

CORNUCOPIA

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



March 2008, Vol.12, No.3

A PLAN FOR A NATIONAL CONSUMER MEMORIAL

by Larry Fricks
"Rows upon rows of numbered, small, rusted markers as far as you can see. No names, just numbers. It must be the most gruesome sight in Georgia. Unknown humans, shunned when living, deprived of their very names in death—and known only to God."

—the late Joe Ingram

Ingram was describing the graves of some 25,000 patients buried at Central State Hospital in Milledgeville, Georgia, where he worked for 50 years. These and hundreds of thousands of shunned "unknown humans" interred nationwide, however, finally are receiving some of the respect they deserve. Across the country, advocates are working to restore grave sites at state hospitals, and fund-raising for a national consumer memorial in Washington, D.C., has begun.

Under the proposed design, peaceful gardens, reflective of the moral treatment model brought to the United States by English Quakers in the 1800s, will be the focus of the national memorial, which will be at Saint Elizabeths Hospital in Washington, D.C. The site will be easily accessible from a subway station near the memorial's entrance gate.

"You'll wind through gardens with rock markers from all 50 states listing numbers buried and at which institutions," says Dr. Pat Deegan, technical advisor to the national memorial, "and then exit through the gate back into the community, with a takeaway message of 'a life in the community for all.'"

Major funding provided by:



United Way
of Dane County



Grassroots
Empowerment
Project

Phone 608-257-7489

District of Columbia Department of Mental Health Director Stephen T. Baron and his staff have led the efforts to identify land for the memorial and secure a local engineering firm to donate an architectural rendering of the memorial. The initial design, expected this fall, will help determine the projected cost, now anticipated to exceed \$1 million. A three-year formal fund-raising drive is being planned, although donations already are being received.

"It is fitting that this memorial be located at Saint Elizabeths, given its history as a leader in moral treatment," says Baron. "We are excited to participate in this national project and are committed to moving it ahead as quickly as possible."

Moral Treatment

Opened in 1855, Saint Elizabeths was the first and only federally funded asylum and originally was called the National Asylum for the Veterans of the Army and Navy and Residents of the District of Columbia. Overlooking the Anacostia and Potomac

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

Researchers Say Depression in Middle Years Possibly Global Phenomenon

By Carol Pearson
VOA News
February 2008

A new study shows that mid-life depression is not just a Western phenomenon. In fact, it is almost universal. But the good news is, it does not last forever. VOA's Carol Pearson has more on what researchers in the U.S. and Britain found about levels of happiness throughout life.

Researchers at Dartmouth College in the United States and the University of Warwick in Britain, scoured 35 years of data on more than two million people around the world and found a consistent pattern of happiness.

They say no matter what the culture, whether we live in rich countries or poor ones, most of us are the happiest in our 20s and 30s, and then, again, after age 50. People in their 40s, especially their mid-40s, are the least happy.

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

TOWN HALL MEETING

March 31, 2008 5:00-7:00 pm

**Board elections
Guest Speaker
Food Food Food
Short Board Meeting
Vision Exploration**

All in one great membership meeting!!!

E-mail copia@sbcglobal.net

www.cornucopia-arts-inc.org



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 \$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.

February 20th: Today was a great day! Lieutenant Governor Barbara Lawton was a tremendous proponent for mental health advocates from all over Wisconsin here to support the bill SB 375. Over 500 people gathered to hold a press conference and advocate to their legislators at the capitol from all over Wisconsin. It was exciting and moving. We all had at least two meetings with legislators to inform them about SB375 which would give parity to mental health; i.e., insurers provide the same benefits and same limits for mental illness as for other forms of illness. We made our voice heard today; loudly and all around the Capitol!!

In other news around here... We'll be open Mondays, Tuesdays, Thursdays until 5:00 starting in March. Join us in the late afternoon, especially as the afternoon sun hangs out later.

Just so you know the selection for the Overture Show will take place on March 11. We will accept at least one painting, piece of sculpture, clay work or whatever your media is from each artist who submits a work.

