

CORNUCOPIA

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



November 2007, Vol.11, No. 11

Program Links Animal Pets to Clients Healing through Pet-care

Kurt Douglas Sass

New York City Voices Summer 2007

We all know about the tremendous role animals such as guide dogs have played in helping people with physical disabilities live fuller, more productive lives, but what about persons with psychiatric disabilities? Can animals help with their recoveries? The answer is yes they can, and yes they do! "Pet Facilitated Therapy" actually started over 50 years ago, when a well-known Russian psychologist observed that his dog was the key to encouraging a frightened, withdrawn 10-year-old boy to begin to talk to him.

One current example can be found in a New York therapist's office, in which a client gets the benefit of three therapists each session: one human, two feline (only the human charges). The human therapist says that when people walk into her office for the first time they are often tense and nervous, but the minute they see the cats they relax and actually will talk about painful and difficult subjects with the cats on their laps.

Another current example is taking place in New York. Community Access, Inc. is a non-for-profit agency based in lower Manhattan, which helps people living with psychiatric disabilities make the transition from shelters and hospitals to independent living. They have taken the concept of pets helping in the recovery process one step further with their innovative Pet Access program.

(continued on p. 5, see "pets")

**Major funding
provided by:**



United Way
of Dane County



Grassroots
Empowerment
Project

Phone 608-257-7489

Understanding Mental Health is Difficult

by Ryan

October 12

Understanding mental health in a high-stress culture which devotes little time and effort to healing from mental illness is not easy. One primary purpose of the psychiatric industry is to adjust a person's behavior to conform to the values of this society. There is a big difference between material success in this society and how a person feels on the inside. Often it seems as though there is not much available help and guidance to people who desire to understand mental health. If you are an anarchist, many psychologists may say you are either insane or imbalanced or even unintelligent, and in need of reforming. What kind of advice is this? It is important for us to define for ourselves what mental health really is.

In order to understand mental health we need a new language that speaks from the point of view of the person who wants to heal, not from the psychiatric industry, which seeks to judge and categorize people, with the intent of medicating them. These labels that have been created to describe mental illness; bipolar disorder, depression, disassociative identity disorder, etcetera. These labels were created for psychiatrists so that they could diagnosis their patients. What do they do for you and I?

It is necessary to free up some time to deal with complex problems. Time is one

of the only things in this life that is truly yours. Time does not even exist unless you are following someone else's calendar. In America most of us tailor our lives around the Roman calendar. One effect globalized capitalism has on the Earth is that it imposes the Roman calendar and a hegemonic schedule onto indigenous cultures and people. In the United States the Roman calendar is so deeply entrenched into our lives that many of us do not even question it. The land you and I sit on at this very moment was once inhabited by Native Americans, who spoke a different language than American English. Native Americans had unique ideas about health and healing that are based on living in harmony with the plants and animals around them. Doing activities that are prescribed to you by someone else does not teach you to think for yourself. Your job may allow you to earn money to provide for basic necessity but your job may also teach you to muzzle your feelings and to follow the definitions of what is defined as "upstanding" and "normal" by American culture.

Trying to improve your own mental health is difficult and confusing. Sometimes I think to myself "How do I know if I am really making any progress?" It is best to trust your instincts and to share your feelings with people you can trust. Since there is no one, linear process to get us from feeling anxious, insecure and pain-stricken to feeling self-confident and empowered, we are going to have to take some time and embrace diverse ways of seeing ourselves. Some of

(continued on p. 5, see "mh")

~ **HOLIDAY PARTY AT CORNUCOPIA** ~

SUNDAY, DECEMBER 9th

NOON - 3:00

COME ONE, COME ALL!

*Please bring a dish or a non-alcoholic
drink to share with everyone*

Friends are welcome!

E-mail copia@sbcglobal.net

www.cornucopia-arts-inc.org



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Life is a succession of moments, To live each one is to succeed.

— Corita Kent

New Classes in November...

Paul: Celebrate our lives; share your experience, strength and hope. Help each other in art class. A new class from one of our members. **Expressive art with drawing and painting.**

Tuesdays 1:00-3:00

Julie: Sculpey again! Come make sculpey jewelry and more on Mondays from 11-12, just in time for lunch afterwards in the Porchlight dining room. What a great beginning to your week!

