


December 2018 Creative Wellness Opportunities of the Mental Health Association

SUNDAY/MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CWO 320 N. Goodman St. Rochester, NY 14607 (at The Village Gate)</p> <p>Hours: Tues. 10:00am-3:00pm Wed. 10:00am-3:00pm Thurs. 10:00am-7:30pm Fri. 10:00am-3:00pm Sat. 11:00am-2:00pm (Exceptions Noted on Calendar)</p> <p>Please Schedule an Orientation Prior to Attending a Workshop by Calling: (585) 325-3145 ext.144</p> <p><i>"If there is to be any peace it will be through being, not having." Henry Miller</i></p>	<p>Please see back of calendar for workshop/group definitions and locations</p> <p>* Reg = Registration is Required</p> <p>MSG= Mutual Support Group</p> <p><i>New Group/Workshop or Time</i></p>			 <p>MENTAL HEALTH ASSOCIATION FIND WELLNESS.</p>	<p>1 11:00-1:00 Upcycled Book Art 11:00-2:00 Open Studio *Reg 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/ Watercolor 1:00-2:00 Meditation</p>
	<p>4</p> <p>10:00-12:00 Art Journaling 10:00-12:00 Abstract Art Styles 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-3:00 Art Exposed 1:00-3:00 Collaborative Expressions</p>	<p>5</p> <p>10:00-12:00 Guitar & Vocals 10:00-12:00 Batik Made Easy *Reg 10:00-12:00 Collage & Transfers 10:00-12:00 Block Printing *Reg 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Decoupage Photos*Reg 1:00-3:00 Suminagashi:Part 1 (paper marbling) *Reg</p>	<p>6</p> <p>10:00-12:00 Junk Art Journals 10:00-12:00 Collaborative Gifts 10:00-12:00 Guitar 101 12:00-1:00 Community Circle *Reg 1:00-3:00 Kindness Rocks 1:00-3:00 Drawing Techniques 3:00-5:00 Decorated Glass Vessels *Reg 3:15-5:00 Alcohol Ink *Reg 3:15-5:00 Pastel Expressions 5:15-7:15 Technique: Mixed Media 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers MSG</p>	<p>7</p> <p>10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-3:00 Abstract Watercolor 1:00-3:00 Greeting Cards 1:00-3:00 SteamPunk Jewelry *Reg 2:00-3:00 Letting Go</p>	<p>8</p> <p>11:00-1:00 Upcycled Book Art 11:00-2:00 Open Studio *Reg 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/ Watercolor 1:00-2:00 Meditation</p>
	<p>11</p> <p>10:00-12:00 Art Journaling 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-3:00 Art Exposed 1:00-3:00 Collaborative Expressions</p>	<p>12</p> <p>10:00-12:00 Guitar & Vocals 10:00-12:00 Batik Made Easy *Reg 10:00-12:00 Collage & Transfers 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Decoupage Photos*Reg 1:00-3:00 Suminagashi:Part 2 (silk scarves) *Reg</p>	<p>13</p> <p>10:00-12:00 Altoid Vignettes 10:00-12:00 Collaborative Gifts 10:00-12:00 Guitar 101 12:00-1:00 Art Facilitator Meeting 1:00-3:00 Kindness Rocks 1:00-3:00 Drawing Techniques 3:00-5:00 Decorated Glass Vessels *Reg 3:15-5:00 Alcohol Ink *Reg 3:15-5:00 Pastel Expressions 5:15-7:15 Technique: Acrylics 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p>	<p>14</p> <p>10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga</p> <p>Closed at 12:00 for MHA Event</p>	<p>15</p> <p>11:00-12:30 Pop-Up Cards 11:00-1:00 Upcycled Book Art 11:00-2:00 Open Studio *Reg 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/ Watercolor 1:00-2:00 Meditation</p>
	<p>18</p> <p>10:00-12:00 Art Journaling 10:00-12:00 Abstract Art Styles 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-3:00 Art Exposed 1:00-3:00 Collaborative Expressions</p>	<p>19</p> <p>10:00-12:00 Guitar & Vocals 10:00-12:00 Batik Made Easy *Reg 10:00-12:00 Collage & Transfers 10:00-12:00 Block Printing *Reg 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Decoupage Photos*Reg 1:00-3:00 Monotype Prints</p>	<p>20</p> <p>10:00-12:00 Junk Art Journals 10:00-12:00 Collaborative Gifts 10:00-12:00 Guitar 101 12:00-1:00 Art Challenge Review 1:00-3:00 Drawing Techniques 1:00-3:00 Kindness Rocks 3:00-5:00 Decorated Glass Vessels *Reg 3:15-5:00 Alcohol Ink *Reg 3:15-5:00 Pastel Expressions 5:15-7:15 Technique: Watercolors 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers MSG</p>	<p>21</p> <p>10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-2:00 Mindfulness 1:00-3:00 Abstract Watercolor 1:00-3:00 Greeting Cards 1:00-3:00 SteamPunk Jewelry *Reg 2:00-3:00 Letting Go</p>	<p>22</p> <p>Closed for Holiday</p>
	<p>25</p> <p>Wishing Everyone a Happy Holiday!</p>	<p>26</p> <p>10:00-12:00 Guitar & Vocals 10:00-12:00 Batik Made Easy *Reg 10:00-12:00 Collage & Transfers 10:00-12:00 Block Printing *Reg 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Monotype Prints</p>	<p>27</p> <p>10:00-12:00 Junk Art Journals 10:00-12:00 Collaborative Gifts 10:00-12:00 Guitar 101 1:00-3:00 Drawing Techniques 1:00-3:00 Kindness Rocks 3:00-5:00 Decorated Glass Vessels *Reg 3:15-5:00 Alcohol Ink *Reg 3:15-5:00 Pastel Expressions 5:15-7:15 Technique: Mixed Media 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p>	<p>28</p> <p>10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-2:00 Mindfulness 1:00-3:00 Abstract Watercolor 1:00-3:00 Greeting Cards 1:00-3:00 SteamPunk Jewelry *Reg 2:00-3:00 Letting Go</p>	<p>29</p> <p>Closed for Holiday</p>