

The Creative Forum

December 2017

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

Mythological Realism by First Friday Artist: Cynthia Iannaccone



Sometimes I feel that my art and my mental illness grew up together. I have child abuse syndrome that continued into adulthood. It's called the long shadow because the effects last a lifetime.

At a very young age my father gave me drawing lessons and modeling clay. As I got older he installed a large table with lighting in my bedroom so I could work there all the time. I stayed in my room. If I didn't have a creative outlet, it is very likely I wouldn't be alive today.

Facilitating and attending workshops, preparing for shows, meeting new people, and making friends at the CW has helped me fight against debilitating depression and anxiety. It has given me confidence, goals, and a purpose to my life. Creative Opportunities for Wellness has helped me recover.

My show is called Mythological Realism because I believe that all cautionary tales, myths, folk tales, and fairy tales are based on reality. That all our stories begin and end with similar elements, metaphors, and archetypes. We carry our stories with us.

I love to use visual metaphors in my painting. Metaphors offer distance and are meant to help us cope with life's symbolic experiences. However painful, I may not understand their deeper meanings at first, but eventually they help me reach greater clarity and healing.

Like so many artists before, when I read the Greek myths I'm inspired to create new images, and new narratives, especially of Psyche, and Artemis. They are strong role-models for women. All proceeds from any purchases of my work will be donated to SPCC, the Rochester Society for the Protection and care of Children.

I hope you enjoy my show on December 1st from 5:30 to 8:00PM at Creative Wellness Opportunities. Samara Doumonde and I will be showing our work on the same evening. More of my work can be found at www.cynthiaiannaccone.blogspot.com and my tutorials are on YouTube.

- Cynthia



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MENTAL HEALTH ASSOCIATION
FIND WELLNESS

First Friday Artist: Samara Doumande



I've been living with paranoid schizophrenia since the age of 12, but wasn't diagnosed until the age of 19. As a result, although I was able to succeed academically, my middle, high school, and college years were tough times for me, emotionally. And my adult years were even tougher! But I'm still standing! It's not easy hearing voices every day: being reminded that you are never going to know what it feels like to be normal, to live in a healthy head, where you are not constantly criticized and under scrutiny from the voices, as they constantly yell, and curse you out, and comment on your every thought, action, and behavior in a mean spirited, cruel manner. But I have to say, that I'm in a better place than I was a year ago, or even 5 years ago! It just keeps getting better if you hold on and hang on. And that's what I'm trying to do.

There was once a time when the voices would harass me all day, every day: every second, of every minute, of every hour, of every day, of every month of every year, but I'm not there anymore. I held on, and things got better. And I know that I owe a lot to that to my art.

I started drawing and painting, at the age when I could first hold a pencil. But after college I kind of pulled away from it and didn't see the value in painting anymore. After my last hospitalization in 2011, (due to a schizophrenic episode), I picked up my art supplies and began painting again. And I've been out of the hospital ever since!

Today, I am a full-time artist, wife, and mother. I still struggle every day with the voices, but I refuse to let them win. And despite the misery I feel inside of me, I still see beauty on the outside of me, and I love to bring those objects of beauty to life, breathing new air into them through the process of capturing what I see in my external world, on canvas. Painting is a release for me: it is my "exhale". And when I get to see what I create on canvas, when I get to breathe it all back in, well that is my "inhale". Painting allows me to breathe fresh air inside of myself, it cleans out my soul, rejuvenates it, and brightens my internal world up, beautifully offsetting some of my internal struggles.

My ideal goal, as an artist is a concise one: and that is to create beauty. And not just for myself but those who will enjoy my works after they have left the studio. I want to brighten up someone's day, rejuvenate someone's soul and take their mind away from the struggles of everyday life, by allowing them to stop, freeze, gaze at one of my beautiful paintings, and breathe it all in: Inhale the beauty that was gestated, ironically, while living in the midst of voices.

I feel extremely blessed and fortunate to be a part of the Creative Wellness Community, which gives all artists an outlet to voice their struggles creatively, and I want to thank the Creative Wellness Community for all their support over the years, to me, as well as all the other artists.

