

# Stepping Out: Community-Oriented News in Psychiatry



## From the Office of Mental Health Promotion Issue: October 17, 2011

### Events

- Spiritual Tools for Overcoming Trauma
- Reel Mind Film Series
- Perception of the Holocaust in Modern Hungarian Political Disclosure
- The Possibility Project
- Caregivers You're Knot Alone
- Islam and the Challenge of Modernity: Understanding the Qur'an in a Contemporary Context



### Spiritual Tools for Overcoming Trauma

**What:** Participants will develop spiritual tools to self-calm, connect with their Higher Power as they understand him/her and build resiliency in stressful situations. Participants will learn how to "live from a different place" rather than from an anxious, easily triggered existence in ways that is respectful to them and to others.

**When:** Beginning October 7th, 6 Fridays from 3:30-5pm

**Where:** Immanuel Baptist Church, 815 Park Avenue Rochester NY (Ring bell at small front door)

**More information:** Contact Joy at (585) 315-7826 or [joybergfalk@gmail.com](mailto:joybergfalk@gmail.com) . Sponsored by Project Empower

### Reel Mind Film Series

**What:** The Reel Mind Theatre & Film Series continues its 2011 season with two powerful films focusing on addiction, mental illness and prisoners who have been found "not guilty by reason of insanity." A Q&A with noted community psychiatrists, consumers and visiting

filmmakers will follow the films.

**When:** *28 Days* on October 18 and *Voices From Within* on November 1. The films run on Tuesday evenings at 7pm

**Where:** Cinema Theatre, 957 Clinton Avenue South, Rochester NY

**More information:** [www.thereelmind.com](http://www.thereelmind.com). Individual tickets are \$8 and can be obtained either in person or by calling the Mental Health Association, 320 North Goodman, (585) 325-3145 x100.

### **Perception of the Holocaust in Modern Hungarian Political Discourse**

**What:** A seminar presented by Dr. Tamás Stark, Hungarian Academy of Sciences

**When:** Thursday, October 20th, 2011 at 7pm

**Where:** Otto A. Shults Center Forum, Nazareth College, Rochester NY

**More information:** Kathy Hansen at 389-2673 or [khansen7@zimbra.naz.edu](mailto:khansen7@zimbra.naz.edu)

### **The Possibility Project**

**What:** The Possibility Project is a youth-led program that uses the performing arts to empower teenagers to transform their lives and improve their communities. Design and work on projects that create positive change in your community. We're looking for a diverse group of 40 teenagers between the ages of 13 and 19 from all over the Rochester area. We meet after school Tuesdays and Thursdays from January through June.

OPEN GROUP AUDITION!

No prior performing experience is necessary! Just be you. Participants are NOT chosen based on talent. You do not have to prepare anything.

**When:** October 20 & 27, 4-6pm

**Where:** The Cypher- 111 N. Chestnut St. Rochester (in the Reformation Lutheran Church)

**More information:** Contact Sara Hughes to register - (585) 748-6391 [sara@artpeace.org](mailto:sara@artpeace.org) or [www.artpeace.org](http://www.artpeace.org)

### **Caregivers You're KNOT Alone**

**What:** The Canandaigua VA Medical Center is pleased to present a conference to celebrate National Caregivers, Hospice and Patient Centered Care Month. This wonderful program will provide techniques to heal, create balance and allow harmony in your life.

Open to the public.

**When:** November 3, 2011 8am - 3:30pm

**Where:** Canandaigua Inn on the Lake, Grand Ballroom, 770 South Main Street, Canandaigua, NY 14424

**More information:** Registration deadline is Tuesday, November 1, 2011. To register as a community guest please contact: Audrey Furnal RN at 585-393-7238 or

[Audrey.Furnal@va.gov](mailto:Audrey.Furnal@va.gov) ; Nina Mottern RN at 585-393-7514 or [Nina.Mottern@va.gov](mailto:Nina.Mottern@va.gov)

**Islam and the Challenge of Modernity: Understanding the Qur'an in a Contemporary Context**

**What:** Conference on Islam and the Challenge of Modernity

2pm: Qur'anic Ethics and the Challenge of Contemporary Radicalism by Dr. M. Ashraf Adeel, Professor at Kutztown University

3pm: Qur'an, Women, and Modernity: From the Woman's Perspective by Dr. Vivienne SM Angeles, La Salle University

4pm: Qur'anic Concepts of Interfaith Dialogue and Peaceful Coexistence in our Pluralistic World by Dr. Scott Alexander at Catholic Theological Union (Chicago)

5:30pm: Dinner with Speakers\*

\* By reservation, \$21 public & \$16 students

7pm: Panel Discussion with Q&A

**When:** Wednesday, November 9th, 2011 from 2-8:30pm

**Where:** Otto A. Shults Center Forum, Nazareth College, Rochester NY

**More information:** Please email: [cisd@naz.edu](mailto:cisd@naz.edu) or call 389-2963 for reservation

**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

Office of Mental Health Promotion

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