

**Raising awareness of the issues
surrounding mental health**

Please join us for: Panel Discussion, Skit Presentation, Workshops, Displays, Networking, and more.



This conference welcomes anyone who is concerned with the issues of Mental Health on the East End of Long Island, including family members, consumers, community members, and professionals.

**This FREE Program is sponsored by:
The Towns of Southampton and
East Hampton**



Town of Southampton
116 Hampton Road
Southampton, NY 11968

The Towns of Southampton
And East Hampton

Invites you to attend



THE 7th ANNUAL

**East End
Mental Health
Awareness Day**

"Recovery is Possible"

**Saturday, April 10, 2010
8:00 a.m. – 3:00 p.m.**

AGENDA

April 10, 2010

“Recovery is Possible”

8:00 am
Registration,
Continental Breakfast, Networking

9:00 am
Welcome

9:30 am
Panel Discussion
“Personal Journeys of Recovery”
Moderated by Bobbie Kaufman, ATR-BC, LCAT

11:00am
Morning Workshops

- A. Brain Fitness - Celia Naccarato, Ph. D.
- B. Dialectical Behavior Therapy – Susan Lichtenstein, ATR-BC, LCAT, and Katherine Mitchell, LMSW,CASAC
- C. The Role of Work in Recovery – Elizabeth Stone, MA,CASAC-T
- D. The Role of Family in Recovery – Ellen Tollefsen, NAMI-Central Suffolk

Art Exhibit Through the Day

“Healing Through Self-Expression”

*This Day is dedicated to the Memory of
Barbara Anne Barnes
Chairwoman of the Southampton Town
Disability Advisory Committee 1994-2009*

12:15 pm
Lunch

1:15 pm
Drama Presentation by Act TWO
(Thespians With Opinions)

2:00pm

Afternoon Workshops

- E. Recovery Journeys/ Guided Memoir Writing as a Healing Tool - Erika Duncan and Lonnie Mathis – Herstory Writer’s Workshop
- F. Mandala Art Therapy Workshop - Mindy Arce,MPS,ATR-BC,LCAT & Kathy Ferrier, MA,ATR-BC,LCAT
- G. Drumming Circle – Herb Cohen, ATR-BC, LCAT
- H. Yoga and Recovery— Kate Alesio, MA, Certified Yoga Instructor and owner of Peconic River Yoga, Riverhead.
- I. Developing a Wellness Toolbox – Elizabeth Stone, MA,CASAC-T
- J. Peer Support Group – Andy Diller , NYAPRS-facilitator

Pre- Registration REQUESTED
FREE LUNCH with Pre-registration
Walk in registration available on April 10

REGISTRATION FORM

please print clearly

NAME

MAILING ADDRESS

AGENCY

PHONE

EMAIL

SPECIAL ACCOMMODATIONS NEEDED

WORKSHOP PREFERENCES

Circle One Morning Workshop

A B C D

Circle One Afternoon Workshop

E F G H I J

Please return registration form

By mail to:

Town of Southampton

Department of Human Services

116 Hampton Road

Southampton, NY 11968

By fax to: 631-283-7529

Or online at:: www.southamptonwonny.gov

Questions? 631-702-2445

