



THE CITY OF SAN DIEGO
San Diego Public Library

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Central Library Resumes *Downtown Verse* Poetry & Spoken Word Program with Expressive Arts that Promote Recovery in Mental Disorders

SAN DIEGO – The San Diego Public Library, in conjunction with DBSA San Diego (Depression and Bipolar Support Alliance) and NAMI San Diego (National Alliance on Mental Illness), continues its poetry and spoken word series *Downtown Verse* with an evening of Poetry & Other Expressive Arts as Therapy on Wednesday, May 7 at 6:30 p.m. at the new San Diego Central Library @ Joan A Irwin Jacobs Common, located at 330 Park Blvd in downtown San Diego. *Downtown Verse* features area poets and spoken word artists on an occasional basis, offering the community an accessible and exciting venue for expressive performance.

With the aim of promoting recovery in mental disorders, performances will include a mix of poetry readings, interspersed with music, song, dance and comedy. In addition, the program will be of interest to the general public as well as those touched by mental illness and their families, providing an opportunity to show a larger audience the important role expressive arts can play in recovery. Topic related poems will invite comments from the audience and there will be an open mic for more audience participation and involvement.

DBSA San Diego is a peer-facilitated support group of people who support one another on the road to wellness. Its mission is to provide hope, help, support, and education to improve the lives of people in San Diego County who are living with mood disorders.

NAMI San Diego's mission is to support people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders and educate people who have mental illness, their families, and the general public.

Learn about other events at the San Diego Public Library's Central Library and 35 branches, find links to numerous additional resources (including those for local authors), or search for materials online in the Library's catalog at www.sandiegolibrary.org.

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