

The Gathering Place Times

HELLO FROM THE GATHERING PLACE

The Gathering place is a community support program promoting recovery for adults coping with mental illness. We foster recovery by encouraging participants to help and support one another, promoting community involvement and meaningful activity, and by enhancing personal development, well-being, and healthy living. Established in 1976, The Gathering Place has been a community-based organization which supports and encourages people coping with mental illness in a home-like atmosphere. This newsletter is written by our members as part of the programming we offer. To see more of the programming we offer, see our calendar on page 2. If you would like to learn more about The Gathering Place or how to get involved, visit us at thegpathens.org or at facebook.com/Gatheringplaceathens

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WALK THE WALK WITH NAMI BY: GORDON FRANCIOSCA

On October 22nd, the National Alliance on Mental Illness (NAMI) and other sponsors held the 14th annual Walk-the-Walk for mental health awareness. The event started at the Athens court house and continued to Appalachian Behavioral Healthcare. State representative Debbie Phillips and Mayor Steve Patterson spoke at the

beginning of the event. Those participating then started by heading towards the armory on Court Street and then west on State Street onto South Congress Street. The walk then continued down Richland Avenue and at the Richland Avenue bridge, two routes were offered. The shorter route went down the bike path to the Appalachian

Behavioral Healthcare gymnasium while the longer route went up to The Ridges before meeting at the Appalachian Behavioral Healthcare gymnasium. Having taken the shorter route, we are unable to report what happened at The Ridges. Lunch was catered by some of the local eateries in Athens. Athens County Transit was there to offer the worn out walkers a ride back to the courthouse. Fun was had by all

HALLOWEEN AT THE GATHERING PLACE

BY: DAVID H.

We had a karaoke party that was a great time! There were lots of costumes and we voted for the scariest, most creative, and funniest costumes. There was lots of good food and drinks to choose from. Many people enjoyed singing karaoke individually, as a duet, and a large group sang "Monster Mash" by Bobby Pickett. Everyone had a lot of fun at the Scary-oke party.

Coming up in

December*:

1) Christmas dinner

2) Christmas caroling

3) Bell ringing for the Salvation Army

4) Karaoke & white elephant gift exchange

5) Possible shopping trip

***Dates unknown**

F A L L W O R D S E A R C H

R Y H T R D R S P B V Z L X H
 Z E F A L L N U R U V W G V S
 S F B M P A G A X Y M L R L A
 S P S M I E U K L T L P M N U
 B G E D E T X T U Q C I K M Q
 W M N B U V G H X O O P M I S
 L I I M S W O A R N P P P A N
 Q L N S Q P N N W D G G R S F
 S E V A E L U K Z G X D O E T
 U W X Q V C T S H I P M W R U
 C Y R Y O S A G W A W Y J I R
 V L C P A S M I R G L I P F K
 F R I E N D S V J U Z O D N E
 I A F D B B Q I J Z M V O O Y
 Q D E R U J Z N C H X I Q B K
 V E J R W W I G T P S S C M W
 B U N O W C Q I N U C T F Y C

CORNUCOPIA
 PILGRIMS
 INDIANS
 NOVEMBER
 FRIENDS
 PUMPKIN
 BONFIRES
 SQUASH
 FEAST
 FALL
 FAMILY
 THANKSGIVING
 LEAVES
 TURKEY
 AUTUMN

WEEKLY EVENTS:

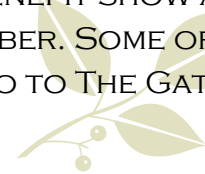
TUESDAY: 12PM LUNCH
 WEDNESDAY: 2PM ART WITH STEPH
 3:30PM DINNER
 THURSDAY: 2PM NEWSLETTER WITH IVA
 3:30PM MUSIC THERAPY
 FRIDAY: 1:30PM DANCE / MOVEMENT CLASS WITH IVA
 3PM HOUSE MEETING (RAP)
 3:30PM DINNER

SPECIAL UPCOMING EVENTS

THANKSGIVING FOOD DRIVE IS NOVEMBER 14-DECEMBER 7. DROP FOOD OFF IN BOXES AT 7 N CONGRESS STREET (THE GATHERING PLACE), HOCKING COLLEGE, UNIVERSITY CREDIT UNION ON EAST STATE STREET, OR

THANKSGIVING DINNER IS 3PM ON THANKSGIVING. THE GATHERING PLACE WILL BE CLOSING AT 6PM THAT DAY.

THE GATHERING PLACE BAND WILL BE PLAYING AT THE BENEFIT SHOW AT CASA NUEVA ON DECEMBER. SOME OF THE PROCEEDS WILL GO TO THE GATHERING PLACE.



STIGMA BUSTER: WHAT IS STIGMA?

BY: DAVID H.

Mental health stigma is a negative attitude towards people struggling with mental illness. Stigma has developed over many years. It is an unfair judgement against people struggling with mental illness. Mental health stigma negatively impacts people struggling with mental illness who are contributing members of the

community. The stigma around mental illness can also cause people not to seek treatment or support.

When someone is going through a storm, your silent presence is more powerful than a million empty words.

-Thema Davis

At the root of this dilemma is the way we view mental illness in this country. Whether an illness affects your heart, your leg, or your brain, it's still an illness, and there should be no distinction.

-Michelle Obama