

# CORNUCOPIA

**A place to lead    A place to learn  
A place to believe in ourselves**



April 2007, Vol. 11, No. 4

## In Your Head

Psychology Today Jan/Feb 2007

William Lee Adams

Despite their association with mental illness, auditory hallucinations don't always torment those who hear them. In fact, only one out of every three so-called "voice hearers" requires psychiatric help. The other two don't experience difficulties and may even consider their voices supportive or inspiring.

"My voices know me better than anyone else, and they also protect and comfort me," says Jacqui Dillon, head of a London support group for voice hearers. She and other group members report that voices can alert them to oncoming cars and suspicious passersby, provide encouragement during stressful times, and offer reminders to pick things up at the grocery store.

Whether they threaten or soothe,

auditory hallucinations usually begin after trauma: Seventy percent of people who hear voices first detect them following physical or sexual abuse, an accident, or the loss of a loved one. "The emotion they feel about their trauma complicates how they interpret the voices," says Sara Tai, a psychologist at the University of Manchester in England who studies why some hallucinators thrive while others end up in psychiatric care. Typically, the greater the trauma, the more likely voices will sound threatening.

Researchers haven't pinpointed the specific neural mechanisms at work, but brain scans show that areas of the brain that process sound and store memories appear more active during auditory hallucinations, as if previous experiences were being replayed.

For those terrorized by voices, anti-psychotic drugs help in only 30 percent of cases. Audrey Reid, a 35-year-old who

hears seven different voices, says that five years of medication silenced her friendly, positive polyphony, but not the intimidating chatter. "The negative voices had more room to attack and bullied me even more," she says, recalling how they made sexually demeaning comments and criticized how she made coffee.

Self-help groups such as the Hearing Voices Network favor an alternative approach. Members view voices as a normal part of life, not a mental illness, and use coping strategies to help manage voices without necessarily eliminating them. Contrary to most psychiatrists' advice, HVN members believe people should engage with their voices.

Reid credits this approach with her ability to live comfortably with her voices. She has become so accustomed to their company that their temporary absence last  
*(continued on p. 5, see "voices")*

## Study finds schizophrenia may block the music in speech

Health News March 1

WASHINGTON - People with schizophrenia cannot hear false notes in music as well as healthy people do, and often cannot make out important tones that convey meaning in speech, U.S. researchers reported on Thursday.

They now want to see if their findings could lead to new ways to treat the disease, either with drugs, therapy or both.

"People have been assuming that patients are experiencing the world normally and not processing the information correctly," Dr. Daniel Javitt, a

psychiatrist and neuroscientist at the New York University School of Medicine in Orangeburg, New York, said in a telephone interview.

"We show they are not experiencing the world normally. They don't read social cues. They can't read facial expressions. They can't tell by tone of voice what emotion a person is showing."

Their tests on 19 adults with schizophrenia and 19 similar people without the condition showed clear differences, both when assessed using quizzes and looking inside the brain using magnetic resonance imaging, or MRI.

"They can't use pitch — they just don't hear those pitch changes. Not only do they not get emotion, they don't get whether it is a question or a statement.

And what we show in the paper is that these sensory abnormalities are driven by structures in the brain, in the connections between the brain stem and the auditory cortex," Javitt said.

Javitt said the findings, published in the March issue of the American Journal of Psychiatry, might help explain why people with schizophrenia often have poor social skills even before they begin to show symptoms of the disease.

"If we could detect it early and start remediating and start having patients practice, we could hopefully preserve and restore these pathways," Javitt said.

Schizophrenia occurs in about 1 percent of the population everywhere. It is far more common in men than in women and is usually diagnosed in late adolescence or early adulthood.

But some studies have shown that when the school records of adults with schizophrenia are examined, they showed poor social skills early on.

"They do tend to have been the most socially disturbed," Javitt said.

His study may help explain it. "In our behavioral battery, we did a  
*(continued on p. 5, see "music")*

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## MEMBERSHIP

Membership is open to past or present mental health consumers, family members, allies and supporters. Membership entitles you to participate in all activities for the current year (Jan 1- Dec 31) and entitles you to the newsletter. *Computer lessons are only open to consumers.* Participants in Cornucopia agree to help create a safe, friendly drug and alcohol free environment.

