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Stepping Out Archives

December 23 , 2010



STEPPING OUT: COMMUNITY-ORIENTED NEWS IN PSYCHIATRY

From the Office of Mental Health Promotion

Issue: December 23, 2010

- Get Job Ready
- Kwanzaa Family Day
- Combat Cold and Hunger in Rochester

Get Job Ready

What: Register for free workshops over winter break!

When: December 23 10-11:30AM Build Your Resume

December 29 3-4:30PM Business Do's and Don'ts

Where: Rochesterworks! 255 North Goodman St. Rochester, NY 14607

Cost: Free

Sponsored by: Rochester Works! For Youth!

For More Information: Register by calling 585-258-3500

Kwanzaa Family Day

What:Celebrate this African American cultural holiday with family art activities, tours of the collection, storytelling, live music and a Kwanzaa ceremony.

When:Thursday, December 30, 2010 4-9PM

Where:Memorial Art Gallery 500 University Ave. Rochester, NY 14607

Cost: Free

For More Information: Please visit www.mag.rochester.edu

Sponsored by: Time Warner Cable, Chase, Robert and Madeleine S. Heilbrunn Memorial Fund and presented in cooperation with Rochester Kwanzaa Coalition

Combat Cold and Hunger in Rochester

What:Many of our city's homeless are in need this holiday and winter season. The House of Mercy is one of the few shelters in Rochester open 24 hours to meet the needs of the impoverished in our community. Please help by collecting and donating items December 1st – January 31st. A collection box has been set up in office 1-9034 in the med center or we are happy to pick up items from any location as well. Please email us if you are interested in donating.

Where:Rochester, NY

When: Dec 1st- Jan 31st (turkeys only until Dec 20th)

Items to donate: turkeys, other non-perishable foods, clothing, bedding, blankets, and personal hygiene items.

For More Information: about the drive: Kelly Bellenger 273-2046 or Sarah Cashman-Brown 273-2044. kelly_bellenger@URMC.rochester.edu

sarah_cashman-brown@URMC.rochester.edu

To learn more about the shelter or to make cash donations:

<http://houseofmercyrochester.org/services/>

To see any past Stepping Out newsletters, please visit our OMHP homepage for the Stepping Out Archives at <http://www.urmc.rochester.edu/smd/psych/community/omhp/index.cfm>