

MHA's Life Skills Services (LSS)

320 N. Goodman St. Rd. Rochester, NY 14607

Phone: 325-3145

Calendar at: www.mharochester.org

Hours of Operation

Tue.&Thurs.

10am-12pm

Unless otherwise specified

August 2019

* Calendar subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>10:00-10:45: Short Story Time</p> <p>11:00-12:00: Art Wrap</p>	2
5	<p>6</p> <p>10:00am-12:00pm</p> <p>RCIL: Role Models</p>	7	<p>8</p> <p>10:00-10:45: Anger Management</p> <p>11:00-12:00: Mandala Mindfulness</p>	9
12	<p>13</p> <p>10:00-12:00pm</p> <p>RCIL: Nutrition and Diabetes</p>	14	<p>15</p> <p>10:00- 10:45: Effective Communication</p> <p>11:00-12:00pm: Positive Affirmations</p>	16
<p>19</p> <p>Re-Opening of Life Skills</p>	<p>20</p> <p>10:00-10:45: Effective Communication</p> <p>11:00-11:45: Managing Your Emotions</p> <p>1:00-1:45: Getting Rid of Food Cravings</p> <p>2:00-3:00: Open Forum</p>	<p>21</p> <p>Life Skills closes at Noon All Staff Meeting</p>	<p>22</p> <p>10:00-10:45: Anger Management</p> <p>11:00-11:45: Short Story Time</p> <p>12:00-12:30: Willing Walkers</p> <p>1:00-2:00: Positive Affirmations</p> <p>2:00-3:00: Open Forum</p>	23
26	<p>27</p> <p>10:00-10:45: Effective Communication</p> <p>11:00-11:45: Managing Your Emotions</p> <p>1:00-1:45: Getting Rid of Food Cravings</p> <p>2:00-3:00: Open Forum</p>	28	<p>29</p> <p>10:00-10:45: Anger Management</p> <p>11:00-11:45: Short Story Time</p> <p>12:00-12:30: Willing Walkers</p> <p>1:00-2:00: Positive Affirmations</p> <p>2:00-3:00: Open Forum</p>	30