <p>10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-2:00 Mindfulness 1:00-3:00 Abstract Watercolor 2:00-3:00 Free Writing</p>	<p><b>21</b></p> <p>11:00-1:00 Mutual Support Group 11:00-2:00 Watercolor 12:30-1:30 Eating Disorders MSG</p>	
	<p><b>24</b></p> <p>10:00-12:00 Acrylic Painting 10:00-12:00 Art Journaling 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-3:00 Art Exposed 3:00-4:30 Recovery International</p>	<p><b>25</b></p> <p>10:00-12:00 Intermediate Guitar 10:00-12:00 Collage &amp; Transfers 10:00-12:00 Printmaking 12:15-1:00 Creative Movement 1:00-2:00 Four Agreements MSG 1:00-2:00 <i>PHILOSOPHICAL MUSINGS</i> 1:00-2:00 <i>CREATIVE WRITING</i> 1:00-2:00 Crochet, Knitting, and Red Cross Blankets 2:00-3:00 <i>REMEMBERING STEPHEN DEPCZYNSKI</i></p>	<p><b>26</b></p> <p>10:00-12:00 Guitar 101 10:00-12:00 Play Forward/Give Back 10:00-12:00 Mask Making 11:00-12:00 A Positive Twist 1:00-3:00 Alcohol Ink <i>*Reg</i> 3:15-4:15 <i>FACE OFF Art Challenge</i> 3:15-5:00 <i>CARD MAKING</i> 5:30-6:30 Emotions Anon. MSG 5:30-7:15 Jewelry <i>*Reg</i> 6:00-7:15 Sculpture Clay 6:00-7:15 <i>MAPS Group</i></p>	<p><b>27</b></p> <p>10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-2:00 Mindfulness 1:00-3:00 Abstract Watercolor 2:00-3:00 Free Writing</p>	<p><b>28</b></p> <p>11:00-1:00 Mutual Support Group 11:00-2:00 Watercolor 12:30-1:30 Eating Disorders MSG</p>	
	<p><b>31</b></p> <p>10:00-12:00 Acrylic Painting 11:00-1:00 Art Journaling 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-3:00 Art Exposed 1:00-3:00 Advanced Alcohol Ink <i>*Reg</i> 3:00-4:30 Recovery International</p>		<p><i>*Reg - Registration is required. See groups on back of calendar for information.</i></p> <p>MSG = Mutual Support Group</p> <p><i>NEW GROUP/WORKSHOP!! (Or New Time)</i></p>		 <p>MENTAL HEALTH ASSOCIATION FIND WELLNESS</p>	



# Creative Wellness Opportunities

~ Most workshops and groups are formed and facilitated BY peers, FOR peers ~

**A FACE A WEEK \*\*\*MONTHLY** *A self-directed challenge to practice creating images of faces in a variety of mediums. Share encouragement and show results in monthly gathering workshop.* (Main Space)

**A Positive Twist:** Share thoughts and ideas about topics that impact wellness. Participants can then create an art or writing project that reflects the discussion and demonstrates how it impacts their personal lives. (Room F)

**Acrylic Painting:** Use acrylic paints and various tools to create textures and layers on canvas. (Studio)

**Abstract Watercolor:** Use watercolor collage and other techniques, splatter, wet-in-wet layering and lifting paint, & blotting to create abstract paintings. (Studio)

**Advanced Alcohol Ink:** Alcohol Ink for anyone who has had previous workshop experience. **\*Registration Required** (Studio)

**Alcohol Ink:** A fun and vibrant use of colors which can be created on a variety of surfaces. We will experiment with various techniques and styles. **\*Registration Required** (Studio)

**Art Exposed:** View tutorials from contemporary artists to learn new techniques to incorporate into your work. (Studio)

**Art Journaling:** Use mixed media techniques to create artful books. (Room C)

**CARD MAKING \*\*\*NEW!!!** *Make your own greeting and note cards using various media types. Embossing, collage, calligraphy, and stamps are all part of this creative process.* (Studio)

**Collage & Transfers:** Creating collages with mixed media. Learn to transfer images to paper to include in collage work. (Studio)