—Samara



December 2017

Creative

Wellness Opportunities of the Mental Health Association

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CWO 320 North Goodman St. Rochester, NY 14607 (At the Village Gate)</p> <p>HOURS Tues 10:00am-3:00 pm Weds 10:00am-3:00 pm Thurs 10:00am-7:30 pm Fri 10:00am-3:00 pm Sat 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>"Wherever there is a human being, there is an opportunity for kindness."</i> - Seneca Quote</p>						
<p>MENTAL HEALTH ASSOCIATION FIND WELLNESS.</p>						
		<p>5 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</p>	<p>6 10:00-12:00 Intermediate Guitar Collage & Transfers 10:00-12:00 Printmaking 12:15-1:00 Creative Movement 1:00-2:00 Four Agreements MSG 1:00-2:00 Philosophical Musings 1:00-3:00 FELTED SCARVES *Reg 1:00-3:00 Crochet and Knitting</p>	<p>7 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 *Reg 3:15-5:00 PAINTING WITH PAPER 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers MSG 5:30-7:15 ALTERED CD CARD MAKING 6:00-7:15 Sculpture Clay</p>	<p>8 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 Events Samara Dourmantele Cynthia Iannaccone 5:30-8:00 pm</i></p>	<p>9 11:00-1:00 Mutual Support Group 11:00-1:30 ALCOHOL INK FOR THE SEASON *Reg 11:00-1:00 Collage/Watercolor 12:30-1:30 Eating Disorders MSG</p>
		<p>12 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</p>	<p>13 10:00-12:00 Intermediate Guitar Collage & Transfers 10:00-12:00 Printmaking 12:15-1:00 Creative Movement 1:00-2:00 Four Agreements MSG 1:00-2:00 Philosophical Musings 1:00-3:00 FELTED SCARVES *Reg 1:00-3:00 Crochet and Knitting</p>	<p>14 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 *Reg 3:15-5:00 A Face a Week 3:15-5:00 PAINTING WITH PAPER 5:30-6:30 Emotions Anon MSG 5:30-7:15 ALTERED CD CARD MAKING 6:00-7:15 Sculpture Clay</p>	<p>15 10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga</p> <p><i>Closed at Noon</i></p>	<p>16 11:00-1:00 Mutual Support Group 11:00-1:00 Collage/Watercolor 12:30-1:30 Eating Disorders MSG</p>
		<p>19 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</p>	<p>20 10:00-12:00 Intermediate Guitar Collage & Transfers 10:00-12:00 Printmaking 12:15-1:00 Creative Movement 1:00-3:00 Four Agreements MSG 1:00-3:00 Philosophical Musings 1:00-3:00 FELTED SCARVES *Reg 1:00-3:00 Crochet and Knitting</p>	<p>21 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 *Reg 3:15-5:00 ART CHALLENGE 3:15-5:00 PAINTING WITH PAPER 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers MSG 5:30-7:15 ALTERED CD CARD MAKING 6:00-7:15 Sculpture Clay</p>	<p>22 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>23</p> <p><i>Closed for Holiday</i></p>
		<p>26</p> <p><i>Closed for Holiday</i></p>	<p>27 10:00-12:00 Intermediate Guitar Collage & Transfers 10:00-12:00 Printmaking 12:15-1:00 Creative Movement 1:00-3:00 Four Agreements MSG 1:00-3:00 Philosophical Musings 1:00-3:00 FELTED SCARVES *Reg 1:00-3:00 Crochet and Knitting</p>	<p>28 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 *Reg 3:15-5:00 PAINTING WITH PAPER 5:30-6:30 Emotions Anon MSG 5:30-7:15 ALTERED CD CARD MAKING 6:00-7:15 Sculpture Clay 6:00-7:15 MAPS Group</p>	<p>29 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>30</p> <p><i>Closed for Holiday</i></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)

ALCOHOL INK FOR THE SEASON *NEW!!!** Learn the Alcohol Ink process and create ornaments, light switch plates, or cards using various techniques. *Registration Required (Studio)

ALTERED CD CARD MAKING *NEW!!!** We will be turning CD's and CD cases into unique cards and gifts for ourselves or others. (Studio)

ART CHALLENGE: BREAKING DOWN WALLS AND BUILDING BRIDGES: Display and describe your piece from this art challenge. Each person may enter one 2D or 3D piece, no larger than 8 1/2 x 11 inches. (Main Space)

A Positive Twist: Activities, discussions, reading, and art...all fitting together to give us a nice boost in our lives! Come join the fun! (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)

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)

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

Collage and/or Watercolor: Experiment with watercolor materials and techniques and/or create a collage with a variety of mixed materials. (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)

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)

FELTED SCARVES *NEW!!!** We will dye silk scarves and needle felt wool on top to make a beautiful piece of wearable art. Participants should plan on attending at least three out of four workshops. First scarf is free. Second scarf is \$5 at time of workshop. *Registration Required (Studio)

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)

GIFT JOURNALS *NEW!!!** Make a hard cover journal for yourself or to give as a gift. *Registration Required (Studio)

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. (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)

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)

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)

PAINTING WITH PAPER *NEW!!!** Use collage techniques with colored paper to create a picture or "painting." (Studio)

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)

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

Learning versus Helping:

"We see both of us as having something important to contribute. We spend time learning about each other and avoid defaulting to problem-solving.