DATE: \_\_\_\_\_

### Yes, I want to be a member of Cornucopia

- Enclosed please find my membership fee of \$24.00
- Enclosed please find my membership fee of \$12.00 to be paid over two months for a total of \$24.00

### OR: I want to subscribe to your newsletter.

- Low income \$8.00
  - Regular \$12.00
- Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.*

**Yes, I/we support your mission and would like to make a donation to your organization.** I/we wish you the best in achieving your goals of providing a place for people's creativity and self-realization.

*Donations are tax-deductible.*

- Friend \$25
- Donor \$50
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If you're new, how did you hear about us? \_\_\_\_\_

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Detach and mail this form to **Cornucopia Inc**  
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Cornucopia reserves the right to administrate membership.

To live is so startling it leaves little time  
for anything else.

— Emily Dickinson

## Reflections on Resilience Building Community Mental Health through Art

In partnership with expressive arts practitioner Vickie Eiden and with support from the Wisconsin Arts Board, Cornucopia is proud to announce a new endeavor in honor of their 10<sup>th</sup> anniversary. "Reflections on Resilience: Building Community Mental Health through Art" is both a multimedia art exhibit and a community education project. Themed art by members of five community organizations (created during a series of 25 workshops facilitated by Ms. Eiden) will represent and emphasize the wide and diverse array of individuals who have struggled and/or continue to struggle with mental health issues, sharing insight into their personal journeys and honoring how they have coped with various mental health challenges in positive ways. Intermingled within the exhibit will be artistically presented images and facts relating to mental health and related support.

### Project Focus

Much of the focus will be on redefining what is commonly perceived as mental "illness" and challenging associated stigmas. Everyone will face challenging life events, situations, and changes that they have to cope with; sometimes these challenges are short term, sometimes they last a lifetime, and some are more difficult than others. Nobody should feel embarrassed, ashamed, or afraid to seek ways to help them cope with these issues in a positive and less stressful way. The five themes of the exhibit—Challenges, Stigma, Coping, Joy and Hope—will honor the individual participants/artists' experiences of building their own resiliency and living beyond their challenges while promoting respect and education regarding mental health concerns.



This project is supported in part by a grant from the Wisconsin Arts Board with funds from the National Endowment for the Arts



Summit Credit Union logo and decorative border.

This newsletter is published with generous support from



## ACTIVITIES & NEWS BITS

### Voices Group: Tuesday 3:00-5:00 Gallery NEW TIME.... NEW TIME...

*We welcome all who hear voices. No one is judged. It's a small group with a big heart. We do our best to help those that come to the meeting to realize they are not alone even if that is how they feel.*

**The Voices Group needs a peer leader from Cornucopia. Jenny Branks, the founder of the local Madison Hearing Voices Group, will train you. Call her at 446-0104 or Karen Milstein at 257-7489.**

**Mondays Arts 'n Crafts:** Mary helps each individual with various projects, mostly focusing on painting and drawing with acrylics and oils. Come join her class in the Gallery at 1:30-3:00. She'll help you with the project of your interest.

### No Saturday Art Group Until the Fall...

Sue will be away for the next several months, so there will be no Saturday art group. But she'll be around off and on and will be here again in the fall. Come on in

### Clay Tuesdays 10:00-noon

*Join us Tuesday morning for clay. You can do whatever clay configuration you'd like to do and if clay is not your thing, Dana can help you with other art options. Come Tuesday mornings!*

### CREATIVE WRITING..w/ Luke

We explore various kinds of writing styles using a variety of interesting and thought-provoking techniques. Bring yourself and your imagination for some fun, informal writing workshop time! Wednesday 2:30-3:30

### NEW ART WORKSHOP THURSDAYS African Art Class 2:30-4:00 w/ Jade

Come and learn about the art and the culture of the different nations of Western African. Learn about African ideas about art, methods, styles and works and make art using the same materials and/or methods. Also learn about the European Trade with African and how this influenced the styles and methods of the African artists.

