

CORNUCOPIA

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



July 2007, Vol. 11, No. 7

Surprising Number of People Show Signs of Psychosis

Psychiatric News June 1
Joan Arehart-Treichel

A number of people may experience psychotic symptoms even if they do not have a full-blown psychotic disorder, various studies have suggested. For example, the first National Comorbidity Survey, published in 1996, found that 28 percent of Americans had experienced psychotic symptoms at some point in their lives.

However, none of these studies evaluated how many people experience such symptoms over the long term. So Wulf Roessler, M.D., a professor of clinical and social psychiatry at the University of Zurich in Switzerland, and his colleagues decided to do so.

Roessler and his group started with 4,600 19- or 20-year-olds representative of their age group in the Zurich area. Each was mailed and asked to fill out the Symptom Checklist 90-R (SCL90-R). The SCL90-R is a comprehensive self-report questionnaire containing 90 questions, covering a broad range of psychiatric symptoms. From the individuals who responded, the researchers selected 591 to participate in their 20-year longitudinal study. Two-thirds of them had scored high in psychiatric symptoms on the SCL90-R, and the remaining one-third had scored within the normal range.

When the subjects were aged 21, 23, 28, 30, 35, and 41, they were asked not only to fill out the SCL90-R, but to undergo a semistructured interview. This way the scientists could not just plot their experiences with various psychotic

symptoms, but also diagnose them, according to DSM criteria, for schizophrenia. Out of the initial 591 subjects, 372 completed the entire study.

Roessler and his team found that a large proportion—58 percent—reported having experienced psychotic symptoms at one time or another. For example, at age 21, 38 percent reported that someone else could control their thoughts, and 19 percent reported that other people were aware of their private thoughts. At age 30, 30 percent reported that they felt lonely even when with other people. At age 41, about 33 percent said they were being watched by other people.

As time went by, the subjects experiencing psychotic symptoms could generally be placed in two groups—those with the nuclear symptoms of schizophrenia such as auditory hallucinations and thought-broadcasting, and those with schizotypal symptoms such as odd beliefs, suspiciousness, and a reduced capacity for close relationships. Nonetheless, 6 out of 10 subjects who had experienced a consistently high level of schizotypal symptoms also experienced a continuously high level of schizophrenia nuclear ones, and those who remained highly symptomatic in either domain experienced a lot of difficulties in their lives on factors such as partnerships, careers, or contact with the justice system.

“Importantly,” he added, “this study also documented considerable consistency in these experiences over a two-decade follow-up period.... We have long known that more common emotional disorders, such as depression and phobia, are at the upper ends of continuous distributions, with substantial proportions of the population having subthreshold manifestations. It is striking to find the same is true for psychotic experiences.”

More provocative results emerged from this investigation, Roessler noted. While a considerable number of subjects reported psychotic symptoms
(continued on p. 5, see “psychosis”)

Not Such A Surprise

By Karen Milstein

I do not find it surprising that so many people show signs of psychosis. Why do we label “psychosis” as something abnormal? We live in a troubled world. Especially the people who exhibit “schizotypal symptoms such as odd beliefs, suspiciousness, and a reduced capacity for close relationships” can easily be accounted for in the present society in today’s world.

I have experienced my share of psychotic symptoms and have been clinically diagnosed schizoaffective, bipolar and borderline at varying times, apparently depending on what treatment and/or meds my treaters wished to give to me.

My first severe symptoms of my “disease” occurred at 18 and 21 (1982 and 1985 respectively) before I had a proper diagnosis. The symptoms manifest in a similar manner now but are currently manageable under comparable if not much greater stress. I can handle the “waves,” as I would call them. They have felt like waves. Back then they were tidal waves.

Now they still scare me, because they have so often led to the psych ward—society’s frequent response to psychosis. Granted, I now take medicine, but that is not always a guarantee against the tidal waves. But I have proved that at present I have a better response to similar symptoms without breaking.

