

APPLAUSE

Directed by Martin Pieter Zandvliet

LIGHTS! CAMERA! ACTION STEPS!

34th cleveland international film festival

march 18–28, 2010 tower city cinemas let's go.

We believe that films like the one you just saw can change the world. At the CIFF, we present these films and the accompanying FilmForums to provoke thought, inspire dialogue, and spark ideas. Now we're taking it one step further by encouraging you to take action steps to address the issues you've learned about today. Get involved! Make change happen!

Generous support for Lights! Camera! Action Steps! is provided by Chuck and Char Fowler.

Speak Up

- Talk to five people about the film you saw today.
- Start a conversation at the dinner table about the first time you heard about alcoholism, and recall the setting and context.
- Share your personal story—publish a story; blog about it; make art; talk to a friend, a class or a community group.
- Write a letter to the editor about an issue that you are passionate about. Go to www.nancyschwartz.com/letters_to_the_editor.html for tips on writing your letter and send it to the local daily papers, such as forum@plaind.com and vop@thebeaconjournal.com.

Get Involved

- Take the private and confidential addiction quiz offered by the Women's Center of Greater Cleveland. Visit www.womensctr.org, and click on Addiction Quiz.
- Encourage your employer to participate in the Drug Free Workplace Program. You can request a copy of the guidelines by visiting, www.ohiobwc.com or by calling, 1.800.OHIOBWC.
- On May 5th, 2010 spend an afternoon at Windows on the River with keynote speaker Regina Brett and philanthropist Martha B. Baker who will be honored with the second annual Helen K. Jones Woman of Strength Award. For information and tickets, contact Recovery Resources, 216.431.4131, ext. 1309 (Liz Habat). www.recres.org.
- Plan a business meeting or a poetry or book reading event at the Hitchcock Center for Women's Sip Up/ Coffee Shop. Call 216.421.0662 for hours and more information.
- Become involved with a local non-profit. Contact the Women's Center of Greater Cleveland at www.womensctr.org and click on the Volunteer tab, or call 216.651.1450.
- Check out an Analytic Flicks meeting hosted by the Friends of the Cleveland Psychoanalytic Center. The group meets the first Sunday of each month at 7:30 pm to discuss a current film with an analytic flavor. For information and to get a copy of the membership form, call 216.229.5959 or visit the site at www.psychoanalysiscleveland.org.



clevelandfilm.org

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. . . continued from other side

- Attend an open Alcoholics Anonymous or Al Anon Meeting. For a listing of local AA Meetings, visit www.aacleveland.com, and for Al Anon meetings, visit www.afgcleveland.org. Bring a friend!

Stay Informed

- Attend a Friends of the Cleveland Psychoanalytic Center's mini lecture series on the first Wednesday of the month at 7:30 pm. For more information and to get a copy of the membership form, contact them at 216.229.5959 or visit them on them at: www.psychoanalysiscleveland.org.
- For quick references and a better understanding of the disease of alcoholism, visit the CDC – Alcohol and Public Health at www.cdc.gov/alcohol.
- Follow Recovery Resources on Facebook for the latest updates and information regarding local legislative issues and events. Go to www.recres.org, and click on the Facebook tab.
- Visit the Cleveland Psychoanalytic Center's Library, which houses over 6,000 mental health related books, journals, manuscripts, and works of art. For more information, contact Librarian Mary Ellen Kollar at 216.229.5959, ext. 102. Or attend an advanced training in psychoanalytic psychotherapy at the Psychoanalytic Center, offered each fall (six applicants needed). For more information contact, Karen Wallis at 216.548.0523.
- If you would like to speak to someone about a mental health concern, contact the Katan Consultation and Referral Service of the Psychoanalytic Center, where all the professionals are experienced psychoanalysts in private practice for children and adults. The confidential voice mail is 216.721.2777.

Make a Donation

- Consider a cash or clothing donation to the Women's Center of Greater Cleveland, visit www.womensctr.org, and click on the Donate tab.
- Attend the special Performance of the play "Bill W. and Dr. Bob" at the Cleveland Playhouse on April 11th, 2010 to benefit Recovery Resources, an organization dedicated to helping people triumph over mental illness, alcoholism, drug and other addictions. All proceeds from this performance will benefit and support the programs and services of Recovery Resources. Tickets are on sale at www.recres.org or by calling Liz Habat at 216.431.4131., ext. 1309.
- Over 60,000 meals were served to women and children last year at Hitchcock Center for Women, Inc. Consider a donation to support their efforts. Visit www.hcfw.org and click on the Donate Tab.
- The Cleveland Psychoanalytic Center trains helping professionals to work more effectively with people. You can assist them in their efforts by visiting www.psychoanalysiscleveland.org and clicking on the Support CPC tab.
- Donate to the charity care efforts of Recovery Resources, to support those individuals who cannot afford vital care and treatment. Consider supporting Helen's Fund (in memorium to Recovery Resources past CEO Helen K. Jones). For information about all donor options, visit www.recres.org and click on the Donate tab, or contact Joan Ackerman, Director of Development at 216.431.4131, ext. 1305.

If you or a family member is experiencing a mental health or alcohol or other drug-related emergency, seek immediate assistance by calling the 24-hour Suicide Prevention, Mental Health Crisis, Information and Referral Hotline at 216.623.6888 or the United Way's First Call for Help, 211 or 216.436.2000.

LET THE CIFF KNOW ABOUT THE ACTION STEPS YOU TAKE. Email us at action@clevelandfilm.org.

