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## Stepping Out Archives

**June 17, 2010**

### **STEPPING OUT: COMMUNITY-ORIENTED NEWS IN PSYCHIATRY**

**From the Office of Mental Health Promotion**

**Issue: June 17th, 2010**

- Refugee Youth Art Exhibit
- World Refugee Day
- Great American Backyard Campout
- Boosting Program Participation Workshop
- Beyond Recordings: From Fear to Hope
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#### **Refugee Youth Art Exhibit**

**What:** Artwork from a contest the Rochester Committee on Refugee Resettlement held last summer. The theme was about the youth's experiences as refugees.

**Where:** The Baobab Cultural Center, 728 University Avenue

**When:** June 17th, 7:00pm

**Sponsored by:** Westside Health Services and the Rochester Committee on Refugee Resettlement (RCORR)

[www.thebaobab.org/home](http://www.thebaobab.org/home)

#### **World Refugee Day**

**What:** An afternoon highlighting the Bhutanese culture. The event will begin with a viewing of the documentary film “Killing Time” and will be followed by a panel discussion from members of the Bhutanese refugee community. An art competition depicting life in the camps will be on display. Live singing and dancing will take place after the panel discussion. Traditional Nepalese food will be available for purchase. This event is free and open to the public.

**Where:** Grace United Methodist Church, 121 Driving Park Avenue

**When:** Sunday June 20, 2:00pm-5:00pm

**Sponsored by:** Rochester Committee on Refugee Resettlement (RCORR)

### **Great American Backyard Campout**

**What:** Reconnect your family with nature. It’s something simple you can do to promote happier, healthier children. Today’s “inside child” spends over seven hours a day plugged into some form of technology increasing their health risks of diabetes, obesity, ADHD, poor eyesight, and important social skills.

**Where:** A campground

**When:** June 26th

**Sponsored by:** National Wildlife Federation (NWF)

**Register:** [www.backyardcampout.org](http://www.backyardcampout.org)

### **“Lollipops, Not Lectures” Boosting Program Participation**

**What:** A workshop about boosting program participation and improving service utilization from a “client oriented perspective” – by focusing on benefits that people really care about. The featured keynote speaker, Dr. William Smith, Senior Social Scientist at the Academy for Educational Development, is one of America’s most experienced social change experts. He will use local examples as well as an engaging case study to lead an interactive session and panel discussion where attendees will ultimately be able to answer one of the most important questions around successful client engagement: Am I making it as fun and easy as possible for people to participate in my program?

**Where:** The Strathallan Hotel, 550 East Avenue

**When:** Friday June 25th, 8:30am- 12:30pm

**Sponsored by:** Ad Council of Rochester

**Register:** [www.adcouncilroch.org](http://www.adcouncilroch.org)

Nonprofit \$55, Profit Member \$65, Profit non-member \$75

### **Making Connections III—Beyond Recordings: From Fear to Hope**

**What:** Making Connections is a series of conversations facilitated by NCBI Rochester regarding race and race relations in the US and in our community. Our goal is to develop relations that are deep, caring and successful in addressing the many subtle forms of racism that keep us from one another. This first event in a series of four, Beyond Recordings: From Fear to Hope, will explore the emotional elements of race relations that often cloud our ability to think clearly and generously toward each other.

**Where:** LDA Life and Learning Services, 4th Floor Conference Room

339 East Avenue, Suite 420

**When:** Thursday, July 15th, 9am-12noon

**Sponsored by:** National Coalition Building Institute (NCBI)

**Register:** See attached registration form

\$30 per session, for more information visit [www.ncbirochester.org](http://www.ncbirochester.org)

#### **Oneness Blessings**

**What:** Oneness is a way of relating to life, and applies to all people regardless of race, color, creed, or religion. It is simply based on educating people about Oneness in relationships and giving blessings to catalyze their experience of Oneness in their lives based on the belief that there is no separation between spirit, emotions, mind and body as they relate to health. Blessings Givers are Linda Hilliker and Kathy Lewandowski

**Where:** Christ Church Unity, 55 Prince Street, Rochester, NY

**When:** Every Sunday at 5pm

**Registration:** No registration required.

#### **Peace Workshop Open to University Community**

**What:** Faculty and staff are invited to attend "Being the Change," a workshop sponsored by the Gandhi Institute for Nonviolence that focuses on stress management, developing a centered clarity, and learning how to practice nonviolent communication. Pizza and drinks will be served.

**Where:** The Interfaith Chapel, University of Rochester

**When:** 5:30 p.m. on Tuesday, June 22

**Register:** The workshop is free. No registration is needed.