Again, the waves I refer to from the article are “odd beliefs, suspiciousness (“paranoia”) and a reduced capacity for close relationships.” Of these three “symptoms,” all are factors—dysfunctional ones certainly—in coping with day-to-day life. Thus, when they increase, or wax to a truly dysfunctional state, one might label that psychosis.

We live in a society that feeds our intellect with fear, scary and odd beliefs and difficult and reduced capacity for close relationships. High orange alerts, bizarre and violent TV shows, and the great distance
(continued on p. 5, see “not such”)

Major funding provided by:



**Grassroots
Empowerment
Project**

Phone 608-257-7489

E-mail copia@sbcglobal.net



Cornucopia

Board of Directors

President

Karen Herro

Vice President

Steven Thomas

Secretary

Richard Johnson

Treasurer

Richard Cresswell

Board Members

Dylan Abraham

Betty Bracey

Lynn Brady

Barbara Grimm

Adam Malueg

Meera Rastogi

Newsletter

Donna Holzem

Karen Milstein

Interim Staff

Karen Milstein

Executive Director

Bill Kuban

Business Manager

Dawn Gifford

Program Manager

Gregory Smith

Program Assistant

Art Teachers

Vickie Eiden

Dawn Gifford

Deb Griffith

Mary Nelson

Dana Romano

Jade Rosario

Leslie Schneider

Scott Tremel

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.

Take Your Time...

Slow down and take your time. There's no rush right now to make decisions. You can't feel your vibes, let alone trust them, if you're overbooked, juggling too many things at one time, constantly playing catch-up, or racing around like crazy.

Assume a more leisurely rhythm, and trust and actually stretch time. The elements necessary for your success aren't fully present yet, but they're coming together behind the scenes.

Karaoke

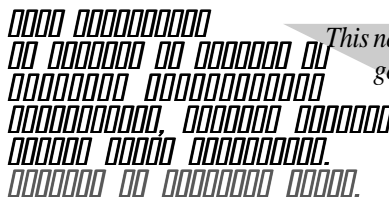
Come join us for another round of karaoke. We haven't had karaoke for awhile. We'll take a July Friday to sing some tunes. We have a long list of various singers and styles. Choose your favorite. Who says you can't sing? Betcha you can! July 13 from 2:30-4:00. Lotsa fun. See ya'.

We're going to close Saturdays until October. Sorry if this is an inconvenience for anyone. Not enough people were showing up. There's lots to do in the summer in Madison. Hopefully we'll be able to offer a class in the fall on Saturdays and be open again when the leaves come fluttering down.

Our clay program is supported by:



Background on page six in the last issue was designed by Shawn DeGeest.



This newsletter is published with generous support from



ACTIVITIES & NEWS BITS

Voices Group: Tuesday 3:00-5:00 Gallery

We welcome all who hear voices and their allies to join us for a group to talk about our experiences in a safe and supportive setting. Along with laughter and hope, food and beverages continue to be served.

NEW VOICES WEBSITE!!

WWW.HVN-USA.ORG The first hearing voices network website in the United States!

Mondays... In the next month we will be working on developing a painterly style in our work. We will still be accepting work on the theme Crazy for the September Library show. I would very much appreciate work even if it has already been shown at the library before. I have to admit that framing is probably the biggest challenge when doing a show and usually the framing is done by the artist when you're doing competitive work but we also have a good supply of frames that were donated on behalf of our members soooo! Let make this frame-it-up month. If your work needs a matt I think this year I am going to try and see how resourceful members can be and ask you to find a matt. I will get some resources together and let you know where mattes can be found. My favorite resource for that is Lynn's on 5928 Odana Rd. Lynn's is a nice little place and Lynn has made generous donations to Cornucopia. Think library show September. Let's make this dramatic and exciting. Team work go team go it's not about me but it is about you! See you on Monday Mary!

Kinda old, kinda new Workshop! Papermaking...

We've had papermaking before, but Lori will bring her own style. She is teaching two workshops in July. Come prepared to get wet. Lori will bring spray bottles to make sure that happens! So cool off in the summer heat, here at air-conditioned Cornucopia. Twice in July, paper-making workshops. July 9th and 30th, from 10:30-12:00. Come on in.

