

CORNUCOPIA

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



October 2007, Vol.11, No. 10

Depression feels worse than many diseases

Science September 09

Paris - The first worldwide comparison of depression with four other non-fatal chronic diseases shows that feeling seriously blue is the most disabling of all, according to a study released on Friday.

Combing through self-reported health data on 245 404 adults from 60 countries collected by the World Health Organisation (WHO), researchers found that an average of 3.2 percent of those surveyed had experienced depression over a one-year period.

This was a bit lower than for asthma (3.3 percent), arthritis (4.1 percent), and angina (4.5 percent), and higher than for diabetes (2.0 percent.)

But the results of a quality-of-life index called the "global mean health score" showed that depression was, by a significant margin, the most difficult to bear.

Individuals burdened with diabetes returned an overall satisfaction score of 78.9, and a score of nearly 80 for the three other chronic ailments. Respondents with no chronic diseases scored 90.6 on the 1-to-100 scale.

For those suffering from depression, however, the score was only 72.9.

"Our findings are consistent with earlier studies that have shown a high degree of association between depression and disability," commented lead author Saba Moussavi of the WHO and colleagues.

The study, published in the British journal *The Lancet*, says that depression

accounts for the greatest share of non-fatal disease burden, accounting for almost 12 percent of total years lived with disability worldwide.

The researchers called on doctors around the world to be more alert in the diagnosis and treatment of the condition, noting that it is fairly easy to recognise and treat.

They also note that even if the prevalence of depression is similar to the four other chronic physical diseases, the lifetime risk - the number of people who cycle in and out of depression - is five to 10 times greater.

Mental Health on Campus: R.I.S.E. Helps Students Peer Counseling Program Combats Stigma

CMHS Consumer Affairs E-News
September 12

Less than 150 miles away from Virginia Tech, where 33 students and faculty members were shot and killed in April, students at the University of Virginia (UVA) are moving forward with a peer counseling and education program. Taking SAMHSA's "What a Difference a Friend Makes" message to heart, these students are helping to ensure that their peers have access to mental health resources and treatment.

SAMHSA sponsors the National Anti-Stigma Campaign, with its "What a Difference a Friend Makes" initiative, to encourage young adults age 18 to 25 to support their friends who are experiencing mental health issues. (See SAMHSA News online, November/December 2006.)

Faced with college friends who were dealing with mental health issues and general stressors, UVA second-year students Krystal Commons and Reggie White decided to create a program to help students reach out to their peers.

Launched in January 2007, Project R.I.S.E.-Resolving Issues through Support and Education-assists black students at UVA who are facing issues such as

depression and anxiety. The program lets these students know that it's okay to ask for help.

"In light of the recent tragedy at Virginia Tech, it's important for college students to be able to express their concerns and to know that they can reach out to peers and mental health professionals," Ms. Power added.

A Need for Peer Support

According to SAMHSA's Anti-Stigma Campaign Web site, many young adults between the ages of 18 and 25 face mental health and substance abuse issues. The prevalence of serious mental health conditions among people in this age group is nearly double that of the general population; yet young people have the lowest rate of help-seeking behaviors.

With black students making up 8.5 percent of the UVA student body, a survey found that more than half of the students (57 percent) had considered dropping out of school because of personal problems. And 26 percent said they struggled with issues of personal identity.

But one of the most important findings revealed the places where black students were going for help. The survey found that 82 percent of these students turned to other black students for assistance.

The project's faculty advisor, Warrenetta Mann, Psy.D., explained why college students may not choose to visit treatment professionals. "What seems to be most significant is the interplay between the student's developing identity and issues of safety/security and sense of self," she said.

The very existence of Project R.I.S.E. shows students that there are others like them who may be struggling with the same issues. This can help students feel comfortable talking to peers or a professional and can help reduce stigma.

Rising to Success

Faculty advisors in the university's Counseling and Psychological Services branch, Office of African American Affairs, and Office of the Dean of Students oversee

(continued on p. 5, see "r.i.s.e.")

www.cornucopiainc.org

Major funding provided by:



United Way
of Dane County



Grassroots
Empowerment
Project

Phone 608-257-7489

E-mail copia@sbcglobal.net



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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
- 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.