Yep, it's Mondays 11:00-12:00.

Cornucopia Corner from the Executive Director

Our schedule is filling up. This month we have two new classes offered by members. Paul is offering an integrative arts class called Expressive Arts His class is offered on Tuesdays 1:00-3:00. Julie is offering Sculpey again and she's a professional at this. So check out these two new classes.

Cornucopia was founded over ten years ago on the principle that art is a tool to healing. And, indeed, that has been a model that has worked! Now, we're going the next step and taking the peer-run principle upon which we're also based and wanting to offer more substantial volunteer positions to members in addition to having consumers as facilitators. Lori is teaching a peer support class which extends over ten weeks that started in October. The class teaches the basic steps to become greeters, comforters, advocates and other new, key volunteers within the organization. Lori's class is Thursdays 3:30-5:00. Call her in the office if you're interested or come to the class.

Finally, brush up on your Scrabble talents. There's a game of Scrabble nearly every afternoon! I hear rumor that we'll have a tournament at our Holiday party, so come in now and practice!

We're open the day after Thanksgiving. Join us.



Karen Milstein

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.

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Printed on recycled paper.

This newsletter is published with generous support from



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
continuing in November
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 Every Friday from 11am - 1pm

Create anything you like. Use any medium you like.
Choose from water-based oils, tempura, acrylic, water-color,
chalk, pencils, just to name a few!
Scott is ready and able to help with most mediums.

Thursday afternoons from 2:00 to 3:00 is Beginning Drawing class. Please come in and find out the fun new things we are doing in there. Every week there will be a new and different thing to do. And, we may be coloring in the masterpieces at the end of the skill building. See Debbie G. for any questions.

You won't want to miss Lori Kinnard's Multicultural Paper Crafts Class.
On Mondays from 10:00 until noon in the Cornucopia Gallery,

KARAOKE: This month's karaoke is November 30th. Be there and sing your favorite song. Friday 2:30-4:00

Living Skills classes for November:

Wednesdays in the Gallery 1:00-2:00

November 7: Stress management through time management

November 14: Stress management through life and leisure exploration and goal setting

November 21: Money management

November 28: Pain management

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.

Quote from a new member: "I found out I was good working with leather and it gave my self-esteem a boost." Join us for a stimulating hour and a half. Nathan, Willie, Darlene, Mary and Deb!!! **Leather class Thursdays from 12:30-2:00**

Join Us for Wednesday night

Wellness Group! Hope to see you there!

November 7: The Power of Positive Thinking

November 14: The Mind-Body Connection

November 21: Chronic Pain

November 28: Non-Pharmacologic Interventions

Wednesdays 6:00 to about 7:30 or 8

Karen Herro, BSN, RN

Clay is now on Wednesday afternoons!

3:00-5:00 pm

It's all the same fun, but join me on Wednesday. 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 / dba@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 Thursdays 2:00

Mental Health Center Rm. 14. Jenny Branks 608-446-0104 or jennybranks@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

Family Support Group Mon Nov 5 & 19 7:00-8:30

Schizophrenia Sat Nov 3 & 17 1:00

Depression/Bipolar Sun Nov 4, 11, 18, 25 @ 6:30-8:00
and Tues 6:30-8:00 Nov 6, 13, 20, 27

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.

www.soulfulliving.com/cultivatinggratitude.htm

Offers daily retreat, insights etc. Gratitude is the natural response in the way applause follows a bravo performance.

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

Nov 1 Stigma of Mental Illness in the African-American Community **Corinda Rainey-Moore, Clinical Team Manager, Blacksmith House and Cornerstone Community Support Programs**

Nov 15 Holistic Mental Health Treatment (Handout--see website) **Philip Lomas, MD, Mendota Mental Health Institute**

Nov 29 Distinguishing Among Depression, Dementia, and Delirium **Art Walaszek, MD, UW School of Medicine and Public Health**

(“pets”, continued from p. 1”)

Pet Access was created because of Community Access’ belief in the healing potential a relationship with a pet can bring to people. Unfortunately, mental illness can be a disease of isolation, anxiety and loneliness.

