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Stepping Out Archives

January 29, 2010

STEPPING OUT: COMMUNITY-ORIENTED NEWS IN PSYCHIATRY

From the Office of Mental Health Promotion

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English as a Second Language Classes

Monday, February 1: Free English as a Second Language Classes will be offered Mondays, Tuesdays, and Wednesdays from 1:00 pm to 4:00 pm at Ibero American Action League, Inc which is located at 817 East Main Street. For more information please call Liliana Crane at 256-8900 ext 22.

Public Health Grand Rounds: “Healthy Living Center” Presentation

Friday, February 5: Geoffrey Williams, MD, PhD and Kacie Cook, RD, CDN will describe the Healthy Living Center and three of the evidence based programs (tobacco dependence, diabetes prevention, lipids management) that will be offered at the center. The presentation will be held in K-307 (Room 3-6408) from 12:00 pm to 1:00 pm. A light luncheon will be provided. Please bring your own beverage. For more information please visit <http://www.urmc.rochester.edu/cpm/CPMWebRounds.html>. or contact Sheila_mccart@urmc.rochester.edu.

National Black HIV/AIDS Awareness Day

HIV/AIDS Prevention: A Choice and a Lifestyle

Saturday, February 6: The Keynote Speaker will be Rev. T. Gerald Williams, from Unity Fellowship Church of Buffalo. This will be held at the Auditorium Theater – Apollo Room, 875 East Main Street. This is sponsored by The MOCHA Center, Inc; Gay Alliance of the Genesee Valley; and Action for a Better Community, Inc. For more information, contact Michael Booth at 420-1400 ext 19 or via email mbooth@mochacenter.org.

Healthy Living Center Opening Celebration & Reception

Monday, February 8: The Center for Community Health has an invitation to their opening of the Healthy Living Center, a new University of Rochester Medical Center clinical and research center to help those who want to make healthy lifestyle changes. Through individual and group coaching, the center will deliver and test effective interventions to enhance physical activity, improve nutrition, eliminate exposure to tobacco, increase medication adherence, and reduce stress. It will be held from 5:00 pm to 7:00 pm at the Center for Community Health, 46 Prince Street. RSVP by February 1st to Bea Ryan Smith, 530-2050 or bea_smith@urmc.rochester.edu.

Martin Luther King, Jr. Memorial Lecture Series: The Legacy of Dr. Martin Luther King, Jr.

Tuesday, February 9: This lecture will be presented by Tuskegee University President Dr. Benjamin F. Payton. The College at Brockport has presented the Martin Luther King, Jr. Memorial Lecture Series since 1983. The purpose of this lecture is to bring a scholarly examination of an aspect of the African-American experience to Brockport and the surrounding community. The lecture will be held from 7:00 pm to 8:00 pm at the Seymour College Union, Ballroom.

African American Educational Awareness Film Series

Saturday, February 13 and 20: In this, Black History Month, share an inspiring and unprecedented look at the largely untold history of African-American participation in America's armed forces, from the earliest days of the Revolutionary War to the current conflict in Afghanistan. For *Love of Liberty: The Story of America's Black Patriots* examines how African-Americans risked their lives in defense of America, in the dual effort of preserving freedom for their country, while also attempting to

acquire it for themselves. Part One = Saturday, February 13th from 1-4pm. Part Two = Saturday, February 20th from 1-4pm. Admission is free and open to the public at WXXI, 280 State Street. Each film will be presented by a Special Guest from the Rochester Community followed by a Q&A session. For more information, contact Shelley Figueroa at 258-0278 or figueroa@wxxi.org.

HIV / AIDS Provider Resource Fair

Thursday, February 25: This is hosted by the Care Coordination Committee of the Finger Lakes HIV Care Network from 8:30 am to 4:00 pm at The Wishing Well, 1190 Chili Avenue. There will be presentations by HIV / AIDS Service Organizations. Learn the resources offered in our area. Learn updates on new or changed services. Learn networking opportunities. Lunch will be provided. The Keynote Speaker/Trainer is Don Boise LCSW-R on "Compassion Fatigue." There will also be a presentation by Michael Mule of Empire Justice on Non-English Speaking Clients' Legal Rights to Interpreting Services. There is a \$10 registration fee per person. Please RSVP to Pat Zacharias at patzacharias@flhsa.org or call 461-3520 x102. Make checks payable to RATFA.

"Mental Health Matters" Legislative Advocacy Day

Wednesday, March 10: Advocacy is about changing minds and inspiring movement. It is about lending a voice to those who feel they have none. Your voice is needed to help restore community mental health funds that were eliminated from the NYS budget; to increase funding in the NYS budget for suicide prevention to \$5 million; and to support a comprehensive version of Timothy's Law that includes PTSD (Post-Traumatic Stress Disorder) and addiction disorders. This will be held in Albany. If you would like additional information on how to become involved, please contact Amy Molloy, 2010 Mental Health Matters Advocacy Day Committee Chair at aemolloy5@yahoo.com.

PLEASE CHECK THE CULTURAL COMMUNITY CALENDAR:

<http://www.rochester.edu/diversity/eventscalendar/>

Stepping Out is an e-newsletter of Psychiatry's community partnerships or charitable events in the community related to mental health. Please share these news items with your colleagues and friends. If you have a program or event you would like published, please contact Caroline Nestro