We examine our assumptions and the ways we've learned to make meaning. Ideally, we construct a shared meaning together."

- Shery Mead, MSW

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

Hours of Operation
M-F 9:30 a.m.-4:00 p.m.
 Unless otherwise specified

December 2017

* Calendar subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LSS Tours are on Tuesdays, Wednesdays, Thursdays at 1:00 p.m.</p> <p><i>Please call for an appointment.</i></p>				
<p>4 10-1: Academy of Peer Ser.**</p> <p>10-11:00: Don't Sweat the Small Stuff</p> <p>11-11:45: Money Mgmt.</p> <p>1-1:45: Creating a Wellness Plan</p> <p>2:30: Recovery Inc.</p>	<p>5 10: Be the Best You You Can Be</p> <p>11-11:45: <i>Castles in the Air</i></p> <p>11:45-12:45: A Positive Spin</p> <p>1-1:45: Communication Skills</p> <p>1-1:45: Meditation & Mindfulness</p>	<p>6 10-10:45: Procrastination</p> <p>11-12:00: Art WRAP</p> <p>12-12:45: Stretch it out</p> <p>1-1:45: Mandala Mindfulness</p> <p>3:00: New Choices in Recovery</p>	<p>7 10: RCIL: Nutrition & Friends</p> <p>11-12:00: <i>Holidays with Family</i></p> <p>12-12:45: Stretch it out</p> <p>1-2:00: Practical Guide to Life</p> <p>1-2:30: Reasons to Learn to Sew (320 N. Goodman St. Rm E) -</p>	<p>8 10-1: Academy of Peer Ser.**</p> <p>10: <i>Becoming Well Grounded</i></p> <p>11-11:45: Healthy Relationship w/ Food</p> <p>12-12:45: Stretch it out</p> <p>1-2:00: In Touch</p> <p>2:30: Unsolved Mysteries</p>
<p>11 10-1: Academy of Peer Ser.**</p> <p>10: Don't Sweat the Small Stuff</p> <p>11-11:45: Money Mgmt.</p> <p>12:30-1:00: Volunteer Meeting</p> <p>1-1:45: Creating a Wellness Plan</p> <p>2:30: Recovery Inc.</p>	<p>12 10: Be the Best You You Can Be</p> <p>11-11:45: <i>Castles in the Air</i></p> <p>11:45-12:45: A Positive Spin</p> <p>1-1:45: Communication Skills</p> <p>1-1:45: Meditation & Mindfulness</p>	<p>13 10-10:45: Procrastination</p> <p>11-12:00: Art WRAP</p> <p>12-12:30: Community Meeting</p> <p>1-1:45: Mandala Mindfulness</p>	<p>14 11-12:00: <i>Holidays with Family</i> & Friends</p> <p>12-12:45: Stretch it out</p> <p>1-2:00: Practical Guide to Life</p> <p>1-2:30: Reasons to Learn to Sew (320 N. Goodman St. Rm E) -</p>	<p>15 10-1: Academy of Peer Ser.**</p> <p>10: <i>Becoming Well Grounded</i></p> <p>11-11:45: Healthy Relationship w/ Food</p> <p style="border: 2px solid red; padding: 2px;">Closed At 12:00pm</p>
<p>18 10-1: Academy of Peer Ser.**</p> <p>10: Don't Sweat t the Small Stuff</p> <p>11-11:45: Money Mgmt.</p> <p>1-1:45: Creating a Wellness Plan</p> <p>2:30: Recovery Inc.</p>	<p>19 10: Be the Best You You Can Be</p> <p>11-11:45: <i>Castles in the Air</i></p> <p>11:45-12:45: A Positive Spin</p> <p>1-1:45: Communication Skills</p> <p>1-1:45: Meditation & Mindfulness</p>	<p>20 10-10:45: Procrastination</p> <p style="color: green;">11-1: Holiday Celebration</p> <p>1-1:45: Mandala Mindfulness</p>	<p>21 10: RCIL: Abelson & Friends</p> <p>11-12:00: <i>Holidays with Family</i></p> <p>12-12:45: Stretch it out</p> <p>1-2:00: Practical Guide to Life</p> <p>1-2:30: Reasons to Learn to Sew (320 N. Goodman St. Rm E) -</p>	<p>22 10-1: Academy of Peer Ser.**</p> <p>10: <i>Becoming Well Grounded</i></p> <p>11-11:45: Healthy Relationship w/ Food</p> <p>1-2:00: In Touch</p> <p>2:30: Unsolved Mysteries</p>
<p>25  Closed for Christmas</p>	<p>26 10: Be the Best You You Can Be</p> <p>11-11:45: <i>Castles in the Air</i></p> <p>11:45-12:45: A Positive Spin</p> <p>1-1:45: Communication Skills</p> <p>1-1:45: Meditation & Mindfulness</p>	<p>27 10-10:45: Procrastination</p> <p>11-12:00: Art WRAP</p> <p>12-12:45: Stretch it out</p> <p>1-1:45: Mandala Mindfulness</p>	<p>28 10: RCIL: CDPAS Program & friends</p> <p>11-12:00: <i>Holidays with family</i></p> <p>1-2:00: Practical Guide to Life</p> <p>12-12:45: Stretch it out</p> <p>1-2:30: Reasons to Learn to Sew (320 N. Goodman St. Rm E) -</p>	<p>29 10-1: Academy of Peer Ser.**</p> <p>10: <i>Becoming Well Grounded</i></p> <p>11-11:45: Healthy Relationship w/ Food</p> <p>1-2:00: In Touch</p> <p>2:30: Unsolved Mysteries</p>

