



Stepping Out: Community-Oriented News in Psychiatry

From the Office of Mental Health Promotion Issue: July 6, 2012

Events

- Latino Night at the Public Market
- Pride Parade
- PFLAG Conference
- SSGT Javier Ortiz Memorial 5k Race and Fitness Walk
- Earth Song: A Spiritual Retreat with Nature and Horses



Latino Night at the Public Market

What: In conjunction with the City of Rochester the Puerto Rican Festival brings you the annual installment of Latino Night at the Public Market. Live performances TBA. Come support and enjoy good music.

Where: Rochester Public Market – Rochester, NY

When: Friday July 13th 6pm-10pm

More information: Cost: Free. Visit our new website www.prfestival.com. or email president@prfestival.com for any questions.

Pride Parade

What: The University's participation in this event is currently being organized by the Diversity and Inclusion Committee and the Pride Alliance at the University of Rochester, with the hope of having a strong ally visibility. Please consider showing your support by joining us for this fun event. Please wear University of Rochester-related clothing

Where: Line-up from 2:30 to 3:30 pm on Brunswick/Argyle Streets Parade Route: Park Avenue to Goodman Street to College Avenue.

When: Saturday July 14th 2012

More information: Please RSVP if you plan to join us at pridealliance@rochester.edu

PFLAG Conference

What: PFLAG (Parents, Families and Friends of Lesbians and Gays) has joined with JCC (Jewish Community Center) and the Gay Alliance to bring the Holocaust Memorial Traveling exhibit of Nazi Persecution of Homosexuals 1933-1945) and will be having a day Conference regarding LGBTQ issues

Where: Jewish Community Center, 1200 Edgewood Avenue Rochester NY 14618

When: July 15, 2012 8:30-4pm

More information: Cost of day conference is \$30.00 including Continental breakfast/Lunch. See registration form attached. Call (585)244-8640 x27 for information

SSGT Javier Ortiz Memorial 5k Race and Fitness Walk

What: Race benefiting the Veterans Outreach Center. The race will feature a kid's fun run at 8:30, music, and many other things. Come show your support by running or walking.

Volunteer opportunities are available

Where: Frontier Field – One Morrie Silver Way Rochester, NY

When: Saturday, July 21st, 9 -10:30am (registration starting at 8am)

More information: Cost: \$15.00 early registration / \$20 day of race. Visit our new website www.prfestival.com. or email president@prfestival.com for any questions.

Earth Song: A Spiritual Retreat with Nature and Horses

What: Earth Song is a two day spiritual retreat designed to facilitate a connection with deeper aspects of the psyche through ground activities with horses and earth based ritual. Participants will gain a deeper consciousness regarding their connection to the earth and all sentient beings. This two day intensive experience creates a sacred space for healing of the individual and allows this awareness to be brought back to other aspects of a person's life including family and community.

Where: Windhorse Farm, LLC 75 Walker Road, Hilton NY

When: July 28-29th, 2012 8:30-4pm

More information: The fee is \$350 and lunch is included. Contact Joe Lancia at (585) 392-3492 or windhorsefarmllc@gmail.com

Reminders

- Please consider applying your attendance for any events that might meet the objectives for independent study credit hours in order to complete your cultural competence training requirements (minimum of 3 credit hours) for the Department of Psychiatry.
- To see any past Stepping Out newsletters, please visit our OMHP homepage for the Stepping Out Archives at [Psychiatry Department: Office of Mental Health Promotion](#)

For more information on events in the community check out the [DBSA Website](#)

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