


September 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> <div style="border: 1px dashed black; padding: 10px; margin-top: 20px;"> <p><i>When evil times prevail, take care to preserve the serenity of your heart.</i> - Horace</p> </div>	<p>3 10:00-12:00 Art Journaling 10:00-12:00 A Splash of Color 10:00-12:00 Sculpey Beads and Buttons 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 1:00-3:00 Art Exposed 1:00-3:00 Exploration in acrylic painting 2:00-3:00 laido</p>	<p>4 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Birds of a Feather 12:00-1:30 Women's Depression Support Group 12:15-1:00 Creative Movement 1:00-3:00 Creative Hand Sewing 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Mixed Media Prints</p>	<p>5 10:00-12:00 Autumn Journals 10:00-12:00 Fabric Flowers 10:00-12:00 Guitar 101 1:00-3:00 Drawing Techniques 1:00-3:00 Eager Weaver 3:00-4:00 Social Anxiety...What? 3:15-5:00 Pastel Expressions 3:30-5:00 Open Studio *Reg 5:15-7:15 Adventures in Acrylic 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers MSG</p>	<p>6 10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-2:00 Mindful Meditation 1:00-3:00 Exploring Watercolor 2:00-3:00 Free Writing</p> <div style="border: 1px dashed black; padding: 10px; margin-top: 20px;"> <p>5:30-8:00pm First Friday Celebration Susan Plank & Jill Brown</p> </div>	<p>7 11:00-2:00 Hike Meet-Up Seneca Park 1 mile hike</p> <p>11:00-2:00 Collage/Watercolor 11:00-2:00 Magical Creations 11:00-2:00 Open Studio *Reg 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation</p>
	<p>10 10:00-12:00 Art Journaling 10:00-12:00 A Splash of Color 10:00-12:00 Sculpey Beads and Buttons 11:00-1:00 Mutual Support Group 2:00-3:00 laido (Room A+B)</p> <div style="border: 1px dashed black; padding: 10px; margin-top: 20px;"> <p>Intentional Mixed Media Series #1: 12pm-4pm *Reg</p> </div>	<p>11 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers and Rubbings 10:00-12:00 Birds of a Feather 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 Mixed Media Prints</p>	<p>12 10:00-12:00 Autumn Journals 10:00-12:00 Fabric Flowers 10:00-12:00 Guitar 101 12:00-1:00 Facilitator Meeting 1:00-3:00 Drawing Techniques 1:00-3:00 Eager Weaver 3:00-4:00 Social Anxiety...What? 3:30-5:00 Open Studio *Reg 5:15-7:15 Adventures in Watercolor 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p>	<p>13 10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-2:00 Mindful Meditation 1:00-3:00 Exploring Watercolor 2:00-3:00 Free Writing</p>	<p>14 11:00-2:00 Collage/Watercolor 11:00-2:00 Magical Creations 11:00-2:00 Open Studio *Reg 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation</p>
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	<p>25 CLOSED</p>	<p>25 CLOSED</p>	<p>26 CLOSED</p>	<p>27 10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-2:00 Mutual Support Group 1:00-2:00 Mindful Meditation 1:00-3:00 Exploring Watercolor 2:00-3:00 Free Writing</p>	<p>28 11:00-2:00 Collage/Watercolor 11:00-2:00 Magical Creations 11:00-2:00 Open Studio *Reg 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation</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>	 MENTAL HEALTH ASSOCIATION <small>FIND WELLNESS.</small>

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.

A Splash of Color: Explore the basics of color - how it's used, mixing colors and monochromatic schemes. Each week we will explore and play with one color in the color wheel. No previous experience needed. Just fun! (Studio)

Adventures in Acrylics, Watercolor, or Mixed Media: This series explores 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 art facilitators. (Library)

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

Artist Fellowship Meeting : Bring finished/unfinished works to our gathering for conversation and receive feedback on works-in-progress. (Main Space)

Autumn Journals: Make your own Fall-themed journal from recycled materials to use for writing, collage, photos, etc. (Studio)

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)

Collage, Transfers & Rubbings: Create collages with mixed media. Learn to transfer images to paper and use rubbing techniques with collages. (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: "Finishing Touches" - We will demonstrate and discuss skills for preparing artwork for gallery show submissions and/or the Art Bazaar/Exhibit. We'll cover submitting your artwork via email, photographing your artwork, matting, framing, and artist statements. (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)

Creative Hand Sewing: Sew items of your own creative design to donate to children in the community. (Studio)

Crochet & Knitting: Basic crochet, knitting stitches & projects. (Room D)

Exploring Watercolor: Use watercolor in a variety of ways— collage, splatter, wet-in-wet layering and lifting paint, & blotting. (Studio)

Drawing Techniques: 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)

Eager Weaver: Simple hand looms will be made by each person using yarn, jute, and string, etc. to prepare the loom for simple weaving and a variety of tapestry techniques. No previous experience is needed. (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)

Fabric Flowers: Hand sewing of fabric strips and creating flower designs. (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)

Hike Meet-up: This 1 mile hike will be to support the annual "46Climbs" event to bring awareness to suicide prevention. Please bring sunscreen & bug spray and meet at the Longhouse in Seneca Park at 11am (see map in newsletter). Water will be provided.

Hoarders & Clutterers MSG: This group offers peer-to-peer support for those wishing to change their habits. 1st & 3rd Thursdays. (Room A/B)

Intentional Mixed Media Series #1: An intentional exploration of layering three materials of a variety of properties (matte/sheen/texture) onto one surface. When signing up, please have a design (either a portrait, landscape, still-life) in mind. If an abstract design, please bring a general plan. All materials provided. ***Registration Required** (Studio)

Iaido: Introduction to a Japanese meditative art using a wooden sword in tandem with breathing and meditation. (9/10 only: in Conf. Room A+B) (All other dates in Main Space)

Magical Creations: Narrative images can be used to make up imaginative visual stories by combining a variety of materials and techniques that can include drawing and painting. Create made-up creatures or ones in traditional storytelling from Greek, Roman, Viking, and Native American cultures. (Studio)

Mandalas: Learn the meditative process of creating mandalas. Creating within a sacred circle can lead you to become centered & mindful. (Room C)

Meditation: We will explore different meditation techniques & apps. (Library)

Mindful Meditation: Practice different mindfulness and meditation exercises and explore the benefits. (Room F)

Mixed Media 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)

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

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. ***Additional Thursday times*** ***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)

Sculpey Beads & Buttons: Make your own beads and buttons using sculpey clay. These can then be used with other crafts & for sewing. (Studio)

Social Anxiety...What?: A support group for those who look to share a safe environment about their struggles with being in social settings. (Library)

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

Intentional Mixed Media Series #1

Special 1/2 Day Event—Sept. 10, 12pm-4pm ***Reg.**

Come explore layering three levels of materials to create an image.