

Escola de Gastronomia
Autossustentável



Who We Are

The Community Mental Health Movement (Portuguese acronym MSMC) is a non-profit organization founded in 1996 in the Bom Jardim neighborhood of Fortaleza, Ceará, Brazil. MSMC's work is centered on the Systemic Community Approach (ASC), an innovative socio-therapeutic technology. The ASC promotes biological, psychological, social and spiritual balance. It has been widely recognized in the scientific community as an innovation in mental health and has been certified by the Bank of Brazil Foundation as efficient, effective and replicable.

The primary work of MSMC involves:

The Yes to Life Project (Projeto Sim à Vida), which is a drug prevention project for children and adolescents that also provides youth better access to health services. The project operates in four high-risk areas of Fortaleza and is co-funded by Christoffel Blindenmission (CBM) and the European Union.

The Sustainable Culinary School Project (Projeto Escola de Gastronomia Autossustentável, EGA), whose sustainability is guaranteed through photovoltaic solar energy production and water production from a deep artesian well that is part of an integrated system of agro-ecological production (SIPA) for the cultivation of vegetables and fruits; raising of fish and chicken; and production of eggs.

Syntropic Ecophilia Project, which promotes better care of the environment through community gardens, including permaculture and the cultivation of medicinal plants, including those used as sedatives and anti-anxiety medicine (anxiolytics). Partners include the Phytotherapy Center of Ceará, the Federal University of Ceará, and the Northeastern Citizenship Institute (INEC).

Sociotherapy in various forms, including self-esteem groups, community therapy, biodance, massage therapy, reiki, art therapy, acupuncture, family therapy, and breathing therapy.

Cultural House AME (art, music and performance) and a library, both in partnership with the Ministry of Culture.

The Center for Psycho-social Treatment (CAPS Comunitário do Bom Jardim) and Residential Therapy Center, both in partnership with the Municipal Secretary of Health of Fortaleza.

MSMC also helps young people enter the workforce through the Young Apprentice Program, authorized by the Ministry of Labor.

Since 2004, MSMC has been a teaching center of its methodologies and is a member of the Brazilian Association of Community Therapy (ABRATECOM).

MSMC benefits approximately 15,000 people per year.



Mission

Embrace the entire human being, promoting mental health and personal and community evolution while respecting each person's biological, psychological, social, and spiritual dimensions to promote life.



About the Sustainable Culinary School

Inaugurated on December 10, 2016, the Sustainable Culinary School (Portuguese acronym EGA) is the latest of MSMC's efforts to promote well-being in Fortaleza's most vulnerable communities.

The goal of the school is to foster socioeconomic inclusion through regional cuisine. The school trains community members in the culinary arts and through its accompanying garden and solar energy system, contributes to the sustainability of MSMC's other socio-therapeutic programs. By improving the employability of its students, the school increases student health and socioeconomic inclusion. These goals are integral to the Systemic Community Approach, which is applied to all of MSMC's work. By fighting poverty, the school also supports the United Nations Millennium Development Goals.

The school is run in partnership with the Federal University of Ceará (UFC), also located in Fortaleza. Students in the culinary arts undergraduate program at UFC are the instructors at the school. Those students, in turn, receive academic credit for their work.

The building and implementation of this school were partially financed by yard sales of items donated to MSMC.

The installations were based on the recommendations of representatives of the architecture program at UFC and the Public Health Administration. The building is handicap accessible.

The pilot version of the school was launched in November 2016, and consisted of a 30-hour class called Biodiversity in the Culinary Arts.



Goal



Offer professional development and certification in sustainable culinary arts. Improve the quality of life of participants by increasing their employability and income. Promote the sustainability of all of MSMC's work.

Public Served

Group Classes: Literate individuals age 16 and over, primarily single-mother heads of households in Sector V (the poorest region) of the Metropolitan Region of Fortaleza.

Individual Lessons: People or businesses interested in the culinary arts, residents of any region of Fortaleza.

Capacity

900 people per year .



Courses Offered

Entrepreneurship in the Culinary Arts

Biodiversity in the Culinary Arts

Ceará Cuisine

Street Food

Diet Cuisine

Salads and Sauces

Pasta

Bread and Pastries

Traditional Dishes

Chocolate

Sweets, Jams, and Jellies

Cakes and Desserts

Savory Pies

Drinks, Cocktails, and Juices

Menu Planning

Catering

Other courses, TBD

Business Partner



**UNIVERSIDADE
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Pró-Reitoria de Extensão
Instituto de Cultura e Arte
Curso de Gastronomia



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DUMMAR**
ARQUITETURA
E INTERIORES



**C.ROLIM
ENGENHARIA**
Evolução Contínua

O POVO
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**CENTRO CULTURAL
BOM JARDIM**



Rua: Dr. Fernando Augusto, 980 - Bom Jardim
Fortaleza / Ceará CEP:60.543-372
Contatos: (85) 3497.2176
www.msmcbj.org.br / e-mail: gastronomia@msmcbj.org.br