It's so creative it looks like an accident.

-- Scott Tremel

Cornucopia Corner

After a long hiring process, we have an official office staff. Karen Milstein is Executive Director, Bill Kuban is Business Manager and Lori Kinnard is Program Director.

A long and valued member of our staff, Dawn Gifford, will be leaving us as a staff person. Dawn has been with Cornucopia as an office manager for six years and Interim Program Director for the past three months. She has given much of herself to our organization: coordinated many art exhibitions, facilitated art classes, been a good office manager and an all-around presence. We hope she will not leave our community, as we have grown with her.

In the past many months, the office staff has been in transition, as have many aspects of our organization. Thank you all for your patience.

Karen Milstein

NAMI Consumer Council:

Hi! Let me take a brief minute to introduce myself. My name is Ava Martinez and recently I was hired by NAMI-Dane County to develop a Consumer Council here at the NAMI-Dane affiliate. What is a Consumer Council you might ask. Well, we are to act as an advisory group to the NAMI-Dane board of directors. We will form committees to look into local issues that are important to us the consumer. Some topics of concern might be the current health care system. Another might be alternative treatment options that are important to we the consumer. We will be totally recovery focused and we will have a voting member on the board of directors. The state levels of NAMI all have acting consumer councils and one of their goals was to begin consumer councils at local levels of NAMI. The Consumer Council here in Dane County will be the first in the U.S. at the local level. I am very excited about

this new direction we as consumers are about to embark upon. I encourage anyone that has an interest in becoming a part of this exciting new development feel free to contact me at NAMI-Dane County. The number is (608)249-7188 or via my e-mail: asmartinez260@hotmail.com. Thanks and I look forward to hearing from you.



This news- This newsletter is published with is printed by inmates generous support from Columbia Correctional Institution, working through Badger State Industries.
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ACTIVITIES & NEWS BITS

Come join Games group on Mondays at 12:30 with Rich right after lunch... Yahtzee or Scrabble or play what you want to play. Rich says, "Bring your own game, whatever you want to play, too!" Come on in! Eat lunch for a dollar and then join in on Games Group. See you!

Come explore your creative writing side in Mary's class every other week, Wednesdays, 12:00-1:00. Mary knows about poetry and is a writer at the U-W. Mary will have some writing ideas for you.

ABC PEER SUPPORT TRAINING

Learn the ABC roles of becoming a certified Cornucopia Peer Supporter:

Advocate, Buddy, Comforter

Free training with free meal
beginning Thursday, October 4, 2007
3:30 – 5:00 PM at Cornucopia.

For more information or to sign up,
send an e-mail to copia@sbcglobal.net
or telephone us at 257-7489

Drawing & Painting Class Friday, 11am - 1pm
Create anything you like. Use any medium you like...there's a lot to choose from such as water-based oils, tempa, water-colour, chalk, pencils, just to name a few! Scott is able to help if needed.

If you've been looking for a Beginning Level Drawing Class, you'er in luck. Debbie Gehrke will begin with still-life drawings. The drawings can then be colored in later on, with water color and color pencils. Join the class on Thursday afternoons from 2:00 to 3:00.

You won't want to miss Lori Kinnard's Multicultural Paper Crafts Class. In October there will be Quilling, an Italian artform, and Marbling, a Persian way to make leaf pictures. Paper Making of masks and French shadow faces. On Mondays from 10:00 until noon in the Cornucopia Gallery,

KARAOKE: We're going to try Karaoke a little more frequently, to get in the swing of it, so you get a little more used to it, eh? Join us October 26 and sing some tunes. Friday 2:30-4:00.

Living Skills classes for October:
Wednesdays in the Gallery 1:00-2:00

October 3: Communication group focus: journaling/emotions exploration

October 10: Skill group focus: Medication Management

October 17: Skill group focus: Computer use

October 24: Skill group focus: Meal prep and cooking

October 31: Stress management through relaxation

Don't be afraid of Technology! Are you interested in learning more about computers, software, or the internet? Do you have questions on how to set-up e-mail or myspace accounts? If you've said yes, then you should stop by Cornucopia on **Tuesday between 1-3pm** and visit Jade. Jade will be there to answer any specific questions you have regarding computers or the internet, and she can provide tutorials on software programs such as Word or Powerpoint.