*April 5: Art of the Jennne: Clay*

*April 12: Art of the Akan: Gold and Beading*

*April 19: European - African Trade: Decorative Arts*

*April 26: Art of the Yoruba*

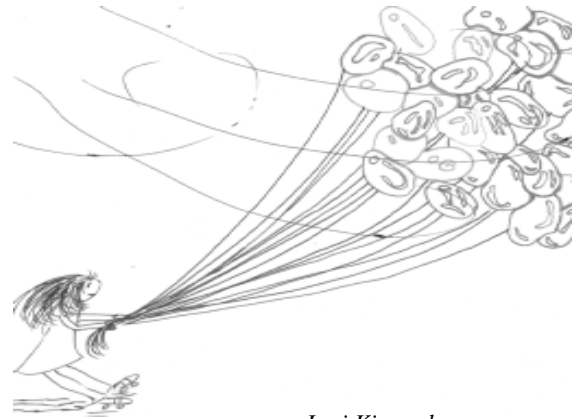
### Computer Tutors: Phil or Allison...

Sign up for individual help with Internet, Word, Photoshop, websites, Access, PowerPoint even!

We'll match you up with one of our helpful tutors.

**Ask for the day and what you need help with.**

Call Cornucopia at 608-257-7489.



Lori Kinnard

Come join us for **leather-making class on Thursday afternoons**. Deb, formerly of GROW program, will help you out and you can choose the project of your choice. Wallets, moccasins, bracelets and more. Deb can help you with other, non-leather projects, too. Ask her! Come in from **12:30 to 2:00**.

### Join Us for Wednesday night

**Wellness Group!** Hope to see you there!

*April 4: The Power of Positive Thinking*

*April 11: Diabetes and Blood Sugar*

*April 18: Assertiveness Training*

*April 25: Anger Management*

Wednesdays 6:00 to about 7:30 or 8

Karen Herro, BSN, RN

### Scott Tremel's Friday Painting...

Enjoy painting on Fridays from 11:00-1:00. Scott will help you whether you are a beginner or an expert in the field of painting. Come join the busy Friday morning. Scott is willing to help you learn techniques and will take requests for any topic such as brush useage, composition, etc.

### Join Dawn's class on Tuesdays 1:00-3:00pm

Painting... Painting... Painting... We will build on the skills in painting we learned in February in my painting class. Come on in Tuesday afternoons to my class. A nice, quiet atmosphere in which to paint with watercolors. Dawn

# Events near & far

*If you want to attend an event but can't afford it, call the number listed and ask about scholarships.*

*Tell them you saw the notice here. Let us know if a listing is incorrect. Call us at the Cornucopia office, 608-257-7489 Thank you for your feedback!*

**Celebrate Recovery** (Christian) small groups  
Tues 7:30pm, Mt Horeb Risen Savior Cafe 608-575-2681

**Depression & Bipolar Support Alliance** support.  
Laura 241-5788 / Mindy 233-0303 / dbsa@email.com

**Peer Support for Anorexia & Bulimia** National Association for Anorexia and Associated Disorders. 402 S. Gammon Firststar Building, Mineral Pt & Gammon, 7-8:30 Tuesdays 274-7042

**Overeater's Anonymous** 663-8823

**Eating Disorders Friends & Family Support Group**  
For those who have a loved one with an eating disorder  
6:30-8:00pm third Thursday, Rm. 4643, St. Marys Hosp. 276-7765

**Eating disorders support group**  
Mon 7:15-8:30 Covenant Presb. 274-5115

**Interfaith Depression & Bipolar Support**  
Thursdays 7-9:00 pm  
Christ Lutheran Church, Stoughton Gary 873-1938

**Mad Town Secular Recovery**  
from alcohol or drugs Thur 8pm / Sun 9am  
Wil-Mar Neighborhood Ctr 608-220-7045

**Madison Hearing Voices Group** Tuesdays 4:00  
Cornucopia Gallery Rm./Thursdays 2:00  
Mental Health Center Rm. 14. SOAR 608-446-0104 or  
progressiverecovery@hotmail.com.

