

# CORNUCOPIA

10th Anniversary



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

October 2006, Vol. 10, No. 10

## Mental Health Consumer/Survivors Create National Coalition

National Coalition of Mental Health  
Consumer/Survivor Organizations  
News release Sept 6

Mental health consumer/survivors have formed a national coalition to ensure that they play a major role in the development and implementation of health and mental health care and social policies at the state and national levels.

"The creation of the National Coalition of Mental Health Consumer/Survivor Organizations (NCMHCSO) is a milestone," said the group's Director of Public Policy, Lauren Spiro. "The formation of this Coalition takes us to the next level- it enables us to raise our collective voice, based on our experience of mental health recovery, and be heard at the seat of power. The Coalition embraces the disability movement's motto, 'Nothing about us without us.' " The Coalition will collaborate with other advocacy groups to ensure that consumer rights policies continue to move towards promoting full participation and in-

tegration in the community.

The rapidly growing Coalition currently consists of organizations run by consumers representing 28 states and the District of Columbia, including representatives from the three federally funded consumer-run national technical assistance centers: the Consumer Organization and Networking Technical Assistance Center, the National Empowerment Center, and the National Mental Health Consumers' Self-Help Clearinghouse.

The Coalition supports the efforts of the federal Substance Abuse and Mental Health Services Administration (SAMHSA) to transform the mental health system to one that is recovery-based and consumer- and family-driven, and supports SAMHSA's consensus statement on recovery ([www.mentalhealth.samhsa.gov/publications/allpubs/sma05-4129/](http://www.mentalhealth.samhsa.gov/publications/allpubs/sma05-4129/)).

The Coalition proposes a new consensus for the mental health field based on the following principles:

**Recovery is possible for everyone.** To recover, we need services and supports that treat us with dignity, respect our rights, allow us to make choices, and provide assistance with our self-defined needs. This range of services must include consumer-run and -operated programs.

**Self Determination:** We need to be in control of our own lives.  
**Holistic Choices:** We need choices, including a range of recovery-oriented services and supports that provide assistance with housing, education, and career development.

**Voice:** We must be centrally involved in any dialogues and decisions affecting us.

**Personhood:** We will campaign to eliminate the stigma and discrimination associated with mental illnesses.

The Coalition, whose office is in Washington, D.C., received start-up funding from the Washington-based Public Welfare Foundation.

Visit [www.NCMHCSO.org](http://www.NCMHCSO.org).

Contact: Lauren Spiro, 978-590-2014

### Career Path to Recovery

#### *Vocational planning through peer support*

Thinking of working full-time? Part-time? Back to school? Volunteer?

*Take a step or two with us.* Starts first week of October.

For day/time, call / leave message for Greg, 608-257-7489.

**Major funding  
provided by:**

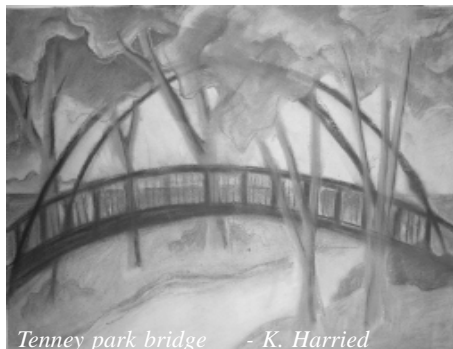
**United  
Way**



**United Way  
of Dane County**



**Grassroots  
Empowerment  
Project**



*Tenney park bridge - K. Harried*



*Cornucopia picnic, September Tenney park*

*(photo-M Nelson)*

**Phone 608-257-7489**

**E-mail [copia@sbcglobal.net](mailto:copia@sbcglobal.net)**



# Cornucopia Board of Directors

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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 \$20.00

Enclosed please find my membership fee of \$10.00 to be paid over two months for a total of \$20.00

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

Low income \$6.00 *Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.*

Regular \$10.00

**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     Sponsor \$100

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

If you're new, how did you hear about us? \_\_\_\_\_

Please make checks payable to Cornucopia Inc  
Detach and mail this form to **Cornucopia Inc**  
**306 N Brooks St, Madison WI 53715-1002**  
Cornucopia reserves the right to administrate membership.

A violinist had a violin, a painter his palette. All I had was myself. I was the instrument that I must care for.

