

The Creative Forum

June 2018

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

Momentum All Day Paint Day! Exhibit on First Friday



Momentum was a day long painting experience. We closed the studio to all other workshops for a full day dedicated to painting on a large canvas. The purpose of the day was to quiet our minds, immerse ourselves in the process, listen to music and to paint intuitively. We were there to experience what we felt and express those feelings with paint. Some completed their work in the studio while others had one month to continue working and complete their art piece. We returned exactly one month later with completed canvases. They are all unique and expressive of each individual artist. Join us for the exhibit at CWO on June 1st from 5:30–8:00.



“My picture seemed very chaotic in the beginning, it was so exciting to watch the painting emerge.”



“It was very scary! I had not done acrylic painting before. I was encouraged to explore and be free!”

“It was freeing!”



“My painting started out pretty different. It had koi fish and it seemed to fight against the colors I had. The one I ended up completing felt brighter and uplifting.”

“I was in an awful head space when I started and through working on it I found healing and peace. The piece is very personal, the experience was so rewarding!”

(Please continue on Page 2)

“I used my 3” putty knife on my canvas which was a new experience. I loved that I had no idea what I was doing and it took on a life of it's own.”

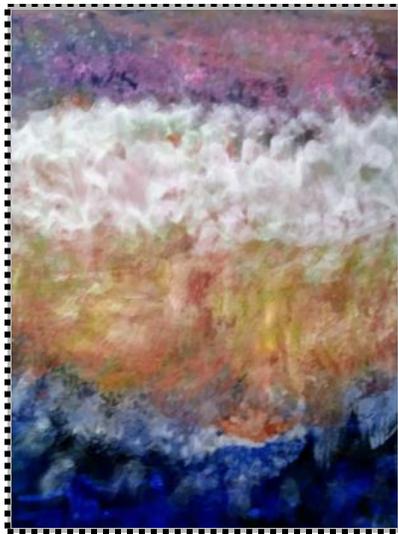


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Momentum All Day Paint Day! (Continued)



“While I was drawing the lion the song, “My Guy” came to mind. That’s what I named him. “

“Usually I paint women, but this time I wanted to bring two separate people together in “transition” - he walking through a doorway into the room with the room with the woman in it. They have a foreign look, maybe European, they are both blushing. Typical shorter female and taller man perhaps meeting for the first time a bit of an awkward beginning). “

“It was wonderful to have the whole day to paint and not have to pack up.”



You are invited to celebrate from 5:30 to 8:00 PM with all of the artists contributing to the All Day Paint Day Exhibit on June 1st, 2018 at Creative Wellness, 320 N. Goodman Street (at the grey Village Gate Building.) Featured artists include: Evelyn Cammerano, Angela Warren, Mike Benvenuti, Jill Brown, Leslie Werlin, Diane Field, Linda Boas, Karen Rheinstein, Lori Pacific, Shawn Ruddell, Mona Baker, Laura Parker, and Belinda Beasley .

First Friday Artist Shawn Ruddell

Over the years my health has declined, I have had over 20 surgeries and a stroke. I didn't start managing my depression until my late 30's. At one point I was so depressed I didn't even want to get out of bed. Thankfully my dog would force me to get up! My doctor suggested that I go to the CWO but it took me a few months to summon up the courage to go in. After an orientation, I began to attend a watercolor workshop. I instantly I loved it!

I've always been creative and have participated in exhibiting and selling at craft shows, but the workshops at CWO took me to a new level. I've experimented with alcohol ink, acrylic, pouring, watercolor and much more. I began working at my own home on acrylic pours which are very messy so I have to work on them in my basement. I pour a mixture of acrylic paints onto canvas as I tilt the canvas to make the paint run in different directions. I never know exactly how the painting will turn out, every piece is an experiment and a surprise. I find that form of painting to be very meditative; a place where I can lose myself.



Attending the CWO and allowing myself to be more involved creatively has helped me cope more effectively with my depression. The CWO community is so friendly and encouraging and the atmosphere is calming. I feel that I have found a second home there. - Shawn Ruddell



Shawn is the featured solo artist for June. Please feel free to join us in celebrating her and her art on Friday, June 1, 2018 at Creative Wellness Opportunities Gallery of the Mental Health Association. The celebration is in conjunction with the All Day Paint Day Exhibit. Hope to see you there!

