

CMHC

FOUNDATION

Building Healthy Lives & Community

RECENT HIGHLIGHTS 2010

New Projects

- › The Hill Farmers' Market at CMHC, with CitySeed to promote healthy eating and access to fresh food
- › *New Haven Chef's Table* cookbook, published by Lyons Press, released September 2010
- › LEAP Loans micro-lending for small business ventures for people in recovery
- › Studio Jams creative arts workshops for young adults
- › Foot-Care Clinic for homeless men and women
- › CMHC Campus Beautification
- › *Tune in with TV* Project for Improved Social Connectedness

Ongoing Projects

- › The Parachute Factory: visual arts exhibits, creative arts internships, artist in residence programs and community workshops, with the Arts Council of Greater New Haven and the Yale Program for Recovery and Community Health
- › Children's Peer-to-Peer Support Project
- › The Labyrinth Project with the Spiritual Roundtable Group
- › The Wellness Project for physical fitness

Special Events & Guests

- › Music & Meditation at CMHC with Jin Hi Kim, musician in residence with the New Haven Symphony Orchestra
- › Sound Mind Sound Body Community Walk with Mary Collins, author of *American Idle*
- › Food & Healing conversation with Paula Butturini, author of *Keeping the Feast*
- › *New Haven Chef's Table* Gala Tasting with Chef Tim Cipriano, Executive Director of Food Services for New Haven Public Schools
- › "Work, Stress and Bipolar Disorder," a Master's Tea at Yale's More College presented by Robert O. Boorstin, Director of Public Policy for Google

Special Award

- › CMHC was a 2010 recipient of an Award of Distinction for Workplace Wellness by the Health Care Council of the Greater New Haven Chamber of Commerce

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A 501(c)(3) supporting organization for the Connecticut Mental Health Center helping people in recovery sustain healthy and meaningful lives in the community.