

# The Art of Daybreak Multi-Arts Outreach

Presents:

**Everybody  
is invited!**

A May is Mental Health  
Month, Celebration of  
The Healing Arts

Hosted by **L.A. County DMH**  
**San Pedro Mental Health Center**

**MAY 23<sup>th</sup>, 2012**

Join us for a joyful day celebrating  
**Wellness, Recovery and the Arts.**

#### Schedule of Events

from 10:30 to 4:30

#### Presentations will include:

Meet And Greet

Special presentation by San Pedro MHC

"In Our Own Voice: Speaker~Presentation

Live world music performance with AOD Musicians~Educators

Live poetry readings by consumers and live reading  
by published Poet Sonya Renee Taylor (with Q&A)

Live Comedy Improv with Consumers and AOD Actors~Educators

Participatory Dance session with live music facilitated by AOD  
Dancers~Educators and AOD Musicians~Educators

Participatory Art workshop with live Music facilitated by AOD  
Artists~Educators and AOD Musicians~Educators.

\*Snacks & refreshments will be served thru-out the event

**This is a free event**

**LAC DMH San Pedro Mental Health Center - 150 West 7th St. - San Pedro, Ca 90731 - Phone (310) 519-6100**

#### Mission Statement

Established in 1996, The "Art of Daybreak" Multi-Arts Outreach Program is an innovative arts outreach program dedicated and designed to meet the specific needs and reveal the creative potential of men, women and young adults with mental illness. Through the process of creativity our program provides the opportunity to gain self esteem, experience joy, and a sense of empowerment through self-expression and a positive access to the imagination. Our mission is to enrich lives, eliminate stigma, encourage hope and goals, while increasing wellness and recovery, through hands on involvement and exposure to all the arts. Facilitated/lead by Multi-Arts professionals, **The Art of Daybreak Multi-Arts Outreach Program** provides hands-on workshops in fine art, creative writing, theater improvisation, music and integrated movement-dance to people served at Mental Health Centers, Wellness Centers and homeless shelters throughout Los Angeles County.

