

Class Instruction Currently Offered:

- Drawing & Sketching • Pen & Ink
- Acrylic & Oil Painting • Watercolor
- Clay, Ceramics • Potter's Wheel
- Art Appreciation
- Drama • Pastels
- Voice • Creative Writing
- Piano, Guitar & Percussion
- Playwriting, Poetry
- Recover-focused Workshops
- Sewing • Mosaic • Acting



Artist: Katie Leonard

Also Available are:

- Support Groups
- Outings
- Social Events

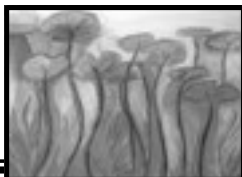


Artist: Rita Yebra

Among the places 9Muses artists have exhibited are:

- ArtServe and their Library Gift Shop
- Fort Lauderdale Museum of Art
- Most branches of the Broward County Library, including the Main Branch
- DCOTA (Design Center Of The Arts)
- EPIC Awards Luncheons
- Memorial Regional Hospital's Behavioral Outpatient Building and the SHARE Unit
- Portrait of Homeless Luncheons
- Sarasota's Ringing School of Arts & Design
- DCF SAMF D10 Conference Room
- Nova's Alvin Sherman Library
- South Florida State Hospital (Geo/Care)
- Las Olas Art Fair

Membership workshops and materials are free for Broward County mental health consumers. For non-consumers and out of county consumers, annual membership fee is \$100. Some material fees may apply.



Artist: Katie Leonard

9Muses
consumer
artists were

commissioned by GEO/Care to produce original murals for South Florida State Hospital. Florida Medical Center also collaborated with 9Muses to beautify their hospital with original works of art. Many 9Muses artists are interested in public works projects and are always looking for opportunities.



Creativity Café

On the final Friday of each month (January through October), 9 Muses Art Center comes alive with the talent and imagination of our members. The

Creativity Café begins with a member's art sale at 4pm, moves on to refreshments and concludes with member performances.



A program of the Mental Health Association of Southeast Florida, with funding from the: Florida Department of Children & Families and Broward County Human Services Division



Recovery through the Arts at:



9Muses Art Center Peter Cocuzza Gallery & Frame Shop



Artist: Robert Montesino

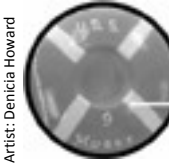
A Drop-In Center
with a Focus on the Arts
including:

Recovery Workshops & Support Groups

7139 West Oakland Park Boulevard
Lauderhill, Florida 33313
954-746-2055 • Fax: 954-746-6373
Member Phone: 954-746-9162
email: 9muses@mhabroward.org
website: www.mhasefl.org

9Muses promotes recovery through the arts. Participants are free to choose from a broad array of visual and performance arts. Classes feature personalized instruction, along with individual studio time, allowing each participant to create according to his or her own personal "muse".

Artist: Denicia Howard



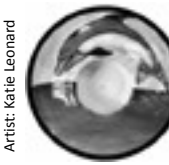
9Muses membership is free to persons with behavioral health diagnoses who are interested in pursuing the arts and also engaging in stimulating activity without regard to labels.

Artist: Chris Nervi



Artistic expression and community integration at 9Muses promote understanding and acceptance both for those with behavioral diagnosis and those without.

Artist: Katie Leonard



Together our members make a difference by challenging stigma, embracing expression, and creating opportunity via the arts.

The 9Muses, daughters of Zeus and Mnemosyne (Memory) in Greek mythology, are the inspiration of artists and scientists. Their names are: Calliope, Clio, Erato, Euterpe, Melpomene, Polyhymnia, Terpsichore, Thalia and Urania.

Relaxation & Meditation

Learn how to beat the stress and ease the tension.

Coffee & Conversation

Wake up and shoot the breeze in the morning with Elvira Sears.



Artist: Micky Rae

Healthy Living

Get tips and tricks to live a healthier life. With just a few lifestyle changes, you can be on your way to a much healthier you.

Action Planning & Recovery

This workshop can help you put a plan in place to start managing your life and maintaining your road to recovery.

Advocacy & Self-Empowerment

Don't like the state of today's mental health services? Do something about it! The ongoing program will show you how to be your own advocate and get things done.



Artist: Robert Montesino

Outreach Committee

Help 9Muses gain exposure and get the word out through events in the community. Connect and help spread our message.

Marketing & Self Promotion

How can you get your artwork exposed to the right people? Learn how to document your art and sell it on the worldwide web.

Piece & Plenty

Get your life together! This program can help you organize your time, space, and finances. Take the first step to a less cluttered and less stressful life.

Mental Health Advance Directives

What would you do if your were hospitalized and couldn't communicate your wishes? An Advance Directive can make sure that your needs are taken care of and your choices respected. Learn more about it in our group.

Meeting New People

Are you a wallflower who longs to be a social butterfly? This group can teach you about approaching new, prospective friends and how to assert your boundaries.

SUPPORT GROUPS

Support groups for people with behavioral disorders follow a common theme and purpose. All groups operate under the guidance of a trained facilitator.

Everyone is given the opportunity to speak. All attendees are encouraged to share their issues and experiences relating to the group's focus. Feedback from group members is invited when applicable.



Artist: Trevor Bailey

Support groups offer opportunities for sharing information and giving participants the opportunity to

hear what has worked for others along the road to recovery.

We do not offer therapy, although attending groups tends to have a therapeutic effect. We do not offer advice but rather encourage people to take what is right for them and leave what is not.

Regardless of diagnosis, there tends to be some overlapping of issues in all behavioral disorders. For this reason, we invite all members to attend any group they wish to with the understanding that the facilitator has the option to guide the direction and content of the discussion.

RECOVERY WORKSHOPS

Relaxation & Meditation

Mondays 12:00 noon—1:00 pm

Coffee & Conversation

Tuesdays 10:00 am—11:00 pm

Fridays 9:00 am—10:30 pm

Healthy Living

Tuesdays 1:00 pm—2:00 pm

Advocacy & Self-Empowerment

Tuesdays 2:00 pm—3:00 pm

Outreach Committee

Thursdays 1:00 pm—2:00 pm

Piece & Plenty

Thursdays 10:00 am—11:00 am

Mental Health Advance Directives

First Thursday of Each Month
10:00 am—11:30 am

Meeting New People

Fridays 1:00 pm—2:00 pm

SUPPORT GROUPS

Depression Support

Mondays 10:30 am—12:00 noon

Bipolar/Depression Support

Tuesdays 6:00 pm—8:00 pm

Post Traumatic Stress Disorder (PTSD) Support

Wednesdays 3:00 pm—4:00 pm

Obsessive Compulsive Disorder (OCD) Support

First & Third Wednesday of Each Month
7:30 pm—8:30 pm

Anger Management

Thursdays 4:30 pm—5:30 pm

Anxiety Support

Thursdays 6:00 pm—8:00 pm

Hoarding Support

Thursdays 12:00 noon—1:00 pm

Schizophrenics Support

Fridays 5:00 pm—6:00 pm