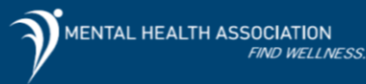


September 2019

National Suicide Prevention Awareness Month



Mental Health Association's Self Help Drop In Services
539 South Ave., Rochester, NY 14620 (585) 454-3530

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Sunday Fun Day NFL 	6pm-7pm CLOSED 	6pm-7pm Guest: Nancy My Story Speech	6pm-7pm Drop In Stand Up Comedy	6pm-7pm BACA-Service Presentation Bikers Against Child Abuse International	6pm-7pm Friday Walk-In Movie Night	6pm-7pm Karaoke
8	9	10	11	12	13	14
Sunday Fun Day NFL 	6pm-7pm Staff RIC: Mystery Workshop	6pm-7pm Guest Q&A: Open Forum During Announcements	6pm-7pm Housing Advocacy Services Inc. Service Presentation	6pm-7pm Drop In Stand Up Comedy	6pm-7pm Friday Walk-In Movie Night	6pm-7pm Volunteer Ray: Coloring For Wellness
15	16	17	18	19	20	21
Sunday Fun Day NFL 	6pm-7pm Staff Monica: Painting Life In Wood	6pm-7pm Abundance Food Co-Op Program Presentation	6pm-7pm Guest Tina: My Speech Story Guest Peter: My Speech Story	6pm-7pm Volunteer Tricia Davis See Yourself Clear Volunteer BOLO MHA BINGO	6pm-7pm Friday Walk-In Movie Night	6pm-7pm Karaoke Saturday Matinee
22	23	24	25	26	27	28
Sunday Fun Day NFL 	6pm-7pm Staff: Monica: Beading for Wellness	6pm-7pm Guest Q&A: Open Forum During Announcements Staff Shon: What Would You Do Tuesday's	6pm-7pm Staff Stacy: Mystery Workshop	6pm-7pm MHA Staff: Stacy Sheradin Program Presentation Volunteer Walter & Jimmy: Mystery Workshop	6pm-7pm Friday Walk-In Movie Night	6pm-7pm Karaoke Saturday Matinee
29	30	31	1	2	3	4
Sunday Fun Day NFL 	6pm-7pm Staff Monica Painting Life On Canvass	6pm-7pm Guest Q&A: Open Forum During Announcements Staff Shon: What Would You Do Tuesday's	6pm-7pm Drop In Stand Up Comedy	6pm-7pm Staff Shon: Mystery Speech	Friday Walk-In Movie Night	Karaoke Notes: Some scheduled workshops/presentations could be subject to be changed.