**Recovery, Inc.**  
Self-help group for persons dealing with anxiety & depression. Mondays 6pm Kennedy Building Rm. 238, Steve 249-5230

**Mild Brain Injury network**  
Every 3rd Thurs 6:30-8pm at Meriter-Park, Madison  
Community Health Education Ctr Atrium 238-3571

**New Directions** peer support for separation or loss of relationship. Thur 7-9 St Dennis 245-0829

**Rainbow Connection**  
Social group for LGBTQ people who have experienced mental illness, 4-6pm 2nd/4th Thursdays. 255-8582.

**Self-Management & Recovery Training**  
Abstain from addictive behavior  
Wed 7-9:00pm Wil-Mar Center 608-238-5176 ext.365

**Survivors of Suicide** of Dane County Support Group  
2nd and 4th Tuesday 7-9 pm 280-2700.

**NAMI Dane County Support Groups**  
Peer led, open to all. 249-7188 www.namidanecounty.org  
United Way building, 2059 Atwood, Madison

**Significant Others** Tue Apr 17 7:00-9:00

**Parents** Mon Apr 2 & 16 7:00-8:30

**Schizophrenia** Sat Apr 7 & 21 1:00

**Depression/Bipolar** Sun Apr 1, 8, 15, 22, 29 6:30-8:00 and  
Tues 6:30-8:00 Apr 3, 10, 17, 24

**New Directions Information Center** Consumer-run information center to facilitate community partnerships and provide quality choices for those seeking information about mental health/substance abuse services. **280-2674**

**National Suicide Prevention Lifeline**  
1-800-273-TALK www.SuicidePreventionLifeline.org  
*Callers receive suicide prevention counseling from trained staff at the closest certified crisis center in the network.*

**Wisc Pub Psych Net Mental Health Teleconference**  
Thursdays 11:00 to noon Call 608-316-0022, code 1099  
[http://dhfs.wisconsin.gov/MH\\_BCMH/Teleconference/TeleconferenceSch.htm](http://dhfs.wisconsin.gov/MH_BCMH/Teleconference/TeleconferenceSch.htm)  
**Apr 5 TBA**

**Apr 19 Stigma Related Barriers in Mental Health Marilyn Duguid, RN, Wisconsin Women's Health Foundation; Margaret Larson, Mental Health Coalition of Greater La Crosse Area; Rebecca Cohen, Wisconsin Bureau of Mental Health and Substance Abuse Services**

**MOST: Mobile Outreach to Seniors Team** seeks to promote older persons' social, emotional and physical well being thereby enabling them to live more independent, satisfying lives in a setting of their choice. MOST is staffed by trained, experienced clinicians who are sensitive to the concerns of older people (55 or older). 8am-5pm. 280-2480 Pat Anderson.

**UW Job Center Listings**  
[www.jobcenter.wisc.edu](http://www.jobcenter.wisc.edu)  
Database updated daily  
608-262-5627/262-6313  
432 N. Murray St.  
Madison 53706-1496

**Four Agency Cooperative Effort (FACE)** offers **group therapy** for Dane County residents:  
Depression, fear, anger, aggression, ADD, women, men, loss, abuse, survivors, trans-parenting, body image, addiction & more. En Ingles y Espanol. 256-2358.

**Job Seekers' Network** **www.danejobs.com** for free job search info & support free workshops and other services at Dane County Job Center.  
9:00-11:00 Mondays  
Dane County Job Center  
1819 Aberg Av, Rm 6, Madison  
608-242-4886 Lynda



(“voices”, continued from p. 1)

year startled her: “I felt bereft and a bit lost without them.”

Case Study: Audrey Reid, 35, of Dundee, Scotland

Reid believes that internal utterances improve her quality of life by:

- Helping her assess people. Reid says her voices can accurately judge a person’s character, which has been essential to starting and ending romantic relationships.
- Reducing anxiety. She often becomes nervous before speaking at conferences. Her voices force her to breathe and to relax.
- Providing entertainment. Her voices have different personalities, and Reid enjoys listening to them argue with one

another. Sometimes she laughs out loud at their snide comments and running commentary on the outside world.

- Helping make decisions. Reid says they analyze her options and advise her after reaching “group decisions.”
- Encouraging spirituality. The voices provide a moral compass and warn her when actions may harm her or others.

Peer-run VOICES Group at Cornucopia on Tuesdays 3-5 pm. Looking for a volunteer peer leader to facilitate group. Call Jenny Branks, 446-0104 or Cornucopia office, 257-7489.

