

ENTERPRISE NEWSLETTER

VOLUME 1

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MAY NAMI WALK SUCCESSFUL

Many joined in this year's NAMI 3-5 mile walk in Golden Gate Park. It was a "fun"-raiser as well as a fund-raiser. Scott said "It was a joyous three hours. There was a much larger crowd than usual and I felt happy, safe and secure.

There was a feeling among us...a celebration to be alive." Karen was deeply moved by the keynote speaker, Judge Manly.

Pam had such a good time talking to people and felt such a lively connection to the larger community, she hoped the event would continue even twice a year.

Judge Manly, from the Santa Clara Judicial System spoke about the positive changes he initiated and implemented in Santa Clara. Now there is increased compassion and understanding in treating folks with mental illness when they have their day in court.



Pear to Pear Support

www.MentalHealthHumor.com

CORE GIFTS WORKSHOP REWARDING

On June 9th & 10th The Core Gift Workshop was held here at the Connection Center. Here is an example of a couple of questions that Bruce posed that got us in touch with our core strengths.

1. Given all the challenges in our life that we've had to face up to until now, what was it that helped us to meet those challenges? What particular quality or resource did we get in touch with, i.e. perseverance, patience, humor, that helped us get through? When we named that quality we found it is one potential way to find the redeeming element in our particular suffering. The quality or character trait that rose up to meet the challenges in our life helped us to identify a major strength. That unique strength may give you a clue to what your Core Gift is. Then Bruce suggested finding ways to use our gifts in the community to increase wellness and connection.
2. A second key question that was thought provoking was, "Which of your difficulties have given you special insight or strength or resolve? How?"

Who would have thought that a difficult experience could possibly lead to discovering one's core gift? But it worked! It was a creative and fruitful two days. Consider participating if the opportunity comes around again in the future.

GIANT GAME OUTING GREAT FUN



On Sunday, May 8th, eight ERC participants and two staff members attended a major league baseball game. Honestly, all of us had a fantastic time. We brought our cameras and most of us brought our own lunch to save money. The ferry ride was great fun to and from the ballpark. We met at the ERC at 9:30am and carpooled to the Larkspur Ferry. Most of us on the ferry were Giants fans and talked about the team.

Even though we called to remind people of the outing, it was a bit frustrating because 6 clients either cancelled at the last minute, or did not show. This meant that those that signed up and wanted to attend were unable to do so. We look forward to continuing the monthly field trips and hope everyone who signs up in the future will be able to show up and join the fun.

TEACHING WITH OUR LIVES

*It's not what you say, it's what you do and who you do it to,
It's not about what's coming or going, but what is whole and still and silent.
Find the silence and let it speak—for the silence is dancing all the time, and the Great Silence will sing in a way.*

It's not what you say so much as how you listen...

*And the way you hold me in love and reverence, not that I deserve it necessarily;
I haven't earned it per se...
But you seem to love me anyway.*

*You can preach about love, but it's the way you meet the world with love that I find
the most intriguing and inspiring.*

Will you teach me how to do what you do? Will you teach me how to listen for the Great Silence and to pick out the subtle voice of love dancing with the Great Silence dancing? Will you show me with your life, your breath, your being how it is to be fully alive? Will you help me live my life, so that the people around me might learn something worth being?

- By Josh M

NAMI DINNERS & ANNUAL PICNIC



The upcoming NAMI Famfest Dinner will be held **Wednesday, July 6th** at The Lighthouse restaurant in the BoA Courtyard opposite Meridian Gym on Fourth Street in San Rafael.

The NAMI Marin Annual Picnic will be on **Saturday, August 20th, 2:00-5:00pm** at a NEW location across from the Civic Center in San Rafael. Stay tuned for specifics.

NAMI Marin is providing barbecued hot dogs and hamburgers with all the fixings, chicken on the grill and beverages.

If you want to add to the festivities, they would love to have you bring your favorite side dish, salad or dessert for 4-6 people. Musicians are welcome.

RSVP is not required but is helpful for planning purposes. Call Kay at 415-472-1388

Come join the fun!

MENTAL HEALTH FESTIVAL

On May 26th, 2011 we held our first Mental Health Festival and we were fortunate the sun was out for most of the day.

The festival was well attended with folks pouring through the front door of the Enterprise. The buffet table was set up in the kitchen and filled with delicious appetizers. The Art Sale was alive with colorful artwork in

the Linda Reed Room and a section of the parking lot was roped off for the information booths and live music. Hot fresh tamales were available outside. The first band "Music Medicine" started things off with an upbeat bluegrass beat. The second band had a great female lead singer with a nice jazz groove sound.



People danced and tapped their feet to the music while a booth nearby was busy with ladies crafting their own personalized flower hair wreath to crown their tresses.

Overall our first Festival was a success, but like all "firsts" we had a few lessons to learn along the way.

ONE-ON-ONE PEER COUNSELING



Available on **Tuesdays from 11:00-4:00am**, we now offer One-on-One Peer Counseling with Ron Corral.

Focus on current issues and challenges in your life and how to move forward with your recovery.

Learn new coping skills and how to use resources within the community.

This is on a drop-in basis and no appointment is necessary.

THE FUN OF “THANK YOU” NOTES

When a doctor or friend shows their interest and care for you, sometimes a follow-up with a written thank you note carries more of a lasting impression than a phone-call because it is a tangible expression of appreciation and can be reviewed several times.

Taking this extra step of sending “thank you” notes can create a positive memory and re-inforce future support and encouragement.

Two questions we can ask ourselves:

- 1) Do we value and appreciate favors, help, assistance, information, contacts and time we receive from others?
- 2) Do we want to show this appreciation?

