



The Ray of Hope

Newsletter of the Sunrise Wellness Center

Mental Health Association
of the Southern Tier
47 Broad Ave. Binghamton

February 2018



***Dare To
Take A Stand For The
Most Important
Relationship You
Will Ever Have -
The One With
Yourself***

In Christine Arylo's book, Madly In Love With Me, the author encourages the reader to treat yourself as a *best friend would*, every day and in every part of your life. She asks you to imagine having the power to:

- * Give to yourself first, without guilt
- * Shower yourself with loving words instead of criticism and comparison
- * Go for your dreams with conviction and courage
- * Choose the situations and relationships that make you happiest
- * Discover and explore your deepest thoughts and desires—and act on them



Arts and Crafts

Struggling with Stress, Anxiety, or other Mental Health Concerns?

Come join us as we work on a variety of art projects, in a safe, supportive and encouraging environment.

The Mental Health Association of the Southern Tier provides a broad selection of groups and activities at the Sunrise Wellness Center, to help individuals find hope and support in their journey of recovery.

Join us on the First Wednesday of this month

"Painting the Feeling of Your Heart"

Painting Class with Carol.

No experience necessary!

1:00pm to 3:30pm

On the Second Wednesday of this month

"Friendship Festival Painting"

class with Carol

1:00pm to 3:30 pm

Call Carol to register



Saturday, April 15
SUNY Broome Campus

Imagine the fun you can have at the Happiest 5K on the Planet!

The Color Run is back – with an exciting new twist! Be a part of the fun at packet pick-up on Saturday, April 14 and/or the event on Sunday, April 15.

Get Tickets at TheColorRun.com Benefitting The Mental Health Association

To Volunteer for the Event Contact

Inspiration Corner

If you FAIL, never give up because

F. A. I. L. means

"First Attempt in Learning".

END is not the end; in fact E.N.D.

means

"Effort Never Dies".

If you get NO as an answer,

remember N. O. means

"Next Opportunity".

- Abdul Kalam

Our Mission Statement:

To empower individuals in their journey of self-exploration and recovery.

To break down the barrier of stigma in all cultures, through education, peer support, community integration, outreach and engagement.

WARMLINE (607) 240-7291

Peers are available to talk if you need support.

Monday-Thursday 9:00am—4:30pm

Friday 9:00am—4:00pm

Saturday 12:00pm—8:00pm

• Need Help?
• Need someone to talk to?

Peer Support Line
607-240-7291
Mon-Fri: 9am-4:00pm
Sat&Sun: 12noon-8pm

MHAST Mental Health Association of the Southern Tier, Inc. www.yourmha.com
Sunrise Wellness Center



COME TO ALBANY ON FEBRUARY 27th for NYAPRS 21st Annual Legislative Day

GET READY TO GET ON THE BUS !

Join 700 NYAPRS members and friends from across New York State to advocate for this year's budget and legislative priorities:

- *Housing Rate Hikes, Living Wage for our Community Workforce*
- *Criminal Justice Reforms and Parental Custody Rights*
- *Enhanced Funding for Community Recovery Services*
- *PNA Hike, Peer Services for Adult Home Residents*
- *Restoration of Prescriber Prevails Protections*

Schedule for the Day

- 9:30 am Breakfast, Check-In (get your issue paper packets and hats)
- 10:00 am **Welcome; Presentations on This Year's Legislative Priorities**
- 11:00 am Featured Speakers, Award Presentations, Advocacy Role Play
- Noon Lunch provided by NYAPRS
- 1:00 pm New Conference, Capitol Rally
- 1:30 pm Meet with Your Legislators
- 4:00 pm Re-group at Your Buses, Return Home



More details to follow around bus information from your area!
Contact Kim Taro for more information, (607) 771-8888 x335





SUNRISE WELLNESS CORNER

Exciting Activities in February to cultivate
a Healthy Mind, Body and Spirit Connection !!!

Meditation Mondays (1:00 —1:30 pm) begin your week with meditation to support relaxation, stress reduction & personal reflection

Nutrition Class with Jennifer Vallone February 28th (1:00—2:00 pm)

Individual Nutrition Coaching Session with Jennifer Vallone * MUST PRE-REGISTER
Fridays, Feb. 2nd (11:00—2:00 pm) and Feb. 23rd (11:00—2:00 pm)

TAG YOUR FIT: with Wendy Hitchcock Jumpstart Intro to our new Program to support your goals for Weight Loss , Strong Heart and Vibrant Health. Feb. 15th (12:00—1:00 pm)

Healing Teas, How to Brew your own Kombucha: Feb. 15th (1:30—3:00 pm)

FREE 2 Be Me Classes: How to Become my Own Best Friend!!! Interactive discussion and creative self-awareness activities from empowering guidebook Madly in Love with Me, from Christine Arylo. Fridays, Feb. 2nd, Feb. 9th & Feb. 23rd (10—11:30 am)

EXPRESSIVE ARTS:

Feb 6th **Art Journal & Soul Cards:** self-expression for self-discovery & personal growth (1:30-3 pm)

Feb. 7th **Paint Feeling of Your Heart :** with Carol ((1—3:30 pm)

Feb 8th **Valentine's Day Card Making:** (10:00—11:30 am)

Feb 13th **Exploring Chinese New Year :** (1:30—3:00 pm)

Feb. 20th **Open Art Studio:** come in and work on whatever sparks your imagination (1:30—3:00)

Feb. 21st **Poetry Café:** expressive writing, create your own or share a favorite piece (10 -11:30)

Friendship Festival Painting: with Carol Feb. 14th (1:00—3:30 PM) (Please PRE-register)

Soap Making : with Donna Feb. 21st (1:30—3:00 pm)

Appreciating the Pieces of Me: with Janiece Feb. 8th (1:30 to 3:00 pm)

A Step Toward Forgiveness " Letting Go" with Janiece Feb. 22nd (1:30—3:00 pm)



Groups to look forward to this month....