## WRAP Workbook for Kids now available

<http://www.mentalhealthrecovery.com>

With the help of two great kids, Hawk and Esther, this delightful book will guide a child through the process of developing their own Wellness Recovery Action Plan. It will help them discover all the things they can do to feel good, stay well and even feel better when the going is hard. It starts with listing all those good and fun things that they can use to develop their action plans like running with the dog, coloring and talking to a friend. Then, using these tools, the book guides them through the process of listing:

\*What they need to do every day to stay healthy and well.

\*Things that might upset them if they happen and what they can do if these things do happen.

\*Signs that they are not feeling well and things they can do to help them feel better

\*Signs that things are going really badly and things that they can do to make the situation better.

\*Once they have completed their WRAP, they will have a powerful personal guide to daily living. As they get older they may want to revise or update their plans or even develop new ones.

\*As children develop and use these plans it helps to have supportive parents, teachers and other adults who provide encouragement and praise as they grow, change, make good decisions and take positive action in their own behalf.

Developing a WRAP is creative,

(“music”, continued from p.1)

range of tests including the distorted tunes test. You take a common tune and change a note to see if people can tell you if the note has been changed,” Javitt said.

“Then we did another test where we played recorded voices from actors that express different emotions and we asked people to identify the different emotions. We showed that people who had the worst musical abilities were the ones that did worst on the emotions test.”

Javitt wants to find out if there is data on whether professional musicians might be protected from schizophrenia, and would like to see if musical training might be protective.

Another important study would be to see how schizophrenia affects people who speak languages in which tone is even more important than it is in English, such as Chinese or Vietnamese.

Schizophrenia affects 3.2 million Americans. It is characterized by hallucinations, delusions and disordered thinking.

While antipsychotic drugs can help, they do not cure the mental illness and cause unpleasant side-effects, including sometimes dangerous weight gain.



fun and life changing for everyone involved. I am so excited about WRAP for KIDS.

Since WRAP was developed over ten years ago, I have thought it would be a wonderful tool for children. What better time to learn how to take care of yourself, how to help yourself feel better when you are not feeling well, and in difficult times than when you are young. WRAP can then become a tool that can be used throughout life to stay well, to recover if needed, and to meet life goals and dreams.

MARY ELLEN COPELAND  
ORDER

<http://www.mentalhealthrecovery.com>  
or call: 802-425-3660

or e-mail:

[books@mentalhealthrecovery.com](mailto:books@mentalhealthrecovery.com)

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Fairy Tale Castles by Donna Holzem

## Anne Hathaway beat teen blues

IANS February 7

Actress Anne Hathaway says she overcame anxiety and depression in her teens without medication by just working through her problems.

“I said to mom the other day, ‘Do you remember that girl? She has now gone, gone to sleep. She has said her piece and she is gone’,” the star of ‘The Devil Wears Prada’ told a magazine.

“But then I thought, ‘I so remember her, only she is no longer part of me’. I am sorry she was hurting for so long. It’s all so negatively narcissistic to be so consumed with self.”

## Poetry Page from our members...

### Untitled

I want to be a woman  
A round and ample woman  
With a lap that can't be slid off of  
Jumbles and jolts are steadied by  
Accommodating bellies and Appalachian thighs  
Meanwhile, hands stay free to braid and smooth  
No need to grab or hold  
Words roll around her mouth like drops of honey  
On a steaming teacup  
I want to be a woman  
A round and ample woman  
Who sets me on a bed  
Stacked with feather tics and  
Mattresses high enough to touch passing planets  
A nest of fluff and fresh wrinkled sheets  
And if I did fall off  
Her perfect reach would break my bounce and  
She would wiggle from elbow to shoulder and laugh  
I want to be a woman  
A round and ample woman  
Who never cries at midnight and if she does  
The redness is gone by the time the skillet is hot  
Together we stack our worries high  
Smear butter between them  
And sweeten it all with maple syrup  
She says it is the best sugar she has ever had  
I want to be a woman  
A round and ample woman  
Whose order is necessity and intuition and  
The little birdie on her shoulder  
All that is needed is at her sausage plump fingertips  
Or the doorbell rings and another round and ample woman stands  
With permanent waves saying  
"I thought you might want this."  
How do they do it?