Finally, be here March 31 for the twice-yearly opportunity to have member-input and festivities at Cornucopia. Our Town Hall Meeting is that Monday from 5:00-7:00 with food (of course), a guest speaker, board elections (we have several spots to fill), a short board meeting and an important discussion of vision for Cornucopia. The last piece is especially important for members to give input on. We want to know where you want us to go! Be there. The night promises to be an exciting one!

Karen Milstein
Executive Director

Life Skills Classes for February 2008 Tuesdays 1:00-2:00 U-W OT students

- March 4:** Nutritious (Yet Tasty) Cooking Group
- March 11:** NO CLASS
- March 18:** Journaling and Emotions
- March 25:** Combatting Negative Thoughts and Self-Talk

This newsletter is printed by inmates of Columbia Correctional Institution, working through Badger State Industries.
Printed on recycled paper.

This newsletter is published with generous support from



ACTIVITIES & NEWS BITS

Ever Expanding Color, wet-on-wet watercolor techniques demonstrated in the course of painting another grand illusion. Calvin A. McFarlane Fridays 10 until Noon. Coming soon to a drawing board near you: The Sinister Approach, wet-on-dry watercolor techniques demonstrated in Calvin's devil-may-care approach to creativity. Be there.

Debbie G is facilitating a beginning watercolor class on Wednesday from 1:00-3:00. This media is fun and flexible. Often there are treats! But really the watercolor is the treat, so don't be tricked. Seriously folks, come join us, we have a lot of fun.

Drawing & Painting Class/Workshop

Friday from 1pm-3pm

Come on in and draw and paint anything you like with any medium you like. Choose from water-based oils, tempera, acrylic, water-color, pastels, chalk, Prismacolor pencils...just to name a few!

Scott is ready and able to help you from start to finish.

Karaoke: Friday March 7

All the songs you love to sing!! Come join us for some fun...
2:30-4:00

CRAFTS!!Thursdays 10:00AM to 12:00 Noon
This month will feature various crafts each week. Join us for something different each week.
Karen Mordick

Clay, clay, clay! Tuesdays!!!10:00-12:00 am
Come explore, expand ideas and relieve stress. I am here to guide you along with your projects; we do whatever folks dream up each week, so bring your dreams. Dana

JESI'S CLASSES!!!

Mondays 1:30-3:00 Mixed Media class. An exploration of printing, painting and drawing techniques.

Tuesday 2:00-3:30

Sculpey class

Discover the possibilities of using sculpey clay, from 3-D sculptures, boxes and vessels to jewelry.

Thursday afternoons from 2:30 to 3:30 is Beginning Drawing class. March we will be proceeding with drawing heads and objects from the head. There will be treats! Check out my Wednesday class, too. See Debbie G. for any questions.

CORNUCOPIA PEERSHIP SUPPORT GROUP

*Come and talk about your week or any issue on your mind you'd like to discuss and network about.

*Wide range of topics welcome from eating disorders to coping with cabin fever, from family matters to dealing with being dually diagnosed with both a mental illness and a substance addiction.

* Receive and give support in a confidential environment of peers.

Leather and other projects. Deb G. can help you with whatever project you want to work on. It's all available, depending on your interest. Deb even has much more available than leather projects, such as wool purses or mittens, so come check out what's happening on Thursday at 1:00 in the gallery room with everyone! Break the winter blues.

Join Us for Wednesdaynight

Wellness Group! Hope to see you there!

March 5 Psychiatric Diagnoses

March 12 Dual Diagnosis

March 19 Healthy Eating

March 26 Psychiatric Medications

Wednesdays 6:00 to about 7:30 or 8

Karen Herro, BSN, RN

Remember Dining Out night... We're featuring a new restaurant every month. March we'll meet on Tuesday, March 4 at Chipotle after Cornucopia closes at 5:00. Join us for dinner. Meet here and we'll walk over there. See ya' all!

Abstract and Conceptual Art is a unique genre because it forces the artist to FEEL through art rather than THINK through art. One can convey and IDEA rather than something TANGIBLE. There are very few restrictions or rules; if you can explain it, it is right. If you feel you need to draw outside of the paper, do it. Color outside of the lines. BUT explain your feelings of why you chose to do it.

Join Aaron on Tuesdays from 3-4 NEW CLASS

Vickie Eiden brings Spring In the Air to Cornucopia!
March 12, Wednesday 1:00-2:00: Music, Pot Painting, Planting Flowers, Sowing Seeds

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 Firstar 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.

