

February 2019 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>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</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 2:00-3:00 <i>Free Writing</i></p> <p style="border: 1px dashed red; padding: 5px;">5:30-8:00 pm First Friday Celebration "Collective Consciousness" Woody Snowyowl & MaryJo Cicero-Bold</p>	<p>2</p> <p>11:00-1:00 Blues, Standards, Jazz Guitar <i>*Reg</i> 11:00-2:00 <i>Stuffed Animal Creatures *Reg</i> 11:00-2:00 Open Studio <i>*Reg</i> 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/Watercolor 1:00-2:00 Meditation</p>
	<p>5</p> <p>10:00-12:00 Art Journaling 10:00-12:00 <i>Baubles, Spangles & Beaded Sculptures</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>Found Art Prints</i></p>	<p>6</p> <p>10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Monotype Prints 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 <i>Works In Progress</i></p>	<p>7</p> <p>10:00-12:00 Junk Art Journals 10:00-12:00 Guitar 101 1:00-3:00 Drawing Techniques 3:00-4:00 <i>Polymer Designs</i> 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>8</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 2:00-3:00 <i>Free Writing</i></p>	<p>9</p> <p>11:00-1:00 Blues, Standards, Jazz Guitar <i>*Reg</i> 11:00-2:00 <i>Stuffed Animal Creatures *Reg</i> 11:00-2:00 Open Studio <i>*Reg</i> 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/Watercolor 1:00-2:00 Meditation</p>
	<p>12</p> <p>10:00-12:00 Art Journaling 10:00-12:00 <i>Baubles, Spangles & Beaded Sculptures</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>Found Art Prints</i></p>	<p>13</p> <p>10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Monotype Prints 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 <i>Works In Progress</i> 1:00-3:00 <i>Valentine Cards</i></p>	<p>14</p> <p>10:00-12:00 Junk Art Journals 10:00-12:00 Guitar 101 12:00-1:00 <i>Facilitator Meeting</i> 1:00-3:00 <i>Kindness Rocks</i> 3:00-4:00 <i>Polymer Designs</i> 3:15-5:00 Pastel Expressions 5:15-7:15 Technique: Acrylic 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p>	<p>15</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 2:00-3:00 <i>Free Writing</i></p>	<p style="text-align: center;">CLOSED for President's Day Holiday Weekend</p>
	<p>19</p> <p>10:00-12:00 Art Journaling 10:00-12:00 <i>Baubles, Spangles & Beaded Sculptures</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>Found Art Prints</i></p>	<p>20</p> <p>10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Monotype Prints 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 <i>Works In Progress</i></p>	<p>21</p> <p>10:00-12:00 <i>Beaded Bonsai *Reg</i> 10:00-12:00 Guitar 101 1:00-3:00 Drawing Techniques 3:00-3:30 <i>Artists' Circle</i> 3:00-4:00 <i>Polymer Designs</i> 3:15-5:00 Pastel Expressions 5:15-7:15 Technique: Watercolor 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers MSG</p>	<p>22</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 2:00-3:00 <i>Free Writing</i></p>	
	<p>26</p> <p>CWO CLOSED FOR NYAPRS ALBANY LEGISLATIVE DAY</p> <p>11:00-1:00 Mutual Support Group Meet through MHA entrance</p>	<p>27</p> <p>10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Monotype Prints 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 <i>Works In Progress</i></p>	<p>28</p> <p>10:00-12:00 <i>Beaded Bonsai *Reg</i> 10:00-12:00 Guitar 101 12:00-1:00 <i>Community Circle: Legislative Day Review</i> 1:00-3:00 Drawing Techniques 3:00-4:00 <i>Polymer Designs</i> 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>		

"Love is not what we become but what we already are."

- Stephen Levine