



# MHA's Life Skills Services (LSS)

344 N. Goodman St. Rochester, NY 14607  
**Phone: 224-2005** **Fax: 224-2761**  
 Calendar at: [www.mharochester.org](http://www.mharochester.org)

# FEBRUARY 2019

\* Calendar subject to change without notice

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

## Monday



4  
 10-10:45: Beneficial Benefits  
 11-11:45: **Personal Medicine: Anxiety**  
 11-12:30: Music History in Video  
 1-1:45: Love Thy Self  
**2-3:30: Recovery Inc.**

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 10-10:45: Beneficial Benefits  
 11-11:45: **Personal Medicine: Anxiety**  
 11-12:30: Music History in Video  
**12:00-1:00 Front Desk Training**  
 1-1:45: Love Thy Self  
**2-3:30: Recovery Inc.**

**CLOSED**

## Presidents' Day

25  
 10-10:45: Beneficial Benefits  
 11-11:45: **Personal Medicine: Effective Communication**  
 11-12:30: Music History in Video  
 1-1:45: Love Thy Self  
**2-3:30: Recovery Inc.**

## Tuesday

**New to Life Skills Services? Welcome to our Recovery Center!**  
 Tours are on Tuesdays, Wednesdays, Thursdays at 1:00 p.m.  
**Please call 224-2005 for an appointment.**

5  
**9:30-12:30 Peer Academy\*\***  
 10-10:45: Spanish 101  
 11-11:45: Writing to Heal  
 11:45: A Positive Spin  
 1-1:45: Effective Communication  
 1: Meditation & Mindfulness

12  
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19  
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## Wednesday

6  
 10-10:45: Hurry Up!  
 11-11:45 **Email Basics\*\***  
 11-11:45: Art WRAP  
**12:00 Community Meeting**  
 12:30-1:00: Stretch it Out  
 1-2:15: Mandala Mindfulness

13  
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 11-11:45: Art WRAP  
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27  
 10-10:45: Hurry Up!  
 11-11:45 **Email Basics\*\***  
 11-11:45: Art WRAP  
**Closing at 12:00 p.m.**

## Thursday

**\*\*Started workshops require registration. Please see workshop descriptions for registration information.**

7  
**9:30-12:30 Peer Academy\*\***  
**10-10:45: RCL: Stretching Your Resources**  
 11-11:45: Short Stories Time  
 12-12:30: Stretch it Out  
**1-2:00: Recovery 101**

14  
**9:30-12:30 Peer Academy\*\***  
**10-10:45: RCL: Accessible Technologies**  
 11-11:45: Short Stories Time  
 12-12:30: Stretch it Out  
**1-2:00: Recovery 101**

21  
**9:30-12:30 Peer Academy\*\***  
**10-10:45: Personal Medicine: Effective Communication**  
 11-11:45: Short Stories Time  
 12-12:30: Stretch it Out  
**1-2:00: Recovery 101**

28  
**9:30-12:30 Peer Academy\*\***  
**10-10:45: RCL: NY LAW**  
 11-11:45: Short Stories Time  
 12-12:30: Stretch it Out  
**1-2:00: Recovery 101**

## Friday

1  
 10:00-10:45 Managing Your Monday for Wellness  
**11-11:45 Self-Advocacy**  
 12-12:30: Stretch it Out  
 1-2:00: Building Relationships

8  
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15  
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22  
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