

The Creative Forum

November 2019

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

Art Exhibit and Art Bazaar

Creative Wellness Opportunities presents:

ART BAZAAR

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

2nd Saturday Art Markets:
Nov. 9 & Dec. 14, 2019
10:30 am - 2:00 pm

The Creative Wellness Gallery:
320 N. Goodman Street
Rochester, NY 14607
585-325-3145 x 144

(Contributors to the Art Bazaar poster above, clockwise: Belinda Brasley, Mike Benvenuti, Cynthia Iannacone, Karin Staples, Ron Suppe, Ron Levy. Centerpiece by Andrew E. Lopez Delgado.)

This November and December, the Circle Gallery of Creative Wellness Opportunities will exhibit artwork from a collective of CWO artists and artisans. Works by Michael Benvenuti, Dorian Bonilla, Belinda Brasley, Brianna Kilpatrick-Grant, Evelyn Cammarano, Cynthia Iannacone, Liesl Gaessler, Michael Kolb, Sheri Treadwell, Karin Staples, Ron Suppe and Kevin Yost will be showcased and celebrated either on a First Friday and/or a Second Saturday or both! Diverse in art medium, style and technique, the artists and artisans in the collective are a reflection of how community and creativity can play an important role in healing and wellness.

Art works can be purchased directly from the artists at the Collaborative events!

Tables of goods and handmade wares will be available on the Second Saturdays only along with the art exhibited from the First Fridays.

See you there!

Table of Contents: Page 2: Artists shared thoughts, Reflections on Annual NYAPRS Conference
Page 3: Reflections on Annual NYAPRS Conference (continued)
Page 4: Gratitudes, MHA Community Outreach, Drop In Center Information
Inserts (2) — Calendars and Descriptions for CWO and LSS

Artists from Collective Exhibit and Bazaar Shared Thoughts

Dorian Bonilla: *"...we are all made of stardust, and what greater community is there than that of the universe?"*

Karin Staples: *"My acrylic paintings reflect a desire to interact with the viewer, even when I am not physically present."*

Belinda Brasley: *"Art offers me a safe place to explore the beauty and pain in the world and in my heart."*

Cynthia Iannaccone: *"I have to be creative everyday & use my hands to make things. I work on a piece until it feels right."*

Evelyn Cammarano: *"I have been coming to the Creative Wellness Opportunities at MHA since about a decade ago. I have always loved the sense of community and trust here, and each of us encourages and support each other."*

Liesl Gaesser: *"Some are fantasy; some are reflective of life. All depict a certain emotion the viewer can identify with."*

Ron Suppe: *"Watercolor painting employs both vibrant colors in discerning ways exploring many facets and forging new boundaries with endless possibilities."*

Sheri Treadwell: *"As one who recently discovered the healing nature of art, I am constantly amazed at how grounded I feel when I settle in to paint a picture"*

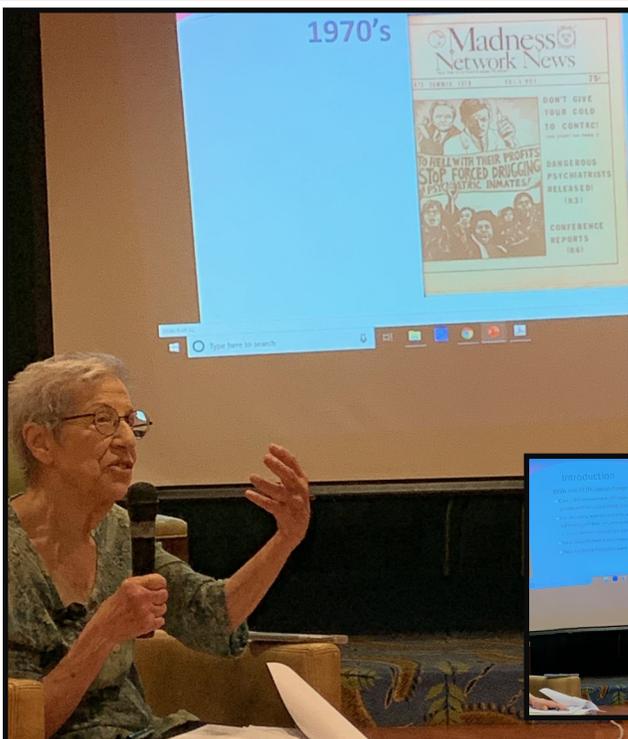
Michael Kolb: *"CWO has helped me to develop my untapped creativity in the field of art. "*

