

## **An Invitation**

Alternatives invites you to attend a presentation and discussion addressing **art, creativity and recovery**.

Our special guests/presenters are artist, **Susan Schellenberg** and psychologist, **Rosemary Barnes**.

They are the co-authors of "**Committed to the Sane Asylum: Narratives on Mental Wellness and Healing**". Their book addresses the limits of traditional, patriarchal mental health care, and highlights the value of narrative, art and creativity in Susan's recovery from a significant mental health problem.

**"Mentors gave me the courage to make art and the structures that would enable me to heal from mental illness through artistic expression."**

Following the presentation audience members are encouraged to share their own stories of how art and creativity help them in their recovery journey.

### **Time/Date/Location**

**1:30 - 3:30**

**Tuesday, June 9, 2009**

Danforth/Coxwell Public Library (2<sup>nd</sup> floor)  
1675 Danforth Ave. (near Coxwell subway)  
Just East of Coxwell Ave / South side of Danforth Ave.

Light refreshments will be served

For more information - contact: Brian McKinnon, 416-285-7996, ex. 227  
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