



Announcement

Poetry and Other Expressive Arts as Therapy

Promoting Recovery in Mental Disorders

A mix of poetry readings, with performance of music, song, dance and comedy interspersed

Wednesday, 07 May 2014 from 6:30pm to 8:00pm
Special Events Room, 9th floor
San Diego Central Library
330 Park Boulevard
San Diego, California 92101

Organized by Jay Mower and Megan Webster, sponsored by DBSA San Diego (Depression and Bipolar Support Alliance) and NAMI San Diego (National Alliance on Mental Illness), this event comprises performers who have been touched by mental illness and demonstrates how expressive arts can play an important part in recovery.

Call for Participants

Please contact **Jay Mower** at 858.598.6556 or jaymower@yahoo.com, or **Megan Webster** at 619.582.2466 or MWeb5089@aol.com. Still needed are participants in song, music, dance, and visual arts. Please specify your talent, experience, and what you can perform in approximately five minutes.

Deadline for response: Tuesday, 15 April 2014

Poet **Jay Mower**, retired professor, executive, and consultant, is a volunteer facilitator at DBSA San Diego and author of *Different Voices*.

Poet **Megan Webster**, former ESL instructor, is a freelance editor and author of *Bipolar Express*, a 2005 San Diego Book Award recipient.