

News July 2023

25 Ingersoll St Madison cornucopia@copiarts.org
608-249-7477 Call to share thoughts and support

Monday host: Dick Saunders
Counselors Melody Hsu, Jake Rademacher
Mentors Ali Beyers, Sandra Cassidy, Erik Pettersen
Managers Karen Herro, Gregory Smith
Trustees: Latisha Landing, Kari Helgren,
Mary Lock Albrecht, Linda Murwin

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.

Thank you recent donors:
Nancy Abraham, Lorraine Halverson, Chuck Ketterhagen,
Barbara Jacobs, Rich Zietko, Meriter Hospital Staff



Annual Meeting of Members —ELECT OUR BOARD

Members we need your voice and vote!

Tenney park July 15 Saturday 12:00-3:00

(We will be there early, you can too if you prefer.)

East side of Madison, bus route D.

Potluck-picnic. Bring music, toys, games.

Call for community trustees

Our Board of Directors has open seats for our members, and from the wider community, with diverse perspectives and experience. The majority will have personal experience of mental ill health.

We also need a treasurer for fiscal oversight, and the next Board President. The Board meets two hours monthly—nine meetings through the year. (See the left-side page for current Board members.)

Please come and ask questions.
(Or you may prefer to get involved in other ways.)

Our working plan for this year includes weekly groups and peer support for mental, physical and social wellness, and developing leaders. We join together for safety and trust.

Email cornucopia@copiarts.org, or call 608-249-7477.

Write your personal strengths that would help our mission.
Write an idea for what we should do in the next year.
(Example areas of interest and contribution are accounting, bylaws, services, counseling, finance/funds, legal assistance, personnel, public speaking.)

We will meet with you early on Annual Meeting day, or any time to talk about our organization and programs, and write your nominee statement.

Open Monday through Friday
12:00-4:00

July 2023:

Mondays

12:30 Draw and paint with Ali

For all abilities!

2:00 Individual Counseling Corner with Melody

For personal growth and well-being.

Explore thoughts and emotions in a supportive environment.

Overcome challenges to achieve goals.

Tuesdays

1:00 Personal Psychology skills with Sandra

Wednesdays

1:00 Group peer support

2:30 Painting Mindfully with Jake

For all abilities! Open awareness for creativity.

Thursdays

12:30 Poetry and Word Art with Ali

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

2:00 Musical Creation with Melody

Musicians play while we explore painting.

No prior experience required.

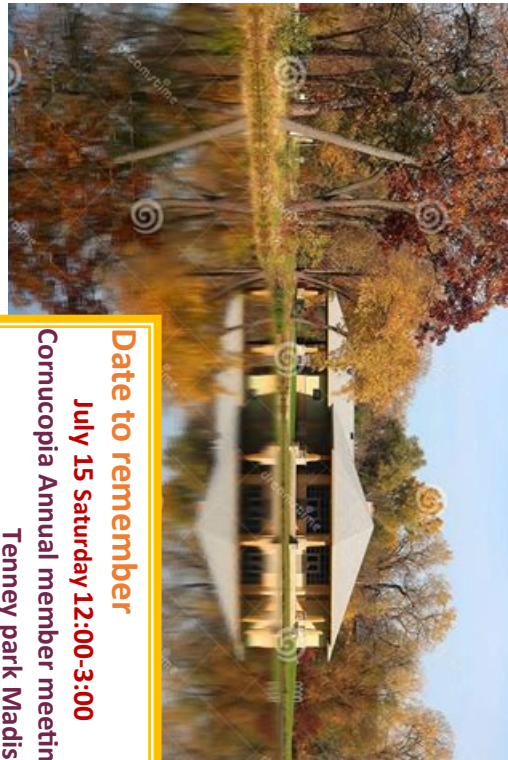
Fridays

1:00 Wellness Conversations with Karen

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

2:30 Friday Flow with Jake

Gentle yoga and grounding exercises for all abilities



Date to remember
July 15 Saturday 12:00-3:00
Cornucopia Annual member meeting
Tenney park Madison

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