

mental health
connecticut



Art of Wellbeing:

A Time to Dance



Saturday, November 10, 2018

6:00 p.m. - 9:30 p.m.

The Cabaret Theatre of Mohegan Sun, Uncasville, CT

Mental Health Connecticut would like to thank the sponsors of the 6th Annual *Art of Wellbeing*

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Dear Friends,

It is my great pleasure to welcome you to Mental Health Connecticut's sixth annual *Art of Wellbeing: A Time to Dance*. Since its inception, the Art of Wellbeing series has highlighted individuals who explore the infinite ways in which the Arts contribute to mental health and wellness.

This evening's program follows this tradition by showcasing performers from the award-winning Judy Dworin Performance Project (JDPP). The ensemble cast includes formerly incarcerated and professional artists who will perform live, showing the impact of giving voice to populations who have been silent or unheard. We are also pleased to have dancers from the Doreen's Dance Center to start the evening.

We are so pleased that you will share this special evening with us, as we not only enjoy an evening of dance, but celebrate 110 years of improving mental health for all Connecticut residents. Since 1908, MHC has worked to improve mental health services, promote recovery, educate the community, and combat discrimination resulting from a mental health condition. Through events like tonight's Art of Wellbeing, we hope to empower people to promote mental wellness, instigate meaningful systems change, and engage in mental health recovery.

Our goal for 2018, is to raise \$110,000. With your help, we will exceed that goal! Thank you for your support of Mental Health Connecticut and I hope you enjoy the evening.

Be well,



Luis B. Pérez
President & CEO



Program of Events

Opening Reception

6:00 p.m.

Silent Auction & Wine Pull

A Time to Dance

7:00 p.m.

Welcome and Introductions

Opening Performances: Doreen's Dance Center

Performance Team: Erin McKenna (Instructor), Grace Busby, Abygail Carroll, Leah Francis, Amber Harrison, Addison Kentzler, Claire Martin, Charlotte Orlando, Ava Pomerence, Eden Smith, Kelsey Sullivan, Julia Uccello, Aubrey Varni, and Rhiannon Zuel

MHC is 110 Years and Counting!

Short Film: "Making Me Whole. Prison, Art & Healing"

Featured Performance: Judy Dworin Performance Project (JDPP)

Ensemble cast includes formerly incarcerated and professional artists

Q&A with the Judy Dworin Performance Project

Silent Auction Closes

9:00 p.m.

Closing remarks

9:15 p.m.

Silent Auction & Wine Pull

Be sure to visit our Silent Auction and Wine Pull Tables for the chance to win fantastic prizes, donated by our generous supporters
Yard Goats Tickets, Private Yoga Sessions, Private Dance Lessons,
Photography Experiences, Specialty Baskets, and more!

\$20 for each chance at the Wine Pull

Everyone walks away with a bottle of wine and a lucky few will win special added prizes!





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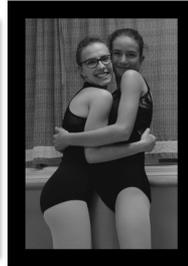
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Barre Fitness Classes

Yoga

Adapted Dance



711 Middletown Road

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Featured Performance by:

The Judy Dworin Performance Project

Judy Dworin Performance Project (JDPP) is an award-winning organization whose work on stage, in schools and in prison communities sparks awareness about social issues and provides compelling experiences through multi-arts performance and residencies in the community.

JDPP is an arts non-profit based in Hartford, CT, founded by Judy Dworin in 1989. JDPP is an organization of professional artists who—on stage, in schools, in prisons and in the community—innovate, inspire, educate and collaborate. JDPP harnesses the arts as a powerful catalyst for creative expression through performance, community building and positive change.



JDPP reaches out to its audiences and residency participants through arts engagement that reminds us of our collective humanity. JDPP sees its role in the community as further building a diverse and innovative cultural mix of offerings at the highest professional level and giving voice to populations who have been



silent or unheard. A primary focus of the organization is to serve underserved populations. In 2010, JDPP was awarded the Hartford Courant Tapestry Award in recognition of the organization's commitment to diversity and building bridges in the community.

JDPP is the home for three distinct programmatic offerings. **The Ensemble** inspires change through innovative, movement-based, multi-arts performance on stage that examines social and personal issues of our time; the **Moving Matters! Residency Program** brings dance/theater into schools through collaborative projects and arts education programs that explore movement and the creative arts as tools for learning and personal growth; and the **Bridging Boundaries Arts Intervention Program** couples arts intervention with social work, to bridge the forced separations of populations affected by incarceration.

The Ensemble, now in its twenty-seventh year, produces original dance/theater performance works for the stage that explore social justice issues through inventive juxtapositions of movement, visual elements, text and song. Nineteen large-scale productions and many smaller performance pieces comprise their repertoire. Topics explore gender, racial injustice and, in the last decade, a series of works that investigate issues of mass incarceration through the lens of those who have experienced it.



Established in 1908, Mental Health Connecticut (MHC) is a statewide, nonprofit organization whose mission is to improve mental health for all Connecticut residents.



For individuals striving for long-lasting wellbeing and independence, MHC is a trusted companion on the complex journey to obtaining a safe home, achieving whole health, realizing a meaningful purpose, and becoming an active member of the community.

For our 110th anniversary year, MHC set a goal to raise \$110,000 in 2018 and promote the positive impact and connection of mind and body health. Special thanks to our #Belof110 Champions, donors, sponsors, and supporters for helping us towards reaching that goal. Learn more at www.mhconn.org/join

Help us reach our fundraising goal for our 110th anniversary year!

Text **WELLBEING** to **41444** to donate!



Art of Wellbeing: A Time to Dance Hoodie Sale

\$30 for Unisex or Fitted Style Hoodie



Purchase online or at the event from one of our volunteers (while supplies last).

This design was created by Jennifer, an artist in MHC's Mending Art program.

#WhatMovesYou is a question that we've been asking all CT residents during our 110th anniversary and chose to include in the design.

We've learned that people respond to this question in many different ways. Some have shared what physical activities impact their mental health, while others have shared what inspires them and gives their life purpose.

We've sparked some amazing conversations around mental wellness with this hashtag and hope you will too!

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by ‘We’ even illness
becomes wellness.”

~Malcolm X

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**Join us as we help MHC
reach its anniversary goal
of raising \$110,000 in 2018
in honor of Robinson House
staff and program
participants**

www.mhconn.org/join

#whatmovesme



Kelly E. Sirois (left) • 9/23/69-2/14/11

Raising money and advocating for mental health in memory of my sister Kelly and all those who deserve a voice. Join me as a **Mental Health CT** 1 in 110 Champion.

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“A pen rather than a lance has been my weapon of offense and defense; with its point I should prick the civic conscience and bring into a neglected field men and women who should act as **champions** for those afflicted thousands least able to fight for themselves.”

— Clifford W. Beers,
Founder of Mental Health Connecticut



In the early 1900s, **Clifford W. Beers** was experiencing symptoms of what today may be diagnosed as Bipolar Disorder. After attempting suicide, Beers was subjected to ineffective treatments and cruel conditions in Connecticut’s mental health institutions. Upon achieving recovery, Beers vowed to make a difference in the mental health system and launched the **Connecticut Society for Mental Hygiene** from his home in New Haven, CT, now know as **Mental Health Connecticut**.



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