



Dr. Daniel Binus

A Year of Beautiful Beginnings

Beautiful Minds Wellness shares special evening with Auburn community and a takes joy in growing pains

Beautiful Minds Wellness
December 2017

Beautiful Minds shares special evening with Auburn Community

The Auburn State Theater almost filled up as 300 plus people gathered for a *An Evening of Song & Story*, hosted by Beautiful Minds Wellness on November 30. Brave souls touched by mental illness shared stories of navigating the perils of depression, bipolar, anxiety, eating disorders, and more. Their stories of learning to cope and rise above traumatic circumstances were met with palpable compassion and support from the audience. Musicians, professional and amateur, added to the special atmosphere.

David “Woody” Bartley, local mental health advocate, shared tips on how our community can support those battling with mental illness. Woody received help after his depression drove him to a near suicide attempt. Following the program, one attendee shared she had been struggling with thoughts of suicide. “This was exactly what I needed,” she said. “Thanks so much.”

Dr. Daniel Binus, psychiatrist and founder of Beautiful Minds Wellness, shared his passion for whole-person mental health care and the organization’s dream to open a wellness center to bring more recovery based programs to Auburn residents. The strong turnout of community support was encouraging for all involved. If you were there, we thank you and hope you were as inspired as we were!



David Bartley shares the power of connection



John Massey, guitarist



Beautiful Minds
Wellness

Beautiful Minds Wellness Connects Volunteers with Auburn Homeless Shelter



The Right Hand Auburn Shelter needed mental health and wellness services and we knew just the people to connect them with. A conversation with Weimar Institute's coordinator of community involvement started the wheels turning. Every Wednesday afternoon, you'll now find a team of college students along with their mentor, Neil Nedley, MD, sharing strategies for emotional wellness with an attentive crowd at the shelter. Dr. Nedley is founder of the Nedley Depression Recovery Program and president of Weimar Institute. Our mission at Beautiful Minds Wellness includes connecting people from every walk of life with compassionate, whole-person mental health services, enabling health, lifelong transformation. We loved making this connection!

A Young Nonprofit Takes Joy in Growing Pains: Beautiful Minds Wellness gains momentum

Beautiful Minds Wellness was founded by Dr. Daniel Binus to promote mental wellness in the Auburn community and beyond, and to change the way mental health treatment is provided. The board of directors and staff are excited to see momentum building in our fledgling organization. These growing pains not only stretch us, but bring us joy. Additional projects include:

- Building a scholarship fund to help people with financial hardships attend a wholistic intensive outpatient program. More information is available at www.beautifulmindswellness.org/portfolio-items/sponsorships
- Providing support group facilitators for African AIDS orphans in Lesotho, Africa, a country with one of the highest prevalence of AIDS in the world, and sadly the highest rape rate of any country.
- Building an aftercare network of support groups, classes and seminars to facilitate wholistic healing and growth following intensive treatment.
- Building an online community to reach the large percentage of people who never seek treatment due to the stigma of mental illness.

We are committed to making a difference in the lives of people who truly desire mental and emotional healing. We are grateful for the support of donors and volunteers who made it possible to get up and running this year. With your support and God's continued blessing, we trust 2018 will bring more growth, empowering many more people on the path to recovery.

You are part of a very small group of people that have received this newsletter. We value your support. Your donation will make a difference in helping someone overcome mental illness. We invite you to join a privileged group of first-time supporters with a recurring monthly pledge. Thank you for your generosity.

Sincerely,

Dr. Binus and the Board of Directors



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BeautifulMindsWellness.org/donate