


SUNDAY/MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 2020</p> <p><i>Creative Wellness Opportunities of the Mental Health Association</i></p> <p>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> <p><i>"Kindness is like snow. It beautifies everything it covers."</i> ~Kahlil Gibran</p>	<p>3 10:00-12:00 Art Journaling 10:00-12:00 A Splash of Color: Art Trading Cards 11:00-1:00 Mutual Support Group 1:00-3:00 Art Exposed 1:00-3:00 Open Studio <i>*Reg</i> 1:15-3:00 Explore Acrylic Painting 1:15-3:00 <i>Colored Pencil Techniques</i></p>	<p>4 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers, Rubbings 10:00-12:00 Alter Egos <i>*Reg</i> 12:00-2:00 Women's Depression MSG 12:15-1:00 Fun with Dancing 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Loom Knitting for Love 1:00-3:00 Mixed Media Cards 2:00-3:00 Fear Busters MSG</p>	<p>5 10:00-12:00 Drawing Techniques 10:00-12:00 <i>Junk Journals</i> 10:00-12:00 Guitar 101 1:00-3:00 Creating Calendars <i>*Reg</i> 3:15-5:00 Pastel Expressions 4:00-7:00 Open Studio <i>*Reg</i> 5:00-7:00 <i>Plexiglass Figures *Reg</i> 5:30-7:00 Adventures in Mixed Media 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 12:15-2:00 Mutual Support Group 1:00-3:00 Exploring Watercolor 2:00-3:00 Free Writing</p>	<p>7 11:00-2:00 Collage/ Watercolor 11:00-2:00 Open Studio <i>*Reg</i> 11:30-1:00 Mutual Support Group 1:00-2:00 Primary Colors</p>
	<p>10 10:00-12:00 Art Journaling 10:00-12:00 A Splash of Color: Art Trading Cards 11:00-1:00 Mutual Support Group 1:00-3:00 Art Exposed 1:00-3:00 Open Studio <i>*Reg</i> 1:15-3:00 Explore Acrylic Painting 1:15-3:00 <i>Colored Pencil Techniques</i></p>	<p>11 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers, Rubbings 10:00-12:00 Alter Egos <i>*Reg</i> 12:00-2:00 Women's Depression MSG 12:15-1:00 Fun with Dancing 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Loom Knitting for Love 1:00-3:00 Mixed Media Cards 2:00-3:00 Fear Busters MSG</p>	<p>12 10:00-12:00 Drawing Techniques 10:00-12:00 <i>Junk Journals</i> 10:00-12:00 Guitar 101 12:00-1:00 <i>Facilitator Meeting</i> 1:00-7:30pm 6x6 Party 1:00-3:00 Hand-Sewn Pocket Purses 1:00-3:00 Creating Calendars <i>*Reg</i> 3:15-5:00 Pastel Expressions 4:00-7:00 Open Studio <i>*Reg</i> 5:00-7:00 <i>Plexiglass Figures *Reg</i> 5:30-7:00 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 12:15-2:00 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 Open Studio <i>*Reg</i> 11:30-1:00 Mutual Support Group 12:00-2:00 <i>OCD Support Group</i> 1:00-2:00 Meditation 11:00-2:00pm 6x6 Party</p>
	<p>17 10:00-12:00 Art Journaling 10:00-12:00 A Splash of Color: Art Trading Cards 11:00-1:00 Mutual Support Group 1:00-3:00 Art Exposed 1:00-3:00 Open Studio <i>*Reg</i> 1:15-3:00 Explore Acrylic Painting 1:15-3:00 <i>Colored Pencil Techniques</i></p>	<p>18 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers, Rubbings 10:00-12:00 Alter Egos <i>*Reg</i> 12:00-2:00 Women's Depression MSG 12:15-1:00 Fun with Dancing 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Loom Knitting for Love 1:00-3:00 Mixed Media Cards 2:00-3:00 Fear Busters MSG</p>	<p>19 10:00-12:00 Drawing Techniques 10:00-12:00 <i>Junk Journals</i> 10:00-12:00 Guitar 101 10:00-12:00 <i>Pockets of Change *Reg</i> 12:00-2:00 <i>Healing Voices Film</i> 1:00-3:00 Hand-Sewn Pocket Purses 1:00-3:00 Creating Calendars <i>*Reg</i> 3:15-5:00 Pastel Expressions 4:00-7:00 Open Studio <i>*Reg</i> 5:00-7:00 <i>Plexiglass Figures *Reg</i> 5:30-7:00 Adventures in Mixed Media 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers MSG</p>	<p>20 10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:15-2:00 Mutual Support Group 1:00-2:00 Mindful Meditation 1:00-3:00 Exploring Watercolor 2:00-3:00 Free Writing</p>	<p>21 11:00-2:00 Collage/ Watercolor 11:00-2:00 Open Studio <i>*Reg</i> 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation 1:00-2:00 Primary Colors</p>
	<p>24 10:00-12:00 Art Journaling 10:00-12:00 A Splash of Color: Art Trading Cards 11:00-1:00 Mutual Support Group 1:00-3:00 Art Exposed 1:00-3:00 Open Studio <i>*Reg</i> 1:15-3:00 Explore Acrylic Painting 1:15-3:00 <i>Colored Pencil Techniques</i></p>	<p>25 10:00-12:00 Guitar & Vocals 10:00-12:00 Collage, Transfers, Rubbings 10:00-12:00 Alter Egos <i>*Reg</i> 12:00-2:00 Women's Depression MSG 12:15-1:00 Fun with Dancing 1:00-2:00 Philosophical Musings 1:00-3:00 Crochet and Knitting 1:00-3:00 Loom Knitting for Love 1:00-3:00 Mixed Media Cards 2:00-3:00 Fear Busters MSG</p>	<p>26 10:00-12:00 Drawing Techniques 10:00-12:00 <i>Junk Journals</i> 10:00-12:00 Guitar 101 1:00-3:00 Hand-Sewn Pocket Purses 1:00-3:00 Creating Calendars <i>*Reg</i> 3:15-5:00 Pastel Expressions 4:00-7:00 Open Studio <i>*Reg</i> 5:00-7:00 <i>Plexiglass Figures *Reg</i> 5:30-7:00 Adventures in Mixed Media 5:30-6:30 Eating Disorders Anon MSG 5:30-6:30 Emotions Anon MSG</p>	<p>27 10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:15-2:00 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 Open Studio <i>*Reg</i> 11:30-1:00 Mutual Support Group 1:00-2:00 Meditation 1:00-2:00 Primary Colors</p>
	<p>31 10:00-12:00 Art Journaling 10:00-12:00 A Splash of Color: Art Trading Cards 11:00-1:00 Mutual Support Group 1:00-3:00 Art Exposed 1:00-3:00 Open Studio <i>*Reg</i> 1:15-3:00 Explore Acrylic Painting 1:15-3:00 <i>Colored Pencil Techniques</i></p>	<p> www.facebook.com/mharochester/ www.mharochester.org/services/creative-wellness-opportunities/ (refresh page for current info)</p>		<p>Please see back of calendar for workshop/group definitions and locations.</p>	<p><i>* Reg = Registration is Required</i> MSG= Mutual Support Group <i>New Group/Workshop or Time</i></p>