



## News October 2023

Cornucopia is an arts and wellness center  
run by and for adults in mental health and substance use recovery.  
We promote independence, growth and dignity  
through self-directed recovery and peer support.

**Staff:** Dick Saunders, Ali Beyer, Erik Pettersen,  
Sandra Cassidy, Karen Herro, Gregory Smith  
**Board of directors:** Linda Murwin, Mary Albrecht,  
,Latisha Landing, Theresa Albertson

Open for Gallery Night Friday Nov.3.



painting by Jennifer Doubek

2 S Ingersoll St Madison [cornucopia@copiarts.org](mailto:cornucopia@copiarts.org)

NEW: 608-467-6646

### *Call for Board Directors*

Open seats for members and allies from the community.  
Majority have personal experience of mental health recovery.  
Meet two hours monthly—nine meetings through the year.  
Come to the next board meeting to learn more.

[Cornucopia@copiarts.org](mailto:Cornucopia@copiarts.org), 608-467-6646.

Areas of knowledge include governing policies, finance/funds,  
legal, public speaking, community services.

We can meet with you to talk about our organization.

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

October 21 Saturday 2:00

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)

### *Conversations from Peer forum last month:*

- In groups, I learn. What is learning? New perspective.
- We don't know each others' lives, but we meet on Monday. We talk about our families and generations. (& cashews for depression, other nuts and sunflowers.)
- Anyone can audit UW classes in-person or online, free to 60+ or disabled. Visual versus audial orientation. Concerns about current technology. People meet here and visit local parks together. We share basic recipes. Managing thoughts and moods. Ethnic heritage. Birth order. Teeth, posture. We share info about financial institutions.
- We had fun talking about our names. We led each other through breath, stretches, postures. Sleep problems and practices. Reframing evening habits. How we organize to be on time. A time when you did something the right way, how did it happen, how did it feel. "I love walking a few miles." Joy of reading.

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

**October 2023:**

**Mondays**

**12:30 Draw and paint**

For all abilities.

**Tuesdays**

**1:00 Peer support**

**Wednesdays**

**1:00 Clay sculpture & pottery**

**Thursdays**

**11:00 Yoga & movement arts**

**12:30 Poetry and Word Art**

Fun with words - create visual art, write poems.

**2:00 Health topics, music**

**Fridays**

**1:00 Wellness Conversations**

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

**Saturdays**

**Call ahead or email to make sure we're open.**

**Would you volunteer to host Saturdays?**

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

**Oct 21 2:00 Board of Directors Meeting**

**—call or email if interested.**

**Oct 28 Hallowe'en party**

**—Bring mask, costume, potluck, a friend.**

*You* can be a teacher/facilitator

You may have your own idea for a group, in the **emotional, social, spiritual, physical, intellectual, environmental, occupational, or financial dimensions of wellness**. Lead a support group, activity, or class.

Share what you know, or learn something new together.

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Hallowe'en party Saturday Oct.28.  
Open for Gallery Night Friday Nov.3.



drawing by Lori Kinnard

**Cornucopia**  
arts and wellness center  
2 S Ingersoll St

Madison WI 53703

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