— Josephine Baker

## ENJOY LEARNING NEW LIVING SKILLS!

The OT program at UWMadison will be providing four fun groups in the month of October. Please come and join us for the following topics:

**Oct. 17** (Tuesday) 1:30 - 2:30 Money Management Skills

**Oct. 19** (Thursday) 1:30 - 2:30 Basic Computer Skills

**Oct. 24** (Tuesday) 1:30 - 2:30 Stress Management

**Oct. 26** (Thursday) 1:30 - 2:30 Back to Work Skills

These will be educational as well as fun. SNACKS will be provided!!!!!!! Thank you, Debbie B.

## Madison VOICES GROUP

*Meeting at Cornucopia Tuesdays 4:00-6:00*  
in the gallery.

This is a self run VOICES GROUP that also meets at the Mental Health Center of Dane County Thursdays 2:00-3:00 room 14 (downstairs).

Questions? Call **Jenny** at **446-0104**.

**Hector Henry Warren arrived on Sunday August 27th, at 14.23 in St Mary's Hospital, Madison Wi. Weight: 8lbs 14 Oz. Height: 21inches.**



We think he is the cats pyjamas and even Marge is chilling out and getting used to being a furry sibling.

Best wishes, Alison and Joe Warren  
*[Alison teaches leads clay group at Cornucopia, when not otherwise occupied.]*



This newsletter is published with generous support from

**Summit**  
Credit Union

## ACTIVITIES & NEWS BITS

### THE BETTY & DAWN SHOW

**Wednesday, October 25<sup>th</sup> at 10:00!**

**Tie-dye your white shirt!**

Bring a shirt and a 12" x 6" plastic tub. If you cannot possibly bring these, *let us know ahead of time* and we will try to bring them for you.

Betty will demonstrate 2 colors, and can show 3 to those interested.

See you there!

### Self-Exploration through Art with Vickie

**from 1:00-2:30 on Friday afternoons**

Here's the schedule:

**Oct. 6th:** *Boxes of Joy*

**Oct. 13th:** *Build-a-Beast*

**Oct. 20th:** *Personal Masks*

**Oct. 27th:** *Halloween Comics*

Note the Halloween oriented activities toward the end of the month! Come on in!



*Brian Kozlovsky an exercise in shading in Kerry's class*

### Computer Tutors: Phil & Charlie

We have two computer tutors now, Phil and Charlie. You can sign up for individual help with computers on any number of topics... Internet, Microsoft word, Photoshop, websites, Access, Power Point even! Just ask and we'll match you up with one of our friendly tutors. They can be here Monday afternoons or Fridays. Call the office. 257-7489.

### Join Us for Wednesday night

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

**Oct 4 Eating Disorders**

**Oct 11 PTSD**

**Oct 18 Sexual & Reproductive Health**

**Oct 25 Self-Harm**

Wednesdays 6:00 to about 7:30 or 8

Karen Herro, BSN, RN

### Rich's Games Group

Scrabble, Yahtzee, many others...

Come join Rich Christoph and others, **Mondays at 12:30.**

Eat lunch first at Porchlight from noon to 12:40 for \$1.

Then come join the fun!

### Come visit the

#### Tuesday informal experimental class

*with Dawn.*

Join us to learn new skills and techniques of **watercolor.** We are exploring how to put **texture** into our watercolor paintings.

Each week I will demonstrate a different way to use your paints. Also, if you need time to finish a project already started, you can do it in my class.

Friendly and upbeat fun!

### Kerry's Thursday class

This month we are venturing into **portraits.**

Feel free to bring in photos of yourself or those important to you. No need to copy the picture exactly though.

We can get symbolic or abstract, if you like. Even "age" yourself by a few decades.

Come in for demonstrations on realism in portraits, as well as symbolic or abstract portraits.

### Hello Everyone!

My name is **Dana Romano.** I am holding **Open Studio on Tuesdays 10:00-noon.**

I am a graduate of studio art from the school of the Art Institute of Chicago who has worked in clay, wire, plaster, wax and printing.

I am hoping in this open studio that we can explore new ways to create your art.

I look forward to meeting those of you I haven't met yet and seeing again those I have. Please join me on Tuesday. Let's have fun.

### Monday Class:

In my class this month we will continue to explore abstraction, and approaches that make good art. eba eeeeba that's all folks!

- Mary Nelson

Our clay  
program is  
supported by:



# Events near & far

*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!*

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

**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**

**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

### **Eating disorders support group**

Mon 7:15-8:30 Covenant Presb. 274-5115

**Eating Disorder Recovery Group** Support group for those in active recovery, facilitated by a registered nurse in recovery, 6:30-8 pm Thursdays, St. Marys Hospital (see sign near elevator for room) 831-7592.