**Color Me Calm:** As a group we will seek to reduce our anxiety and relax our minds by coloring and listening to music. When we color we focus our minds on the peacefulness of the present moment. (Room C)

**Creative Movement:** Open movement to a variety of music chosen by the group. We will stretch, dance, and move to the lively sounds and beats that inspire us to play with imaginative movement. (Main Space)

**CREATIVE WRITING \*\*\*NEW!!!** *Ron Hilton from R.I.T. will present techniques for creative writing including concrete details, images, analogies, similes, and metaphors to make your work shine.* (Main Space)

**Crochet & Knitting:** Basic crochet and knitting stitches & projects. (Room D)

**Eating Disorders MSG:** A mutual support group for those in recovery and facing challenges with eating disorders. We share milestones of recovery and discuss challenges. Format is modeled closely after Eating Disorders Anonymous. (Library)

**Emotions Anonymous:** The program was adapted from AA to meet the needs of emotional issues. The group supports achieving and maintaining a balance of emotional health. EA supports personal spiritual growth and sends the message you are not alone. (Room A/B)

**FACE OFF: Art Challenge \*\*\*NEW!!!** *Create a mask of your fantasy self in any materials you choose.* (Main Space)

**Four Agreements Mutual Support Group:** A weekly support and educational group based on "The Four Agreements" by Miguel Ruiz. (Library)

**Free Writing:** Participants will have the opportunity to engage in mindful writing practice as a group. At the center of each session is a timed "free writing" exercise, typically focused on various cues just before writing begins. In addition, we will examine texts on free writing, and—at the option of each writer—review and discuss each other's work. (Room F)

**Gentle Yoga:** Yoga in an easy, simple form. Geared as a gentle exercise for your mental and physical health. Connect with your inner peace. "We are all one when we live from the heart." Namaste. (Main Space)

**Guitar 101:** This workshop is for beginners who want to have an opportunity to experience playing guitar. If you have never picked up a guitar in your life or wished you had, you are more than welcome to attend. (Room D)

**Hoarders & Clutterers Mutual Support Group:** This group offers peer-to-peer support for those wishing to change their habits. Retired Sheriff of Monroe County, Bill Connell, will be a guest speaker on October 19. (Room C)

**Iaido:** Introduction to Iaido, a meditative using a wooden sword in tandem with breathing and meditation. (Main Space)

**Intermediate Guitar:** Instruction for intermediate guitarists that have the ability to read music (recommended). (Room D)

**Jewelry:** Create jewelry pieces such as bracelets, necklaces, earrings, and other items using an array of beads and charms. **\*Registration Required** (Studio)

**Junk Art:** Assemble objects to make a sculpture or doll. (Studio)

**Junk Journals:** Use mixed media and recycled materials to create colorful handmade books to use for journaling, collage, etc. **\*Registration Required** (Studio)

**Mandalas:** Learn the meditative process of creating mandalas. Creating within a sacred circle can be a process that leads you to become centered and mindful. (Room C)

**MAPS Group (Monroe Association of Peer Specialists):** A local organization dedicated to the education of mental health recovery, networking and providing professional support to those who volunteer or work in peer positions throughout our community. (Room C)

**Mask Making:** Create a mask out of paper mache, paint, feathers, beads and ephemera. (Studio)

**Mindfulness:** Guided Meditations and Mindfulness exercises to practice ways to be more present and more accepting in your daily life. (First week Room C, Then: Library)

**Monoprints:** Learn how to make prints using a gelatin plate. No experience necessary. The artful process and techniques are fast, fun, and simple. (Studio)

**Mutual Support Group:** A safe place for individuals to share thought and feelings in a judgment-free environment. Offered several times a week. (Room D)

**Philosophical Musings:** Wonderful variety of deep discussions about pertinent issues of importance to workshop attendees. (Room D)

**Play Forward/Give Back:** Craft a variety of items to donate to adults and children in the community (i.e. shelters, nursing homes, hospitals). (Studio)

**Printmaking:** Cut and engrave linoleum and/or Styrofoam plates to use when printing images on a variety of materials. (Studio)

