


March 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 * Reg = Registration is Required MSG= Mutual Support Group <i>New Group/Workshop or Time</i></p> |  <p>6 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Found Art Prints 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Works In Progress</p> | <p>7 10:00-12:00 Junk Art Journals 10:00-12:00 Guitar 101 12:00-1:00 Community Circle 1:00-3:00 Drawing Techniques 3:00-4:00 Polymer Designs 3:00-5 Wire Wrapping w/ Beads *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>1 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 2:00-3:00 Free Writing 5:30-8:00pm First Friday Celebration "Beacons": Kirsten Muckstadt & Aaron Gardner</p> | <p>2 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:00-2:00 Stuffed Animal Creatures *Reg 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/Watercolor 1:00-2:00 Meditation</p> |
| <p>12 10:00-12:00 Art Journaling 10:00-12:00 Baubles, Spangles & Beaded Sculptures 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 laido 1:00-3:00 Art Exposed 1:00-3:00 Exploration in acrylic painting</p> | <p>13 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Found Art Prints 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Works In Progress 1:00-3:00 Transfer Photos to Wood *Reg</p> | <p>14 10:00-12:00 Beaded Bonsai *Reg 10:00-12:00 Guitar 101 CWO CLOSED AT 12PM 12:00-1:00 Facilitator Meeting (Still meeting on MHA side) Volunteer Celebration By Invitation Only 5:30-7:00pm RSVP</p> | <p>15 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 2:00-3:00 Free Writing</p> | <p>11 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 2:00-3:00 Free Writing</p> | <p>16 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:00-2:00 Stuffed Animal Creatures *Reg 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/Watercolor 1:00-2:00 Meditation</p> |
| <p>19 10:00-12:00 Art Journaling 10:00-12:00 Baubles, Spangles & Beaded Sculptures 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 laido 1:00-3:00 Art Exposed 1:00-3:00 Exploration in acrylic painting</p> | <p>20 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Found Art Prints 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Works In Progress 1:00-3:00 Transfer Photos to Wood *Reg</p> | <p>21 10:00-12:00 Beaded Bonsai *Reg 10:00-12:00 Guitar 101 1:00-7:30 6x6 Party 3:00-3:30 Artists' Circle 3:00-4:00 Polymer Designs 3:00-5 Wire Wrapping w/ Beads *Reg 3:15-5:00 Pastel Expressions 5:30-6:30 Jazzy Jeopardy 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 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 2:00-3:00 Free Writing</p> | <p>11 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 2:00-3:00 Free Writing</p> | <p>23 11:00-2:00 6x6 Party 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:30-1:00 Mutual Support Group 11:00-2:00 Collage/Watercolor 1:00-2:00 Meditation</p> |
| <p>26 10:00-12:00 Art Journaling 10:00-12:00 Baubles, Spangles & Beaded Sculptures 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 laido 1:00-3:00 Art Exposed 1:00-3:00 Exploration in acrylic painting</p> | <p>27 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Found Art Prints 12:15-1:00 Creative Movement 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Works In Progress</p> | <p>28 10:00-12:00 Bonsai Planting *Reg 10:00-12:00 Guitar 101 1:00-3:00 Kinness Rocks 3:00-4:00 Polymer Designs 3:00-5 Wire Wrapping w/ Beads *Reg 3:15-5:00 Pastel Expressions 5:15-7:15 Technique: Mixed Media 5:30-6:30 Jazzy Jeopardy 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p> | <p>29 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 2:00-3:00 Free Writing</p> | <p>10 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 2:00-3:00 Free Writing</p> | <p>30 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:00-2:00 Stuffed Animal Creatures *Reg 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> |

"Communicate sacredness; build it, share it and spread it."
- Anonymous

Creative Wellness Opportunities

Workshops and mutual support groups are formed and facilitated by peers in recovery and are designed to be shared with individuals focused on their mental health journeys.

