

# Stepping Out: Community-Oriented News in Psychiatry



## From the Office of Mental Health Promotion Issue: December 19, 2011

### Events

- Rochester Public Market Cookbook
- St. Joseph's Neighborhood Center Wish List
- Expressions of King's Legacy Celebration
- Mindfulness Based Stress Reduction (MBSR) Workshop



### Rochester Public Market Cookbook

**What:** The Friends of the Rochester Public Market are promoting the first ever Rochester Public Market Cookbook At the Heart of it All: Sharing the Recipes, the Stories & the Love of Our Market .All of the proceeds from the cookbook will support the Public Market Token Program that enables people to use their Food Stamp EBT cards to purchase fresh, affordable and local produce from area farmers. The cookbook retails at \$22.95 + tax and can be ordered in person at the Rochester Public Market or online at

[www.marketfriends.org/cookbook](http://www.marketfriends.org/cookbook) .

**More information:** Gail L. Newton, Director, Community Health Partnerships, Center for Community Health, University of Rochester Medical Center at 585-224-3057

### St. Joseph's Neighborhood Center Wish List

**What:** The St. Joseph's Neighborhood Center is in need of some supplies such as kitchen supplies, cleaning supplies, and office supplies. Please see the attachment for the wish list

**More information:** Contact Deb Swift at 585-325-5260 or [dswift@sjncenter.org](mailto:dswift@sjncenter.org)

### **Expressions of King's Legacy Celebration**

**What:** Join us for the annual Expressions of King's Legacy Celebration at RIT with keynote speaker Dr. Cornel West. Other performances by Tony award winning Garth Fagan Dance and award winning poet Joshua Bennett.

**When:** January 23, 2012, 12-2pm. Doors open at 11am

**Where:** RIT Gordon Field House

**More information:** Call 585-475-6546 or to register <http://www.rit.edu/diversity/office-diversity-inclusion/kingslegacy2012.html>

### **Mindfulness Based Stress Reduction (MBSR) Workshop**

**What:** Mindfulness Based Stress Reduction, developed originally by Jon Kabat-Zinn, is a program that teaches how to use mindfulness to promote improved health and healing. The skills learned can become part of a lifelong journey leading toward personal and social transformation. The workshop has eight 90 minute sessions. The content of the sessions include didactic teaching, experiential learning and discussion. There will be a half day silent retreat on a Saturday afternoon, 3-7pm toward the end of the workshop, which includes a vegetarian meal. This workshop is open to the public, it is non-denominational and health focused. It is offered as education.

**Facilitators:** Wendy Sullivan, LMSW is a clinical social worker whose practice includes working with clients dealing with multiple medical and mental health problems and trauma resulting from military combat. Peter Sullivan, LCSW, is a clinical social worker whose practice has included many years in community mental health, particularly working with clients in group psychotherapy.

**When:** Winter 2012 Session: Thursdays 6:30 – 8:00 pm Jan 26 – March 22, 2012.

**Where:** St. Stephen's Episcopal Church, 350 Chili Ave. Rochester, NY14611

**Cost:** For the full eight weeks including a CD and a half day retreat is \$80.00 (fee reduction scholarships available upon request)

**More information:** To register or for more information: Contact the workshop facilitators via email: [sullybro@rochester.rr.com](mailto:sullybro@rochester.rr.com), the church phone 585-328-0856 or visit [www.http://st-stephens-church-rochester.episcopalrochester.org](http://st-stephens-church-rochester.episcopalrochester.org)

### **Reminders**

- Please consider applying your attendance for any events that might meet the objectives for independent study credit hours in order to complete your cultural competence training requirements (minimum of 3 credit hours) for the Department

of Psychiatry.

- To see any past Stepping Out newsletters, please visit our OMHP homepage for the Stepping Out Archives at [Psychiatry Department: Office of Mental Health Promotion](#)

For more information on events in the community check out the [DBSA Website](#)

**Our mailing address is:**

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Secretary IV

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