

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.

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 have the optional theme of "Renewal." Pieces need to be finished but framing is not required. Bring a piece you want constructive feedback on 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 Beads: Using found objects such as baubles (trinkets), beads, spangles and natural items we will create simple 2D and 3D creations. No prior experience required for this workshop. It will be an exploration of form, color using found materials. (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)

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: Join us for a conversation with the Out Alliance and your peers about how we each can better support those around us with awareness and the choice of our words. (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: (Not 4/18) 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. (Studio)

Found Art Prints: 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)

Hand Sewing: Sew a variety of items to donate to children in the community. (Studio)

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)

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. (Room D)

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)

Mythological Creatures: Using a variety of materials and techniques like drawing, fabric & stuffing, we will create made-up creatures or ones in traditional storytelling from Greek, Roman, Viking, and Native American cultures. (Studio)

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)

Techniques: Acrylics, Watercolor, Mixed Media: (Not 4/11) A variety of Thursday workshops that will provide the opportunity to explore each art medium. (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)

Vision Boards: Make a collage of images and words representing your wishes, dreams, and goals, intended to serve as inspiration or motivation. (Room C)



NEW Open Employment Lab

*Job Searching
Resumé and Cover Letter Building
Interview Tips*

Life Skills Building

- **Walk-In ONLY**
- **Tuesdays 2-3PM**
- **Thursdays 10 - 11AM**
- **344 N. Goodman Street**

**MHA PEER
COMMUNITY
OUTREACH**

Anatomy of Wellness - Learn how to be well and also how to determine the differences in healthy or not so healthy foods. Learn how the body works and how we fuel it with our attitudes.

Ogden Baptist Church - 585-352-1077
721 Washington Street, Spencerport, NY 14559
Continuing every other Thurs @ 7-8 pm April 4th

Chili Senior Center - 585-889-3550
3333 Chili Ave, Rochester, NY 14624
**Continuing every other Weds @ 9AM April 3rd
4 Sessions Left**

