

May 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> <div style="border: 2px dashed black; padding: 10px; margin-top: 20px;"> <p><i>"I am not what has happened to me. I am what I choose to become."</i></p> <p>- C.G. Jung</p> </div>	<p>Please see back of calendar for workshop/group definitions and locations</p> <p>* Reg = Registration is Required</p> <p>MSG= Mutual Support Group New Group/Workshop or Time</p>	<p>1 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 1:00-3:00 Hand Sewing 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Works In Progress</p>	<p>2 10:00-12:00 Zentangle-style Doodling 10:00-12:00 Guitar 101 1:00-3:00 Drawing Techniques 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>3 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 Free Writing</p> <div style="border: 2px dashed red; background-color: #FFDAB9; padding: 5px; text-align: center;"> <p>5:30-8:00pm Annual Show</p> </div>	<p>4 11:00-1:30 Print Day in May 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:00-2:00 Collage/Watercolor 11:00-2:00 Mythological Creatures 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation</p>
	<p>7 10:00-12:00 Art Journaling 10:00-12:00 Baubles, Spangles & Beads 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-2:00 Narcarn Training 1:00-3:00 Art Exposed 1:00-3:00 Exploration in Acrylic Painting</p>	<p>8 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: Birds of a Feather</p>	<p>9 10:00-12:00 Zentangle-style Doodling 10:00-12:00 Guitar 101 12:00-1:00 Facilitator Meeting 1:00-3:00 Drawing Techniques 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>10 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 Free Writing</p>	<p>11 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:00-2:00 Collage/Watercolor 11:00-2:00 Mythological Creatures 11:00-2:00 Open Studio *Reg 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation</p>
	<p>14 10:00-12:00 Art Journaling 10:00-12:00 Baubles, Spangles & Beads 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 Exploration in Acrylic Painting</p>	<p>15 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 1:00-3:00 Hand Sewing 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Works In Progress</p>	<p>16 10:00-12:00 Zentangle-style Doodling 10:00-12:00 Guitar 101 12:00-1:00 Community Circle: Talk with Willow DV Center 1:00-3:00 Drawing Techniques 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>17 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 Free Writing</p>	<p>18 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:00-2:00 Collage/Watercolor 11:00-2:00 Mythological Creatures 11:00-2:00 Open Studio *Reg 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation</p>
	<p>21 10:00-12:00 Art Journaling 10:00-12:00 Baubles, Spangles & Beads 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 Exploration in Acrylic Painting</p>	<p>22 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>23 10:00-12:00 Zentangle-style Doodling 10:00-12:00 Guitar 101 1:00-3:00 Field Drawing *Reg 3:00-3:30 Artists' Circle 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</p>	<p>24 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 Free Writing</p> <p style="text-align: center;">Closed at 3pm</p>	<p>25</p> <p style="text-align: center; color: magenta;">CLOSED Holiday</p>
	<p>28 10:00-12:00 Art Journaling 10:00-12:00 Baubles, Spangles & Beads 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 Exploration in Acrylic Painting</p>	<p>29 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>30 10:00-12:00 Zentangle-style Doodling 10:00-12:00 Guitar 101 1:00-3:00 Drawing Techniques 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>31 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 Free Writing</p>	