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.

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. Come in from **12:30 to 2:00**.

Join Us for Wednesday night

Wellness Group! Hope to see you there!

October 3: Personality Disorders

October 10: Eating Disorders

October 17: Dual Diagnosis

October 24: Recovery Principles

October 31: Assertiveness Training

Wednesdays 6:00 to about 7:30 or 8

Karen Herro, BSN, RN

Clay Tuesdays 10:00-noon

Oh my gosh it's that season again! The holidays--pumpkins, and pie and candy, oh my! Let's make some fun projects together, join me on Tuesday. We're going to have fun this month as we cruise into the holiday season. Dana

New Watercolor class on Fridays 1:00-3:00 with Carrie. Join us on Fridays for a whole new class especially focusing on Watercolors. Come see what's happening Friday afternoons.

Events near & far

Tell them you saw the notice here. Let us know if a listing is incorrect. Thank you for your feedback!
CALL US TO PUT YOUR NOTICE IN OUR LISTINGS: 257-7489

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

Parents Mon Oct 1 & 15 7:00-8:30

Schizophrenia Sat 6 & 20 1:00

Depression/Bipolar Sun Oct 7, 14, 21 & 28 @ 6:30-8:00
and Tues 6:30-8:00 Oct 2, 9, 16, 23, 30

Madison Metro's new 31-Day Senior/Disabled Pass! Get around Madison all month for \$23.50 Available at Metro headquarters, 1101 E. Washington or online at mymetrobus.com

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**

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.

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

Database updated daily

608-262-5627/262-6313

432 N. Murray St.

Madison 53706-1496

Hancock Center for Dance / Movement Therapy

Dance / Movement Therapy -a unique form of psychotherapy-integrates movement, expression and verbal discussion to explore such topics as self- worth, body, and interpersonal relationships. www.hancockcenter.net 606-251-0908

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

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

MANY VOICES: This is a bi-monthly publication written by consumers. "Words of Hope for People Recovering From Trauma & Dissociation. This publication is designed as an information exchange for treatment providers and survivors of trauma and dissociative disorders. Contact the editor at this email address; LynnW@manyvoicespress.com

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

Oct 4 Mental Health & Corrections Kevin Kallas, MD

Oct 18 Adult Manifestations of Developmental Disorders Michael Witkovsky, MD, Clinical Consultant BMHSAS

(“r.i.s.e.”, continued from p.1)

the program. However, the project is operated by a team of about 30 students who volunteer their time.

Project staff members have taken advantage of SAMHSA resources, using the Agency’s Web site during presentations to other student groups. Students have weekly or biweekly trainings and review program activities with faculty advisors. Student staff members immediately refer peers who need professional help—such as those who may have suicidal thoughts—to these faculty advisors, who are available 24 hours a day.

“They need to be able to access us when they get in over their heads. We help them to spread the load,” said Dr. Mann. She noted that the university’s student leadership focus has been helpful for Project R.I.S.E. as the school’s very first peer counseling group. “This is the most wonderful student group to work with.”

In the space of just a few months, the group met with about 20 students. Peer counselors follow up with each student who is seen. The group also referred about five students to faculty or staff for help.

In addition, student staff members have expanded their presence on campus. “We were able to reach out to the Asian student population just to let them know, ‘We’re a resource if you need us,’ “ Ms. Commons said.

This extended reach fits into the group’s next goal of expanding the peer counseling and education program into other student communities of color on campus. “One thing that’s really important to us is developing leadership,” said Ms. Commons. “And training will be an important part of the program’s staying power.”

For more information on SAMHSA’s National Anti-Stigma Campaign, visit www.whatadifference.samhsa.gov.



AOL co-founder launches site for students’ mental health

Reuters September 5
By Lisa Baertlein

SAN FRANCISCO, Sept 5 (Reuters) - As college students leave home and head off to school, Internet entrepreneur Steve Case has launched a new Web site to help them deal with being apart from their families and handle depression.

