


June 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 or group 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 New Group/Workshop or Time</p>	 <p>5 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: Birds of a Feather</p>	<p>Community Art Special Event: Wall Art for a Purpose June 20th, 1-3pm</p> <p>6 10:00-12:00 Zentangle-style Doodling 10:00-12:00 Guitar 101 10:00-3:00 Drawing Techniques 3:15-5:00 Pastel Expressions 5:15-7:15 Adventures in 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>7 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>5:30-8:00pm First Friday Celebration Mike Benvenuti</p>	<p>8 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:00-2:00 Collage/Watercolor 11:00-2:00 Myth Making with Images 11:00-2:00 Open Studio *Reg 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation</p>
	<p>4 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>12 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Found Art Prints 12:00-1:30 Women's Depression Support Group 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>13 10:00-12:00 Zentangle-style Doodling 10:00-12:00 Guitar 101 12:00-1:00 Facilitator Meeting Fairy Houses 3:15-5:00 Pastel Expressions 5:15-7:15 Adventures in Watercolor 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p>	<p>14 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>15 11:00-2:00 Fairy Houses 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:00-2:00 Collage/Watercolor 11:00-2:00 Myth Making with Images 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation</p>
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	<p>18 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>26 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Found Art Prints 12:00-1:30 Women's Depression Support Group 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>27 10:00-12:00 Zentangle-style Doodling 10:00-12:00 Guitar 101 1:00-3:00 Field Drawing *Reg 3:15-5:00 Pastel Expressions 5:15-7:15 Adventures in Mixed Media 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p>	<p>28 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>29 11:00-1:00 Blues, Standards, Jazz Guitar *Reg 11:00-2:00 Collage/Watercolor 11:00-2:00 Myth Making with Images 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation</p>

"Art is not a thing; it is a way."
- Elbert Hubbard

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, splatter, wet-in-wet layering and lifting paint, & blotting to create abstract paintings. (Studio)

Adventures in Acrylics, Watercolor, Mixed Media: This series focuses on exploring basic techniques in a variety of mediums. Each will focus on one buildable technique, including but not limited to: creating a wash background in watercolor, layering, building up, mixing colors in all mediums. (Studio)

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. (Library)

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

Artist Fellowship: A gathering of artists. Bring finished/unfinished works to create a conversation & receive feedback on works-in-progress. (Main Space)

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 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 in a conversation with Rob Statham from NYAPRS about work and benefits. What can we expect to change from the impact of earnings on our benefits? (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, knitting stitches & projects. (Room D)

Drawing Techniques: (no 6/13) 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)

Fairy Houses: (6/13 + 6/15) Fairy Houses are small structures for the fairies and woodland creatures. Ranging from simple to intricate 'Fairy Mansions', these whimsical habitats are built by children, families, gardeners and nature lovers reflecting their creativity, joy and pride. Creating fairy houses offers a connection with the natural world, nurturing care and respect for the environment. In this two-day special event create your own fairy house and collaborate in creating a fairy house to display in the 2019 Corn Hill Arts Festival's 7th Annual Fairy Houses Tour. (Studio)

Field Drawing: Using dry mediums, join us for an outdoor or alternative rainy day location to hone your observational drawing skills. Meet at CWO 15

minutes before the workshop or meet us there. Wear light layers, bring sunscreen & bottled water, paper/sketchbook & dry mediums (ex. Colored pencils, pencil, erasers, charcoal). If you need to borrow an art pack please let Laura know one day before the workshop. Field Location (and Rainy Day location): Starry Nights Café ***Registration Required**

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. (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: 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, you are more than welcome to attend. (Room D)

Hand Sewing: Sew a 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 & mindful. (Room C)

Meditation: (not 6/22) We will explore meditation styles. (Room D)

Mindfulness: Guided Meditations and Mindfulness exercises. Practice ways to be more present and more accepting. (First week: Room F, Then: Library)

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

Myth Making with Images: Using narrative images to make up mythologies. We will use a variety of materials and techniques like drawing and paintings. 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: Explore various techniques with chalk & pastels. (Studio)

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

Wall Art for a Purpose: Community project to create a new work or donate a piece of your artwork to benefit others. For new work, we will provide the frame and you create a piece to fit it. Pieces will be donated to residents of a local YWCA through the Rochester Maker Space. (Studio)

Women's Depression Support Group: An intimate space where women who suffer from depression can come together to share and support each other. (Library)

Works In Progress "Birds of a Feather": Create colorful mixed media bird sculptures to add to our upcoming window display. We will use materials found in the general studio space. (Studio)

Zentangle-style Doodling: Learn basics of this relaxing method of doodling and some simple patterns which you can create on our own. (Studio)