### **Eating Disorders Friends & Family Support Group**

For those who have a loved one with an eating disorder  
6:30pm Thursdays, Rm. 1101, St. Marys Hosp. 276-7765

### **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.namidaneconomy.org  
United Way building, 2059 Atwood, Madison

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

**Parents** Mon Oct 2, 16 7:00-8:30

**Schizophrenia** Sat Oct 7, 21 1:00

**Depression/Bipolar** Sun Oct 1, 8, 15, 22, 29 6:30-8:30

**Grassroots Empowerment Project & Disability Rights Wisconsin** announce **2006 Mental Health Consumer Conference** "Being A Good Self & Peer Advocate"; November 13-14, Chula Vista Resort, Wisconsin Dells.

### **Wisc Pub Psych Net Mental Health Teleconference**

Thursdays 11:00 to noon Call 608-316-0022, code 1099

**Oct 5** Challenges of Psychiatric Treatment for Consumers with DD/MH Dual Diagnosis **Jeffrey A. Marcus, M.D., Central Wisconsin Center**

**Oct 19** HFS 35: Outpatient Mental Health Clinics Rule **Dan Zimmerman, DHFS**

### **2006 Alternatives Conference**

Portland OR, **Oct 25-29**

Consumer/survivor delivered services & self-help/recovery methods. Forum for consumers & survivors from across the nation to meet, exchange info/ideas. Advocacy & disability rights; arts, creativity & healing; cultural diversity; knowledge to inform practice; organizing change, self-help alternatives.  
**800-776-1286** www.alternatives2006.org

### **National Association for Rights Protection & Advocacy (NARPA) 2006 Annual Rights Conference Nov 15-18**

Tremont Plaza Hotel, Baltimore, MD, [www.narpa.org](http://www.narpa.org).

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

### **Job Seekers' Network**

Free job search info & support  
9:00-11:00 Mondays

Dane County Job Center  
1819 Aberg Av, Rm 6, Madison  
608-242-4886

### **Computer Training**

Free basic sessions  
10:00-noon Thursdays

Hawthorne Library, Madison  
RSVP 608-246-4548

**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.



By Lee Degenstein

*HealthNewsDigest.com* Sep 11, 2006

Launched in May of 2006, [realmentalhealth.com](http://www.realmentalhealth.com) (www.realmentalhealth.com) has already become an important site for mental health patients with disorders like, Bipolar, Personality Disorders, Alzheimer's, Schizophrenia, drug and alcohol addiction, ADHD and even Tourettes Syndrome to name just a few. This unique site affords its users the ability to write their own blogs and to even communicate real time in live chat rooms.

The idea for [realmentalhealth.com](http://realmentalhealth.com), according to its founder Martin Ogawa, came from the success of other "social networking" sites such as the immensely popular MySpace.com. Ogawa, who has a technology background and has had a lifelong interest in healthcare, realized that there was no place on the internet where mental health patients could engage in serious conversations with each other.

"We wanted to create a networking site where people with mental health issues could speak in real time with other people with the same disorders. It's important that these users not be isolated with their mental health problems," Ogawa told *HealthNewsDigest.com*. "A user suffering from Depression can get support and help from others who understand the problems and issues that are surround the disorder".

In addition to the real time Chat feature and its voluminous content of mental health information, [realmentalhealth.com](http://realmentalhealth.com) also offers its users individual groups broken down by disorder where visitors can email, chat, write their own blog and offer both help and hope to others.

In less than four months since its launch, [RealMeltaHealth.com](http://RealMeltaHealth.com) already boasts more than 60,000 visitors each month, and expects to be profitable by the fourth quarter of this year. So far 90% of the site's visitors are from the United States and Canada. The site is free and revenues are generated from advertising. Several of the site's investors have healthcare backgrounds and also serve as advisors along with the site's editors to assure content is kept accurate and up to date.

Ogawa told *HealthNewsDigest.com* "There's really nothing like [realmentalhealth.com](http://realmentalhealth.com) on the internet. We have tried to create a community where everyone who visits feels wanted and comfortable whether they are a mental health patient or not. It's all about creating the feeling of a community".