**Recovery International:** Fellowship and reassurance through meeting others with similar experiences who have found ways to live happier, healthier lives. We will learn and practice simple living skills which encourage and improve personal growth. Please enter through the main entrance of the MHA. (Room D)

**Red Cross Blankets:** Knit and crochet blankets to donate to the local Red Cross. (Room D)

**Sculpey Clay:** Design and create small objects using Sculpey Clay. (Studio)

**Watercolor:** Experiment with watercolor materials and techniques. (Studio)

**WISH DOLLS: \*\*\*NEW!!!** *Create a doll out of simple materials by wrapping and embellishing a piece of fabric. Your intention or wish will be preserved inside your doll.* (Studio)



"Autumn is a second Spring where every leaf is a flower."

- Albert Camus

# MHA's Life Skills Services (LSS)

344 N. Goodman St. Rd. Rochester, NY 14607

Phone: 224-2005 Fax: 224-2761

Calendar at: [www.mharochester.org](http://www.mharochester.org)

# October 2017

\* Calendar subject to change without notice

**Hours of Operation**  
M-F 9:30 a.m.-4:00 p.m.

Unless otherwise specified

## Monday

2  
10-1:00: Academy of Peer Ser.\*\*  
10-11:00: Don't Sweat the Small Stuff  
11-11:45: Money Mgmt.  
1-1:45 Creating a Wellness Plan

9  
10-1:00: Academy of Peer Ser.\*\*  
10-11:00: Don't Sweat the Small Stuff  
11-11:45: Money Mgmt.  
1-1:45: Creating a Wellness Plan

16  
10-1:00: Academy of Peer Ser.\*\*  
10-11:00: Don't Sweat the Small Stuff  
11-11:45: Money Mgmt.  
**12:30-1:00: Volunteer Meeting**  
1-1:45: Creating a Wellness Plan

23  
10-1:00: Academy of Peer Ser.\*\*  
10-11:00: Don't Sweat the Small Stuff  
11-11:45: Money Mgmt.  
1-1:45: Creating a Wellness Plan

30  
10-1:00: Academy of Peer Ser.\*\*  
10-11:00: Don't Sweat the Small Stuff  
11-11:45: Money Mgmt.  
1-1:45: Creating a Wellness Plan

## Tuesday

3  
10-11:00: Be the Best You You Can Be  
11-11:45: Castles in the Air  
11:45-12:45: A Positive Spin  
1-1:45 Communication Skills  
1-1:45Meditation & Mindfulness

10  
10-11:00: Be the Best You You Can Be  
11-11:45: Castles in the Air  
11:45-12:45: A Positive Spin  
1-1:45: Communication Skills  
1-1:45: Meditation & Mindfulness

17  
10-11:00: Be the Best You You Can Be  
11-11:45: Castles in the Air  
11:45-12:45: A Positive Spin  
1-1:45: Communication Skills  
1-1:45: Meditation & Mindfulness

24  
10-11:00: Be the Best You You Can Be  
11-11:45: Castles in the Air  
11:45-12:45: A Positive Spin  
1-1:45: Communication Skills  
1-1:45: Meditation & Mindfulness

31  
10-11:00: Be the Best You You Can Be  
**11-1:00: Monster Mash!**  
1-1:45: Communication Skills  
1-1:45: Meditation & Mindfulness

## Wednesday

4  
10-10:45: Procrastination  
11-12:00: Art WRAP  
1-1:45: Mandala Mindfulness

11  
**10-11: RCIL Overview**  
11-12:00: Art WRAP  
1-1:45: Mandala Mindfulness

18  
10-10:45: Procrastination  
11-12:00: Art WRAP  
**12-12:30: Community Meeting**  
1-1:45: Mandala Mindfulness

25  
10-10:45: Procrastination  
11-12:00: Art WRAP  
1-1:45: Mandala Mindfulness



## Thursday

5  
**10-3:00: Job Prep Workshop\*\***  
**10-11: ADA Speaker: "10 things"**  
11-12:00: Creating Mandalas  
1-2:00: Practical Guide to Life  
1-2:30: Reasons to Learn to Sew  
(320 N. Goodman St. Rm E) -

