

From the Office of Mental Health Promotion Issue: October 3, 2011

Events

- Secrecy and Mental Illness
- Mental Illness Awareness Week Grand Rounds
- Spiritual Tools for Overcoming Trauma
- Introduction to Mindfulness Meditation
- Every Shut Eye Ain't Sleep
- Babies 2011 Can't Wait - Teens Won't Wait Training Series
- Motivational Interviewing: The Spirit and Skills

Secrecy and Mental Illness

What: will precede a panel discussion about the subject of secrecy and mental illness.

When: Tuesday, October 4, 2011 5:30-8:30pm

Where: School of the Arts, 45 Prince Street, Rochester NY

More information: Call (585) 423-1593 or pat.sine@namirochester.org Admission fee \$15, includes lecture & buffet. Registration preferred.

Spiritual Tools for Overcoming Trauma

What: Participants will develop spiritual tools to self-calm, connect with their Higher Power as they understand him/her and build resiliency in stressful situations. Participants will learn how to "live from a different place" rather than from an anxious, easily triggered existence in ways that is respectful to them and to others.

When: Beginning October 7th, 6 Fridays from 3:30-5pm

Where: Immanuel Baptist Church, 815 Park Avenue Rochester NY (Ring bell at small front door)

More information: Contact Joy at (585) 315-7826 or joybergfalk@gmail.com . Sponsored by Project Empower

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

What: Mindfulness is a way of paying attention that emphasizes being awake to the present moment in a nonjudgmental way. Recent brain studies show that not only does the brain affect our experience (thoughts, feelings, behavior), but that our experience affects the brain. How we think, feel and act changes the chemistry and structure of the brain. Learning these practices reduces the impact of stress on our lives and helps prevent emotions from hijacking the brain. The talk will be presented by Peter Sullivan, LCSW and Wendy Sullivan, LMSW. St. Stephen's Episcopal Church has been hosting weekly mindful meditation sessions for over 6 years. A separate session was added for children two years ago. This Fall, 8 week Mindfulness Based Stress Reduction Workshops will begin.

A CD of meditations for children and adults recorded by the presenters is available for a suggested donation of \$20.

When: Thursday, October 6, 2011 6:30 –

When: October 13, 2011 7:15 p.m.

Where: Hoyt Auditorium, University of Rochester River Campus

More information: Contact the Warner School Academic Support Office at (585) 276-5405 or e-mail help@warner.rochester.edu.

Babies 2011 Can't Wait - Teens Won't Wait Training Series

What: Babies Can't Wait ~ Teens Won't Wait is an ongoing monthly training series focused on improving permanency and well-being outcomes for children in out-of-home care. The trainings are designed to provide relevant information and provoke thoughtful discussion on a wide variety of topics of interest to professionals in the legal/judicial and child welfare systems.

When: Thursday, October 13, 2011 12:30pm – 2 pm

Where: Hall of Justice, Courtroom 303, 99 Exchange Blvd., Rochester, NY

More information:

