

The Creative Forum

October 2019

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

CWO "Climb" - Taking Strides for Suicide Awareness

"A park should be accessible to the poor as well as the rich. It should be the beauty of the fields, the meadows, the prairies or green pastures, and the still waters. What we want to gain is tranquility and rest to the mind." - Frederick Law Olmstead

For Frederick Law Olmstead, myself and the **46 Climbs** community, stepping into nature is a way to quiet the mind, reconnect with natural places and the people in our lives. In the midst of the turmoil of mental illness, the simple beauty of nature can be a place to find stillness, tranquility, connection and hope during our journeys through grief and recovery.

Last month a group of CWO peers met up to hike through Seneca Park in solidarity and support of a suicide prevention event, **46 Climbs**. **46 Climbs** is a climbing/hiking event whose mission is to take positive action to overcome suicide and mental illness by challenging individuals across the country to set both physical and fundraising goals during an annual week climb event. On social media, climbers and hikers find refuge on the trail and share their stories of hope, recovery, remembrance with the hashtag #46climbs.

Often, it's the positive connections that we make in our communities and on social media that can help someone struggling with thoughts of hopelessness feel less alone- **46 Climbs** is no exception. It is a platform for those who may have lost loved ones to suicide or may be attempt survivors. They climb to heal, connect and start much needed conversations about suicide prevention. They climb to fight the stigma and end deafening silence that surrounds it.
—Laura Mancuso



Learn more about **46 Climbs** or to donate, please visit <http://46climbs.com/>

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Andrew E. López Delgado

First Friday Artist



The truth is that the pieces in my show all started with an awakening during the search of those skills that I kept unused for a long time. **The works in this exhibit have a more personal meaning.** I look toward the inner world, the outside world, and the connection between both from a nihilistic and existential perspective.

My work is influenced by seemingly bizarre but **deeply meaningful** artistic images. In my work I am trying to express the pessimistic side of life, how crude and heavy the emptiness of the cosmos seems at times. Despite ideals, dreams and human morals, everything moves at its inevitable pace regardless of whether it is fair or not, correct or incorrect, or if there is a happy ending or not.

My interest in the arts began at a younger age, maybe at 13 or 14 years old. Along the way, during my whole life I have known some teachers that encouraged me to keep going on art. Jesus Ortiz Torres, Farrique Pesquera and Gretchen Ruiz Ramos are some of them.

Creativity has contributed to my wellness journey because thanks to creativity, the depression and pessimistic mind does not hurt that much. Thanks to Creative Wellness Opportunities, I have met again my artistic ways. Thank you so much.

- Andrew

Please join me, Lori Pacific and William Dunning

at the Creative Wellness Gallery

320 N. Goodman Street

William Dunning

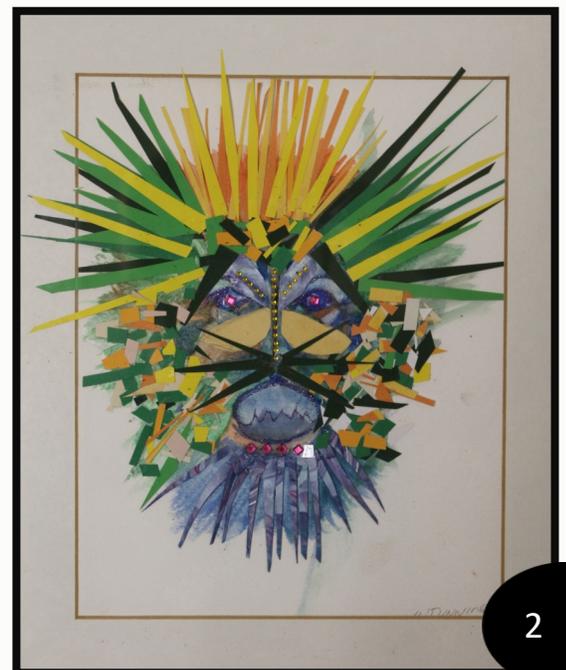
First Friday Artist



I have been coming to CWO for about four years. I have had many positive experiences. The atmosphere here is very conducive to creativity. We are very fortunate to experience a wide variety of workshops which allow us to develop and explore our talent.

I was also pleased to discover that the center offered music in the form of a guitar workshop. I was asked to facilitate this group which I enjoy very much.

The opportunity to share music and art with others has been a pleasure. I found direction at CWO with the support of a talented team and my peers. The



great materials, literature, and guidance are there for all of us.

