

Hello Folks,

I hope all is well for everyone...lots of good things going on here. Once again, some great websites to share of folks doing some wonderful advocacy work, via their respective creative mediums and more.

And, a shameless little plug on myself as well – please visit this link for Anchor Magazine, Conquering Depression

http://www.anchormag.com/e107_plugins/szproducts/product_details.php?product_id=59

Scroll down a bit to see the article “**Breaking Through** - Striking a chord”, on myself...but you will need to order the magazine to read it in full. The article came out great...an interview with me, along with some folks who have hired me to present and some who have been inspired by my music and public speaking. My oldest daughter Alisa was also interviewed for this article...so this made it even more special!!!

A bit of a reflective day for me today...my brother David would have been 54 years old today...sadly, he took his life many years ago. So...in honor of his spirit, I am sending this newsletter out. I will attach an article that I wrote for the journal “Many Voices” [www.manyvoicespress.com] that was published several months ago...I share a few words about both of my brother’s, David and Danny [lost to suicide also]. Part of my reasons...my motivations, for sharing this little newsletter, is to help foster hope and healing. We all try in our own little way to help create change...I hope by sharing insight and information on others, who also address the issues and concerns of trauma, abuse, & mental health.....helps to that end.

MAY IS “MENTAL HEALTH MONTH” CELEBRATE RECOVERY

So, please visit Altered States of The Arts...and see some of the great things Ed Pazicky & Gayle Bluebird have been doing for years via this website and so much more. To know them as dear friends makes it even more special. www.alteredstatesofthearts.com

From a fellow New Hampshireite - John Caswell has created a neat website sharing his writings, poetry, and more that celebrate his healing journey - www.movingforwardtogether.info

Haulie Free and Ginger Gillenwater have not only set up, The Survivor Radio Cafe, Online Radio Show geared towards Survivors of Any Trauma -

<http://voicesofstrength.org/survivorradiocafe/> but they also have a book and audio documentary to share. Very cool!!!

Haulie's is at - An Audio Documentary for Survivors of Sexual Abuse and Domestic Violence

<http://www.cafepress.com/voicesstrength.50580648>

& Ginger's book is - "Surviving Jane"

<http://search.barnesandnoble.com/Surviving-Jane/Ginger-Gillenwater/e/9781424198078/?itm=1>

Paul in Boston has a great site & a blog to share - *"Healing from Trauma and Dissociation"*

I'm Paul, and I'm a father, husband, scientist, educator, photographer and musician. I'm also a survivor. - Mind Parts www.mindparts.org

and - Issues of Male Survivors of Sexual Abuse

<http://gfrerichs.typepad.com/sexualabusehelp/2009/04/march-09-edition-issues-of-male-survivors-of-sexual-abuse.html>

The folks at "Let Go, Let Peace Come In" are trying to reach all of the adult survivors of childhood sexual abuse, please visit them at - www.letgoletpeacecomein.org

Some great news from my friend Jean Riseman, who has been chipping away for years in her advocacy endeavors - Survivorship news: The website (www.survivorship.org) is getting a new look... so please see what she & her friends have been up to!!!

and last, but not least from Rebecca King - "Summer Poetry Competition - Win a signed copy of 'Reflections of a Multiple' and have your poem featured on Rebecca's Website. For details visit www.rebeccadking.com

Thanks & take care, Mike

As always...please share with others and if you received this in error, please let me know.

A diagnosis is not a destiny.

www.mskinnermusic.com - Hope, Healing, & Help for Trauma, Abuse, & Mental Health through music, resources, & advocacy

www.myspace.com/michaelskinnermusic - musical endeavors only

www.youtube.com/mcstrain - live performance of "Brush Away Your Tears" from TV show interview

mikeskinner@comcast.net

www.michaelskinner.net - new site for public speaking & music presentation on healing for trauma, abuse, & mental health.