Come join Games group on Mondays at 12:30 with Rich right after lunch... Yahtzee is usually the game, but also Scrabble is a happening game. Or come along and play what you want to play. Come on in! Eat lunch for a dollar and then join in on Games Group. See ya'.

Clay Tuesdays 10:00-noon

Summer's here! Come in and do new projects. There's plenty of things to make with clay! Tuesday mornings, it's happening. See you soon! Dana

Leather & Multi-Media Crafts with the

Debs: What a happening spot. You have a chance to create your own designs on belts, wallets, watch and wristband. That's just leather. We have felted sweaters so you can design your own purses, mittens for the winter. Hemp necklace and bracelets have also been happening. Come check us out Thursday 12:30-2:00. So like fun!!! Deb Griffith

Framing Workshop starting July 5th. Ending July 26th 2:00-3:00 on Thursday. All artwork or prints. With Deb Gehrke and Dawn

Workshop on framing artwork. We will be using a variety of materials and techniques to create beautiful frames for your artwork. The workshop will be held on Thursday, July 26th, from 1:30-3:00 PM. Cost is \$26.00. Sign up now!

Workshop on framing artwork. We will be using a variety of materials and techniques to create beautiful frames for your artwork. The workshop will be held on Thursday, July 26th, from 1:30-3:00 PM. Cost is \$26.00. Sign up now!

Open Computer Tutoring Hours: Wednesday Afternoon
June 13, 20, 27 2:00-4:00 with Jade. Come in and learn how to set up an email account, work with word processing and whatever you need help with. Or just hang out.

International Art Hour with Vickie Friday
1:00-2:30 July 27th focus on Indonesia
Need a little break? Longing for a vacation? Take an overseas journey through art in only one and a half hours! Vickie will be your "tour guide" for the first 15 minutes, leading you through a bit of the cultural history and traditional arts of your destination. Then you'll have the rest of the hour to try one of the techniques for yourself while listening to music from your destination.

Scott Tremel's Friday Painting...

Do you like to paint and draw? Do you have free time on Fridays from 11am-1pm? If you answered "yes" to both of these questions you are in luck because the studio is available and ready for you. Come and paint a masterpiece for "some famous gallery" or maybe draw a nice picture for a loved one. See you there! Scott

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!

- 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 3:00
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 Jul 2 & 16 7:00-8:30
- Schizophrenia** Sat Jul 14, & 28 1:00
- Depression/Bipolar** Sun Jul 1,8,15,22,29 & 6:30-8:00 and
Tues 6:30-8:00 Jul 3,10,17,24,31

NAMI Wisconsin website for helpful information for people with mental health struggles: www.namiwisconsin.org

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.
- Wisc Pub Psych Net Mental Health Teleconference**
Thursdays 11:00 to noon Call 608-316-0022, code 1099
http://dhrs.wisconsin.gov/MH_BCMH/Teleconference/TeleconferenceSch.htm
- July 12 Treatment of Aggression in Adolescents Michael Caldwell, Psy. D., Mendota Juvenile Treatment Center**
- July 26 Transitions Michael Witkovsky, M.D., Clinical Consultant, BMHSAS**
- 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
- 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
9:00-11:00 Mondays services at Dane County
Dane County Job Center Job Center.
1819 Aberg Av, Rm 6, Madison
608-242-4886 Lynda
- Double Trouble in Recovery** 12 Step Study Group: Every Monday night at 6:00 pm. A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others to recover from their particular addiction(s) and mental disorders. **St. Lukes Episcopal Church, 4011 Major Ave. Madison. Enter through back door in parking lot. 438-1960. www.doubletroubleinrecovery.org**

(“psychosis”, continued from p. 1)

throughout the 20-year period, fewer tended to do so as time went on. Roessler admitted that he wasn't sure of why this occurred, “But what we do know from the epidemiology of schizophrenia and psychotic disorders is that we would expect the highest rates of psychotic symptoms to occur in the 20s, with a constant decline over the two decades of our observation period.”

