



## **From the Office of Mental Health Promotion Issue: August 12, 2011**

### **Events**

Traditional Beats, New Rhythms

School Board Candidate Forum

NAMI Connection Recovery Support Group

Plymouth-Exchange Neighborhood (PLEX)

Picnic

Native American Heritage Month in November

Borderline Personality Disorder Conference

Faith & Family Workshop

Introduction to Mindfulness Meditation: An Evidenced Based Practice for Reducing Stress

### **Traditional Beats, New Rhythms**

**What:** This exhibition reunites three long time friends, all originally from Western New York and artists from the contemporary "Black Arts Movement" of the 60's and 70's. Their last major showing together in Rochester was in 1975 at the MAG (Memorial Art Gallery). The

**Where:** Fredrick Douglass Resource Center, 36 King St. Rochester, New York

**More information:** Register by clicking on the link below by **August 17, 2011**. Any questions contact Nate Brown (585) 465-2188 or [nbrown@thresholdcenter.org](mailto:nbrown@thresholdcenter.org)

[https://spreadsheets.google.com/spreadsheet/viewform?hl=en\\_US&formkey=dDIzSW55ajUtZzhFTlIE T1dNOVd0THc6MQ#gid=0](https://spreadsheets.google.com/spreadsheet/viewform?hl=en_US&formkey=dDIzSW55ajUtZzhFTlIE T1dNOVd0THc6MQ#gid=0)

### **NAMI Connection Recovery Support Group**

**What:** NAMI Connection is for anyone who is recovering from, or thinks they may have a mental illness, regardless of the diagnosis. The NAMI Connection support group provides a safe place to learn, share experiences, coping strategies, hope, encouragement and to gain a better understanding of mental illness. The support group is facilitated by trained peer facilitators, and is not intended to replace professional therapy or treatment. NAMI Connection respects and honors confidentiality.

**When:** Monday, August 22, 2011 6:30-8:30pm

**Where:**

<http://1491s.com/>

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