*HealthNewsDigest.com* spoke with Tamara, one of the site's users who has Schizoaffective Bipolar Disorder. The symptoms include, hearing voices, dizziness coupled with major mood swings from high to low. She has had Bipolar Disorder since she was a child and was finally diagnosed properly years later while serving in the military.

"[Realmentalhealth.com](http://Realmentalhealth.com) is like an oasis for me", she said, "there is a real feeling of community and there is a lot of love and support among its members. I usually don't run into a lot of people who have what I have. It's nice to know I am not alone and that a place now exists where I can openly chat with others like me. Unlike

some other sites, people here are serious about helping and supporting each other. There are no silly chat room antics going on" she told *HealthNewsDigest.com*.

Tamara mentioned that she feels needed and wanted by the site's other members and has a feeling of importance because she is helping other people by comparing notes and lending an ear. She added, "While my husband and two children are very supportive, sometimes they can't understand what I am feeling or thinking, the people I communicate with on the site can". She gets in excess of 20-30 emails a day from friends on the site.

Many of the site's regular users are not mental health patients at all. However they may have spouses, children, and relatives or just know someone who does. The site offers them a better understanding of what their friends or relatives are going through, what their life is like and even how to deal or cope with the problems and issues that these patients experience every day.

## **Telepsychiatry Reliable for Some Rural Patients**

Damian McNamara

*Clinical Psychiatry News* Aug 06

Attention-deficit hyperactivity disorder, depression, developmental disorders, eating disorders, posttraumatic stress, and schizophrenia are among the disorders being treated via telemedicine.

"Most people doing telepsychiatry are not trying to replace in-person care," Dr. Donald M. Hilty said at a meeting of the New Clinical Drug Evaluation Unit sponsored by the National Institute of Mental Health.

The goal is to provide physician-patient interaction in locations where in-person care is not available or quality is an issue. "It would be nice to see patients in person at least once, but it is not always possible in rural areas with cost and transportation issues," said Dr. Hilty, who is with the University of California, Davis.

Critics of telepsychiatry suggest that a long-distance connection is dangerous if a patient is in crisis. Some situations require patient supervision by the

primary care physician, Dr. Hilty said. Patients in imminent danger from suicide ideation or intoxication are examples, as are those with an inability to use equipment because of sensory deficits and those with significant anxiety about meeting people or using technology. "We have their primary care physician come in for a few minutes, and that usually works out."

A study by Dr. Hilty and his colleagues assessed 104 depressed adults over 12 months using the Structured Clinical Interview for the DSM-IV. At 3 months and 6 months, those managed via telepsychiatry experienced a 60% reduction in depression symptoms, compared with 40% of controls.

Reduced time to travel for a consultation, reduced waiting time, and less time away from work are among advantages cited by patients. Telepsychiatry consultations also can reduce nursing home admissions, use of emergency services, and misdiagnosis by primary care providers (*J. Geriatr. Psychiatry Neurol.* 2001;14:66-71).



Left:  
Scenes from  
Cornucopia picnic,  
September  
at Tenney park



## Curriculum on Restraint Reduction

The Substance Abuse and Mental Health Services Administration (SAMHSA) recently released a new training curriculum, *A Roadmap to Seclusion & Restraint: Free Mental Health Services for Persons of All Ages*, available as a free download online by clicking [www.mentalhealth.samhsa.gov/publications/allpubs/sma06%2D4055/](http://www.mentalhealth.samhsa.gov/publications/allpubs/sma06%2D4055/)

The curriculum modules discuss specific strategies including self-care approaches, peer-provided services, arts programs, comfort rooms, and other approaches designed to enhance service environments and consumer participation as a means to avoid the use of restraint and seclusion.

## Are Violent Patients More Often Subject to ‘Leveraged Treatment’?

Mark Moran *Psychiatric News*  
September 1

Leveraged treatment refers to strategies to induce patients to comply with treatment. These may include mandated community treatment whereby incarceration or placement in subsidized housing can be made contingent on compliance, appointment of a money manager to make a patient’s access to funds contingent on treatment adherence, and lenient sentencing by judges on the condition that a person participate in treatment.

“If a potentially violent patient is unwilling to take medication, psychiatrists are more likely to resort to legal leverage, partly out of concern for their own professional liability in an adverse event,” wrote Jeffrey Swanson, Ph.D., and colleagues in the August *American Journal of Psychiatry*.

“Similarly in the criminal-justice system, a judge may order a defendant with mental illness to participate in treatment as a condition of living in the community, especially if the person isn’t likely to accept treatment voluntarily and may become violent without it.”

