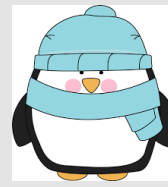


MHA's Life Skills Services (LSS)

344 N. Goodman St. Rochester, NY 14607
Phone: 224-2005 Fax: 224-2761
Calendar at: www.mharochester.org



Hours of Operation
M-F 9:30 a.m.-4:00 p.m.
Unless otherwise specified

December 2018

* Calendar subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10-1: Academy of Peer Serv.**</p> <p>10-10:45: Beneficial Benefits 11-12:30: Music History in Video</p> <p>12: Social Hour 1-1:45: Love Thy Self 2-3:30: Recovery Inc.</p>	<p>4 10-10:45: Spanish 101 11-11:45: Accountability & Advocacy 11:45: A Positive Spin 1-1:45: Effective Communicating Style 1: Meditation & Mindfulness 2:00: Open Forum</p>	<p>5 10-10:45: Hurry Up!</p> <p>11-11:45: Art WRAP 12-12:45: Stretch it Out 12: Social Hour 1-2:15: Mandala Mindfulness</p> <p>2:30-3:30: ROC FAQs</p>	<p>6 10-10:45: Wake Up Trivia</p> <p>11-11:45: Short Stories Time 12-12:30: Stretch it Out 12 Social Hour 1-2:00: Practical Guide to Life 2:00: Open Forum</p>	<p>7 10-1: Academy of Peer Serv.** 9:30-10:30: Postcard Fridays 10-1: Community & Leisure Passion Fair</p> <p>1-2:00: Building Relationships 2-3:00 Unsolved Mysteries</p>
<p>10 10-1: Academy of Peer Serv.**</p> <p>10-10:45: Beneficial Benefits 11-12:30: Music History in Video</p> <p>12: Social Hour 1-1:45: Love Thy Self 2-3:30: Recovery Inc.</p>	<p>11 10-10:45: Spanish 101 11-11:45: Accountability/Advocacy 11:45: A Positive Spin 12:00: Volunteer Meeting 1-1:45: Effective Communicating Styles 1: Meditation & Mindfulness 2:00: Open Forum</p>	<p>12 10-10:45: Hurry Up!</p> <p>11-11:45: Art WRAP 12-12:45: Stretch it Out 12: Social Hour 1-2:15: Mandala Mindfulness</p> <p>2:30-3:30: ROC FAQs</p>	<p>13 10-10:45: Wake Up Trivia</p> <p>11-11:45: Short Stories Time 12-12:30: Stretch it Out 12: Social Hour 1-2:00: Practical Guide to Life 2:00: Open Forum</p>	<p>14 10-1: Academy of Peer Serv.** 10-10:45: <i>Writing to Heal</i> 11-11:45: Anatomy of Wellness</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">CLOSED Staff Holiday Party</div>
<p>17 10-10:45: Beneficial Benefits 11-12:30: Music History in Video</p> <p>12: Social Hour</p> <p>1-1:45: Love Thy Self 2-3:30: Recovery Inc.</p>	<p>18 10-11: Just the FACTS—Part 4 11-11:45: Accountability & Advocacy 11:45: A Positive Spin 1-1:45: Effective Communicating Styles 1: Meditation & Mindfulness 2:00: Open Forum</p>	<p>19 10-10:45: Hurry Up!</p> <p>11-1: <i>LSS Holiday Special</i></p> <p>1-2:15: Mandala Mindfulness</p> <p>2:30-3:30: ROC FAQs</p>	<p>20 10-10:45: RCIL: Assistance Animals</p> <p>11-11:45: Short Stories Time 12-12:30: Stretch it Out 12: Social Hour 1-2:00: Practical Guide to Life 2:00: Open Forum</p>	<p>21 9:30-10:30: Postcard Fridays</p> <p>10-10:45: <i>Writing to Heal</i> 11-11:45: Anatomy of Wellness 12-12:30: Stretch it Out 12: Social Hour 1-2:00: Building Relationships 2-3:00 Unsolved Mysteries</p>
<p>24</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">CLOSED Christmas Eve</div>	<p>25</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">CLOSED Christmas</div>	<p>26 10-10:45: Hurry Up!</p> <p>11-11:45: Art WRAP</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">CLOSED At 12 pm</div>	<p>27 10-10:45: RCIL: Medicaid v. Medicare</p> <p>11-11:45: Short Stories Time 12-12:30: Stretch it Out 12: Social Hour 1-2:00: Practical Guide to Life 2:00: Open Forum</p>	<p>28 9:30-10:30: Postcard Fridays</p> <p>10-10:45: <i>Writing to Heal</i> 11-11:45: Anatomy of Wellness 12-12:30: Stretch it Out 12: Social Hour 1-2:00: Building Relationships 2-3:00 Unsolved Mysteries</p>
<p>31</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">CLOSED New Year's Eve</div>	<p>LSS Tours are on Tuesdays, Wednesdays, Thursdays at 1:00 p.m.</p> <p><i>Please call for an appointment.</i></p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>**Starred workshops require registration. Please see workshop descriptions for registration information or call 224-2005.</p> </div>		