June 2018

Creative Wellness Opportunities of the Mental Health Association

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

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

CommunityCircle: Conversation /w Chacku Mathai, MHA,CEO (Main Space)

Creating Mandalas: Learn to draw mandalas as a mindfulness exercise. Complex mandalas are broken down into simple shapes and then colored with markers, paint or other materials. ***Registration Required** (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. (Room D)

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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)

Mindfulness: Guided Meditations and Mindfulness exercises. Practice ways to be more present and more accepting. (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)

Oil Pastel Abstractions: Work with different techniques, especially scraffeto, blending and sealing with mediums. A workshop in exploration of the abstract. (Studio)

Painting with String and Balloons: A different technique of balloon art using a string pull on canvas. (Studio)

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

Rubbings on Paper: Learn how to incorporate rubbings done on paper into various artwork. Experiment with various textures and colors. (Studio)

Social Anxiety Support Group: This is a safe space where participants can share their thoughts, feelings, and struggles as related to anxiety from social situations. (Room C)

Tie Dye Shirts: Learn how to tie-dye t-shirts. Please bring a 100% cotton white or light colored t-shirt. ***Registration Required** (Studio)

SOME "THINGS MENTALLY STRONG PEOPLE DO"

They practice gratitude. They retain their personal power. They accept challenges. They focus on things they can control. They set healthy boundaries. They take calculated risks. They make peace with the past. They learn from their mistakes. They create their own definition of success. They view failure as an opportunity for growth. They set aside time to be alone. They accept full responsibility for their lives. They practice perseverance. They modify their unhealthy beliefs. They expend their mental energy wisely. They practice realistic optimism. They tolerate discomfort. They stay true to their values.

- Amy Morin

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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)

Mindfulness: Guided Meditations and Mindfulness exercises. Practice ways to be more present and more accepting. (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)

Oil Pastel Abstractions: Work with different techniques, especially scraffeto, blending and sealing with mediums. A workshop in exploration of the abstract. (Studio)

Painting with String and Balloons: A different technique of balloon art using a string pull on canvas. (Studio)

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

Rubbings on Paper: Learn how to incorporate rubbings done on paper into various artwork. Experiment with various textures and colors. (Studio)

Social Anxiety Support Group: This is a safe space where participants can share their thoughts, feelings, and struggles as related to anxiety from social situations. (Room C)

Tie Dye Shirts: Learn how to tie-dye t-shirts. Please bring a 100% cotton white or light colored t-shirt. ***Registration Required** (Studio)

SOME "THINGS MENTALLY STRONG PEOPLE DO"

They practice gratitude. They retain their personal power. They accept challenges. They focus on things they can control. They set healthy boundaries. They take calculated risks. They make peace with the past. They learn from their mistakes. They create their own definition of success. They view failure as an opportunity for growth. They set aside time to be alone. They accept full responsibility for their lives. They practice perseverance. They modify their unhealthy beliefs. They expend their mental energy wisely. They practice realistic optimism. They tolerate discomfort. They stay true to their values.

- Amy Morin

GIFT OF STORY... and TWO BOOKS... by SCOTT EVANS

I started at Creative Wellness Opportunities painting portraits and making buttons with sayings. Coming here gave me a workplace in which to feel like a professional person and after a while I facilitated a drawing group. In 2009 I had an art show at the CWO, where I met the love of my life, Liesl. The more I practiced working, the stronger it made me. It was a journey to discover my passion, to focus on one thing, and to keep working and keep learning.

I began a writing group. There were lots of times when no one came, but I kept showing up. At first writing was difficult, plagued by doubts. But the more I practiced working on a schedule, the more my confidence and certainty grew. I learned to edit out all the negative thoughts and how to turn angry thoughts into humorous thoughts so I wrote comedy articles for the newsletter. I currently place the newsletter at sites across the city.

After 5 years work, I published my first novel, Foxavier Loves Plinka, in 2013. It is about my experiences here at the CWO, and dealing with OCD, depression, and anxiety.

Here is a review from William Turner: "Scott's book has opened my eyes to some of the realities . . . Thank you for your hard biting, truthful, satire of things we have fallen asleep to."

And now, after 5 years of work, I am happy to announce the release of my second comedy novel, The Day The Sun Changed Colors, the story of a utopian world where there is no war and no disease. Everyone lives together in total peace until one day when the Sun starts changing colors like a giant disco ball. Then all chaos breaks out, and hilarity ensues.

After sending hundreds of letters to book reviewers, I did manage to get a review on GoodReads--"I laughed so hard I had tears streaming down my face." If anyone would be interested in reading either book and writing a short review, it would be most helpful and appreciated. Please contact me.

Lending copies of my two books are available right here in the MHA Library, and the Brighton and Brockport Libraries. You can also read free sample chapters of my books on my website at <https://ScottTalbotEvans.wordpress.com>

I thank the CWO for all the support they have given me over the years that has made my success possible. - Scott Evans

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.**

“Fantasy Self” Art Challenge

(Think “super hero”, “actor”, “singer”,
mythological figure”, etc.)

- * One piece per person
- * Two or three dimensional
- * No larger than 8” X 10”
- * Use any materials
- * You are invited to leave
your work on display
for a month

**Meet and share your work on Thursday, June 21st
At 3:15 in the Community Circle at Creative Wellness**

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>