Swanson is an associate professor

of psychiatry at Duke University School of Medicine.

“The use of leveraged community treatment is now a common part of the landscape of mental health services for adults in the United States,” Swanson told *Psychiatric News*. “Violence risk is sometimes cited as the reason for this, but clearly leverage is not all about preventing violence. In fact, the use of leverage is far more common than violence itself is among public psychiatric outpatients.”

Is leverage being applied appropriately? “We don’t know enough about that,” Swanson said. “It’s likely that the use of leverage to ensure adherence does prevent violence to some extent. That’s probably why about three-quarters of patients with serious violent behavior have received some type of legally leveraged mental health treatment. But the main goal in the application of leverage should be to improve the effectiveness of treatment in the community—that is, to help meet the complex needs of people with severe mental illness and not to focus only on reducing serious violence, which is actually quite a rare phenomenon among these patients. Otherwise it’s going to be a misapplied

policy in most cases.”

Paul Appelbaum, M.D., chair of APA’s Council on Psychiatry and Law,

In his comments to *Psychiatric News*, Appelbaum drew a distinction between mandated out-patient treatment and the forms of leverage experienced by most of the patients in the study.

“Only a minority of subjects in this study were exposed to outpatient commitment,” he said. “The other forms of leverage that were used tend to be much less visible, though they may—ironically—be more coercive. Most outpatient commitment statutes lack real enforcement provisions. But treatment requirements imposed by the criminal justice system are ignored only at the risk of being incarcerated, and leverage using housing or control of money has real consequences as well.”

*“Violence and Leveraged Community Treatment for Persons with Mental Disorders” is posted at <<http://ajp.psychiatryonline.org/cgi/content/full/163/8/1404>>. Appelbaum’s editorial is posted at <<http://ajp.psychiatryonline.org/cgi/content/full/163/8/1319>>.*

# October 2006

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

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HOURS :	10-3:30	10-3	10-8	10-3	10-3	CLOSED
1 Tell a friend!	2 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	3 Clay with Dana 10:00-12:00 Informal Experimental Dawn 1:00-2:30 VOICES GROUP 4-6 Gallery	4 Wellness/ Open Night Karen H. 6:00 Eating Disorders	5 Songs with Jon 1:00-2:15 Art Workshop with Kerry 2:30-4:00	6 Self-Explore w/ Art Vickie 1:00-2:30 Boxes of Joy  full moon	7  Manager Dawn Gifford
 Board Secretary Richard Johnson	9 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	10 Clay with Dana 10:00-12:00 Informal Experimental Dawn 1:00-2:30 VOICES GROUP 4-6 Gallery	11 Wellness/ Open Night Karen H. 6:00 PTSD	12 Songs with Jon 1:00-2:15 Art Workshop with Kerry 2:30-4:00	13 Self-Explore w/ Art Vickie 1:00-2:30 Build-a-Beast	
15	16 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	17 Clay 10:00 Informal Experimental Dawn 1:00-2:30  1:30-2:30 Money Mgt. Voices Group 4-6 Gallery	18 Wellness/ Open Night Karen H. 6:00 Sexual and Reproductive Health	19 Songs with Jon 1:00-2:15  1:30-2:30 Basic Computer Skills Art Workshop with Kerry 2:30-4:00	20 Self-Explore w/ Art Vickie 1:00-2:30 Personal Masks  new moon	21
 President Karen Herro	23 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	24 Clay with Dana 10:00-12:00 Informal Experimental w/Dawn 1:00-2:30  1:30-2:30 Money Mgt. Voices Group 4-6 Gallery	25 Tie Dye with Betty & Dawn 10:00-12:00 Wellness/ Open Night Karen H. 6:00 Self-Harm	26 Songs with Jon 1:00-2:15  1:30-2:30 Basic Computer Skills Art Workshop with Kerry 2:30-4:00	27 Self-Explore w/ Art Vickie 1:00-2:30 Halloween Comics	28  Treasurer Richard Cresswell
29	30 Games 12:30 Arts & Crafts with Mary 1:30-3:00  BOD meeting 5:30-7:00	31 Clay 10:00-12:00 Informal Experimental 1:00-2:30 VOICES GROUP 4-6 Gallery	 West Wing art exhibition at Red Gym in August		Bring a friend!	

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.



