### October 2019 Creative Wellness Opportunities of the Mental Health Association

<table>
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<th>SUNDAY/MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td></td>
<td>10:00-12:00 Art Journaling</td>
<td>10:00-12:00 Guitar &amp; Vocals</td>
<td>10:00-12:00 Autumn Journals</td>
<td>10:00-12:00 Color Me Calm</td>
<td>11:00-12:00 Collage/</td>
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<td>10:00-12:00 A Splash of Color with Sculpey</td>
<td>10:00-12:00 Collage, Transfers and Rubbings</td>
<td>10:00-12:00 Drawing Techniques</td>
<td>11:00-12:00 Gentle Yoga</td>
<td>Watercolor</td>
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<td>11:00-1:00 Mutual Support Group</td>
<td>10:00-12:00 Birds of a Feather</td>
<td>10:00-12:00 Guitar 101</td>
<td>12:00-2:00 Mutual Support Group</td>
<td>11:00-2:00 Open Studio</td>
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<td>12:00-1:00 Iaido</td>
<td>12:00-2:00 Women’s Depression Support Group</td>
<td>1:00-3:30 Fabric Flowers</td>
<td>1:00-2:00 Mindful Meditation</td>
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<td>12:00-1:00 Mandalas</td>
<td>12:00-2:00 Women’s Depression Support Group</td>
<td>1:00-3:30 Fear Busters</td>
<td>1:00-3:00 Exploring Watercolor</td>
<td>Primary Colors</td>
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<td>1:00-3:00 Art Exposed</td>
<td>12:15-1:00 Creative Movement</td>
<td>1:00-3:00 Magical Masks &amp; Creatures</td>
<td>1:00-3:00 Free Writing</td>
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<td>1:00-3:00 Exploration in acrylic painting</td>
<td>1:00:30 The Greater Good</td>
<td>5:00-7:00 Open Studio</td>
<td>5:00-3:00 Free Writing</td>
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<td>8:00-10:00 Art Journaling</td>
<td>1:00-3:00 Philosophical Musings</td>
<td>5:30-7:15 Adventures in Acrylic</td>
<td>5:30-6:30 Eating Disorders Anon MSG</td>
<td>11:00-1:00 Support Group</td>
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<td>10:00-12:00 A Splash of Color with Sculpey</td>
<td>1:00-3:00 Crochet and Knitting</td>
<td>5:30-6:30 Emotions Anon MSG</td>
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<td>1:00-3:00 Mixed Media Prints</td>
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**Please see back of calendar for workshop/group definitions and locations**

* Reg = Registration is Required  
MSG = Mutual Support Group  
New Group/Workshop or Time  

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### 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)

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*Inside yourself or outside, you never have to change what you see, only the way you see it.*  
- Thaddeus Golias
A Splash of Color with Sculpey: We'll be creating mini-objects using sculpey and explore the basics of color. 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 Journaling: Use mixed media techniques to create artful books. (Room C)

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: "Unmasking Self-Care" We will explore different forms of self-care and then create our own sleep masks reflecting our new self-care options. (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)

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

Fabric Flowers: (New Time) (not on 10/31) Hand sewing of fabric strips and creating flower designs. (Studio)

Painting Techniques: (New Time) 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 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)

Facilitator Meeting: A discussion gathering of current facilitators. (Library)

Fear Busters: A support group for those who look to share in a safe environment about their struggles with fear or anxiety. (Library)

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)

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

Iaido: Introduction to a Japanese meditative art using a wooden sword in tandem with breathing and meditation. (Main Space)

Magical Masks & Creatures: Using a variety of materials, we will make masks or creatures in either 2D or 3D. Options will include painting, drawing, paper mache, balloons. (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.

*New Thursday time* *Registration Required* (Studio)

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

Primary Colors: Learn some basic acrylic painting techniques. We will be gessoing matt boards to then use as our canvases to paint on. (Studio)

The Greater Good: Create items of your own creative design to donate to the community (ie: children, hospitals, veterans). (Library)

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