I want to be a woman  
A round and ample woman  
Who fixes machines with hairpins  
And can heat the coldest room with her girth  
She never says "I can't," just, "I'll see what I can do."  
It's just a matter of time  
When I collided with the road  
She picked the gravel from my knees  
And when death made life thin and feeble  
She snuggled in close and fleshed it right back out again

— Nadine Wright

### Glasses

From now on I'm going to wear glasses,  
And every day drink a shotglass full of molasses.  
I sometimes get woozy inhaling earth's dangerous gasses,  
And worry if I'll be accepted by most of the mash potato  
eating masses. My son likes fishing for Walleyes and Basses,  
My 4 year old niece always sasses  
But I just mind my own business taking Pilates classes,  
I want my ass to be firm like the asses on most of the masses,  
Meanwhile I'm eating salads made of Pampas grasses and choking in  
the process so you don't even think of saying to the waiter from  
Mars, "gracias!"

— Barbara Stangler

### Turning into Ill

by William P. Cooke

There is a hypothesis  
of a frame—  
unstill I sit,  
controlled by the sky  
and the radio

a suturing strand of medicine  
freezes the bleeding wound  
of early dementia and dementedness

in an ice box head of  
permanent sighs  
something wicked screams  
in its eggshell cage




a nothingness seethes into  
my most fatal strategy  
and all my sunsets  
become futile  
before medicine's mercy

background artist unknown (tell us if it's yours!)