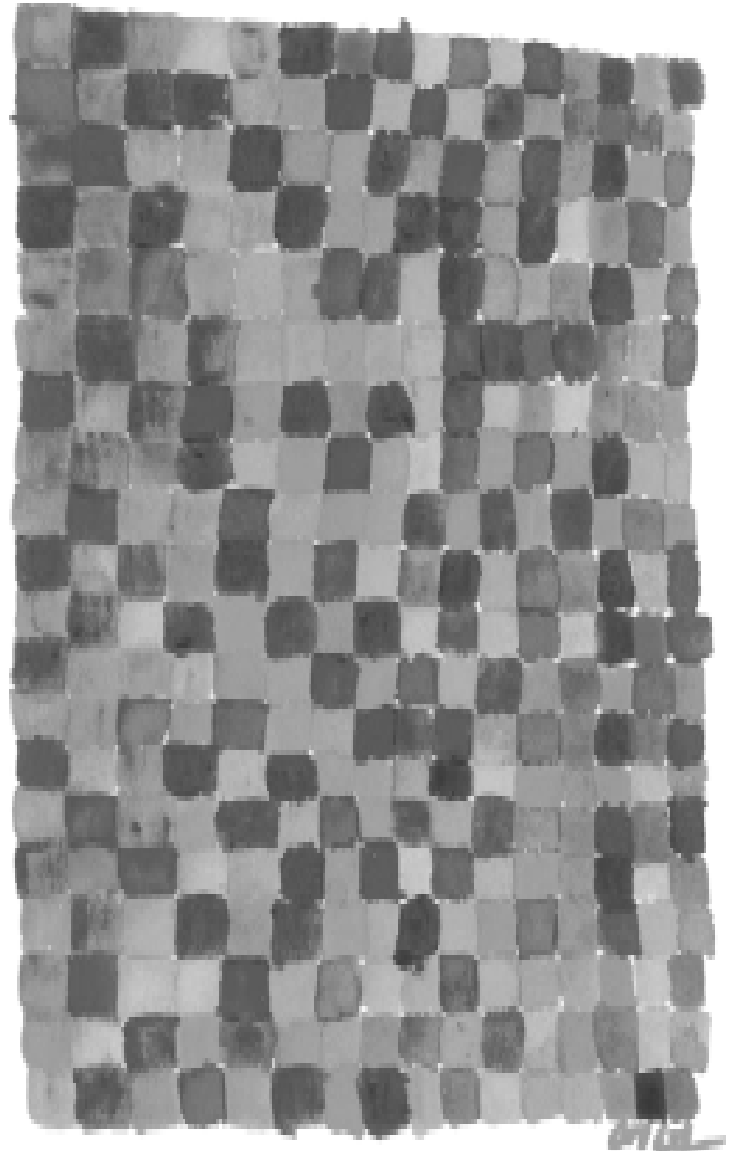
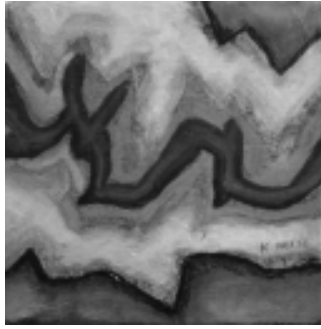
**Monday: Games 12:30 Arts & Crafts 1:30-3:00**  
**Tuesday: Clay 10:00-12:00 Informal Experimental 1:00-2:30**  
**Voices 4:00-6:00 Special Oct 17, 19, 24, 26 Skills Classes 1:30-2:30**  
**Wednesday: Wellness 6:00-8:00**  
**Thursday: Songs 1:00-2:15 Art Workshop 2:30-4:00**  
**Fridays: Self-Exploration through Art with Vickie 1:00-2:30**

**Dance Movement with Mariah 2:30-3:30**  
 Beginning **Friday, Oct 13** at Cornucopia.  
*Come take part in a dance/movement therapy group!*  
 Dance/movement therapy utilizes everyday movements as a way to explore creativity, connect with other people, and foster expression and self-awareness. It helps us to understand ourselves and our relationships with others in a safe environment that nurtures and supports growth.  
 You are invited to come and learn more about this connection between the body and the mind. *The group will be led by Mariah Meyer, dance/movement therapy intern at the Hancock Center.* Please join us!