Having a pet such as a dog or cat can be a very effective way for a person to learn how to establish close, trusting, non-judgmental, unconditional personal relationships. Community Access also believes that a healthy relationship with a pet can open the door to better relationships with other people, such as acquaintances and peers. The strong impact of the Pet Access program can be found directly from the participants themselves. Here are just a few of the many responses people gave when asked how their pets obtained through Pet Access Program have impacted their lives:

“I’m much more careful about my recovery because I have to care for my pets. They depend on me.”

“He has made my life happier.”

“Since I walk her, I get to meet people.”

“He makes my day beautiful.”

“It makes me feel more independent

because of the responsibility.”

“I get less and less panic attacks.”

“He has shown me that it is okay to love and be happy.”

“I can’t imagine betraying her and going back to my old ways.”

“I feel safer, more self-assured and have piece of mind.”

“You need to be needed by someone.”

Pet Access seeks to be the bridge between people and pets. To this end it provides Pet Access participants with information about New York City dog adoption agencies and gives some financial assistance with adoption fees. The project also provides participants with new pet-owner start-up supplies, one year of veterinary insurance covering basic vet needs and a resource guide detailing vet services, food suppliers, vaccine information, spay and neutering services and pet care tips. In the past, Pet Access has even provided access to a dog trainer when the need arose. 🐾

To learn more about Community Access and the Pet Access program, you may visit their website

www.communityaccess.org

(“mh”, continued from p. 1)

the things people do are yoga, tai chi, meditation, dancing, screaming at the top of your lungs, spending time outside, socializing, exercise, sharing experiences with others, keeping a schedule, seeing alternative therapists, taking psychedelic drugs, taking herbal supplements or drinking tea, taking time throughout the day to relax, keeping a journal and going to support groups. I’ve tried to list a lot of activities because it is a terrible feeling to feel as though you have a problem and at the same time, do not know what to do to solve it. Choosing a hobby to get involved in and watching yourself improve gradually builds self-confidence.

Even the term mental health means different things to different people. If we are to see ourselves out of this difficult and confusing situation we are going to have to learn to be flexible, compassionate and we are going to have to work together. 🐾

Newsletter Editor’s note: I am including this article especially because it comes from <http://www.icarusproject.net>, a website I recommend people check out. I want to add that work is very helpful to many people in their recovery.

Visit from Members of Japanese Mental Health Community from Obihiro

On Wednesday, October 17, we welcomed eight visitors and an interpreter from Obihiro, Japan, on the northern island, Hokkaido, of Japan. Three of the visitors were consumers and the rest were a mixture of psychiatric social workers, an occupational therapist and a psychiatrist. We explained to them what Cornucopia is about, how it works and how something similar could work for them in Japan.

Historically, psychiatric hospital stays in Japan have been quite long, averaging almost a year due to a lack of resources and options in the community. In the past several years, the Japanese have set up about ten CSP programs, helping consumers get into the community and lessen the length of their hospital stays. The three consumers who visited told us that they work now as Peer Support workers and are working in their community.

They had a busy week visiting many organizations in Madison, learning especially about how consumers have become empowered here in Madison, even in the past five to ten years.



Visitors learning about Cornucopia

They heard about peer support, disability rights, visited Recovery House, Yahara House, the VA CSP and learned about organizations like Outreach and the Rape Crisis Center.

At Cornucopia, we also had a chance to simply sit down and exchange fun while barely even speaking each other’s language. Lori taught one of the visitors to make an origami crane and he taught her to make an origami yako-san: that’s a little man’s outfit. What a great way to learn from other people in the world: through community building and fun.



Lori and Mr. Yamahiro teach each other origami folds



Cornucopians and visitors in front of Porchlight

Untitled *lynne morris*

as you learn, age, grow and when you cannot think of non-violent, non-threatening behaviors in response to the parts of the world you encounter, it is time for you to free your rancor, delete it, override it, find relaxation, and go back to the drawing boards of your mind and search out other resources such as a technical college, university, or even a library with questions for a librarian to help you research. and then, wait awhile longer for the broth of your mind to absorb, rearrange, and become still and newly fertilized.

