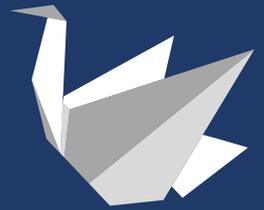


# Creative Wellness Opportunities

A Peer Run Service of the Mental Health Association

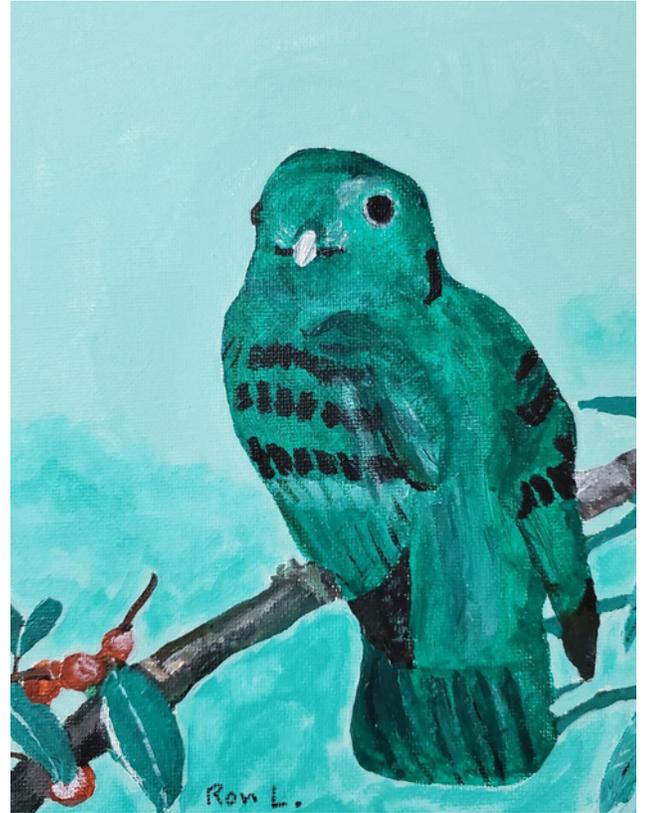
Monthly Newsletter  
August 2022



If you are new to the CWO please call 585.325.3145 ext. 144 to schedule an orientation.



Art by Marisol Aznaran



Art by Ron Levy

Creative Wellness Opportunities (CWO) is a peer community where creative expression, mutual support, and mental health recovery are the primary focus. All workshops are free, and supplies are provided.

Visit our [website](https://www.mharochester.org/services/creative-wellness-opportunities/) to view the calendar of events and workshops

<https://www.mharochester.org/services/creative-wellness-opportunities/>



320 Goodman Street North, Suite 202  
Rochester, New York 14607

Bus Lines: #9 University, #8 East Main, #41 Culver/Goodman Crosstown



# What's New



Open Community Forum | Friday August 19th at 2-3pm  
First Friday Returns | September 2nd at 5:30-7:30pm

## New Peer Assistants

### Lisa (they/them or she/her)

I just finished taking the peer certification courses through the academy of peer services and submitted my paperwork to the state.

Art has always had an important place in my life. I've been drawing for as long as I can remember, and I started doing poetry and creative writing when I was in elementary school. The only times I haven't been making art was when my mental health was unmanageable, and I was in active addiction. It was a very tough time.

Today art and creativity is a vital part of my life, wellbeing, and overall recovery. I'm so happy to be part of the CWO community. Everyone has been so kind and welcoming, and I love seeing so much creativity, empathy, and support all in one place.

### Julia (she/her/hers)

Julia Payne-Lewis has been a peer facilitator at CWO for over two years. Julia facilitates the Women's Depression Support Group, Meditative Mandalas, and Art Journaling. Julia also leads the learning portions of both Community Circle and the Facilitator's Weekly Meeting. Prior to her involvement at CWO, Julia spent many years as an educator with a strong passion and love of art. She loves to draw animals and people, and her favorite medium is colored pencil. At home, Julia loves to cook for her family, including her wife and grandkids. She also has a corgi named Teddy.



Artwork by Julia Payne-Lewis



Artwork by Lisa Ferrari

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*"The most powerful art in life is to transform pain into a healing talisman. A butterfly is reborn, blossomed into a colorful party!" - Frida Kahlo*