

MHA's Life Skills Services (LSS)

344 N. Goodman St. Rd. 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

JUNE 2019

*
Calendar subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10-10:45: Games in Recovery 11-11:45: Building Your Self-esteem 12-12:45: Music History in Video 1-1:45: Creating a Wellness Plan 2-3:30: Recovery International</p>	<p>4</p> <p>10-10:45: Effective Communication 11-11:45: Managing Your Emotions 1-1:45: Getting Rid of Food Cravings 2-3: Open Forum Community Mtg @ noon</p>	<p>5</p> <p>10-10:45: Anger Management 11-11:45: Art Wrap 12-12:45: Stretch It Out 12-12:45:Willing Walkers 1-2:15: Mandala Mindfulness</p>	<p>6</p> <p>10-10:45: Strategies for Wellness 11-11:45: Short Story time 12-12:30: Stretch it Out 12-12:30: Willing Walkers 1-2: Positive Affirmations</p>	<p>7</p> <p>10-10:45: Tea and Conversation 11-11:45: Whole Health: GERD 12-12:30: Stretch it Out 12-12:45: Willing Walkers 1-2: Building Relationships 2-3: Comedy in Recovery</p>
<p>10</p> <p>10-10:45: Games in Recovery 11-11:45: Building Your Self-esteem 12-12:45: Music History in Video 1-1:45: Creating a Wellness Plan 2-3:30: Recovery International</p>	<p>11</p> <p>10-10:45: Effective Communication 11-11:45: Managing Your Emotions 11-12: RCIL: Nutrition and Diabetes 1-1:45: Getting Rid of Food Cravings 2-3: Open Forum</p>	<p>12</p> <p>10-10:45: Anger Management 11-11:45: Art Wrap 12-12:45: Stretch It Out 12-12:45:Willing Walkers 1-2:15: Mandala Mindfulness</p>	<p>13</p> <p>10 am—12noon</p> <p>A Day at The Public Market</p> <p>1-2: Positive Affirmations</p>	<p>14</p> <p>10-10:45: Tea and Conversation 11-11:45: Whole Health: Mi-graines 12-12:30: Stretch it Out 12-12:45: Willing Walkers 1-2: Building Relationships 2-3: Comedy in Recovery</p>
<p>17</p> <p>10-10:45: Games in Recovery 11-11:45: Building Your Self-esteem 12-12:45: Music History in Video 1-1:45: Creating a Wellness Plan 2-3:30: Recovery International</p>	<p>18</p> <p>10-10:45:RCIL: Voting Rights 10-10:45: Effective Communication 11-11:45: Managing Your Emotions 1-1:45: Getting Rid of Food Cravings 2-3: Open Forum</p>	<p>19</p> <p>10-10:45: Anger Management 11-11:45: Art Wrap 12-12:45: Stretch It Out 12-12:45: Willing Walkers 1-2:15: Mandala Mindfulness</p>	<p>20</p> <p>10-10:45: RCIL: Labels vs Identity 10-10:45: Strategies for Wellness 11-11:45: Short Story time 12-12:30: Stretch it Out 12-12:30: Willing Walkers 1-2: Positive Affirmations</p>	<p>21</p> <p>10-10:45: Tea and Conversation 11-11:45: Whole Health: Stress Reduction 12-12:30: Stretch it Out 12-12:45: Willing Walkers 1-2: Building Relationships 2-3: Comedy in Recovery</p>
<p>24</p> <p>10-10:45: Games in Recovery 11-11:45: Building Your Self-esteem 12-12:45: Music History in Video 1-1:45: Creating a Wellness Plan 2-3:30: Recovery International</p>	<p>25</p> <p>10-10:45: Effective Communication 11-11:45: Managing Your Emotions 1-1:45: Getting Rid of Food Cravings 2-3: Open Forum Community Mtg @ noon</p>	<p>26</p> <p>10-10:45: Anger Management 11-11:45: Art Wrap</p> <p>Closed at Noon</p>	<p>27</p> <p>10-10:45: Strategies for Wellness 11-11:45: Short Story time 12-12:30: Stretch it Out 12-12:30: Willing Walkers 1-2: Positive Affirmations</p>	<p>28</p> <p>10-10:45: Tea and Conversation 11-11:45: Whole Health: Sleep 12-12:30: Stretch it Out 12-12:45: Willing Walkers 1-2: Building Relationships 2-3: Comedy in Recovery</p>
 <p>We Support Mental Health Awareness</p>		<p>Happy Father's Day!</p> 	<p>LSS Tours are on Tuesdays, Wednesdays, Thursdays at 1:00 p.m.</p> <p><i>Please call for an appointment.</i></p>	<p>**Starred workshops require registration. Please see workshop descriptions for registration information or call 224-2005.</p>