

# November 2018 Creative Wellness Opportunities of the Mental Health Association

SUNDAY/MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>CWO</b> 320 N. Goodman St. Rochester, NY 14607 (at The Village Gate)</p> <p><b>Hours:</b> 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> <div style="border: 1px dashed black; padding: 10px; margin-top: 20px;"> <p><i>"If there is to be any peace it will come through being, not having."</i></p> <p>- Henry Miller</p> </div>	<p>Please see back of calendar for workshop/group definitions and locations</p> <p><b>* Reg = Registration is Required</b></p> <p>MSG= Mutual Support Group</p> <p><i>New Group/Workshop or New Time</i></p>		<p><b>1</b> 10:00-12:00 <i>Kindness Rocks</i> 10:00-12:00 Junk Art Journals 10:00-12:00 Collaborative Gifts 10:00-12:00 Guitar 101 1:00-3:00 Alcohol Ink <b>*Reg</b> 3:15-5:00 <i>Drawing</i> 3:15-5:00 <i>Intro to Pastels</i> 5:15-7:15 Intro to Watercolors 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers</p>	<p><b>2</b> 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 <i>Free Writing</i> 1:00-3:00 Abstract Watercolor 1:00-3:00 Greeting Cards 1:00-3:00 SteamPunk Jewelry<b>*Reg</b> 2:00-3:00 <i>Letting Go</i></p>	<p><i>Closed</i></p>	
	<p><b>6</b> 10:00-12:00 Art Journaling 10:00-12:00 <i>Abstract Art Styles</i> 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 <i>Collaborative Expressions</i></p>	<p><b>7</b> 10:00-12:00 Guitar &amp; Vocals 10:00-12:00 Batik Made Easy <b>*Reg</b> 10:00-12:00 Collage &amp; Transfers 10:00-12:00 Block Printing <b>*Reg</b> 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 <i>Creative Writing</i> 1:00-3:00 <i>Monotype Prints</i> 1:30-3:00 <i>Photoshop Photos</i></p>	<p><b>8</b> 10:00-12:00 <i>Kindness Rocks</i> 10:00-12:00 Junk Art Journals 10:00-12:00 Collaborative Gifts 10:00-12:00 Guitar 101 12:00-1:00 <i>Art Facilitator Meeting</i> 1:00-3:00 Alcohol Ink <b>*Reg</b> 3:00-5:00 <i>Decorated Glass Vessels</i><b>*Reg</b> 3:15-4:15 A Face a Week 3:15-5:00 <i>Intro to Pastels</i> 5:15-7:15 <i>Intro to Mixed Media</i> 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p>	<p><b>9</b> 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 <i>Free Writing</i> 1:00-3:00 Abstract Watercolor 1:00-3:00 Greeting Cards 1:00-3:00 SteamPunk Jewelry<b>*Reg</b> 2:00-3:00 <i>Letting Go</i></p>		<p><b>10</b> 11:00-1:00 <i>Upcycled Book Art</i> 11:00-2:00 Open Studio <b>*Reg</b> 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/ Watercolor 1:00-2:00 Meditation</p>
	<p><b>13</b> 10:00-12:00 Art Journaling 10:00-12:00 <i>Abstract Art Styles</i> 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 <i>Collaborative Expressions</i></p>	<p><i>Building Community Harmony</i></p> <p>10:00 to 3:00 <b>*Reg</b> ***** 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 <i>Creative Writing</i></p>	<p><b>15</b> 10:00-12:00 <i>Kindness Rocks</i> 10:00-12:00 Junk Art Journals 10:00-12:00 Collaborative Gifts 10:00-12:00 Guitar 101 1:00-3:00 Alcohol Ink <b>*Reg</b> 3:00-5:00 <i>Decorated Glass Vessels</i><b>*Reg</b> 3:15-5:00 <i>Drawing</i> 3:15-5:00 <i>Intro to Pastels</i> 5:15-7:15 Intro to Acrylics 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers MSG</p>	<p><b>16</b> 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 <i>Free Writing</i> 1:00-3:00 Abstract Watercolor 1:00-3:00 Greeting Cards 1:00-3:00 SteamPunk Jewelry<b>*Reg</b> 2:00-3:00 <i>Letting Go</i></p>		<p><b>17</b> 11:00-1:00 <i>Upcycled Book Art</i> 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/ Watercolor 1:00-2:00 Meditation</p>
	<p><b>20</b> 10:00-12:00 Art Journaling 10:00-12:00 <i>Abstract Art Styles</i> 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 <i>Collaborative Expressions</i></p>	<p><b>21</b> 10:00-12:00 Guitar &amp; Vocals 10:00-12:00 Batik Made Easy <b>*Reg</b> 10:00-12:00 Collage &amp; Transfers 10:00-12:00 Block Printing <b>*Reg</b> 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 <i>Monotype Prints</i> 1:30-3:00 <i>Photoshop Photos</i></p>	<p><i>Closed for Giving Thanks Today</i></p>	<p><b>23</b> <i>Closed</i></p>		<p><b>24</b> <i>Closed</i></p>
	<p><b>27</b> 10:00-12:00 Art Journaling 10:00-12:00 <i>Abstract Art Styles</i> 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 <i>Collaborative Expressions</i></p>	<p><b>28</b> 10:00-12:00 Guitar &amp; Vocals 10:00-12:00 Batik Made Easy <b>*Reg</b> 10:00-12:00 Collage &amp; Transfers 10:00-12:00 Block Printing <b>*Reg</b> 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 <i>Monotype Prints</i></p>	<p><b>29</b> 10:00-12:00 <i>Kindness Rocks</i> 10:00-12:00 Junk Art Journals 10:00-12:00 Collaborative Gifts 10:00-12:00 Guitar 101 1:00-3:00 Alcohol Ink <b>*Reg</b> 3:00-5:00 <i>Decorated Glass Vessels</i><b>*Reg</b> 3:15-4:15 <i>Art Challenge Review</i> 3:15-5:00 <i>Intro to Pastels</i> 5:15-7:15 Intro to Watercolors 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p>	<p><b>30</b> 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 <i>Free Writing</i> 1:00-3:00 Abstract Watercolor 1:00-3:00 Greeting Cards 1:00-3:00 SteamPunk Jewelry<b>*Reg</b> 2:00-3:00 <i>Letting Go</i></p>		

