

**March 7, 11:30 am-1:00 pm The Relationship between Mental Illness, Poverty and Homelessness, Brenda Harvey, Commissioner, Maine Department of Health and Human Services**

This topic is an outgrowth of the Windows on Poverty program last year, when there were discussion and concern about local mental health issues.

**March 21, 11:30 am-1:00 pm, Strategies for Good Mental Health**

A representative from the National Alliance on Mental Illness will speak on keeping our brains healthy. A representative of the Peer Center at the Brunswick Sweetser office will highlight local resources.

**Parish Read**

This year, instead of choosing just one book as a Parish Read, the Committee has developed a list of books and other resources on the various topics covered during the program. This list will be available at each presentation as well as in Pilgrim House. Several books and videos may be borrowed at the presentations.

Windows on Mental Health Planning Committee:  
Anne Brookes, Betsy Eaton, Debby Gillis, Becky Halbbrook,  
Penny Schroeder, Judi Stoy

For more information on the Windows on Mental Health program, contact First Parish Church, 729-7331.

**WINDOWS ON MENTAL HEALTH**

**Winter 2010**

**First Parish Church, UCC  
9 Cleaveland Street  
Brunswick, Maine 04011**

**729-7331  
[www.firstparish.net](http://www.firstparish.net)**

## WINDOWS ON MENTAL HEALTH

All programs will be held in Fellowship Hall, on the second floor of Pilgrim House, 9 Cleaveland Street, Brunswick, Maine. Light refreshments will be served at each presentation.

Childcare is available and may be arranged by calling the church office at 729-7331 seven days in advance.

### **January 31, 11:45 am-1:00 pm: Discovery Health Video: The Amazing Brain**

What's in your noggin? For years a mystery, science is beginning to unlock the secrets of the human brain. Sophisticated technology is enabling the discovery of information about neural connections that shape personalities and make thinking possible. Come view this video and learn about the phases of the brain from childhood through adulthood. The video is suitable for middle school children through adults.

### **February 7, 11:30 am – 1:00 pm: Depression and Manic Depression, John Matt Dorn, MA, MD, MDiv**

Depression and manic depression (bipolar disorder) are two of the most common mood disorders. This session looks at the biology, psychology and genetics of these problems. Learn what help is available, what a doctor can provide as well as what you can do for yourself. Dr. Dorn is a member and Deacon of First Parish Church. A photographer and poet, he practices psychiatry in Brunswick, where he lives with his wife, Jane, and a menagerie of animals.

### **February 14, 11:30 am-1:00 pm Alzheimer's, Dementia and Caregiving, David Currier, Manager of Education and Training, Alzheimer's Association, Maine Chapter**

This presentation will cover the causes of Alzheimer's disease, define dementia, talk about symptoms and review techniques that will aid the caregiver when dealing with challenging behaviors. Mr. Currier was the primary caregiver for both of his parents, who had dementia at the same time. From his hands-on experience, he has dedicated himself to helping others who are faced with the challenges of caring for someone with dementia, by offering them heartfelt support and guidance.

### **February 19-21 Tenth Anniversary Labyrinth Celebration**

On Saturday, February 20, from 1-3:30 pm, Tricia Kibbe will offer a session on Right Brain/Left Brain balancing as one walks the labyrinth. We will discuss how the labyrinth can affect our thought processes. Tricia Kibbe is a founder and former President of the Labyrinth Guild of New England.

### **February 28, 11:45 am-1:00 pm: God and the Human Brain, The Rev. Mary E. Baard, Senior Pastor, First Parish Church**

We will explore the dialogue between neurology and theology. As the field of neurological studies expands, there are scientists examining neurological phenomena in relation to spiritual and mystical experiences. One of the primary figures in this field, Dr. Andrew Newberg of the University of Pennsylvania, writes: *Our research team...has consistently demonstrated that God is part of our consciousness and the more you think about God, the more you will alter the neural circuitry in specific parts of your brain. That is why I say, with the utmost confidence, that God can change your brain.*