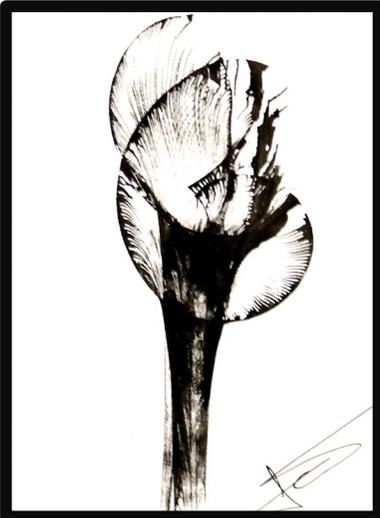


The Creative Forum

AUGUST 2018

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

First Friday - Jill Carges

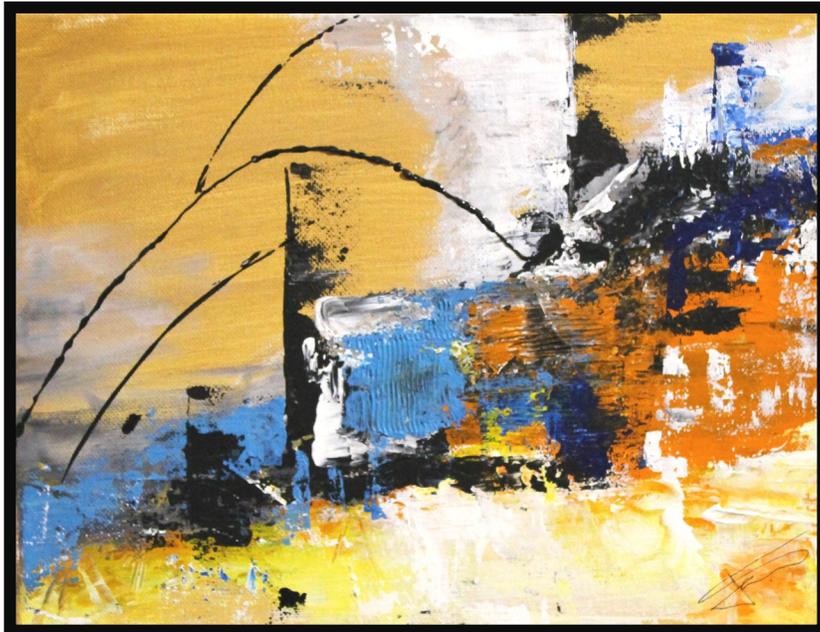


When I first came to hear about the Creative Wellness Opportunities from my therapist, I was very reluctant to even give it a shot. However, I made an agreement that I would at least attend an orientation to see what exactly was entailed in attending. Much to my surprise, the moment I walked in I thought to myself, "this place is different".

There were no white walls or cube farm offices. It was quite the opposite! There were splashes of color everywhere and a sense of calm and essentially no tension other than what I was feeling internally.

Prior to attending workshops at the CWO, I had walked through life not addressing any of my deeply unresolved hurts. Overtime, this made me angry and bitter in my emotions. The ways I responded to

situations around me became increasingly unhealthy. I struggled with self-worth, incompetence, and uncertainty. While I had made the decision to dive into treatment and resources that helped aid me in my mental health recovery journey, I was com-



pletely unaware of how CWO could really help me grow within myself along with other peers. The "safe guards" I had established for myself began to get stripped away when I immersed myself in the culture and experience of CWO.

My art is simply an expression of how strong I have become. I use bold lines and colors in much of my art, to have my strength and boldness come through in ways I never knew possible. Creativity is a curious concept. There is no defining black and white way to approach a piece. I find that sometimes I have intentions but as the piece develops it takes on a life of its own. In turn, it really is an expression somewhere deep within that has broken through on the canvas displaying yet another facet that I did not know existed.

Please celebrate Evelyn Cammarano's and my opening on Friday, August 3rd from 5:30 to 8:00PM @ CWO, 320 N. Goodman St. -Jill

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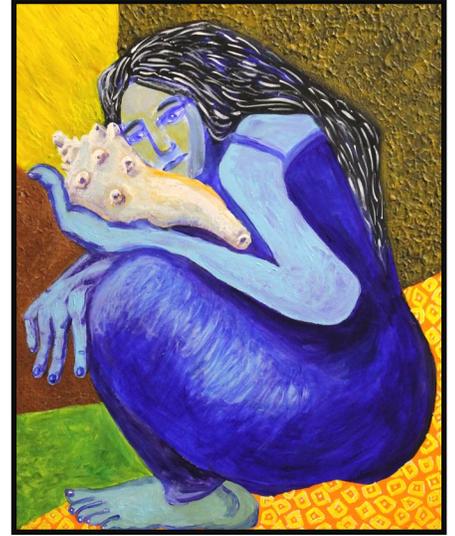
2 Inserts: Calendars and Workshop Descriptions
for CWO and LSS

First Friday - Evelyn Cammarano

They say, "When it rains, it pours". This is definitely the case for me lately. My Creative Wellness Opportunities First Friday show has been in competition with preparation for two other art related opportunities that I found myself involved with. A good thing for me because it made me create my artwork constantly in order to fill the commitments that I made to three different places. The downfall, however, is that I have had to create a large amount of art in a short time. I have been told that I am a prolific artist. I suppose I am testing that theory right now!



Recently, I was involved in working with Javier Tellez on an incredible movie that was made to reduce the stigma associated with mental health and illness in our society/culture. It was called "Nosferatu (The Undead)" and I had an acting role as an insane asylum patient. The movie was supported by, and featured at the Memorial Art Gallery. My part in the movie involved my being in bed, drawing an image of the vampire "Nosferatu" on a chalk board. Later, Javier's praise of the drawing inspired me so I drew it from memory when I went home. When I showed Javier what I had done, we talked a bit and he encouraged me to make a print edition of the drawing. The Memorial Art Gallery gift shop graciously sold my art print edition of the vampire during the time when the movie was shown there as an art piece.



As a result of the "Nosferatu" experience, I was invited by the gift shop at the Memorial Art Gallery to create some paintings that would correspond with their featured exhibit of Josephine Tota's art. I just made the deadline for that opportunity and hopped back on my horse and charged ahead full speed to complete works for the August 3rd CWO show. The third commitment is an exhibit with a group focusing on art made by local women that reflects women's rights and the suffrage movement. It will open this month at the Link Gallery in Rochester's City Hall.

So, when it rains, it pours! I am as happy as a duck in this downpour too!

Please join me and Jill Carges

Friday, August 3rd to celebrate our openings at CWO
320 North Goodman Street from 5:30 TO 8:00pm -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 (7) days a week from

5:00PM - 9:00PM

No referral or appointment necessary.

SIMPLY DROP-IN!

- * *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*

August Art Challenge

"SIZZLE"

Share @ CWO @ 3:15
Thursday, August 30th

Karen Staples