Use of marijuana at age 20 or 21 was the most prominent predictor for a continuously high level of schizophrenia nuclear symptoms over the next 20 years. Furthermore, the odds ratios were higher in frequent users, indicating a dose-response relationship.

Individuals who reported a continuously high level of schizotypal symptoms often had experienced troubled childhoods, suggesting that childhood adversity might be a risk factor for them.

The report, Kessler asserted, “raises important questions about the... implications of extending research on early preventive intervention with incipient cases of psychosis to include the substantial number of people with stable subthreshold symptoms.”

Roessler agreed. “Our study gives new impetus to the discussion about early detection and treatment of schizophrenia. It has been considered unethical to treat persons below the diagnostic threshold. This should be re-discussed considering the significant impact of these subthreshold symptoms.”

No easy answers on when treatment should be offered, however, could be gleaned from this study. For as Roessler pointed out, “We did not find one person acquiring full-blown schizophrenia. The conclusion is that the ‘psychotic states’ we identified in our subjects stand for themselves. They are not just pre-forms of schizophrenia. They are part of the spectrum disorder from schizotypal personality disorders to full-blown schizophrenia.”



(“not such”, continued from p. 1)

we live from our close relatives, not to mention the high divorce rates, among so many other examples. Do we not incur “psychosis” in ourselves? We shouldn't label psychosis as something abnormal, but, on the other hand, accept it as a direct extension of the society in which we are presently living, especially in this century and decade. I question if “psychosis” is not a disease of the mind or a larger disease of our society. With this perspective, perhaps there are healthier ways to treat and likely cure individuals, the many individuals with “psychosis.”

Depression Risk Is Higher Among Battling Siblings

Mark Moran

Psychiatr News June 1

Poor sibling relationships in childhood may be an important and specific predictor of major depression in adulthood.

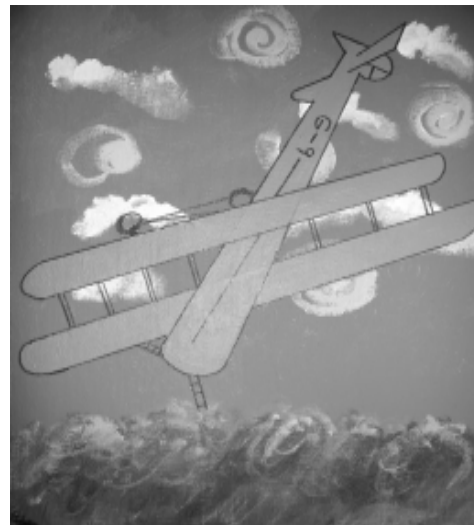
Those relationships appear to be even more crucial in the development of adult depression than the quality of relationships with parents—at least among a cohort included in the long-running Study of Adult Development directed by Robert Waldinger, M.D.

Investigators found that poorer relationships with siblings prior to age 20 and a family history of depression independently predicted both the occurrence of major depression and the frequency of use of mood-altering drugs by age 50, even after adjustment for the quality of childhood relationships with parents.

“What's important from our study is the connection there seems to be between being close to at least one sibling and having a lower rate of depression in adulthood,” said Waldinger. “We don't understand why that is the case, but the link seems pretty clear from our data.”

“The men who at age 20 had histories of no close relationships with siblings during childhood were much more likely to be depressed over the next 30 years than those who were close to at least one sibling.”

“It could be that closeness with a sibling helps to develop skills in relating



Duane Schneider

to peers that you then take into adult life,” he said. “Or it could be that lack of closeness to siblings in childhood is an early sign of vulnerability to depression.”

“We know that strong social connections are good at protecting people from depression and in relieving depression,” Waldinger said.

Somewhat of a surprise was the finding that sibling relationships appeared to predict depression but that the quality of parental relationships did not.

Waldinger said the finding might be explained in part by the homogeneity of the study cohort. “Our findings do not imply that parental relationships are unimportant,” he said. “It may be that this group of men had childhood parental relations that didn't range too widely from the best to the worst.”

