

# Creative Wellness Opportunities

~ Most Workshops and Groups are formed and facilitated BY peers, FOR peers ~

**Acrylic Painting:** Use acrylic paints and various tools to create textures and layers on canvas. (Studio)

**Abstract Watercolor:** Use watercolor collage and other techniques, splatter, wet-in-wet layering and lifting paint, & blotting to create abstract paintings. (Studio)

**Alcohol Ink:** A fun and vibrant use of colors which can be created on a variety of surfaces. We will experiment with various techniques and styles. **\*Registration Required** (Studio)

**Art Exposed:** View tutorials from contemporary artists to learn new techniques to incorporate into your work. (Room C)

**Art Journaling:** Use mixed media techniques to create artful books. (Room C)

**Collage & Transfers:** Creating collages with mixed media. Learn to transfer images to paper to include in collage work. (Studio)

**Color Me Calm:** As a group we will seek to reduce our anxiety and relax our minds by coloring and listening to music. When we color we focus our minds on the peacefulness of the present moment. (Room C)

**Creative Movement:** Open movement to a variety of music chosen by the group. We will stretch, dance, and move to the lively sounds and beats that inspire us to play with imaginative movement. (Main Space)

**CREATIVE WRITING \*\*\*NEW!!!** Ron Hilton from R.I.T. will present techniques for creative writing including concrete details, images, analogies, similes, and metaphors to make your work shine. (Room???)

**Crochet & Knitting:** Basic crochet and knitting stitches & projects. (Room???)

**Eating Disorders MSG:** A mutual support group for those in recovery and facing challenges with eating disorders. We share milestones of recovery and discuss challenges. Format is modeled closely after Eating Disorders Anonymous. (Library)

**Emotions Anonymous:** The program was adapted from AA to meet the needs of emotional issues. The group supports achieving and maintaining a balance of emotional health. EA supports personal spiritual growth and sends the message you are not alone. (Room A/B)

**Energy Movement:** Use a variety of basic methods adapted from Qi Gong, Falun Gong, Creative Visualization, exercises from Donna Eden, and other techniques to create healing in the body and calmness in the mind. (Main Space)

**FELTED SCARVES \*\*\*NEW!!!** Create wearable art scarves out of silk and wool roving. We will dye and felt the scarves for a beautiful effect. Participants need to be able to attend at least three workshops to create a scarf. **\*Registration Required** (Studio)

**Four Agreements Mutual Support Group:** A weekly support and educational group based on "The Four Agreements" by Miguel Ruiz. (Room F)

**Free Writing:** Participants will have the opportunity to engage in mindful writing practice as a group. At the center of each session is a timed "free writing" exercise, typically focused on various cues just before writing begins. In addition, we will examine texts on free writing, and—at the option of each writer—review and discuss each other's work. (Room F)

**FUN WITH FONDANT \*\*\*NEW!!!** Create Valentines day gifts for your loved ones using fondant (like sculpey clay). Techniques will be shown to make hearts, cupids, roses, and other "love" themed figurines. **\*Registration Required** (Studio)

**Gentle Movement:** Gentle slow movement to meditative music. Movements consist of body isolation and stretching various parts of the body to allow for proper energy flow. (Main Space)

**Gentle Yoga:** Yoga in an easy, simple form. Geared as a gentle exercise for your mental and physical health. Connect with your inner peace. "We are all one when we live from the heart." Namaste. (Main Space)

**Gift of Jewels:** Make an array of jewelry pieces using existing beads and giving them new life for the holidays. (Room F)

**Guitar 101:** This workshop is for beginners who want to have an opportunity to experience playing guitar. If you have never picked up a guitar in your life or wished you had, you are more than welcome to attend. (Room D)

**Hats For the Homeless:** Use a variety of methods to create scarves and hats for those in need. Crochet, loom, and basic knitting techniques will be used to donate finished pieces to charitable communities. (Room D)

**Hoarders & Clutterers Mutual Support Group:** This group offers peer-to-peer support for those wishing to change their habits. (Room C)

**Iaido:** Introduction to Iaido, a meditative art using a wooden sword in tandem with breathing and meditation. (Main Space)

**Intermediate Guitar:** Instruction for intermediate guitarists that have the ability to read music (recommended). Maximum of four people. We may also work together to enjoy a possible recital with each other in the fall. (Room D)

**Leather Working:** Use a variety of tools and techniques to learn how to craft your own leather items. **\*Registration Required** (Studio)

**Mandalas:** Learn the meditative process of creating mandalas. Creating within a sacred circle can be a process that leads you to become centered and mindful. (Room C)

**MARS Group (Monroe Association of Recovery Specialists):** A local organization dedicated to the education of mental health recovery, networking and providing professional support to those who volunteer or work in peer positions throughout our community. (Room C)

**Mindfulness:** Guided Meditations and Mindfulness exercises to practice ways to be more present and more accepting in your daily life. (Room D)

**More Than Labels:** We will put a mental health topic in a hat and discuss ideas, experiences, and coping strategies. (Main Space)

**Mutual Support Group:** A safe place for individuals to share thoughts and feelings in a judgment-free environment. Offered several times a week. (Room D)

**Open Studio:** An opportunity to work on any project you choose and receive artistic support. (Studio)

**Peace Is Every Step (Inner Reflections):** Group reading Thich Nhat Khan's "Peace In Every Step" followed by a short and silent meditation. Reflect upon the reading and come to a place of inner stillness and serenity during these changing times. (Room C)

**Philosophical Musings:** Wonderful variety of deep discussions about pertinent issues of importance to workshop attendees. (Library)

**Play Forward/Give Back:** Craft a variety of items to donate to adults and children in the community (i.e. shelters, nursing homes, hospitals). (Studio)

**Shadow Boxes:** Create a three dimensional memory or fantasy in a box using miniature items. (Studio)

**TAKING STEPS FORWARD \*\*\*NEW!!!** This group offers coaching and gives strategies to those who are in recovery or face eating disorders. We will set goals to move toward the lives we want to be living. **\*Registration Required** (Studio)

**Tranquility Trees:** Use a variety of natural materials such as stones, driftwood, moss, wire, and beads to create your very own tree. **\*Registration Required** (Studio)

**Watercolor:** Use the space to make watercolor paintings independently without facilitator assistance. (Studio)

"Let the beauty of what you love  
be what you do."

- Rumi