

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

May 2019

* Calendar subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 2px solid yellow; padding: 5px;"> <p>**Starred workshops require registration. Please see workshop descriptions for registration information or call 224-2005.</p> </div>	<p>LSS Tours are on Tuesdays, Wednesdays, Thursdays at 1:00 p.m.</p> <p><i>Please call for an appointment.</i></p>	<p>1</p> <p>10-10:45: Hurry Up 11-11:45: Art Wrap: Environmental 12-12:45: Stretch it Out 1-2:15: Mandala Mindfulness 1:45-2:45: Writing without Fear</p>	<p>2</p> <p>10-11: RCIL: Housing Accommodations 11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Positive Affirmation</p>	<p>3</p> <p>10-10:45: Tea and Conversation 11-11:45: Community Meeting 12-12:30: Stretch it Out 1-2:00: Building Relationships 2-3:00 : Comedy in Recovery</p>
<p>6</p> <p>10-10:45: Choices in Recovery 11-11:45: Building Your Self-Esteem 12-12:45: Music History in Video 1-1:45: Creating a Wellness Plan 2:30-4:00 Recovery International</p>	<p>7</p> <p>10-10:45: Effective Communication 11-11:45: Managing Your Emotions 11:45-12:45: A Positive Spin 1-1:45: Meditation & Mindfulness 2-3: Open Forum</p>	<p>8</p> <p>10-10:45: Hurry Up 11-11:45: Art Wrap: Occupational 12-12:45: Stretch it Out 1-2:15: Mandala Mindfulness</p>	<p>9</p> <p>10-10:45: Beyond Esteem Pt.2 The Illustrator 11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Positive Affirmation</p>	<p>10</p> <p>10-10:45: Tea and Conversation 11-11:45: Financial Wellness 12-12:30: Stretch it Out 1-2:00: Building Relationships 2-3: Comedy in Recovery</p>
<p>13</p> <p>10-10:45: Choices in Recovery 11-11:45: Building Your Self-Esteem 12-12:45: Music History in Video 1-1:45: Creating a Wellness Plan 2:30-4:00: Recovery International</p>	<p>14</p> <p>10-10:45: Effective Communication 11-12: RCIL: Nutrition for Diabetes 11:45-12:45: A Positive Spin 1-1:45: Meditation & Mindfulness 2-3: Open Forum</p>	<p>15</p> <p>10-10:45: Hurry Up 11-11:45: Art Wrap: Physical 12-12:45: Community Meeting 1-2:15: Mandala Mindfulness</p>	<p>16</p> <p>10-10:45: Different Ways to Get Unstuck 11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Positive Affirmation</p>	<p>17</p> <p>10-10:45: Tea and Conversation 11-11:45: Financial Wellness 12-12:30: Stretch it Out 1-2:00: Building Relationships 2-3:00 : Comedy in Recovery</p>
<p>20</p> <p>10-10:45: Choices in Recovery 11-11:45: Building Your Self-Esteem 12-12:45: Music History in Video 1-1:45: Creating a Wellness Plan 2:30-4:00 Recovery International</p>	<p>21</p> <p>10-10:45: Effective Communication 11-11:45: Managing Your Emotions 11:45-12:45: A Positive Spin 1-1:45: Meditation & Mindfulness 2-3: Open Forum</p>	<p>22</p> <p>10-10:45: Hurry Up 11-11:45: Art Wrap: Intellectual</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>Closed At 12:00PM</p> </div>	<p>23</p> <p>10-10:45: Different Ways to Get Unstuck 11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Positive Affirmation</p>	<p>24</p> <p>10-10:45: Tea and Conversation 11-11:45: Financial Wellness 12-12:30: Stretch it Out 1-2:00: Building Relationships 2-3:00 : Comedy in Recovery</p>
<div style="border: 2px solid red; padding: 10px; text-align: center;"> <p>CLOSED Memorial Day</p> </div>	<p>28</p> <p>10-10:45: Effective Communication 11-11:45: Managing Your Emotions 11:45-12:45: A Positive Spin 1-1:45: Meditation & Mindfulness 2-3: Open Forum</p>	<p>29</p> <p>10-10:45: Hurry Up 11-11:45: Art WRAP 12-12:45: Stretch it Out 1-2:15: Mandala Mindfulness</p>	<p>30</p> <p>10-10:45: Different Ways to Get Unstuck 11-11:45: Short Stories Time 12-12:30: Stretch it Out 1-2:00: Positive Affirmation</p>	<p>31</p> <p>10-10:45: Tea and Conversation 11-11:45: Financial Wellness 12-12:30: Stretch it Out 1-2:00: Building Relationships 2-3:00: Comedy in Recovery</p>