“In a sample where very bad parenting was more common, relationships with parents might also have emerged as a predictor of adult depression,” Waldinger said.

“Childhood Sibling Relationships as a Predictor of Major Depression in Adulthood: A 30-Year Prospective Study” is posted online at ajp.psychiatryonline.org under the June issue.



In accordance with Title 17 U.S.C. Section 107, this material is distributed without profit to those who have expressed a prior interest in receiving the included information for research and educational purposes.

Remember Moxie

By Donna Holzem

It's a small world, the years pass by swiftly. July comes around like clockwork and the heaviness of an unresolved death by suicide comes up in conversation. You toss out the name of a small town, and an unusual name of an old friend; and you've found yourself conversing with someone, with the same undigested issues, and loss, and regret.

I've forgotten just how many years it has been; it's been quite a few. I really don't know what specifically triggered Moxie that time around. I suspect it was her inability to let go of the anger she carried with her in those days of therapy, parenting, and recovery work. The anger eventually consumed her.

Her behaviors; we most likely have all experienced at one time or another in our therapies, on our way toward recovery, were blatantly asking for boundaries. Or at the very least help. I fear that so many of us set those healthy boundaries that we caused Moxie to feel abandoned and isolated. She turned inward and out of touch.

For weeks I tried calling, even writing. Then I was worried enough to call her Pastor, to ask him to check in on her.

I didn't feel stupid. I still do not read the obituaries. Pastor Mark explained that Moxie had jumped off the Meriter parking ramp and he had done the eulogy.

I have fond memories of Moxie, her name defines a great deal of who she was. For the loss and and regret and unresolved standoff I purchased a memorial brick in the not so new NAMI building that simply says "Remember Moxie" 🐾



Shawn DeGeest and Barbara Grimm on the computers...



Factoid found on Wikipedia by Barbara Stangler

"Texas Rangers TV announcer Bill Land once called an easily-caught fly ball in a game incorrectly by stating, "It's a cornucopia!" In the background, you could hear commentator Tom Grieve mumbling "can...of...corn..." It is not uncommon to hear fans in the lower rows of Section 15 at Ameritrust Field in Arlington yelling, "Cornucopia!" P.S. "can of corn" is an easily-caught flyball. Supposedly comes from a general store clerk reaching up and dropping a can from a high shelf. 🐾

This is a half true story of what happened when I went grocery shopping about a year ago. After I thought, "what a good cop" the rest is fictitious. I call it "Tums Transgression": About a year ago I went grocery shopping. After I had put the bag of groceries into the trunk of my car, I turned the shopping cart around and headed for the direction of the cart stall where you park the carts. But then it seemed out of nowhere a female cop (I had noticed her earlier in another check-out lane and some- times she would look at me) approached me smiling and said, "Here let me take that for you. I have waterproof shoes on." It was then I noticed a fairly large puddle of water near the cart stall. "Well thank you!" I said surprised, as she took the cart from me and walked away with it. "What a good cop," I thought and started fidgeting with the wrapper on the roll of my Tums of which I have a 750 mg a day calcium supplement abuse habit. My hands shook excitedly as I anticipated the taste of their forbidden fruit flavor. Just then a male cop, scowling so darkly at me, I knew at once he was a bad cop, placed his hand on my shoulder and said, "I'll have to ask you to come with me miss, for twiddling your Tums.

— Barbara Stangler



Karen Herro, Board President, Wellness teacher and Career Path to Recovery facilitator..