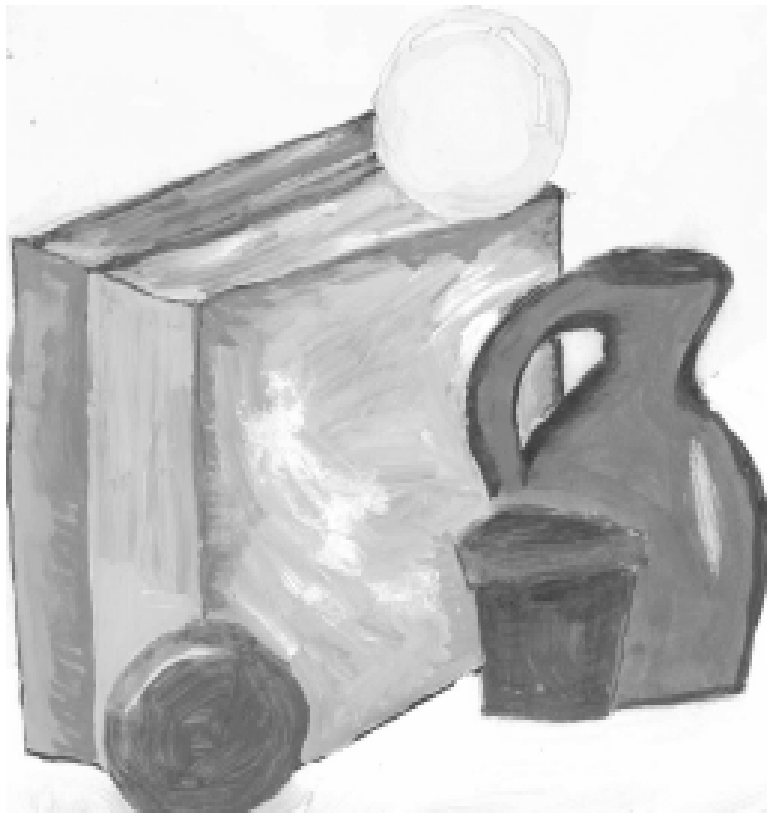


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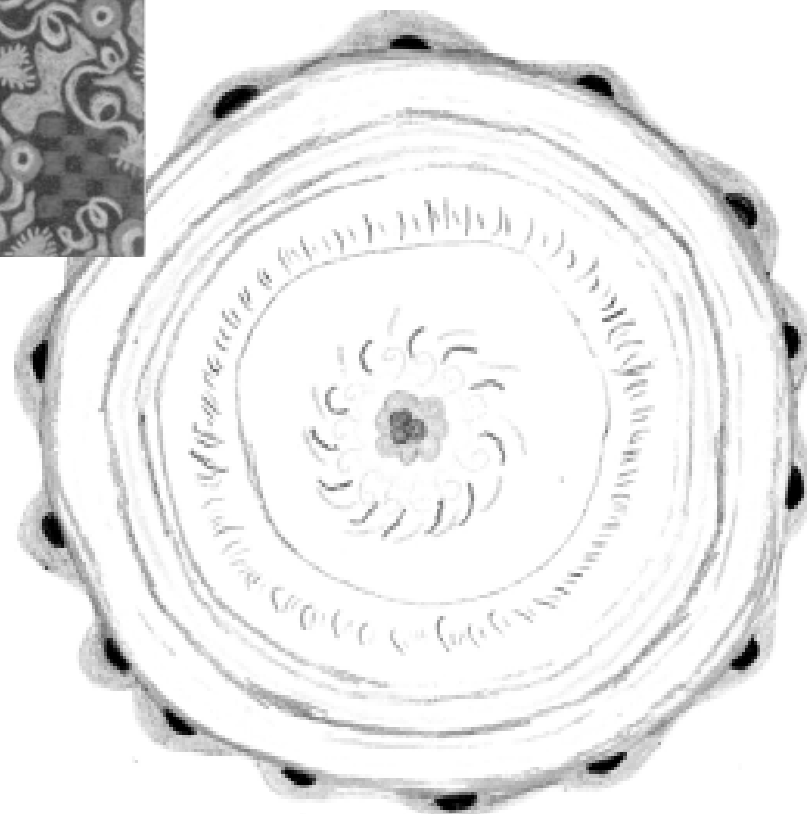
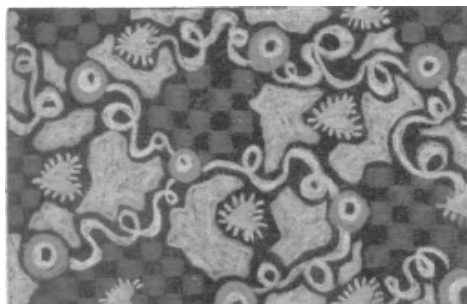
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