Mike Benvenuti: *"I have a variety of work in pencil on display. I get inspired by other 's artwork. It makes me feel more creative. I love doing art., I love being here. People inspire me."*

Kevin Yost: *... "attended a lecture by the Community Design Center of Rochester and Temple B'rith Kodesh. This included their gallery of Hanukkah menorahs...I was particularly inspired by the one of Disney characters manufactured by the Disney company and decided to make ones of Warner Brothers characters."*

Brianna Kilpatrick-Grant: *"My art is most inspired by ethical causes and the cultural contributions of People of Color and other marginalized communities. I enjoy creating art that demonstrates allegory regarding issues that can't always be articulated by words alone."*

Reflections on an Annual NYAPRS Lived Conference Experience



When I first started coming to CWO 4.5 years ago (after my 2nd hospitalization) I had no idea it would lead me to the NYAPRS Conference with the friends I had made in the intervening years. As I came to CWO I continued growing and maturing, to the point where this year the desire to become more involved in other aspects of CWO had grown very strong. One of the best places to learn about all aspects of mental health journeys is at the NYAPRS conference, so when the conference was announced I took advantage of the opportunity and signed up.

I found the conference to be exactly what my soul needed, and was much more than what I had anticipated. When I was not running off to workshops I found the tables put up by various organizations, and more importantly, the book dealer. In the end I bought 3 books, which will probably become workshops at CWO. Workshop themes ran the gamut from working

together to Family dilemmas, to stories of how people went "From Surviving to Thriving," and ending up with "A Candid conversation about Mass Shootings."

- Mike Bowen

NYAPRS Conference Reflections (continued)

(A reflection on “Food as Medicine” presentation.) One of the presenters spoke of a story about an individual, a woman who purposefully self-harmed herself. I think she said that it was the woman’s first time cutting herself or anything. The person knew it was wrong. Then, after just a little while, the woman attended a presentation class about healthy eating and the positive results it has on a person’s overall health. Instead of cutting herself again, she started eating a lot of junk food as a way to cope with whatever pain she was feeling. Eventually she worked her way to eating healthy and drinking healthy and was able to actually experience her own health improvement.

- Sabrina Carter

I particularly enjoyed the peer support presentations so much that I will be working toward a peer support certification. I hope to become a peer support specialist in the future. I am grateful that I had the opportunity to attend the conference.

- Dan Buckner



During the Cultural/Racism and LGBTQIA workshops, I’ve learned that everything you are or what makes you who you are is and/or can be connected to something that makes someone else who they are. Also, with both Cultural and Racism topics, it sparks desire and passion with people, as it resonates different emotions for folks. Personally, since I have people in my family who are part of the LGBTQIA community and are of a different race than I am, I understand the drive that makes someone so passionate about either topic during a conversation. With that being said and understood, it makes my perspective of a small little world just that much smaller. *We are all connected.*

- Monica Blogget

I was really inspired by the “Life By Our Own Design” session with Sara Goodman from the Baltic Street program in Brooklyn, NY. I enjoyed how she shared her own experience with “activating hopefulness.” She also gave some ideas about how we can do this in our lives. In her handout, she shared: “Reflecting on the positive and on the things you are grateful, appreciative and thankful for will put you into a more empowered state-of-mind.” I experience hope as an essential part of my recovery journey.

- Lorin Alder

My favorite workshop was “Self-care and Self-love” with Angel Serrano and Katie Hewlett. Self-care means different things to different people. While varying from person to person, self-love is involved with creating new and more positive experiences leading toward promoting wellness and improving the quality of one’s life. It encourages longevity, reduces anxiety, increases productivity and mindfulness; inspires creativity, increases quantity and quality of sleep. While increasing self-confidence and self-respect. In addition, self-care/self-love provides us with tools overcome traumatic events and reduces stress and depression.