# April 2007

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

C  
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A

HOURS :	10 - 3	10 - 3	10 - 8	10 - 5	10 - 3	12 - 5
1	<p>2 <b>Games</b> Rich 12:30</p> <p><b>Arts &amp; Crafts</b> with Mary 1:30-3:00</p> <p> full moon</p>	<p>3 <b>Clay &amp; Open Studio</b> Dana 10:00-12:00</p> <p><b>Watercolor</b> w/Dawn 1:00-2:30</p> <p><b>Voices Group</b> 3-5 Gallery</p>	<p>NO 4 1:00-2:00 <b>Living Skills</b></p> <p>Writing w/ Luke 2:30-3:30</p> <p><b>Collage/Mixed Media</b> w/Leslie 4-5:30</p> <p><b>Wellness/ Open Night</b> Karen H. 6:00 <u>The Power of Positive Thinking</u></p>	<p>5 <b>Leather Work</b> w/ Deb 12:30-2:00</p> <p><b>African Art Class:</b> w/ Jade 2:30-4:00 <u>Art of the Jenne:</u> <u>Clay</u></p>	<p>6 Painting w/Scott 11:00-1:00</p> <p><b>Reflections on Resilience</b> Vickie 1:00-2:30 <u>Stigma</u></p> <p><b>Dance-Movement</b> with Mariah 2:30-3:30</p>	7 <b>Open</b> 12-5
8	<p>9 <b>Games</b> Rich 12:30</p> <p><b>Arts &amp; Crafts</b> with Mary 1:30-3:00</p>	<p>10 <b>Clay &amp; Open Studio</b> Dana 10:00-12:00</p> <p>NO <b>Watercolor</b> w/Dawn 1:00-2:30</p> <p><b>Voices Group</b> 3-5 Gallery</p>	<p>11 <b>Living Skills</b> 1:00-2:00 <u>Stress Management</u> through <u>Leisure</u> continued</p> <p>Writing w/ Luke 2:30-3:30</p> <p><b>Collage/Mixed Media</b> w/Leslie 4-5:30</p> <p><b>Wellness/ Open Night</b> Karen H. 6:00 <u>Diabetes and Blood Sugar</u></p>	<p>12 <b>Leather Work</b> w/ Deb 12:30-2:00</p> <p><b>African Art Class:</b> w/ Jade 2:30-4:00 <u>Art of the Akan:</u> <u>Gold and Beading</u></p>	<p>13 <b>Painting</b> w/Scott 11:00-1:00</p> <p><b>Reflections on Resilience</b> Vickie 1:00-2:30 <u>Coping</u></p> <p><b>Dance-Movement</b> with Mariah 2:30-3:30</p>	14 <b>Open</b> 12-5
15	<p>16 <b>Games</b> Rich 12:30</p> <p><b>Arts &amp; Crafts</b> with Mary 1:30-3:00</p>	<p>17 <b>Clay &amp; Open Studio</b> Dana 10:00-12:00</p> <p><b>Watercolor</b> w/Dawn 1:00-2:30</p> <p><b>Voices Group</b> 3-5 Gallery</p> <p> new moon</p>	<p>18 <b>Living Skills</b> 1:00-2:00 <u>Stress Management</u> through <u>Coping Skills</u></p> <p>Writing w/ Luke 2:30-3:30</p> <p><b>Collage/Mixed Media</b> w/Leslie 4-5:30</p> <p><b>Wellness/ Open Night</b> Karen H. 6:00 <u>Assertiveness Training</u></p>	<p>19 <b>Leather Work</b> w/ Deb 12:30-2:00</p> <p><b>African Art Class:</b> w/ Jade 2:30-4:00 <u>European-African</u> <u>Trade: Decorative Arts</u></p>	<p>20 <b>Painting</b> w/Scott 11:00-1:00</p> <p><b>Reflections on Resilience</b> Vickie 1:00-2:30 <u>Joy</u></p> <p><b>Dance-Movement</b> with Mariah 2:30-3:30</p>	21 <b>Open</b> 12-5
22	<p>23 <b>Games</b> Rich 12:30</p> <p><b>Arts &amp; Crafts</b> with Mary 1:30-3:00</p>	<p>24 <b>Clay &amp; Open Studio</b> Dana 10:00-12:00</p> <p><b>Watercolor</b> w/Dawn 1:00-2:30</p> <p><b>Voices Group</b> 3-5 Gallery</p>	<p>25 <b>Living Skills</b> 1:00-2:00 <u>Money</u> <u>Management</u></p> <p>Writing w/ Luke 2:30-3:30</p> <p><b>Collage/Mixed Media</b> w/Leslie 4-5:30</p> <p><b>Wellness/ Open Night</b> Karen H. 6:00 <u>Anger Management</u></p>	<p>26 <b>Leather Work</b> w/ Deb 12:30-2:00</p> <p><b>African Art Class:</b> w/ Jade 2:30-4:00 <u>Art of the Yoruba</u></p>	<p>27 <b>Painting</b> w/Scott 11:00-1:00</p> <p><b>Reflections on Resilience</b> Vickie 1:00-2:30 <u>Hope</u></p> <p><b>Dance-Movement</b> with Mariah 2:30-3:30</p>	28 <b>Open</b> 12-5
29	<p>30 <b>Games</b> Rich 12:30</p> <p><b>Arts &amp; Crafts</b> with Mary 1:30-3:00</p> <p> <b>Board Mtg.</b> 5:30-7:00</p>			<p>Tell a friend! Bring a friend!</p>		

Cornucopia is located at 306 N Brooks Street in Madison.  
Events on this calendar may change. If you haven't attended a particular group recently, call to confirm day & time.

***Mondays: Games 12:30 Arts & Crafts 1:30-3:00***

***Tuesdays: Clay & Open Studio 10:00-12:00 Watercolor 1:00-2:30***

***Voices Group 3:00-5:00***

***Wednesdays: Living Skills 1:00-2:00 Writing 2:30-3:30***

***Collage & Mixed Media 4:00-5:30 Wellness 6:00-8:00***

***Thursdays: Leather 12:30-2:00 Art Workshop: Exploring Cultures 2:30-4:00***

***Fridays: Water Oils/Charcoal/Pastel 11:00-1:00***

***Self-Exploration through Art 1:00-2:30***

***Dance Movement 2:30-3:30***

***Saturdays: Open 12-5***

***Pay your membership for 2007!***

**\$24 for a year of great art, computer access, wellness and newsletter or \$12 for our newsletter alone. Great deal, huh? Pay as soon as possible.**

**Thanks!**

Cornucopia's Tenth  
Anniversary! Let's  
Celebrate!  
May 15th, Tuesday,  
5-7 pm Porchlight  
Dining Room  
Put the date on your  
calendar

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*Karen*