Case, who co-founded AOL, on Wednesday added a section to health Web site RevolutionHealth.com called “College Health Center” that provides information on mental and sexual health, relationships, healthy lifestyle choices and personal safety.

He said increasing attention was being paid to the mental health of students following the Virginia Tech University shooting in April when student Seung-Hui Cho gunned down 32 people then killed himself in the worst mass shooting in modern U.S. history.

“I was surprised to learn that half of all college students report being so depressed they couldn’t function last year,” Case told Reuters.

Case said the site aimed to help college students deal with everything from depression on arriving on campus to filling the gap left without their usual social support systems.

Case said the Web often is the first stop for most information-seeking young adults as well as increasingly becoming a starting place for people with health questions.

“It seemed like the obvious place to put information,” he said.

The site is kicking off the back-to-school season with an online mental health fair, partnering with 11 national nonprofit groups focused on issues such as anxiety, eating disorders and attention deficit hyperactivity disorder.

Case launched RevolutionHealth.com in April, attracting about 4 million users at the end of July. The site includes services such as physician ratings, information about health conditions and treatments and online health records.

Annual Cornucopia Picnic...

Tenney Park Saturday September 8th



Andy and Karen



Karen and Bill



Ken



picnic lunch



our Donna

October's Creative Writing...

I commuted through the evening apple.
Listening to the worms honk.
Like slipping through the midnight rain.
The moon opening the night.
Wind pouring from my mouth.
Like a commuter out of a morning train.
The bird shakes from its meal.
From the bread crumbs of a benched old lady.
As the sky catches the moon.

— by Ken Jackson

Staying the course by William P. Cooke

A psychiatric discourse:

Me: "I feel mellow. Almost too mellow."

Case manager: "What do you think is up?"

"I don't know."

C.M.: "Well you recently took a benedryl."

Me: "Yeah, but even when I don't I seem almost depressed."

C.M.: "I think you know what it is."

"I don't know."

"Yes you do."

"Well, uh, I think I'm overmedicated."

"I knew you'd say that. Look, you're lucid, intelligent, coherent. I think you're doing great."

"Maybe I'm just really bored."

C.M.: Shrugs shoulders.

Then we both joked a bit about how we tend to think in terms of catastrophes—inference to the worst possible scenario instead of inference to the best explanation!

The above discussion highlights questions about maintaining mental health over time such as: is the issue bothering you primarily psychiatric or psychological in nature? Indeed, an issue (as above) that I self-diagnosed as requiring a change in the medication that has kept me stable for two years, resolved itself within two weeks by the picking out of a book to read, opening to the first page and reading. After doing so I felt normal again. Reading is a routine as well as a joy for me. But periodically routines get old. Some people with afflictions become depressed, some go off meds and from my experiences often become insane which can of course be more entertaining than an old habit. But routines which can be called, in some cases everyday pleasures, are reference points for stability.

My message is, even when you're fine psychiatrically, each year may be filled with various phases of ups, downs, anxiety and even vacations!

To continue my message, a change in routine or emotion may not indicate the slippery slope to insanity, not every day will be the same. I personally seek stability within change. We are all patterns in chaos. For some, chaos floods in too fast. Medications can help control the chaos. Medication is also boring. But being boring with routines is not so bad.

Love Gone Wrong

There was a time for me when love gone wrong.
Then why does it always happen to me.
There was a time when all my love was strong.
Everybody told me that it would be.
It happened every time that I left home.
That always seems to be the real story.
That is the basis for this very poem.
And it is the basis for my glory.
I don't want to sound so very scary.
And I think that I just fell in love.
What would happen if we did get married.
And I'm looking for that final shove.
Hoping that this time it will go right.
Finally now I hope I see the light.