As Angel revealed decades of trauma and self-loathing, he declared: “Self-Care isn’t selfish, Self-Care is an act of love.” He went on to say that not only is it necessary, but a responsibility to nurture our personal growth in becoming the unique individuals we are meant to be. I asked Google “What do you call a person who helps promote and encourage the best attributes in someone?” Google responded simply “a leader.” Angel Serrano is truly a leader.

- Ron Suppe

Shared Gratuities from the CWO Community

- " I am grateful for my friends, family. I am grateful for MHA. I don't know where I'd be otherwise ."
- " I am grateful for CW letting me have a show this year- it was a great opportunity!"
- " I am grateful for my friend Maggie finding out she had a spot on her kidney when was being tested for something else. Whatever it turns out to be, its early enough to take care of it!"
- " I am grateful for this time & space to recharge, to be quiet & to be with others while being myself."
- " I am grateful for an awareness that has allowed me to recognize myself so much in my life and world. My mother always said I would be the child who said the emperor was naked.. I said, but mother, he was."
- " I am grateful for my health, the love my mother gave me in her life, my home, Venture Prose, Creative Wellness, Life Skill Services, strength I've gained, friends I've made, lessons I've learned."
- " I am grateful for a place to go to enjoy and share art with my community."
- " I am grateful for Creative wellness because it has been helpful for me to keep on track. I may only come twice a month, which I look forward to."
- " I am grateful for being able to go to CWO and the people there. My automobile which runs good. My home at Pinnacle Apts. All the people in my life."
- " I am grateful for my apartment, friends, one day at a time. Also, a shout out to Jesus, my patron Saint Raphael, my mom (who is an angel), CWO and Elle Woods. And lastly for Freida Kahlo and the color yellow."
- " I am grateful for feeling stronger, more organized, and inspired through the Creative Wellness to reach inward and outward for support. For being able bodied and having my creativity to rely on."
- " I am grateful for Creative Wellness Opportunities and all the people who come here and work here and for my beloved pets who love me all the time."
- " I am grateful we are having a good time. Wish you were here. Love and kisses."
- " I am grateful for "Swimming Through the Freedom" by Natalie Goldberg. Writing Down the Bones From."
- " I am grateful for now ."
- " I am grateful for my daughters, my life, my creative abilities, my family."
- " I am grateful for beautiful friends, that are there in good and bad times! "
- " I am grateful for an opportunity to restart my life on good terms."
- " I am grateful for my family, a husband who loves me and our beautiful, smart kind children."
- " I am grateful for the ability to experience life and the wonderful CW."
- " I am grateful that the feeling of hopelessness is not permanent and can be moved when my thoughts will change. With God we have the power to change then."
- " I am grateful for family, friends. I'm grateful for being alive. I am grateful for a quite evening and time with my husband."
- " I am grateful for CWO."
- " I am grateful for the beauty of nature."
- " I am grateful for Veronica and the administration."
- " I am grateful for being recognized when someone is grateful for my advice or my "being" with them and/or just a random thank you!"
- " I am grateful for my children and being able to share memories of the grandkids growing up."
- " I like it when I'm happy. CWO usually makes me happy."
- " I am grateful for being able to pay all my bills even though I no money literally for the rest of the month until my disability comes again."
- " I am grateful for making it to 64 in reasonably good health and having good friends."
- " I am grateful for my health."
- " I am grateful for every single day, the good and bad ones. I am especially grateful for everyone in my life who lifts me up when I am down."
- " I am grateful for having a passion in life, and the strength and drive to overcome life's obstacles to enjoy them."
- " I am grateful for my wife Megan, my son Quentyn, my health, my job and my relationship with God."

With Hopes for a
Peaceful Thanksgiving !

**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**

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



CWO COMMUNITY CIRCLE

Tools & Takeaways from NYAPRS Conference

NOVEMBER 21ST 12-1 PM
IN THE CIRCLE GALLERY

*A community circle about some of
the impactful ideas that we learned about
at the NYAPRS Conference.
We will reflect & share how they inspired us.*

Artwork by Khang Trinh