Choices in Recovery Dec. 6th @ 3pm-4pm

Join the conversation! Along with other peers, a guest speaker will be here to discuss different choices people have to personalize their recovery. This will include different agencies and different services.

Call 224-2005 for more information!

Nutrition Dec. 7th @ 10:00 am

Open discussion on the health benefits of Nutrition. What foods are good for your mental wellness, physical health, energy and other reasons to have good meal planning.

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

Life Skills Services' November Workshop Descriptions

Academy of Peer Services: Explore each of the core courses in the Academy of Peer Services. Call to register. (Facilitator: R. Crist)

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 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)

Becoming Well grounded (previously Problem Solving): By fighting the tangled ball of emotions. (Facilitator: L. Boyce)

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

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.

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

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

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)

Holiday Celebration: A festive activity that teaches about all cultural celebrations during the holiday season. (All Staff)

Holidays with Family and Friends: This is a support group for participants to discuss issues that have risen in the past that effect how one deals with the holidays. (Facilitator: B. Sebastian)

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)

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.

Recovery Inc.: A way to work down trivial crises. (Facilitator: M. Sturtevant)

Stretch it out: Enjoy a lunch time stretch time to get the good feelings flowing and work out the body. (Facilitator: C. Nesmith.)

Unsolved Mysteries: Exploring legends, myths, and the paranormal with like minded folks. (Facilitator: R. Crist)

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.



RCIL: Ableism Dec. 21st @ 10:00 am

The Oxford English Dictionary defines Ableism as "discrimination in favor of able-bodied people". This workshop is a conversation about how to address this type of discrimination.

CDPAS Program Dec. 28th @ 10:00 am

Consumer Directed Personal Aid Services/Program - This is a program that many may know someone that could benefit from and is a possible employment opportunity.

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

Academy of Peer Services

**Mondays and Fridays from 10-12:00
Starting January 2018 Date TBD**

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!

Gift of Story

by Paul Wilterdink

My name is Paul Wilterdink and I want to share my story. I grew up having problems within my family and school and just doing things in general. I got picked on a lot in school because of how I was, because I was different. At age 11, I was admitted to Rochester Psychiatric Center's children's unit and away from my house in Penfield. The move allowed me to go to the school on the children's unit and I did well there.

In June 1970, I got out of the Psyche Center for good! I started going to school at the Foreman Center. I started having problems in school again! In September of 1971, I started going to a private boarding school in Pomfret, Connecticut called Rectory. I started having worse problems there. Before the year was over I let my father know just how unhappy I was there so I did not have to go back. The following year I started going to Middle School in Penfield. This was my first year back in the Penfield school district since I left the psyche center. Next year I started going to Penfield High School and I moved with my dad and my brother into a townhouse. I began to make friends in my junior year and I learned that people who hassled me did so because they were unhappy with themselves. I went to work that summer at Camp Haccamo and met a girl there that helped me realize how really special I was. I was able to decide to dump some friends who made me feel like I was less worthy.

I graduated from Penfield in June 1977. After that I went to Rochester Rehabilitation for many years for support. I have been going to Strong Ties since July 1997. I currently live on my own in a one bedroom apartment in Fairport. I have written a full length autobiography which I hope someone in Rochester or elsewhere will publish and I have been fortunate to sell several pieces of my art work. I hope that my story will help others in their recovery know that they are not alone in their experiences. There are opportunities for growing, wellness, and healing along the way no matter what our circumstances may be. - Paul

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



BREAKING DOWN WALLS *and* BUILDING BRIDGES

Use your imagination and create an art piece based on this theme. Single entry only can be in 2d or 3D, within 8 1/2 by 11 inches. Please mount or frame all 2D work. Gather together in the Main Space to share your creations. *Thursday, Dec 21, 2017 3:15*

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>