Meditation 7pm Tue. UW Memorial Union Free 251-9175

Yoga in the Garden @ Olbrich Gardens \$10. bring a mat,

7:30am Thursdays & 5:30pm on Mondays

Bridges Drop-In Grief Support Wed. 9:30-11am or 6:30pm

HospiceCare Center. 276-4660

Mild Brain Injury network

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

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 Mar 13 & 17 7:00-8:30

Schizophrenia Sat Mar 8 & 22 1:00

Depression/Bipolar Sun Mar 2, 9, 16, 23 & 30 @ 6:30-8:00

and Tues 6:30-8:00 Mar 4, 11, 18 & 25

Anxiety Disorders NEW!! Wed Mar 5 & 19

Nicotine Anonymous: 12 step program, 5:30-6:30pm Fridays

Asbury United Methodist Church 238-9211

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.

New Directions peer support for separation

or loss of relationship. Thur 7-9 St Dennis 245-0829

Hancock Center for 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

Poetry.com for creative writers, a variety of contests, take the poetry knowledge test, find a mentor, win cash prizes

Helium.com a community of writers, membership is free members are also the editors. you can have your writing recognized, published, and even earn money. check it out.

Community car is a member based carsharing service that provides cars by the hour for individuals & organizations. Check it out at www.communitycar.com or 608-204-0000.

Domestic Abuse Intervention Services first group Wed. Jan. 9th 2008 for more information, use the 24 hour crisis line: (608) 251-4445, or 1-800-747-4045.

www.soulfulliving.com/cultivatinggratitude.htm

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

(“memorial”, continued from p.1)

Rivers, Saint Elizabeths was designed to be a model moral treatment asylum with peaceful gardens. It was a pet project of reformer Dorothea Dix, who had experienced a “breakdown” as a young woman.

The original goal of moral treatment asylums was humane treatment, but by the late 1800s medically focused state institutions began to replace Quaker asylums in the United States. Moral treatment practices gradually were eroded as state institutions became overcrowded.

The Georgia State Lunatic Asylum, opened in 1842 in Milledgeville, originally promoted moral treatment. The institution went from a place where the superintendent and his family shared meals with patients to a small city of 3,000 acres and a patient population that swelled to more than 12,000 in the late 1950s and early 1960s. In fact, it was once known as the “world’s largest insane asylum.”

Many people sent to the Milledgeville institution after the moral treatment era were subject to abuse and neglect, forced lobotomies, dangerous experimentation without consent, electric shock treatment used as punishment, and overmedication. Most never returned home, and up to 25,000 died there and were buried in graves marked only with numbers on the grounds. It’s reputed that no other state facility in the nation has more patient graves.

Memorial Momentum

Advocates are working to restore grave sites and create better conditions for current patients. For example, in 1997 advocates began restoring the Georgia Central State Hospital cemetery to honor the 25,000 patients buried there. In the process, they found thousands of displaced markers, which during the late 1960s and early ’70s had been removed or pushed into the ground to make mowing the grass easier.

Don Schanche, formerly a reporter for the Macon Telegraph who wrote numerous

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stories about the cemetery restoration in Milledgeville, says mental health consumers are leading the way to memorialize those who went before them to challenge stigma and old beliefs.

“There is something compelling whenever people without a voice are given the chance to speak,” explains Schanche, who now writes for the Associated Press. “And if the voiceless people happen to be speaking from the grave—and if they are given a voice by living people who have suffered and been voiceless themselves—there is no way to ignore the story.”

The Memorial Steering Committee’s Advisory Council includes the following national organizations:

- § Depression and Bipolar Support Alliance (DBSA)
- § Mental Health America (MHA)
- § NAC/SMHA
- § NASMHPD
- § National Alliance on Mental Illness (NAMI) Consumer Council
- § National Coalition of Mental Health Consumer/Survivor Organizations (NCMHCSO)
- § U.S. Psychiatric Rehabilitation Association (USPRA)

The Advisory Council is advised on local consumer grassroots support for the memorial by the following consumer organizations:

- § Consumer Action Network of D.C. (CAN-DC)
- § Georgia Mental Health Consumer Network (GMHCN)
- § Mental Health Empowerment Project (MHEP)

Supporting organizations and individuals are sharing resources to help build the memorial. The MHA Board voted to be the fiscal agent and has created a tax-exempt fund already banking donations. National consumer leaders are signing up to provide pro bono presentations to raise money. Organizations outside mental healthcare also are stepping forward to support the memorial; the University of Georgia School of Environmental Design has agreed to provide consultation and student support.