Have you heard that boards of directors are only for show? Be careful what you let impress you.

i completely believe that it is the financial situations of the large money institutions that will determine the health of the various countries. I'm not sure how that can be done, but i enjoy banking where the name of the bank used to be mibom or something like that, now known as m & i bank of madison, in my mind. pain in financial pockets of the greedy, greedy world players will halt life activities. if the players could find an ecolife that put \$\$\$ in their hands, perhaps we would agree to worry about it with legislation.

stigma, prejudice, is rampant and hurts and some people who suffer from it act out and the prejudice they have lived with is ignored by the media and the courts. life in the west is not democratic for many of the residents, citizens, children, wives, minorities, husbands. do we all cry to ourselves, and , if there is god or God, the creature is overwhelmed and the world abounds with anti-miracles.

FALL IS HERE

Listen people,
Fall is here,
A new season,
Brand new year.
The leaves have changed,
Colorful at their best,
Summers gone,
Time to rest.
A walk in the park,
Breathing some air,
Hand in hand,
Showing some care.
When autumn comes,
And summers gone,
Enjoy the season,
You can't go wrong.

— *Dylan Abraham*

Members' Creative Writing for Fall

“The Dusty Miller Enigma” by Barbara Stangler

Dusty Miller is not a little boy with grass-stained knees and a runny nose. Dusty Miller are ornamental plants that are ash gray or white wooly foliage. If you've never seen a Dusty Miller you really should go Dusty Miller hunting. Put on your ugliest flannel shirt, favorite visored cap, oldest pair of jeans, and comfy walking shoes. And don't forget your binoculars and camera. Dusty Miller is a very shy plant. They are like the Big Foot of the plant world. They have been known to pull themselves out of the ground and hide in fear behind Birch trees. Dusty Miller came from the sky in an asteroid and crashed here on earth 1,000 years ago and has been multiplying ever since. Yes, okay, they're an alien plant but they're beautiful in a wooly way. You are as likely to cross paths with the sometimes mobile Dusty Miller as you are to ever see a mammography of a Wooly Mammoth in a Hawaiian muumuu.

Untitled

Chapter One

Gardens dried up in the heat
Herbs insisted on going to flower
Creating a most pungent of flavor
Only invasive plants survived.

Chapter Two

Rain replenished the land
the damage already done

Chapter Three

Red maples were dotted in with color
Elms dabbled with yellow
Foliage is dried and brittle

Chapter Four

Along tree lined streets
traffic overwhelmed them
toxic fumes painted their leaves
prideful chemicals are their medium

Chapter Five

Forests, like an army; have strength in numbers
Being less traveled, their strength's in their color
Every shade of green.

Chapter Six

I watched from my window
When a breeze did blow
the tree lined streets were a choreographed windfall

Chapter Seven

the season officially changed on
the calendar page
Mild days and chilled nights

Chapter Eight

Blazened tendrils lit a spark in the evening's bouquet.
Daylight's silhouette was but a flicker of warm color.
Paint the sky as a canvas of flaming petals.