Tie Dye, Part II.

by Betty Bracey

Our Tie Dye class went very well. Dawn brought some supplies that we needed. Me and Dawn showed everyone how to tie dye by setting up containers for the t-shirts. People in the tie dye had fun with the tie dye. We had another person showing the class how to dye. The third person showed how to use different ways to dye the tie dye t-shirts. The things we used were cloths pens, string, etc. Starting our own business for tie-dye t-shirts or for a project to make money. I didn't stay long

for the tie dye class because I had an appointment that same day. But I'm sure the class wants another class very soon. I'm glad they would like to start a business or a project for raising money for Cornucopia and that class turned out good. That's a good sign that they really liked the class and will come again. We will have many more tie dye classes make money for themselves. The fun can make them think of other things they can do with tie dye t-shirt and other clothing they can use. It was a fun project for class. 🐾

July 2007

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

C
O
R
N
U
C
O
P
I
A

HOURS :	10 - 3	10 - 3	10 - 8	10 - 3	10 - 3	12 - 5
1	2 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	3 Clay & Open Studio Dana 10:00-12:00	4 CLOSED FOR THE 4TH OF JULY	5 NO Leather & Multi-Media Crafts 12:30-2:00 Framing Workshop Deb & Dawn 2:00-3:00	6 Painting w/Scott 11:00-1:00	7
8	9 Games Rich 12:30 Papermaking w/Lori 10:30-12:00 Arts & Crafts with Mary 1:30-3:00	10 Clay & Open Studio Dana 10:00-12:00 Voices Group 3:00-5:00 Gallery Teresa & Barb	11 NO Dance Mvt w/ Mariah 12--1:00 Collage/Mixed Media w/Leslie 4-5:30 Career Path To Recovery w/ Jim & Karen H. 6-8 pm	12 Leather & Multi-Media Crafts 12:30-2:00 Framing Workshop Deb & Dawn 2:00-3:00	13 Painting w/Scott 11:00-1:00 KARAOKE 2:30-4:00	14 new moon
15	16 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	17 Clay & Open Studio Dana 10:00-12:00 Sculpey w/Shawn 1:30-3:00 Voices Group 3:00-5:00 Gallery Teresa & Barb	18 Dance Mvt. w/Mariah 12-1:00 Open Computer Tutoring w/ Jade 2-4 Collage/Mixed Media w/Leslie 4-5:30 Career Path To Recovery w/ Jim & Karen H. 6-8 pm	19 Leather & Multi-Media Crafts 12:30-2:00 Framing Workshop Deb & Dawn 2:00-3:00	20 Painting w/Scott 11:00-1:00	21
22	23 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	24 Clay & Open Studio Dana 10:00-12:00 Sculpey w/Shawn 1:30-3:00 Voices Group 3:00-5:00 Gallery Teresa & Barb	25 Dance Mvt. w/Mariah 12-1:00 Open Computer Tutoring w/ Jade 2-4 Collage/Mixed Media w/Leslie 4-5:30 Career Path To Recovery w/ Jim & Karen H. 6-8 pm	26 Leather & Multi-Media Crafts 12:30-2:00 Framing Workshop Deb & Dawn 2:00-3:00	27 Painting w/Scott 11:00-1:00 Int'l Art Hour w/ Vickie 1:00-2:30 Indonesia	28
29	30 Games Rich 12:30 Papermaking w/Lori 10:30-12:00 Arts & Crafts with Mary 1:30-3:00 full moon	31 Clay & Open Studio Dana 10:00-12:00 Sculpey w/Shawn 1:30-3:00 Voices Group 3:00-5:00 Gallery Teresa & Barb				

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 10:30-12:00 (July 9 & 30th) Games 12:30 Arts & Crafts 1:30-3:00

Tuesdays: Clay & Open Studio 10:00-12:00 Sculpey 1:30-3:00 (July 17, 24 & 31st)

Voices Group 3:00-5:00

Wednesdays: Dance Movement 12:00-1:00

Open Computer Help 2:00-4:00 Collage & Mixed Media 4:00-5:30

Career Path to Recovery 6:00-8:00

Thursdays: Leather/Crafts 12:30-2:00 Framing Workshop 2:00-3:00

Fridays: Water Oils/Charcoal/Pastel 11:00-1:00 Karaoke (July 13th)

International Art Hour 1:00-2:30 (July 27th)

Saturdays: Closed

Nonprofit Org
US Postage
PAID
Madison WI
Permit No. 1005

CORNUCOPIA INC
306 N Brooks St
Madison WI 53715-1002