— by Ken Jackson

background by William P. Kuban

October 2007

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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HOURS :	10 - 3	10 - 3	10 - 8	10 - 5	10 - 3	
	1 Paper Making -quilling - 10:00 -1200 Games w/ Rich 12:30 Arts & Crafts with Mary 1:30-3:00	2 Clay & Open Studio Dana 10:00 -12:00 Open Computer Tutoring w/Jade 1-3	3 Living Skills 1:00 - 2:00 <u>Journaling / Emotions</u> <u>Exploration</u> Wellness Karen H. 6:00-8:00 <u>Personality Disorders</u>	4 Leather Work w/ Deb 12:30-2:00 New Begining Drawing Class w/ Debbie 2:00-3:00 New Peer Support Training 3:30-5:00	5 Painting w/Scott 11:00-1:00 Watercolor w/Carrie 1:00-3:00	6
7	8 Paper Making - marbling - 10:00 -1200 w/ Lori Games w/ Rich 12:30 Arts & Crafts with Mary 1:30-3:00	9 Clay & Open Studio Dana 10:00-12:00 Open Computer Tutoring w/Jade 1-3	10 Living Skills 1:00-2:00 <u>Medication Management</u> CreativeWriting Mary C.12-1 Wellness Karen H. 6:00-8:00 <u>Eating Disorders</u>	11 Leather Work w/ Deb 12:30-2:00 New Begining Drawing Class w/ Debbie 2:00-3:00 New Peer Support Training 3:30-5:00	12 Painting w/Scott 11:00-1:00 Watercolor w/Carrie 1:00-3:00	13
14	15 No Paper Making Games w/ Rich 12:30 Arts & Crafts with Mary 1:30-3:00	16 Clay & Open Studio Dana 10:00-12:00 Open Computer Tutoring w/Jade 1-3	17 Living Skills 1:00-2:00 <u>Computer Use</u> Wellness Karen H. 6:00-8:00 <u>Dual Diagnosis</u>	18 Leather Work w/ Deb 12:30-2:00 New Begining Drawing Class w/ Debbie 2:00-3:00 New Peer Support Training 3:30-5:00	19 Painting w/Scott 11:00-1:00 Watercolor w/Carrie 1:00-3:00	20
21	22 Paper Making - masks - 10:00 - 1200 w/ Lori Games w/ Rich 12:30 Arts & Crafts with Mary 1:30-3:00	23 Clay & Open Studio Dana 10:00-12:00 Open Computer Tutoring w/Jade 1-3	24 Living Skills 1:00 - 2:00 <u>Meal prep & Cooking</u> CreativeWriting Mary C.12-1 Wellness Karen H. 6:00-8:00 <u>Recovery Principles</u>	25 Leather Work w/ Deb 12:30-2:00 New Begining Drawing Class w/ Debbie 2:00-3:00 New Peer Support Training 3:30-5:00	26 Painting w/Scott 11:00-1:00 Watercolor w/Carrie 1:00-3:00 KARAOKE!! 2:30-4:00 full moon	27
28	29 Paper Making -silhouettes- 10:00 - 12:00 w/ Lori Games w/ Rich 12:30 Arts & Crafts with Mary 1:30-3:00	30 Clay & Open Studio Dana 10:00-12:00 Open Computer Tutoring w/Jade 1-3	31 Living Skills 1:00-2:00 <u>Stress Management through relaxation</u> Wellness Karen H. 6:00-8:00 <u>Assertiveness Training</u>			

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: Papermaking 10-12 (Oct. 1, 8, 22 & 29) Games 12:30

Arts & Crafts 1:30-3:00

Tuesdays: Clay & Open Studio 10:00-12:00 Open Computer (1:00-3:00)

Wednesdays: Writing 12:00-1:00 (Oct. 10 & 24) Living Skills 1:00-2:00

Wellness 6:00-8:00

Thursdays: Leather 12:30-2:00 Beginning Drawing 2:00-3:00

Fridays: Water Oils/Charcoal/Pastel 11:00-1:00 Watercolor 1:00-3:00 Karaoke (Oct 26)

THREE NEW CLASSES:

Beginning Drawing: Deb Gehrke 2:00-3:00 Thursday afternoons: draw and then fill in later with colors

Peer Support: Thursday evenings 3:30-5:00 Learn what it is to become a Cornucopia Peer Supporter

Watercolor: Friday afternoons 1:00-3:00 New all-around Friday afternoon place to be!

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