A FACE A WEEK WORKSHOP ***NEW!!!: A self-directed challenge to practice creating images of faces in a variety of mediums. Share encouragement and show results in monthly gathering workshop. (Main Space)

A Positive Twist: Share thoughts and ideas about topics that impact wellness. Participants can then create an art or writing project that reflects the discussion and demonstrates how it impacts their personal lives. (Room F)

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)

Advanced Alcohol Ink: Alcohol Ink for anyone who has had previous workshop experience. *Registration Required (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. (Studio)

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)

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

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)

Fairy Houses: Create and build fairy houses using different types of materials. (Studio)

Four Agreements Mutual Support Group: A weekly support and educational group based on “The Four Agreements” by Miguel Ruiz. (Library)

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)

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)

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)

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

Junk Art: Assemble objects to make a sculpture or doll. (Studio)

JUNK JOURNALS ***NEW!!!: Use mixed media and recycled materials to create colorful handmade books to use for journaling, collage, etc. *Registration Required (Room C)

Aiko **NEW!!!: Introduction, to aiko, a meditative using a wooden sword in tandem with breathing and meditation. (Main Space)

IN DISGUISE: Art Challenge ***NEW!!!: Create an image of someone or something IN DISGUISE on your own. Bring in the results of your art experience to share with each other. Pieces may be displayed for a month. Entries in any medium, dimension, and within 8 ½” x 11”. (Main Space)

Intermediate Guitar: Instruction for intermediate guitarists that have the ability to read music (recommended). (Room D)

Jewelry: Create jewelry pieces such as bracelets, necklaces, earrings, and other items using an array of beads and charms. (Studio)

Junk Art: Assemble objects to make a sculpture or doll. (Studio)

JUNK JOURNALS ***NEW!!!: Use mixed media and recycled materials to create colorful handmade books to use for journaling, collage, etc. *Registration Required (Room C)

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)

MAPS Group (Monroe Association of Peer 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 D)

MASK MAKING ***NEW!!!: Create a mask out of paper mache, paint, feathers, beads and ephemera. (Studio)

Mindfulness: Guided Meditations and Mindfulness exercises to practice ways to be more present and more accepting in your daily life. (First week Room C, Then: Library)

Monoprints: Learn how to make prints using a gelatin plate. No experience necessary. The artful process and techniques are fast, fun, and simple. (Studio)

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

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

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)

PRINTMAKING ***NEW!!!: Cut and engrave linoleum and/or styrofoam plates to use when printing images on a variety of materials. (Studio)

Recovery International: Fellowship and reassurance through meeting others with similar experiences who have found ways to live happier, healthier lives. We will learn and practice simple living skills which encourage and improve personal growth. Please enter through the main entrance of the MHA. (Room D)

Red Cross Blankets: Knit and crochet blankets to donate to the local Red Cross. (Room D)

Sculpey Clay: Design and create small objects using Sculpey Clay. (Studio)

Story Sharing Circle - Reclaiming Our Truth: Get to know one another in fun and unique ways by using a circle format. Indigenous cultures used talking circles to learn different types of communication. (Main Space)

Watercolor: Experiment with watercolor materials and techniques. (Studio)