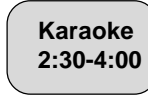

— *Donna Holzem*

background by William P. Kuban

November 2007

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

C
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HOURS :	10 - 3	10 - 3	10 - 8	10 - 5	10 - 3	
	Stop in anytime!			1 Leather Work <i>w/ Deb</i> 12:30-2:00 Beging Drawing Class <i>w/ Debbie</i> 2:00-3:00 Peer Support Training 3:30-5:00	2 Painting <i>w/Scott</i> 11:00-1:00 Watercolor <i>w/Carrie</i> 1:00-3:00	3
4	5 Paper Making 10:00 - 12:00 <i>w/ Lori</i> Sculpey <i>w/Julie</i> 11:00-12:00 Games <i>w/ Rich</i> 12:30 Arts & Crafts <i>with Mary</i> 1:30-3:00	6 Open Computer Tutoring <i>w/Jade 1-3</i> Expressive Art <i>w/Paul 1:00-3:00</i>	7 Living Skills 1:00-2:00 <u>Stress Mgt.</u> <u>through Time Mgt.</u> CreativeWriting Mary C. 12-1 Clay & Open Studio Wellness Dana 3:00-5:00 Positive Thinking Karen H. 6:00-8:00	8 Leather Work <i>w/ Deb</i> 12:30-2:00 Beging Drawing Class <i>w/ Debbie</i> 2:00-3:00 New Peer Support Training 3:30-5:00	9 Painting <i>w/Scott</i> 11:00-1:00 Watercolor <i>w/Carrie</i> 1:00-3:00	10  <i>new moon</i>
11	12 Paper Making 10:00 - 12:00 <i>w/ Lori</i> Sculpey <i>w/Julie</i> 11:00-12:00 Games <i>w/ Rich</i> 12:30 Arts & Crafts <i>with Mary</i> 1:30-3:00	13 Open Computer Tutoring <i>w/Jade 1-3</i> Expressive Art <i>w/Paul 1:00-3:00</i>	14 Living Skills 1:00-2:00 <u>Stress Mgt.</u> <u>through goal</u> <u>setting</u> Clay & Open Studio Dana 3:00-5:00 Wellness Mind-Body Connection Karen H. 6:00-8:00	15 Leather Work <i>w/ Deb</i> 12:30-2:00 Beging Drawing Class <i>w/ Debbie</i> 2:00-3:00 Peer Support Training 3:30-5:00	16 Painting <i>w/Scott</i> 11:00-1:00 Watercolor <i>w/Carrie</i> 1:00-3:00	17
18	19 NO Paper Making Sculpey <i>w/Julie</i> 11:00-12:00 Games <i>w/ Rich</i> 12:30 Arts & Crafts <i>with Mary</i> 1:30-3:00	20 Open Computer Tutoring <i>w/Jade 1-3</i> Expressive Art <i>w/Paul 1:00-3:00</i>	21 Living Skills 1:00 - 2:00 <u>Money Mgt.</u> CreativeWriting Mary C. 12-1 Clay & Open Studio Dana 3:00-5:00 Wellness Chronic Pain Karen H. 6:00-8:00	22 	23 Painting <i>w/Scott</i> 11:00-1:00 Watercolor <i>w/Carrie</i> 1:00-3:00	24  <i>full moon</i>
25	26 Paper Making 10:00 - 12:00 <i>w/ Lori</i> Sculpey <i>w/Julie</i> 11:00-12:00 Games <i>w/ Rich</i> 12:30 Arts & Crafts <i>with Mary</i> 1:30-3:00	27 Open Computer Tutoring <i>w/Jade 1-3</i> Expressive Art <i>w/Paul 1:00-3:00</i>	28 Living Skills 1:00-2:00 <u>Pain Mgt.</u> Clay & Open Studio Dana 3:00-5:00 Wellness Non- Pharmacologic Intervention Karen H. 6:00-8:00	29 Leather Work <i>w/ Deb</i> 12:30-2:00 Beging Drawing Class <i>w/ Debbie</i> 2:00-3:00 Peer Support Training 3:30-5:00	30 	

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 (Nov. 5, 12, 26) Sculpey 11:00-12:00 Games 12:30
Arts & Crafts 1:30-3:00**

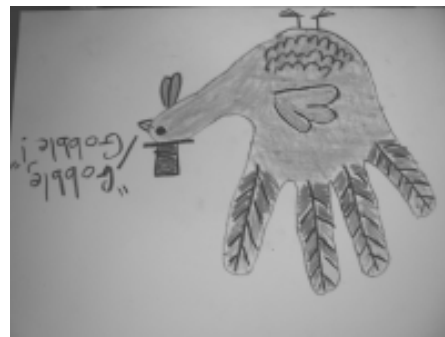
***Tuesdays:* Clay & Open Studio 10:00-12:00 Open Computer 1:00-3:00 Expressive Art
with Drawing and Painting 1:00-3:00**

***Wednesdays:* Writing 12:00-1:00 (Nov. 7, 21) Living Skills 1:00-2:00
Wellness 6:00-8:00**

***Thursdays:* Leather 12:30-2:00 Beginning Drawing 2:00-3:00
Peer Support 3:30-5:00**

***Fridays:* Water Oils/Charcoal/Pastel 11:00-1:00 Watercolor 1:00-
3:00 Karaoke 2:30-4:00 (Nov 30)**

Lori Kinnard



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