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Harvest of Hope

pathways to Wellness



**3rd annual wellness conference
for consumers, their families,
and the general public.**

*Funded in part through a grant from
The Bunbury Company and
The Princeton Area Community Foundation*

**Saturday
Oct. 1, 2011
8:30 am to 3:00 pm**

**Presbyterian Church
of Lawrenceville
2688 Main St. (Rte. 206)
Lawrenceville, NJ**

Harvest of Hope
Conference

The NAMI Center of Mercer County
Lawrence Commons
3371 Brunswick Pike, Suite 124
Lawrenceville, NJ 08648

ADDRESS SERVICE REQUESTED

Conference Schedule

8:30 am	Registration & Breakfast
9:30 am	Welcome
9:45 am	Keynote Address: Unwrapping the Gifts of Recovery Carol Kivler
10:45 am	Break
11:00 am	Workshops
12:15 pm	Lunch (included)
1:15 pm	Workshops
2:30 pm	Drumming Circle Mauri Tyler

Directions to Conference

From the North—Take Rte. 1 South toward Princeton/Trenton. Turn right at Nassau Park Blvd. (becomes Province Line Rd.) Continue to 5th light and turn left on Rte. 206. Continue 2.2 miles to the town of Lawrenceville. Church is on your left just before light at Gordon Ave.

From the South—Take I-295 North. (It will become I-95 South around Exit 67). Continue to Exit 7B. Go 1.2 miles on Route 206 North through the town of Lawrenceville. Church will be on your right after passing the Lawrenceville School.

From Trenton & South via U.S. 1—Coming north, take I-95 South (toward Pennsylvania) for a short distance to Exit 7B. Go 1.2 miles on Route 206 North through the town of Lawrenceville. Church will be on your right after passing the Lawrenceville School

The venue is wheelchair accessible.
Parking available at church and in town.
Guides will assist you.

About NAMI Mercer

The National Alliance on Mental Illness (NAMI) is the largest grassroots organization in America dedicated to improving the lives of persons affected by mental illness. NAMI Mercer, founded in 1984, is the largest local NAMI affiliate in the state of New Jersey.

FREE, CONFIDENTIAL PROGRAMS

Family-to-Family, a 12-week education course for families and caregivers of adults with mental illness.

NAMI Basics, workshops for caregivers of children and adolescents with behavioral and mental disorders.

Helpline, a telephone information and referral service staffed by empathetic, trained volunteers who have faced mental illness in their own families.

Intensive Family Support Services (IFSS), Greater Trenton Behavioral Healthcare provides individual and group counseling.

In Our Own Voice, an interactive, multimedia presentation by consumers that offers hope and combats stigma.

NAMI Connection, a support group run by consumers for consumers.

Just Kids, a social group for children with behavioral or mental health challenges.

Wellness and Recovery Action Plan (WRAP), an 8-session workshop that empowers consumers to develop their own recovery plans. Spring and fall sessions.

Just Friends & Becoming Friends, adult social and peer support groups run by consumers for consumers.

NAMI MERCER
Lawrence Commons
3371 Brunswick Pike, Suite 124
Lawrenceville, NJ 08648
(609) 799-8994 home@namimercer.org
www.namimercer.org

Keynote Speaker







Carol Kivler, CSP, MS, is the president of Kivler Communications, a corporate training and executive coaching firm. Its Courageous Recovery Division reaches out to healthcare professionals, consumers, and family members with a message of hope.

A courageous survivor herself, Carol suffers from medication-resistant depression. Since 1990, she has lived successfully through four acute episodes requiring hospitalization and Electroconvulsive Therapy (ECT). She has been in recovery for more than eight years.

Carol has been a member of the NAMI Board for eight years, an IOOV presenter, and the 2009 recipient of NJ Monthly Magazine's Seed of Hope Award. Her book, *Will I Ever Be the Same Again? Transforming the Face of ECT*, has received two awards this past year. She presently is working on her next book, *Unwrapping the Gifts from Depression*.

