



News August 2023

Cornucopia is an arts and wellness center run by and for adults in mental health recovery and their allies.

We celebrate creativity and diversity through peer support.

We promote independence, growth and dignity through self-directed recovery.

We build community connections through the arts and mental health recovery.

**Monday host:** Dick Saunders  
**Mentors** Ali Beyer, Erik Pettersen, Sandra Cassidy  
**Manager** Karen Herro  
**Director** Gregory Smith  
**Trustees:** Linda Murwin, Mary Albrecht,  
Theresa Albertson, Latisha Landing, Kari Helgren

**Linda:** My goal for this year is to increase our activities/class offerings. That incorporates increased funding, staff hours and attendance.

**Mary:** I hope we can support a regular schedule of varying classes for our members.

**Theresa:** Hi! When I moved to Madison I came upon cornucopia and have been coming ever since. I have met some amazing people. The board will benefit cornucopia as whole and my mental health. I have much love to those who have been diagnosed with mental illnesses. What sets me apart from others is my understanding of those that have mental health diagnosis and for the love of helping others especially in the midst of a breakdown. I have a great sense of humor and find love in others and express my understanding of their issues that come to cornucopia.

2 S Ingersoll St Madison cornucopia@copiarts.org  
**NEW:** 608-467-6646 Call to share thoughts and support



*Thank you, counselors in training, Melody Hsu and Jake Rademacher for bringing us your generous spirits and welcoming friendship all summer.*

### ***Call for community trustees***

Our Board of Directors has open seats for members, and allies from the wider community. The majority have personal experience of mental health recovery.

The Board meets two hours monthly—nine meetings through the year. Come to the next board meeting and ask questions!

Email [cornucopia@copiarts.org](mailto:cornucopia@copiarts.org), or call 608-467-6646.

Desired areas of knowledge include accounting, governing policies, finance/funds, legal, public speaking, community services.

We can meet with you any time to discuss our organization.

### ***Next meeting of the board of directors***

August 19 Saturday 2:00-3:30

2 S Ingersoll St, Madison

Members and volunteers invited.

If you want to speak or see the agenda,

call 608-467-6646, or email [cornucopia@copiarts.org](mailto:cornucopia@copiarts.org)



**Open Monday through Saturday**  
**12:00-4:00**

## August 2023:

### Mondays

**12:30 Draw and paint with Ali**

For all abilities!

### Tuesdays

**1:00 Personal Psychology skills with Sandra**

### Wednesdays

**1:00 Group peer support**

**2:30 Peer forum/mutual support with Gregory**

Share ideas, personal and group planning.

### Thursdays

**12:30 Poetry and Word Art with Ali**

Fun with words - create visual art, write original poems!

**2:00 Peer forum/mutual support with Gregory**

Share ideas, personal and group planning.

### Fridays

**1:00 Wellness Conversations with Karen**

Physical and mental health, co-occurring disorders, coping, assertive skills, diagnoses, medications, and more.

### Saturdays

**1:00 Peer forum/mutual support with Gregory**

Share ideas, personal and group planning.

*You* might be next to facilitate or teach a group on our schedule.

Do you have an idea for a one-hour group, to help people grow in a dimension of wellness? **That means emotional, social, spiritual, physical, intellectual, environmental, occupational, or financial dimensions of our lives.**

You can lead a support group, an activity, or a class.

Share what you know, or learn something new together.

Greg or Karen will support and encourage you

as participation grows. 608-467-6646 / [cornucopia@copiarts.org](mailto:cornucopia@copiarts.org)



2 S Ingersoll St  
Madison WI 53703

**Cornucopia**  
arts and wellness center

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