Sunrise Wellness Center Peer Support Groups

MHAST 47 Broad Ave. Binghamton NY

“Men’s Group” Mondays 11:00-12:00 pm

“Peer Support Group” Mondays 1:30-3:00 pm

“Women's Group” Tuesdays 10:00-11:30 am

“MHAST Endicott Peer Support Group”

Wednesdays 4:00-5:00 pm

@ First United Methodist Church
53 McKinley Ave Endicott NY

In addition, the Sunrise Wellness Center offers an exciting variety of interactive activities throughout the month. There are community fieldtrips, expressive art classes, advocacy, health and wellness programs, computer labs, meditation groups and much more !



YOU CAN ALWAYS MEET ONE ON ONE WITH A PEER SUPPORT RECOVERY COACH ON STAFF

PEER SUPPORT VALUES:

- CHOICE
- NON-
- JUDGMENTAL
- HOPEFUL
- EMPATHY
- MUTUALITY
- RESPECT



WE CAN HELP
YOU SET UP
AN INDIVIDUAL
WRAP PLAN,

ASSIST YOU IN ES-
TABLISHING A LIST
OF LONG TERM AND
SHORT TERM GOALS

AND OFFER
SUPPORT
IN ALL

Kim Taro

Director of Sunrise Wellness Center
(607) 771-8888 (ext 335)

Donna Parmer

Recovery Coach
& Community Connections
(607) 771-8888 (ext 309)

Cindy Casterlin

Recovery Coach & Expressive Arts
(607) 771-8888 (ext 303)

Janiece Miller

Recovery Coach (ext 311)





In the Community

Dual Recovery Anonymous

Dual Recovery Anonymous™ is an independent, nonprofessional, Twelve Step, self-help membership organization for people with a dual diagnosis. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

Meetings are Saturday and Sunday @2:00pm in the Beacon Drop In Center

Broome County Urban League

SMART Recovery Meetings

Every Wednesday @ 6:00pm

The SMART Recovery® 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addiction and addictive behaviors. SMART Recovery® teaches individuals how to change self-defeating thinking, emotions, and behavior and to work towards long-term satisfactions and quality of life.

The group will meet at Urban League on Carroll St Binghamton NY.

For more information, please call (607) 218-5945 or e-mail info@hope607.org.

SUNY ATTAIN Labs at Binghamton

ATTAIN provides communities access to new technologies, education, and technology training. These services are designed to ensure that adult learners succeed not only in college and the workplace, but also meet the emerging needs of employers in New York State.

Call and register for an Orientation class!

****Attending an orientation class is the first step for every new client; they will assess your existing computer knowledge and place you in an appropriate class. All services are free of charge and open to the community!****

****Call to reserve a spot in Orientation Classes in April****

OTHER SUPPORT GROUPS IN THE COMMUNITY

Bereavement Support Group

Location: Lourdes Hospice Office, 4102 Old Vestal Rd, Vestal, NY. Call Marie Halecki @ (607)584-9160

Depressive and Bipolar Support Group

Location: Unitarian Universalist Church, 183 Riverside Dr, Binghamton, NY. Mondays @7. Call Bunny @ (607)239-4624

Family Support Group

For family members who have a loved one with mental illness. Wednesdays @6-7:30

Location: Krembs 5 conference room Binghamton General Hospital from 6:30-8 pm on Wednesdays. 762-2887.

NO pre-registration required.



PEER SPOTLIGHT!

What's a WRAP??

Wellness Recovery Action Plan

WRAP is a plan that teaches you how to keep yourself well, to identify and monitor your symptoms and to use simple, safe personal skills, supports, and strategies to reduce or eliminate symptoms. It is not meant to replace, but to complement professional health support and medications.

While developing your own WRAP, you will first want to spend some time developing your “Wellness Toolbox”. This Wellness Toolbox is a listing of those things you may already know and do to take care of yourself and things you think would be helpful. Wellness Tools include things like developing a strong support system; peer counseling; focusing; relaxation and stress reduction exercises; journaling; creative, fun and affirming activities ; exercise; diet; light; and getting a good night’s sleep.

- Other “Tools” Developed:
- Daily Maintenance
- Triggers
- Early Warning Signs
- When Things Are Breaking Down
- Crisis Plan
- Post Crisis Plan

All of our peers are encouraged to come in and meet with one of our Recovery Coaches on staff to develop your own personal WRAP!

Call 771-8888 (ext 309) to schedule an appointment!



Mental Health Association of the Southern Tier

Introduces Education Coordinator

Carol Lanois

MHAST welcomes Carol Lanois; a Peer and recent graduate of Binghamton University, receiving her Baccalaureate Human Development Degree in 2017. Carol will provide community outreach and presentations to promote mental health awareness, education and cultural diversity. She will be working closely with local service agencies, support groups, school districts and businesses in Broome County.



Mental Health Association of
the Southern Tier

Sunrise Wellness Center
47 Broad Ave.
Binghamton, NY 13904

Phone: 607-771-8888

Fax: 607-771-8892

E-mail: theresa.askew@yourmha.com

Visit us on Facebook at

<https://www.facebook.com/WellnessSunrise>

www.yourmha.com

The Sunrise Wellness Center is a free program offering support, education and social opportunities to promote mental, physical and spiritual wellness. This program is peer-operated and recovery oriented. If you or someone you know is in need of support or is looking for an alternative to traditional mental health care, please do not hesitate to contact us. The Sunrise Wellness Center is open to all adults, age 18 and over, and no diagnosis or referral is needed. The services can be used on their own or as a complement to traditional treatments.