We are fortunate to have a safe space where people can make use of these workshops and opportunities without fear and judgement. Art and music are such cathartic, expressive healing experiences. First Fridays and The Annual Art Show allows peers to opportunities to get their art out in the community. What a wonderful experience. CWO has been a positive and healing experience for me. - Bill

Please join me, Lori Pacific and Andrew López Delgado

at the Creative Wellness Gallery

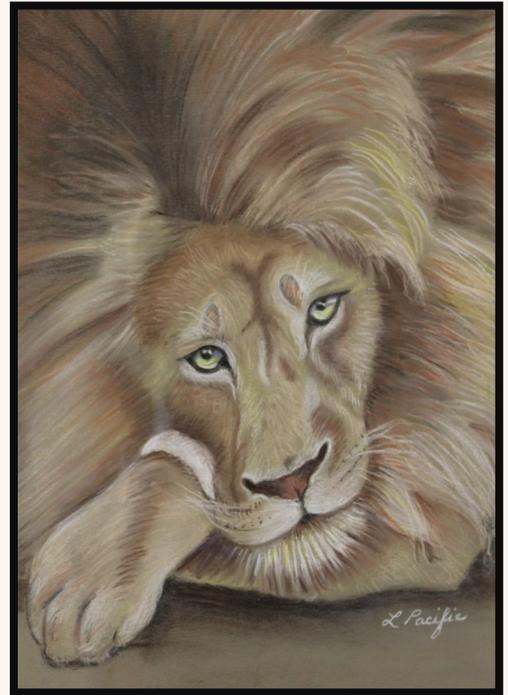
320 N. Goodman Street



My interest in art started at an early age. Encouragement from adults was non-existent growing up so life got in the way. I didn't major in art in college and worked in human resources most of my career. The last jobs I had were as a Family Care Provider for people with developmental disabilities and as a Home Health Aide, both ended in 2015.

Animals and art continued to be my passion, but art didn't become a focal point until a year and a half ago when I came to Creative Wellness Opportunities. I mainly use pastels and acrylics and 90% of the time I draw and paint animals. Creative Wellness provides me with a sense of community and I seem to stay inspired. I have produced more work in a year and a half than I have produced my whole life!

I'm finally doing what I was meant to do and, what I *love* to do! - Lori



*Please join me, William Dunning and Andrew E. López Delgado
at the Creative Wellness Gallery, 320 N. Goodman Street*

Reflections on an Annual NYAPRS *Lived* Conference Experience

(More reflections coming in our November & December newsletters)

I recently attended the annual NYAPRS conference. One clear theme that I heard in many workshops was about *lived experience*. Our lived experience is an important asset that as peers we bring to each other. It is comprised of our life experiences, choices, and the knowledge we gain from them. As a peer, lived experience is invaluable and a unique piece of healing and wellness that only someone who has walked in our shoes understands. One workshop where we shared our lived experiences was titled Wellness and Resilience Story Circles. It provided an open, non-judgmental welcoming safe space where we could begin to tell our personal stories. Another common theme I heard many times was compassion for self. It is an important part of self-care. In the story circle I was privileged to learn how others used healthy supports in recovery. I left the story circle truly grateful for the lived experience there and sharing of all those involved.

- Mary Jo Cicero Bold





CREATIVE WELLNESS OPPORTUNITIES (CWO)

Artist Bazaar

A Collaborative Art Exhibit & Artist/Makers Market

Collaborative Exhibit: Nov. 1- Dec. 14, 2019

Opening: Nov. 1 5:30-8:00 pm

2nd Saturday Art Markets: Nov. 9 & Dec. 14, 2019

10:30 am-2:00 pm

Collaborative art exhibit and artist market opportunity for CWO artists and makers to feature and sell a variety of artwork, goods & wares.

Exhibit and table space are on a first come first serve basis. If you wish to participate, please pick up an application at CWO.

**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!*

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.

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



CWO COMMUNITY CIRCLE

unmasking self-care

OCTOBER 17TH 12-1 PM
IN THE CIRCLE GALLERY

a community circle exploring many different forms of self-care. Create your own sleep masks reflecting our new self-care options.

**MHA PEER COMMUNITY
OUTREACH**



Healthy Connections

A group that uses the 8 Dimensions of Wellness to build and cultivate connections and strengthen ties.

Pinnacle Place Apartments - 585-442-9440

919 S. Clinton Avenue, Rochester, NY 14620

Every Thursday @ 9:45 - 11:15 AM

Find Your True LGBTQ+ Self

Building Your Self-Esteem

A safe, caring, non-judgmental group to find and build ones' own voice both inside and out.

Out Alliance - 585-352-1077

100 College Ave #100, Rochester, NY 14607

Meeting every 1st & 3rd Mondays @ 6 - 7PM