Workshops

A 	Medication Update David Nathan, MD Learn about new developments in psychotherapeutic medications.
B	The Art of Healing Jean Joslin, MA, ATR, BC Experience how the creative process of artistic self-expression improves and enhances your physical, mental, and emotional well-being.
C 	Moving toward Wellness Joan H. Brame, Ph.D Put on your sneakers and join this multi-faceted movement workshop where you'll learn a variety of "feel good" fitness tools.
D	Superfoods and You William Hayes, MD & Mary Hayes, MA Life-altering superfoods—powerful enough to lower your cholesterol, reduce the risk of heart disease, stroke and cancer, and put you in a better mood—are available in your local supermarket. Try a healthy smoothie.
E	The Home Spa Experience Beverly Yard Discover how music, meditation, aromatherapy, hand/foot soaks and massage can help you achieve well-being of the mind, body, and spirit. Wear slip-on shoes.
F	Reiki Mini-Clinic Patricia Korsak and Kate Sturcke Treat yourself to a mini-Reiki session provided by local practitioners who will show you how to achieve a sense of peace and relaxation through this natural stress reduction technique.
G	Animal-Assisted Therapy Tricia Baker Learn about the healing power of personal pets and therapy dogs. Meet Miki (a Pomeranian), Bentley (a St. Bernard), and Geneva (a Bernese Mountain Dog).

H	Journaling: Written Reflection Carol Kivler, CSP, MS Learn how journaling provides the opportunity to reflect on your life's joys and sorrows while freeing up your thoughts for living in the present moment.
I	Emotional Eating Carol L Rickard, LCSW Learn how to stop using food to cope. Discover tools to help you take charge of your waistline.
J	Practical Mindfulness James Reis, LCSW Learn how to experience your body, emotions and thoughts with greater ease and clarity.
K 	Introduction to Tai Chi Ch'uan Glenn Swann Tai Chi Ch'uan is a Chinese martial art, moving meditation, and health-building exercise all in one. Learn about its benefits and philosophy, and try some basic exercises.
L	A Mixed Media Art Experience Ruthann Perry Create something! In trying to create an object that represents what you feel passionately about, you will discover a connection to that desire. And have fun!
M 	Faith, Hope and Love Jennie Rodriguez Come and explore how spirituality, faith, and faith communities each play a role in reclaiming and maintaining hope in the midst of difficult times.



THESE WORKSHOPS ARE NOT WHEELCHAIR ACCESSIBLE.



WE CAN ACCOMMODATE 150 PERSONS AT THE CONFERENCE. PLEASE SIGN UP EARLY. REGISTRATION IS ON A FIRST COME, FIRST SERVED BASIS.

Registration Form

Name _____
 Address _____
 City, State, Zip _____
 Phone _____
 eMail _____



Check if NAMI Member

A.M. Workshop Request (Check one box.)

 **A** **B**  **C**
D **E**
F **G**

Alternate AM Choice (Indicate letter)

P.M. Workshop Request (Check one box.)

F **H** **I**
J  **K**
L  **M**

Alternate PM Choice (Indicate letter)

Lunch is included.
 Check if you prefer a **vegetarian** meal.

1. Complete one form per applicant.
2. Enclose check payable to NAMI Mercer.
 Conference Fee Only \$10
 Conference Fee and Membership \$35
3. Mail to NAMI Mercer, 3371 Brunswick Pike, Ste. 124, Lawrenceville, New Jersey 08648
OR
 Register online at www.namimercer.org.

Closing Activity

Mauri Tyler, CTRS, CMP, will lead a joyful, inspiring HealthRhythms drumming circle. This activity is an evidence-based wellness method of improving the immune system and reducing stress. No musical experience required. Drums provided or BYO.



Mauri is a recreation therapist with more than 20 years of experience. She is currently the Program Director for Princeton Senior Resource Center, a private

non-profit that provides services to support healthy aging. Endorsed by Remo drum company as a HealthRhythms facilitator, Mauri leads group drumming for the Princeton Adult School and other locations in the area.