



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

October 2018

* Calendar subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10-1: Academy of Peer Serv.**</p> <p>10-10:45: Don't Sweat the Small Stuff 11-12:30: Music History in Video 1-1:45: Acceptance 2:30-4:00: Recovery Inc.</p>	<p>2 10-11: Volunteer Meeting 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>3 10-10:45: Wake Up Trivia</p> <p>11-11:45: Art WRAP 12-12:45: Stretch it Out 1-2:15: Mandala Mindfulness</p> <p>2:30-3:30: ROC FAQs</p>	<p>4 10-10:45: Hurry Up!</p> <p>11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Practical Guide to Life</p> <p>2:00: Open Forum</p>	<p>5 10-1: Academy of Peer Serv.**</p> <p>9:30-10:30: Postcard Fridays 10-10:45: <i>Writing to Heal</i> 11-11:45: Anatomy of Wellness 12-12:30: Stretch it Out 1-2:00: Building Relationships 2-3:00 Unsolved Mysteries</p>
<p>8 10-1: Academy of Peer Serv.**</p> <p>10-10:45: Don't Sweat the Small Stuff 11-12:30: Music History in Video 1-1:45: Acceptance 2:30-4:00: Recovery Inc.</p>	<p>9 10-11: Cultivating Serenity 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>10 10-10:45: Wake Up Trivia</p> <p>11-11:45: Art WRAP 12-12:45: Stretch it Out 1-2:15: Mandala Mindfulness 2:30-3:30: ROC FAQs</p> <p>5-8 :Academy of Peer Serv. Elec.**</p>	<p>11 10-10:45: RCIL: Housing Accommodations</p> <p>11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Practical Guide to Life</p> <p>2:00: Open Forum</p>	<p>12 10-1: Academy of Peer Serv.**</p> <p>10-10:45: <i>Writing to Heal</i> 11-11:45: Anatomy of Wellness 12-12:30: Stretch it Out 1-2:00: Building Relationships</p> <p>2-3:00 Facilitator Meeting</p>
<p>15 10-1: Academy of Peer Serv.**</p> <p>10-10:45: Don't Sweat the Small Stuff 11-12:30: Music History in Video 1-1:45: Acceptance 2:30-4:00: Recovery Inc.</p>	<p>16 10-11: Just the FACTS—Part 2 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>17 10-10:45: Wake Up Trivia</p> <p>11-11:45: Art WRAP 12-12:45: Community Meeting 1-2:15: Mandala Mindfulness</p> <p>2:30-3:30: ROC FAQs</p>	<p>18 10-10:45: Hurry Up!</p> <p>11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Practical Guide to Life</p> <p>2:00: Open Forum</p>	<p>19 10-1: Academy of Peer Serv.**</p> <p>9:30-10:30: Postcard Fridays 10-10:45: <i>Writing to Heal</i> 11-11:45: Anatomy of Wellness 12-12:30: Stretch it Out 1-2:00: Building Relationships 2-3:00 Unsolved Mysteries</p>
<p>22 10-1: Academy of Peer Serv.**</p> <p>10-10:45: Don't Sweat the Small Stuff 11-12:30: Music History in Video 1-1:45: Acceptance 2:30-4:00: Recovery Inc.</p>	<p>23 10-11: Cultivating Serenity 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>24 10-10:45: Wake Up Trivia</p> <p>11-11:45: Art WRAP 12-12:45: Programming Ideas 1-2:15: Mandala Mindfulness 2:30-3:30: ROC FAQs</p> <p>5-8 :Academy of Peer Serv. Elec.**</p>	<p>25 10-10:45: RCIL: LawNY</p> <p>11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Practical Guide to Life</p> <p>2:00: Open Forum</p>	<p>26 10-1: Academy of Peer Serv.**</p> <p>10-10:45: <i>Writing to heal</i> 11-11:45: Anatomy of Wellness 12-12:30: Stretch it Out 1-2:00: Building Relationships 2:-3:00 Unsolved Mysteries</p>
<p>29 10-1: Academy of Peer Serv.**</p> <p>10-10:45: Don't Sweat the Small Stuff 11-12:30: Music History in Video 1-1:45: Acceptance 2:30-4:00: Recovery Inc.</p>	<p>30 10-11: Choices in Recovery Game 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>31 10-10:45: Wake Up Trivia</p> <p>11-11:45: Art WRAP 12-12:45: Stretch it Out 1-2:15: Mandala Mindfulness 2:30-3:30: ROC FAQs</p> <p>HALLOWEEN</p>	<p>**Starred workshops require registration. Please see workshop descriptions for registration information or call 224-2005.</p>	<p>LSS Tours are on Tuesdays, Wednesdays, Thursdays at 1:00 p.m.</p> <p><i>Please call for an appointment.</i></p>