6x6 Party: ROCO Gallery's Annual 6x6 Exhibit is back! All over Rochester 6x6 art parties gather people together to create work to donate to this small art fundraiser show for ROCO Gallery. Join us 3/21 & 3/23 to create a 6"x6" size artwork using general studio supplies, canvas and paper. Leave your work with us and we will donate the completed creations to ROCO. Then attend the opening June 1st, 4-10pm. (Studio)

Abstract Watercolor: Use watercolor collage and other techniques, splatter, wet-in-wet layering and lifting paint, & blotting to create abstract paintings. (Studio)

Artists' Circle (& Art Challenge Review): This month's Artists' gathering will be focused on artwork you would like to submit for the Annual Show. Pieces need to be finished but framing is not required. Bring a piece you want to submit to the Annual Show and receive constructive feedback from your peers. (Main Space)

Art Exposed: View and discuss tutorials from contemporary artists to learn new techniques to incorporate into your work. (Studio)

Art Facilitator Meeting: A gathering of current art facilitators for discussion. (Library)

Art Journaling: Use mixed media techniques to create artful books. (Room C)

Baubles, Spangles and Beaded Sculptures: Using found objects such as baubles (trinkets), beads, spangles and natural items we will create simple yet stunning 3D sculptures on a foam base. No prior experience in sculpture or 3D forms required for this workshop. It will be an exploration of form, color using found materials. (Studio)

Beaded Bonsai: A 2-session workshop during which you will make a small, jeweled bonsai tree. ***Registration Required for both sessions.** (Studio)

Blues, Standards, Jazz Guitar: Join a small group of guitarists to study and play blues, standards and jazz. The idea is to just have fun! Must have a basic understanding of harmony ie: major scales, triads, chord structures etc. ***Registration Required** (Library)

Bonsai Planting: Anyone who has made a Beaded Bonsai can join this workshop to create a "planting" base for their tree. ***Registration Required** (Studio)

Collage, Transfers & Rubbings: Create collages with mixed media. Learn to transfer images to paper and use rubbing techniques to include in collage work. (Studio)

Collage and/or Watercolor: Experiment with watercolor materials and techniques and/or create a collage with a variety of mixed materials. (Studio)

Color Me Calm: As a group we will seek to reduce our anxiety and relax our minds by quietly coloring and listening to music. While we color we focus our minds on the peacefulness of the present moment. (Room C)

Community Circle: Announcement of Annual Show poster contest winner. We will also discuss the process for submitting work for the Annual Art Show. (Main Space)

Creative Movement: Open movement to a variety of music chosen by the group. We will stretch, dance, and move to the lively sounds and beats that inspire us to play with imaginative movement. (Room D)

Crochet & Knitting: Basic crochet and knitting stitches & projects. (Room D)

Drawing Techniques: Only meeting 3/7. Sharpen those pencils and your drawings skills in this workshop! Practice and learn basic drawing techniques using a variety of drawing materials and tools including charcoal, pencil & pen and ink. This workshop includes a rotating still life in the studio. (Studio)

Eating Disorders Anonymous MSG: A mutual support group for those in recovery and facing challenges with eating disorders. We share milestones of recovery and discuss challenges. Format is modeled closely after Eating Disorders Anonymous. (Library)

Emotions Anonymous: The program was adapted from AA to meet the needs of emotional issues. The group supports achieving and maintaining a balance of emotional health. EA supports personal spiritual growth and sends the message "You are not alone". (Room C)

Exploration in acrylic painting: This is an exploratory workshop that focuses on using acrylic paint on a variety of traditional and non-traditional surfaces. All levels of painters (beginners to advanced) are welcome. **(Not meeting 3/12)** (Studio)

Found Art Prints: NEW DAY/TIME: This workshop will explore the process of making prints made from using found everyday material such as cardboard, cereal boxes, string and glue. These materials are collaged together and used to make a one-

of-a-kind mini-series of prints as cards or art pieces. This is called Collagraphs. (studio)

