The Creative Forum November 2018

A Monthly Publication of Creative Wellness Opportunities, a Peer Run Service of the Mental Health Association formed and facilitated by peers in recovery and designed to be shared with individuals focused on their mental health journeys.

Gifts of Gratitude - CWO Peer Community

Table of Contents:

Page 2: Gift of Gratitude (cont.)
2 Inserts: Calendars and Descriptions for CWO and LSS
Page 3: Gift of Gratitude (cont.), Community Event,
Page 4: Gift of Gratitude (cont.), MHA Outreach, Art Challenge

MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

Gifts of Gratitude - CWO Peer Community

"I am grateful for . . .

the sanctuary that CWO provides for our creativity, growth and enjoyment."

my car; Dr. M; the ability to work my illness; CWO; MHA; Dad; Richard; Rich; Sarah; Barb (Katy); Sandra; my cellphone; my camera."

getting a chance to find out there are others with similar issues."

having a place to meet and get support."

beautiful sunsets, sunny days, and blue cloudless skys."

God giving me more days on this earth."

the Mutual Support Groups!!"

my 3 daughters and grandchildren; modern meds that keep me "well;" my faith that comforts me; overcoming childhood pain to learn how to be grateful for myself."

having the resources to buy supplies and make items for others."

the CWO; watercolor arts; Family; friends; life; laughter; NAMI; MHA; ACLU."

my kids."

a walk in a pine forest or any forest or just nature."

my mom."

for humanity!"

family and friends who support me in my "dark" moments."

sitting by a waterfall or on a beach with the quiet except for waves and birds.."

meditation, the people who support me and creativity"

meeting new people who have a different perspective or new ideas to offer."

my many blessings."

how my lived experience has strengthend me."

having the Hoarding/ Clutterer's Group at the CWO. It is a large group of people who come together and share their hope and solutions to our common problems."

being alive; friends; beloved pets; trees; birds; all animals; sharing; art."

Building Community Harmony

Guest Peer Presenter: Noelle Pollet
From Heart Circle Consulting

Join us for a creative, interactive day of sharing and learning together about relationship, mutuality, and the healing power of forgiveness.

November 14th, 10AM - 3PM
Creative Wellness Opportunities
320 N. Goodman St.
Registration requested by November 9th
Please pack your own lunch
Beverages provided

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

5:00PM - 9:00PM

No referral or appointment necessary.

SIMPLY DROP-IN!

#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.

Gifts of Gratitude - CWO Peer Community

"I am grateful for..."

"the bi-weekly meetings for hoarding/cluttering. It gives you the incentive to keep working on a task to share for the next meeting. The sharing with the others is a great feeling."

"the CWO fish tank; watching the fish is peaceful."

"my apartment where it is peaceful and quiet; the CWO where I can do my own thing and create the things I like; my care which is running good; the people in my life."

"The Four Agreements"

"my MOM, my Son, and My cats; the CWO; my mentor; my art gift."

"ountability and work in the group like keeping jar for home- hoarders journaling or a gratitude accomplish- ments!"

"good friends."

"the joy of creating and for friends who encourage me to continue showing my art in galleries. I am grateful to be in the Arena Art Group also and to soon have my art in the Dyer Gallery!"

"the beauty of the earth."

"positive people with a smile and kind words."

"my creativity and the joy it brings when I express and share it."

"good ideas!"

"anyone voting to get our oppressive and negative current gov- ernment to change!"

"Knowing I am not alone in this..."

Gifts of Gratitude - CWO Peer Community

"I am grateful for . . .

Creative Wellness giving me an opportunity to do my artwork that I otherwise would not have be able to do."

my wonderful friends and family. The power of "HOPE". Positivity. New possibilities. A sense of calm and the powerfulness."

being accepted for who I am."

Music."

Chocolate ! ! !"

such a splendid thing to be grateful, like a hidden blessing that we pray for to live in delight."

friends and family who support me."

my amazing partner and the life that we have created together."

the opportunity to enjoy the "joy" in my life; being alive and in good health;. passion fuels my spirit; love."

my health !"

The beauty of the changing leaves and how looking at them can help bring me into a present moment."

MHA PEER COMMUNITY OUTREACH

Acceptance to Self-Esteem

Participants will Learn how acceptance of themselves will allow them to live a better, more well balanced life.

The Out Alliance - 585-244-8640

100 College Ave #100, Rochester, NY 14607

Every other Monday @ 7-8 pm starting November 5th

Anatomy of Wellness

Learn how to be well and also how to determine the differences in healthy or not so healthy foods. Learn how the body works and how we fuel it with our attitudes.

Ogden Baptist Church - 585-352-1077

721 Washington Street, Spencerport, NY 14559

Every other Thursday @ 7-8 pm starting November 1st

Chili Senior Center - 585-889-3550

3333 Chili Ave, Rochester, NY 14624

Every other Wednesday 9-10 am starting November 7th

ART CHALLENGE

"The more grateful I am, the more beauty I see."

Share @ CWO @ 3:15
Thursday, November 29th

* *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*
* *Finished pieces but framing not required*