“We hope that every consumer can visit the Washington, D.C., memorial and come

(“depression”, continued from p.1)

One of the researchers, economist Andrew Oswald says he can only guess why. He says, “The most plausible theory is that at the start of life, we have very high aspirations, very high expectations, and it’s painful through our 30s and until the mid-40s to let those go.”

Gail Harris had so much difficulty in her mid-40s that she established a Web venture about aging, health and spirituality. “You start assessing where you are and wondering if that’s all there is?” she wondered. “Could you be happier? Something almost magical and mysterious happens as you round the bend to 50.”

The researchers say our lives generally look like a U-curve with age 44 right at the bottom before we start experiencing happiness again. Professor Oswald explains, “People cut themselves a little slack. They accept that they’re not going end up the general manager of their company. They’re not going to win the Nobel Prize.”

But that does not mean people settle for less, says therapist Susan Bluestone. “It’s different. It’s really understanding who you are and what you really can accomplish in life.”

Professor Oswald says the unhappiness stems from something inside us, and there is not much we can do to avoid it. But he adds, if we make it past our 40s, we can expect to once again enjoy life to the fullest. 🐦



away inspired and empowered to work for a full life in the community for their peers,” says DBSA President Sue Bergeson. “We also want to bring the experience to them through our 1,000 support groups across the country and the traveling memorial.” 🐦



Heechang and Laurel working on clay

Psychiatric Survivor Musician Works on Album

David Oaks December 2007

Vara Adams is a psychiatric survivor musician who is working on an album of songs that challenge the current mental health system. She has three of the six songs recorded so far. We've been enjoying these first three at the MindFreedom office! Go Vara!

Vara Adams has recorded three of six songs for her music album challenging the psychiatric system. On 1 December 2007, Vara Adams released her first album, "No Means Yes." Already the album has received a warm welcome, with people calling it "jarring," "superb," "powerful" and "timely."

Vara had this to say about the album: 'I decided that it was time to tell the world how I feel about the system that labelled, drugged and shocked me. I know the songs are raw, but they very clearly express the way I view psychiatric treatment as a whole. It makes me angry that people labeled as mentally ill immediately become nameless

and are subjected to coercion and abuse. I have survived that label, and I won't be nameless anymore.'

Three songs — "Nameless", "Pana- cea" and "Trees" — were funded by Vanaheim Group, but the next three remain unrecorded due to a lack of money. Although incomplete, Vara wants to get the album out there in the hope that those still in the psy- chiatric system might have a voice, and that those outside will be inspired to try and change it.

Vara's album can be downloaded at: <http://www.varaadams.com>.

David Oaks, Director of MindFreedom International adds:

"We at the MindFreedom office downloaded and paid for the first three songs and we really enjoyed them. It's great hearing a combination of skilled artistic creativ- ity and clarity about massive change in the mental health system. We look forward to this album's full release!"

Home Free by Andy Boardman

Going home along the way
I meant to stop and pass the day
I wanted words and a good song
But found my thoughts went round and round

I sat and counted the lumps of stone
Beside the path on my way home
Beside the road I'm waiting still
To find the strength to move the will

Passive thought arise in me
To dwindle in masculinity
The quiet breeze the gentle stream
Confound the best confound the dream

A complaining knee a bum steer butt
The simple turning done in a rut
All the frets the fingers woe
Leave still the bones left still below

A pencil grasped in thick fingers
Read for the thumb, lingers
Pushing man along his way
Steering trucks pitching hay

Pulling a cap down on brow
Walk alone know not how
Why these things do come to me
Await alone I'm home free

Valentine's Day at Cornucopia...



Kim and Amany making valentines



Vickie and Laure celebrate



most of the day's crew: Laure, Kim, Scott & Amanny





Laure and Karen H.