Free Writing: Participants will have the opportunity to engage in mindful writing practice as a group. At the center of each session is a timed "free writing" exercise, typically focused on various cues just before writing begins. In addition, we will examine texts on free writing, and—at the option of each writer—review and discuss each other's work. (Room F)

Gentle Yoga: Yoga in an easy, simple form. Geared as a gentle exercise for your mental and physical health. Connect with your inner peace. "We are all one when we live from the heart." Namaste. (Main Space)

Guitar and Vocals: We will learn how to play music and sing together (Room D)

Guitar 101: This workshop is for beginners who want to have an opportunity to experience playing guitar. If you have never picked up a guitar in your life or wished you had, you are more than welcome to attend. (Room D)

Hoarders & Clutterers MSG: This group offers peer-to-peer support for those wishing to change their habits. First and Third Thurs. (Room A/B)

Iaido: Introduction to Iaido, a Japanese meditative art using a wooden sword in tandem with breathing and meditation. (Main Space)

Jazzy Jeopardy: Join us for a new version of Jeopardy. In the absence of Alex Trebek, facilitators will host this new game; the one you've been waiting for! Positive wellness categories engage members in sharing their experiences. Daily Doubles will be creative activities for the entire group. (Room D)

Junk Art Journals: Only meeting 3/7. Make a journal from recycled materials and learn various techniques to decorate the pages. (Studio)

Kindness Rocks: Only meeting 3/28. We will paint rocks and write positive/e and encouraging words, quotes, and anything uplifting. Once the rocks are done, each person will choose to keep it, give it as a gift or leave them outside to uplift anyone who picks it up. (Studio)

Mandalas: Learn the meditative process of creating mandalas. Creating within a sacred circle can lead you to become centered and mindful. (Room C)

Meditation: We will explore different meditation styles and their benefits. (Library)

Mutual Support Group: A safe place for individuals to share thought and feelings in a judgment-free environment. Offered several times a week. (Room D)

Open Studio: A scheduled workshop where people can work on what they choose, with supplies of their own or supplies available within the main studio area. People may get general support from the open studio facilitator. If you'd like to participate in Open Studio, please see Arts Coordinator. ***Registration Required** (Studio)

Pastel Expressions: This will explore various techniques with chalk & pastels. (Studio)

Philosophical Musings: Wonderful variety of deep discussions about pertinent issues of importance to workshop attendees. (Room D)

Polymer Designs: Making small objects out of polymer clay. (Studio)

Stuffed Animal Creatures: Make creatures and pillows from mixing fabric, sculpey, and found materials. **(Not meeting 3/23)** ***Registration Required** (Studio)

Transfer Photos to Wood: Only meeting 3/13 & 3/20. We will use modge podge to transfer your photograph onto a piece of wood. This process requires both sessions to complete. ***Registration Required for both sessions. Please select a photo prior to the workshop and email to lmancuso@mharochester.org for printing.** (Studio)

Techniques: Acrylics, Watercolor, Mixed Media: a variety of Thursday workshops that will provide the opportunity to explore each art medium. (Studio)

Wire Wrapping with Beads: Learn different styles of wire wrapping beads, stones and making Tree of Life pendants. You are welcome to bring in any extra special beads you would like to use for your project. ***Registration Required** (Studio)

Works In Progress: This is an exploratory workshop that celebrates and encourages trying new techniques. Create a 6"x6" art card series or a 6"x6" accordion book and fill its pages each week with a new art technique. We will use materials found in the general studio space. Some of the techniques we will explore include encaustics, upcycled book techniques, and mixed media portraits and landscapes. (Studio)

Need help with preparing to present your art work? Matting? Framing? Review your artist statement or other paperwork for submission.

Artist Skill Building Opportunity

Schedule personal time with Laura to build or strengthen your artist's portfolio in preparing for showing your work in the community or our galleries.