



MHA's Life Skills Services (LSS)

344 N. Goodman St. Rochester, NY 14607
Phone: 224-2005 Fax: 224-2761
 Calendar at: www.mharochester.org

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

APRIL 2019

* Calendar subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1.</p> <p>10-10:45: Choices in Recovery 11-12:30: Music History in Video 1-1:45: Building Your Self-Esteem 2—3:30: Recovery Inc.</p>	<p>2.</p> <p>10-10:45: Effective Communication - S.O.L.E 11-11:45: Writing to Heal 11:45-12:45: Positive Spin 1-1:45: Meditation and Mindfulness</p>	<p>3.</p> <p>10-10:45: Hurry Up! 12:00 Community Meeting 12:30-1:00: Stretch it Out 1-2:15: Mandala Mindfulness 1:45: Writing without Fear</p>	<p>4.</p> <p>10-10:45: CDR Guest Speaker 10-10:45: RCIL: 11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Positive Affirmations</p>	<p>5.</p> <p>10:00-10:45: Tea and Conversation 11-11:45: Self-Advocacy 12-12:30: Stretch it Out 1-2:00: Building Relationships</p>
<p>8.</p> <p>10-10:45: Choices in Recovery 11-12:30: Music History in Video 1-1:45: Building Your Self-Esteem 2—3:30: Recovery Inc.</p>	<p>9.</p> <p>10-10:45: Effective Communication—Active Listening 11-11:45: Writing to Heal 11:45-12:45: Positive Spin 1-1:45: Meditation and Mindfulness</p>	<p>10.</p> <p>10-10:45: Hurry Up! 12-12:45: Stretch it Out 1-2:15: Mandala Mindfulness</p>	<p>11.</p> <p>10-10:45: Art Wrap - Financial 10-10:45: Affinity Place Guest Speakers 11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Positive Affirmations</p>	<p>12.</p> <p>10:00-10:45: Tea and Conversation 11-11:45: Self-Advocacy 12-12:30: Stretch it Out 1-2:00: Building Relationships</p>
<p>15.</p> <p>10-10:45: Volunteer Meeting 10-10:45: Choices in Recovery 11-12:30: Music History in Video 12:00-1:00 Front Desk Training 1-1:45: Building Your Self-Esteem 2—3:30: Recovery Inc.</p>	<p>16.</p> <p>10-10:45: Effective Communication - Agree to Disagree 11-11:45: Writing to Heal 11:45-12:45: Positive Spin 1-1:45: Meditation and Mindfulness</p>	<p>17.</p> <p>10-10:45: Hurry Up! 12-12:45: Stretch it Out 1-2:15: Mandala Mindfulness</p>	<p>18.</p> <p>10-10:45: Art Wrap - Social 11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Positive Affirmations 2-3:00: Facilitator Meeting</p>	<p>19.</p> <p>Good Friday</p>
<p>22.</p> <p>10-10:45: Choices in Recovery 11-12:30: Music History in Video 1-1:45: Building Your Self-Esteem 2-3:30: Recovery Inc.</p>	<p>23.</p> <p>10-10:45: Effective Communication - Short and Sweet 11-11:45: Writing to Heal 11:45-12:45: Positive Spin 1-1:45: Meditation and Mindfulness</p>	<p>24.</p> <p>10-10:45: Guest - Julie Febrey , MHA Family Support Services</p> <p>Closing at Noon Staff Training</p>	<p>25.</p> <p>10-10:45: Art Wrap - Spiritual 11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Positive Affirmations</p>	<p>26.</p> <p>10:00-10:45: Tea and Conversation 11-11:45 Self-Advocacy 12:00 Community Meeting 12:30-1:00: Stretch it Out 1-2:00: Building Relationships</p>
<p>29.</p> <p>10-10:45: Choices in Recovery 11-12:30: Music History in Video 1-1:45: Building Your Self-Esteem 2—3:30: Recovery Inc.</p>	<p>30.</p> <p>10-10:45: Effective Communication - I will speak for myself 11-11:45: Writing to Heal 11:45-12:45: Positive Spin 1-1:45: Meditation and Mindfulness</p>	<p><i>New to Life Skills Services? Welcome to our Recovery Center!</i></p> <p>Tours are on Tuesdays, Wednesdays and Thursdays at 1:00PM</p> <p>Please call 224-2005 for an appointment</p>		