12  
**10-1:00: 2017 Holiday Job Fair\*\***  
10-10:45: Emotional Graffiti  
11-12:00: Creating Mandalas  
1-2:00: Practical Guide to Life  
1-2:30: Reasons to Learn to Sew  
(320 N. Goodman St. Rm E) -  
*Creating Walker Bags*

19  
**10 -11: Benefits Advisement**  
11-12:00: Creating Mandalas  
1-2:00: Practical Guide to Life  
1-2:30: Reasons to Learn to Sew  
(320 N. Goodman St. Rm E) -  
*Creating Walker Bags*

26  
10-10:45: Emotional Graffiti  
11-12:00: Creating Mandalas  
1-2:00: Practical Guide to Life  
1-2:30: Reasons to Learn to Sew  
(320 N. Goodman St. Rm E) -  
*Creating Walker Bags*

**LSS Tours are on Tuesdays, Wednesdays, Thursdays at 1:00 p.m.**  
**Please call for an appointment.**

## Friday

6  
10-12: Academy of Peer Ser.\*\*  
10-10:45: Problem Solving  
**11-11:45: Healthy Relationship w/ Food**  
1-2:00: In Touch

13  
10-1:00: Academy of Peer Ser.\*\*  
10-10:45: Problem Solving  
**11-11:45: Healthy Relationship w/ Food**  
1-2:00: In Touch  
**2-3:00: Facilitator Meeting**

20  
10-1:00: Academy of Peer Ser.\*\*  
10-10:45: Problem Solving  
**11-11:45: Healthy Relationship w/ Food**  
1-2:00: In Touch

27  
10-1p: Academy of Peer Ser.\*\*  
**10-11: Strong Financial Wellness**  
**11-11:45: Healthy Relationship w/ Food**  
1-2:00: In Touch

**\*\*Starred workshops require registration.** Please see workshop descriptions for registration information or call 224-2005.

**ADA Speaker — “10 Things”**  
Monday October 5 from 10:00 — 11: 00 a.m.

The Americans with Disabilities Act is there to protect all person’s with a multitude of different medical factors that effect one’s every day life. On this date a speaker will be here discussing the top 10 things everyone should know about the ADA.

Please RSVP Dustie Huff/RCIL  
@ dhuff@rcil.org or (585)238-2963

**Job Prep Workshop**  
October 5th from 10:00-3:00 p.m.

The workshop will provide participants with the tools needed to become effective in looking for and securing stable employment. At the end of the workshop, participants will be able to continue receiving one-on-one support with the Employment Support Specialist.

Facilitator: J. Hogan  
\*\*Registration Required\*\*

## Life Skills Services’ October Workshop Descriptions

**Academy of Peer Services:** Explore each of the core courses in the Academy of Peer Services. Call to register.

**Apps for Recovery:** Did you know that you can use your phone or computer for wellness? We will explore apps and websites for everything from mood tracking to mindfulness to finding resources. (Facilitator: P. King)

**Art WRAP:** A creative way to make a wellness plan—turn your wellness plan into an art book. (Facilitator: R. Crist)

**Be the Best You Can Be:** Come find out how to get the word *can’t* out of your vocabulary by exploring pathways to recovery. (Facilitator: L. Boyce)

**Communication Skills:** Develop and improve skills necessary to communicate wants and needs effectively. (Facilitator: P. King)

**Community Meeting:** Join us for our monthly meeting to share announcements, feedback, and ideas.

**Castles in the Air:** Using Self-Esteem techniques you will be able to build your own castle that houses your values, beliefs and Strengths.

**Practical Guide to Life (previously Coping Skills):** Learn new ways of coping with difficult feelings and experiences. (Facilitator: L. Boyce & C. Shantz)

**Creating Mandalas:** Learn how to create your own unique mandala that is a reflection of yourself and your creativity. (B. Sebastian)

**Don’t Sweat the Small Stuff:** Don’t let the small stuff drag you down—we will explore this book together. (Facilitator: L. Knauber)

**Emotional Graffiti:** Using creativity with your peers to express your emotions in a fun & safe setting. (R. Crist)

**Facilitator Meeting:** Interested in leading a workshop at Life Skills, or already facilitating one? This workshop will provide support and facilitation skills.

