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Downtown Mental Health Center Celebrates Mental Health Awareness Month

By Ebony Campbell, STC, Public Information Office

On Thursday, May 26, 2016, the Downtown Mental Health Center (DMHC) Wellness Program held its 6th Annual May is Mental Health Awareness Month Celebration, "Music to Sooth the Soul." Nahed Guirguis, Program Head of Mental Health Clinical Program, welcomed over 50 people who attended the afternoon festivities.

The live musical performance was provided by the Founder of Street Symphony, Vijay Gupta, who brought along his Jazz Ensemble: Pamela Jackson (singer), Putter Smith (stand-up bass), David Sills (sax) and Brandon Bernstein (guitar). The soulful music produced a relaxing touch to the event and the ensemble answered any questions that the attendees had.

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The rooms were beautifully decorated by client art work that showcased how the center has impacted each artist's life. Also, attendees had an opportunity to support fellow clients by buying handcrafted jewelry and the 4th Volume of *Write-On!: A Journal of writing from the Department of Mental Health Downtown Mental Health Wellness Center*.

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Attendees shared testimonials about how the center has helped them and how safe and welcome they feel there. Plus, there was an array of food provided for clients, served by the staff and a raffle with all prizes donated by the staff.