

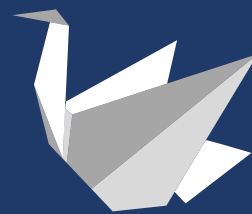
Creative Wellness Opportunities

A Peer Run Service of the Mental Health Association

Monthly Newsletter

August 2023

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



"I want you to find out who's a good boy?"

"Big Beautiful Ball of Nothing"

Start with nothing.

Hold it. Turn it over. Inspect for cracks.

Let the warmth from your hands soften it. Form it into a tight ball. Roll it around til nice and smooth.

Blow sparks of spirit on it. Collect a few flakes of atmosphere and fold in.

Place in a large mixing bowl, add your soul, and knead thoroughly.

Let it rise.

In a separate pan, squeeze your brain and collect the drippings. Add pieces of your heart, one at a time, or all at once, depending on mood, while constantly stirring.

Dump that into the big bowl along with your guts, vomited down to the short hairs and last nerve.

Beat briskly.

Throw the whole thing out and start over several times, Until it sings.

Pick out the good pieces and ripen them in direct sun.

Store in a cool, dark place until a healthy coating of mold forms.

Let it foam, froth, coagulate, and ferment until you can't stand it any more, and it's a perfectly-formed crystal.

When tapped it should ring true.

Polish until you see yourself in it.

Arrange attractively and serve with relish.

And there you have it—a big beautiful ball of nothing.



"The beauty is I only have to decorate once."

Art and Poetry by Scott Evans

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

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320 Goodman Street North, Suite 202

Rochester, New York 14607

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

What's New

First Friday | Friday October 6th at 5:30-7:30pm

Open Community Forum and Social Night | Friday September 22nd at 5-5:30pm

Beginner Earring Making Workshop

Tuesday August 15th from 12:00 - 2:00pm

In person at CWO

Once a month workshop



How Introverts Socialize:
Go to a coffee shop and don't talk to anyone.

Art By Scott Evans

“Making art is the most relaxing, joyous, therapeutic stimulating way to spend your time, as you unleash the part of your brain that's been itching to get at it.” — Harley Brown