

Once a homeless, abused drug addict, Jana Drakka found her calling as a Zen Buddhist monk 16 years ago. Instead of carrying on a quiet life in a monastery, she returned to the streets to reach out to others.

Her community outreach to the homeless of San Francisco is based on harm reduction principles. She also has a degree in Education Sociology, Psychology

and ESL certification. She conducts training and workshops for varied groups, including: HIV positive women, caregivers for patients with Alzheimer's, mindfulness training, and grief support groups.

Creativity and practicality mark her work. She combines ancient and modern skills with a Scottish sense of humor (having grown up in Scotland.): Jana is the teacher for three Gay Sanghas and has begun ordaining folks from her own Sangha in the Soto Zen lineage of Suzuki Roshi."

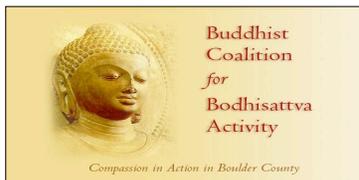


www.janadrakka.com



Interfaith Network on Mental Illness

We are grateful for each of our sponsors!



The Carriage House Community Table



The fourth annual conference organized by the Interfaith Network on Mental Illness in recognition of May as Mental Health Month

*Compassion and Acceptance:
Spirituality in Recovery from Mental Illness
May 11-14, 2011*



Jana Drakka,
Zen Buddhist Monk

Schedule of Activities

Wednesday May 11, 1-3 pm

We are All Beginners: Meditation Practice with Jana Drakka This session is open to anyone who has practiced for years or just wants to learn about it.

First Congregational Church, Chapel,
1128 Pine Street, Boulder

Wednesday May 11, 7-9 pm

Spirituality as a Resource in Overcoming Addiction/ Substance Abuse and PTSD Jana will speak from her own experience in dealing with these issues, as well as her work with the homeless in San Francisco.

Shambala Center, 1345 Spruce St. Boulder

Thursday May 12, 8-11:15 am

Workshops for Clinicians and Professionals Working with Most Challenging Clients: Shelter from the Storm

Topics will focus on teaching mindfulness to challenging clients, and self care for providers in challenging environments. Panelists will include : Dr. Jed Shapiro, Mental Health Partners, Elise Goodsoldier, Chinook Clubhouse, Dennis White, Carriage House Community Table, Bob Unger, Naropa University , and Michael Dow, Clinica Campesina

Fee is \$20 if you register before May 10. After May 10, \$25 at the door. Continental breakfast served. (pre-register at revalan2004@comcast.net)

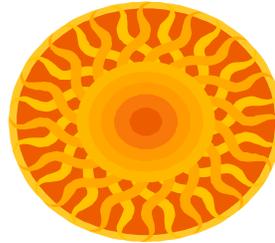
Har Harshem, South Building, 3950 Baseline Rd., Boulder

All events free unless otherwise specified .
Donations gratefully accepted.

Thursday May 12, 11:30 am-1 pm

Mental Health Issues—Using Community Resources—
In collaboration with Restoring the Soul. Panelists: Jana Drakka, Rabbi Deborah Bronstein, Reverend J. Hays, and Chuck Knapp. Moderator is Reverend Alan Johnson. Event to be taped by KGNU

Har Harshem, South Building, 3950 Baseline Rd., Boulder



Thursday May 12, 7-9 pm

Out of the Shadows: Total Acceptance Jana will focus her remarks on the need to accept and welcome those with mental illness and also the need to accept the GLBTQ. She will answer questions about any group that experiences stigma and “lives in the shadows.”

Community United Church of Christ, 2650 Table Mesa Dr., Boulder

Friday May 13, 7-9 pm

An Informal Evening with Jana: Comments and Questions on Spirituality and Mental Health

First United Methodist Church, 15th and Spruce, Boulder

Saturday May 14, 9am-12 pm

From the Contemplative Life to Daily Life This morning's program will focus especially on the needs of students but will also speak to others who strive to find balance in their lives. Jana will share her wisdom about how to meet the needs of others while remaining present to one's self.

First Congregational Church, 1128 Pine St., Boulder



Interfaith Network on Mental Illness

The Interfaith Network on Mental Illness (INMI) is a non-profit organization based in Boulder that is committed to increasing the awareness and understanding of mental illness in all faith communities. It works to help everyone become more supportive of those with mental illness, their family and friends; INMI also strives to counteract the stigma so often associated with mental illness.

The Interfaith Network provides information about available services and resources available in the community and sponsors a number of programs, which are usually free and open to the public. Special conferences are held annually in May (in recognition of Mental Health Month) and early October (Mental Illness Awareness Week.)

Membership in INMI is \$20 for an individual per year; \$100 for a faith community/ organization. Contact Alan or Susan.

Contact: Alan Johnson, revalan2004@comcast.net
Or Susan Marine, swdkm321@comcast.net.