“Recovery is the awakening of hopes and dreams. The recovery process involves gaining the knowledge to reclaim one's power and achieve one's desires by learning to make choices that bring strength rather than harm. Recovery involves living a meaningful life with the capacity to love and be loved.” - Telecare Corp

In this issue we are interviewing James Adamson, who has a long-time commitment to the MSS as a participant in the Peer Support Group. He is a graduate in Environmental Studies from the University of Manitoba. Working at ArtBeat Studio enabled James to practice his gift of design. His current showing depicts his extraordinary talent in design level architecture. Not only does he draw buildings but he also has drawn portraits of people. He has had two shows, the first of which was of 12 x 16 inch portraits. That included three kinds, fantasy, normal or from photographs. The theme of the one with faces was about the narcissism of society. It encouraged people to look deeper than appearances. Quoting James, “The theme of this, his second show, is also about looking deeper than appearances and it refers to architecture, to say that everyone deserves their opinion. It’s about celebrating communication and the importance of granting people their point of view, whether or not they feel like defending it.” We asked James a number of questions about this experience.

What did you feel about the Out of Mind and Into Creativity symposium?

“I was only at the presentation by Dr. Jenny Secker. I felt she was such an expert at statistics that it was like poetry to hear her speak.”
How has ArtBeat Studio helped you grow aesthetically and artistically?

“The latest art show has given me more appreciation about design level drawings and how they can open your mind to the natural workings of expression in architecture, as opposed to straight drawings. On the topic of design level drawing, it depicts massing, size, articulation, fenestration, (window design: the design and placing of windows in a building) and stairs but it doesn't depict specific fixtures or wall systems except when fixtures have a prominent role in the aforementioned work.”

With regard to your art career, where has your career taken you with respect to your mental health issues?

“I enjoy the idea (of doing the art show). I’d rather regret doing something than not doing anything at all.”

Can you put into words the feelings of having your own art show?

“It has given me an appreciation for community and networking, plus a sense of humour over peoples’ comments.”

Do you see this show as a stepping stone in your career?

“I’d love to have a career as an architect. Whether or not I get attention for this creative effort won’t determine my commitment to being active creatively, whether it be by playing music, writing poetry and prose, sculpting or painting as well as architectural design.”

WANTED: Personal stories, artwork poetry etc. for EXPRESSIONS.

Submission Deadline is March 30, 2012. Submissions may be dropped off or mailed to:

Expressions 2012
Town Centre
B13, 800 Rosser Avenue
Brandon, Manitoba R7A 6N5

or email thomsonl@brandonrha.mb.ca
or call 1-204-578-2405

Chandra Mayor, published Manitoba author, conducted a writer’s workshop that participants thoroughly enjoyed on December 8, 2011.

“We learned a lot about writing our own stories and how to make them more alive.”

Arts and crafts party, December 15, 2011, we enjoyed dipping fruit in chocolate and making Christmas crafts.

Choir singing at MSS Christmas party December 19, 2011

Peer support holiday gathering on December 7, 2011.
NAME THAT FEELING

A support group for children who have a family member with a mental illness.

For more information and to register call Jane at 786-1616
Manitoba Schizophrenia Society  
4 Fort Street  
Winnipeg, MB  
Phone: 786-1616  
Peer Support Group Schedule  
January February 2012  
Meeting Time: Wednesday, 1:00 PM to 2:30 PM

*(Occasionally group start time may vary according to the program of the day.)*

“Need to talk to someone about your life with schizophrenia, or schizoaffective disorder?”

Then consider attending the  
MSS PEER SUPPORT GROUP

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<tr>
<th>Date</th>
<th>Activity</th>
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<td>4</td>
<td>Resolutions for the New Year – Goal Setting and Schedule Planning</td>
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<td>11</td>
<td>Visit H.M.C.S. Chipawa – Meet at MSS at 1:00 p.m.</td>
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<td>18</td>
<td>Movie Day – Group starts at 12:45 pm to watch whole movie</td>
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<td>25</td>
<td>Speaker: Tina Holland from Mood Disorders Association of Manitoba</td>
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<td><strong>February</strong></td>
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<td>Schizophrenia and Psychosis</td>
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<td>8</td>
<td>Valentine’s Day Party – Arts and Crafts</td>
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<td>Living with symptoms of Schizophrenia and how people cope</td>
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<td>22</td>
<td>Spiritual Healer</td>
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<td>29</td>
<td>Discussion about Schizophrenia and Schizoaffective Disorder</td>
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Women’s Program Schedule  
January/February 2012

Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on outings. Any women living with a mental illness are welcome to attend. Occasionally we are out of the office for an activity so please call to confirm your attendance at 786-1616.* Programs are subject to change on short notice. Please call the office to verify activity.*

<table>
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<tr>
<th>January</th>
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<tr>
<td>5  Writers’ Group</td>
<td>2 Expressions through writing and drawing</td>
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</table>
| 12 Movie Day at FACES – Group starts at 1:00 PM to allow time to see the whole movie. | 9 Valentine’s Day Party – crafts, treats and music  
Please call at 786-1616. |
| 19 Story telling through various mediums (art, verbally, writing, photography, etcetera) | 16 Surprise speaker |
| 26 Games Day – Board Games | 23 Bowling at Dakota Lanes, 1085 St. Mary’s Road  
- Please phone to confirm your attendance at 786-1616. |