The point of a thank you note is to acknowledge the person who provided information, assistance, support, encouragement and referrals. Example:

Dear Jamie ~

Thank you so much for the time and information you gave me. It was very helpful. I will be in touch with you again.

Sincerely,

Then enjoy the mutual benefits of appreciation and acknowledgment. Following are sample beginning sentences designed to tell the individual exactly what was gained and appreciated. The first words are for you to spark your memory and what you may want to say. Then just fill in the blank.

“I enjoyed...”

“I was surprised that...”

“I especially appreciated...”

“I was impressed by...”

“The most useful information you provided me was...”

“Your referral to...was...”

“I learned...”

“I valued...”

“I discovered...”

“I liked...”

Remember, if you are inspired to take that extra step because someone took one for you, such a note could be sent to anyone, anytime, anywhere. So go ahead and take that extra step!

21 YEARS OF SOBRIETY

Recovery has not been easy, but worth the work. The work being the 12 steps and trying to apply them in every day life. I had excuses for my drinking, things like my Dad died when I was 6 years old, my Mom died when I was 15, I was on my own at 17. For a long time these were my excuses. I did not want to feel the emotional pain and felt cheated and angry for a very long time. In 1990 I was living in Sacramento and had been homeless for years. They would not let me in Safeway because of my appearance and I use to steal vodka and cigarettes. I would get caught, go to jail, get released, not appear, then get arrested, and the FTA would come up. I got tired of the whole thing.

I got into a 30 day recovery program which turned into a 60 day program. In 1992 I was living in Marin and I was two years sober. I started hearing voices and feeling very depressed. I was then found hugging a light pole and the Novato police department took me to Unit A at General Hospital. Twenty years later I'm taking Peer Counseling classes, still sober, and found a church that I like. I keep myself spiritually healthy and that is an important part of my recovery. I have a lot of hope for the future. So just keep on, keepin' on!

- Michael D.



BOOK REVIEW: Self-Esteem Workbook by Glenn R.

This Self-Esteem Workbook is a simple effective program you can incorporate into your own wellness plan. Topics include, iHow Self-Esteem Develops, Recognizing & Replacing Self-Defeating Thoughts which includes a Daily thought Record to keep track of events in your life, your reactions, and how to make new more empowering choices. The section on *Healing the Child Within* and *Repairing Early Wounds* is soothing to read. It suggests you make a tape recording using your own voice saying comforting saying such as:

- Welcome to the world
- I'm so glad you are here.
- I'll give you all the time you need to need to get your needs met.
- Sometimes you'll feel joy and sometimes laughter, sometimes sadness and pain, anger and worry.

These feelings are all o.k.

There's a page on Little Things That Make Life Worth Living, like a hot shower on a very cold day, or eating a freshly delivered pizza.

This workbook is chockfull of

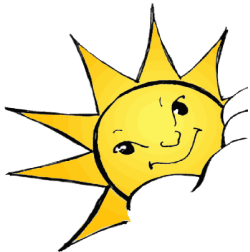
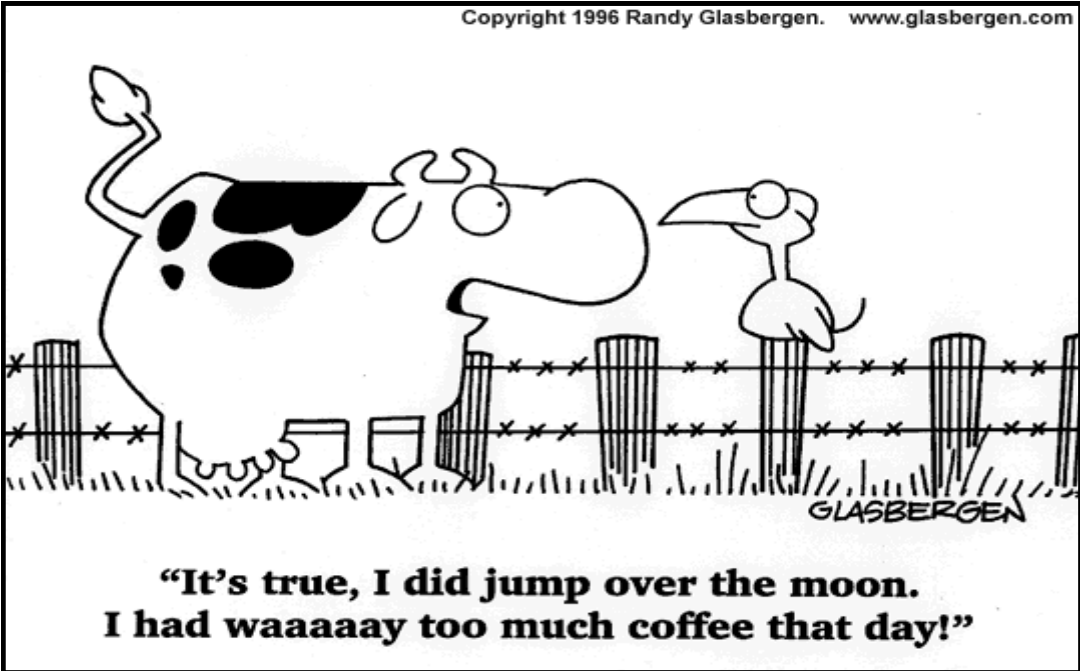
descriptive easy-to-do exercises for you to pick and choose from. The quotations are inspiring and encouraging. For example, "We need to see ourselves as basic miracles". It's worth looking into!

If you would like to do a book review, check out our library books or bring in your own book you'd like to share.



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“I will do everything in my power to resolve every conflict, however small.” - Thich Nhat Hanh



Welcome to the 8th Edition of the ERC Newsletter! Our intention is to continue to keep this an uplifting and friendly newsletter with ideas stories that inspire and/ or help in our recovery. Your views & submissions are highly valued!