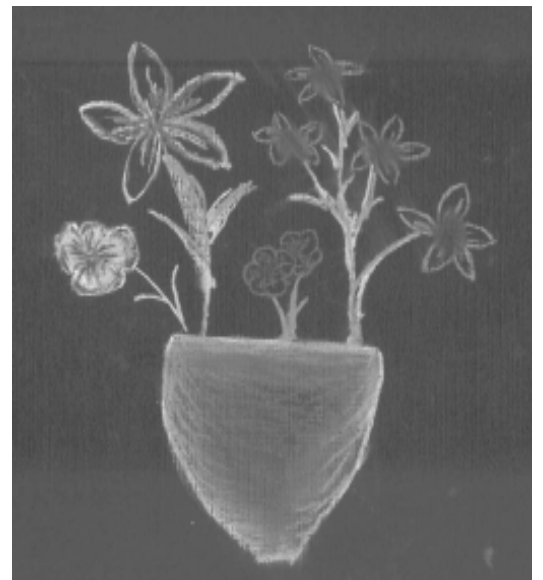
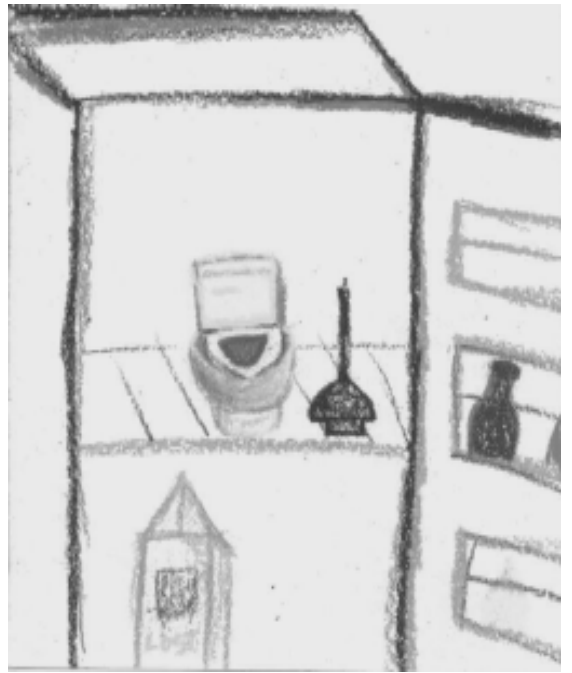
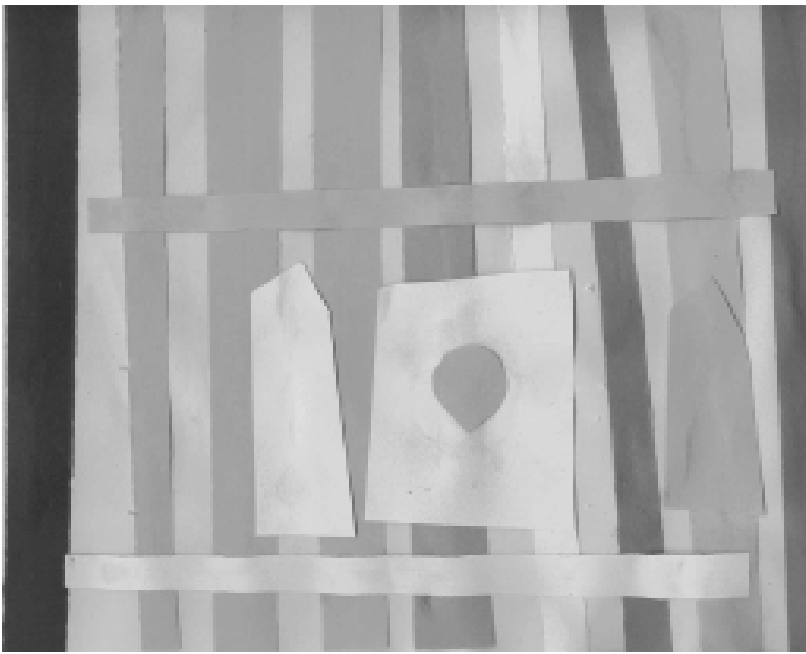


*Geraldine Clark*  
*POETRY*  
*BACKGROUND?*



*Kerry Harried*





*Karen Herro*