Valentine's Day was celebrated on Wednesday, February 13th. Vickie was here to help members make valentine collages and talk about Valentine's Day in general. A good time was had by all! She'll be back in March, again at 1-2:30 on Wednesday the 12th to celebrate spring...decorating flower pots and and planting flowers for spring!

March 2008

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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HOURS :	10 - 5	10 - 5	10 - 8	10 - 5	10 - 3	1
2	3 Clay & Open Studio Dana 10:00-12:00 Materials & Methods 1:30-3:00 Jesi	4 Living Skills 1:00-2:00 Nutritious (Yet Tasty) Cooking Group Sculpey 2:00-3:30 Jesi Dining Out! 5:00 at Chipotle Abstract designs3-4 w/ Aaron	5 Beginning Watercolor 1-3 with Debbie Gehrke Wellness Psychiatric Diagnoses Karen H. 6:00-8:00	6 Crafts- w/Karen 10-12 am Leather Work w/ Deb 1:00-2:30 Beginning Drawing Class w/Debbie G. 2:30-3:30 Support Group 3:30-5:00	7  Advanced Watercolor 10:00-12:00 Painting w/Scott 1:00-3:00 Karaoke 2:30-4:00	8
9	10 Materials & Methods 1:30-3:00 Jesi	11 Clay & Open Studio Dana 10:00-12:00 Sculpey 2:00-3:30 Jesi Abstract designs3-4 w/ Aaron NO Living Skills TODAY 1:00-2:00	12 Beginning Watercolor 1-3 Debbie G. Wellness Dual Diagnosis Karen H. 6:00-8:00	13 Crafts- w/Karen 10-12 am Leather Work w/ Deb 1:00-2:30 Beginning Drawing Class w/Debbie G. 2:30-3:30 Support Group 3:30-5:00	14 Advanced Watercolor 10:00-12:00 Painting w/Scott 1:00-3:00	15
16	17 Materials & Methods 1:30-3:00 Jesi	18 Clay & Open Studio Dana 10:00-12:00 Living Skills 1:00-2:00 Journaling & Emotions Sculpey 2:00-3:30 Jesi Abstract designs3-4 w/ Aaron	19 Beginning Watercolor 1-3 Debbie G. Wellness Healthy Eating Karen H. 6:00-8:00	20 Crafts w/Karen 10-12 am Leather Work w/ Deb 1:00-2:30 Beginning Drawing Class w/Debbie G. 2:30-3:30 Support Group 3:30-5:00	21  Advanced Watercolor 10:00-12:00 Painting w/Scott 1:00-3:00	22
23	24 Materials & Methods 1:30-3:00 Jesi Materials & Methods 1:30-3:00 Jesi town hall meeting 5:00-7:00	25 Clay & Open Studio Dana 10:00-12:00 Living Skills 1:00-2:00 Combatting Negative Thoughts and Self-Talk Sculpey 2:00-3:30 Jesi Abstract designs3-4 w/ Aaron	26 Monthly Birthday Cake Beginning Watercolor 1-3 Debbie G. Wellness Psychiatric Medications Karen H. 6:00-8:00	27 Crafts w/Karen 10-12 am Leather Work w/ Deb 1:00-2:30 Beginning Drawing Class w/Debbie G. 2:30-3:30 Support Group 3:30-5:00	28 Advanced Watercolor 10:00-12:00 Painting w/Scott 1:00-3:00	29 Monthly Birthday Cake Pineapple Upside-Down Cake see Mar 26 Wednesday

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.

Mental Health Info and Social Group

2nd Wednesday of every month

March's topic: Kory Tabor an Independent Living Coordinator from Access to Independence will present "What can ATI do for ME?"

We will also discuss ideas for following months

Meetings will be held from 6pm-8pm at

301 S. Livingston St. Ste. 200

Speaker is 6:30-7:30, the rest is socializing!!!

MONOPOLY MADNESS!!!!!!

Tuesday, April 15

Here at Cornucopia

Come play with fake money to take your mind off Income Tax Day
-- pizza and prizes 2:00-6:00

Movie--"Easy Money, Beverly Hillbillies, and/or Trading Places"

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