**Healthy Relationship w/ Food:** Find balance with your emotions and your meals. (Facilitator: L. Knauber)

**In Touch:** Mutual support group to work together towards wellness of mind and body. (Facilitator: L. Boyce)

**Meditation & Mindfulness:** Practice ways to be present and accepting in your life through meditation. (Facilitator: L. Windig)

**Mandala Mindfulness:** Become mindful through the act of coloring geometric designs. (Facilitator: B. Sebastian)

**Money Management:** Become more effective in managing monthly income by utilizing money managing strategies, budget sheets, and class discussions. (Facilitator: L. Boyce)

**A Positive Spin:** Explore wellbeing topics then use writing to get a positive spin in your day to day life. (Facilitator: L. Windig)

**Problem Solving:** Learns skills to strategize, communicate, and resolve problems. (Facilitator: L. Boyce)

**Procrastination:** Discovery new ways to stop procrastinating with the Procrastination Workbook. (Facilitators: B. Sebastian)

**Programming Ideas:** Step up and share your gifts. Let’s share new ideas.

**Volunteer Meeting:** This meeting is for anyone interested in contributing to the Life Skills Services community, whether its getting more involved in workshops, helping at the front desk, or exploring other opportunities for involvement.



### Strong Financial Wellness

October 27 from 10-11:00 a.m.

Money can be stressful and here you can learn tips to help you manage your finances and find wellness.

Please RSVP Dustie Huff/RCIL  
@ dhuff@rcil.org or (585)238-2963

### Benefits Advisement workshop

Wednesday October 19th from 10-11:00 am

This will be a time where you can explore with the facilitator all the benefits you currently receive as well as learn about benefits you may not have known were available to you.

Please RSVP Dustie Huff @ dhuff@rcil.org or (585)238-2963

### Academy of Peer Services

Mondays and Fridays from 10-12:00  
Starting September 8th

The Academy of Peer Services will be reopening. This workshop will go through each of the core courses required for the New York Certified Peer Specialist credential.

Call 224-2005 to register!



# Remembering Stephen Depczynski "Stevie"



Stevie passed away on September 17, 2017. He had told us in words that he loved "creating art in all mediums" and he indeed used his brush to convey the same message. Some of his love of creating can be seen on this page through the images he offered at some of the art shows at Creative Wellness. Other messages on this page are from peers who knew him and were inspired and touched by his images and his friendship.

"I was impressed by his imagination and talent and deep thoughts."

"He was bright and inquisitive."

"I miss his softness."

"After standing for 2 hours, he was more concerned about my back hurting than getting the bike."

"His artistic expression of what he experienced inspired us all. He touched me and allowed many of us to feel and think about the tough things. His warm, sensitive and endearing presence is a huge loss."



*There will be a celebration of Stevie's life and art, 2:00 PM Wednesday, October 25th at CWO*

"Stevie was our friend, but we loved him like he was a member of our family. He was always one of my favorite people to greet at the start of the day and his smile filled the room with light."

"He was kind to us all. He inspired all artists...old and new."

"I enjoyed watching him create...it was an honor to watch his process as he molded his canvas and brought life to it."

"He always had wisdom and peace that he carried. He will be missed."



Mental Health Association  
of Rochester/Monroe County  
320 N. Goodman Street, Suite 202  
Rochester, NY 14607



## The Creative Forum

For more information, please contact:  
The Mental Health Association's  
*Creative Wellness Opportunities*

320 N. Goodman Street, Suite 201  
Rochester, NY 14607  
(585) 325-3145 ext. 144

<http://www.mharochester.org>

(Next to the Village Gate, the gray building with red trim,  
between University Avenue and East Main Street)

\*Orientation available by appointment



**Check us out on Facebook**

**<https://www.facebook.com/MHARochester>**