

# 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.*

**6 x 6 Parties:** ROCO Gallery's Annual 6x6 Exhibit is back! All over Rochester 6x6 art parties gather people together to create work to donate to this small art fundraiser show for ROCO Gallery. Join us to create a 6"x6" size artwork using general studio supplies, canvas and paper. Leave your work with us and we will donate the completed creations to ROCO. Then attend the opening June 6th, 4-10pm. (Studio)

**A Splash of Color—Art Trading Cards:** Create one of a kind artist trading cards using a variety of mediums to trade and collect with other artists using mixed media, a variety of art techniques on postcard sized paper. (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)

**Alter Egos:** Using styrofoam mannequins, a variety of found objects and mixed mediums to create unique and imaginative 3D portraits using collage, paint, fabric, feathers and more. All are welcome, no 3D art experience needed. **\*Registration Required** (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)

**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)

**Colored Pencil Techniques:** Practice and learn various colored pencil techniques using various blending tools, including vasoline and cotton swabs. (Studio)

**Creating Calendars:** Each month each person will focus on creating an image for the month to make into a calendar of your own artwork at the end of the year. There will be a new idea prompt for each month. Cost is \$1.00 per month, this covers one calendar of your art at year-end. **\*Registration Required** (Studio)

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

**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 includes a rotating still life in the studio. (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. 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)

**Explore 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)

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

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

**Fear Busters MSG:** A support group for those who look to share in a safe environment 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)

**Fun with Dancing:** Open movement to a variety of music chosen by the group.

We will dance and move to the lively sounds and beats that inspire us to play with imaginative movement. Feel free to bring a favorite dance CD. (Main Space)

**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 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)

**Guitar and Vocals:** Learn how to play music and sing together. (Room D)

**Hand-Sewn Pocket Purses:** (Not meeting 3/5) We will take the back pockets from old pairs of jeans & make small purses. You can bring your own jean material or make your own pocket with our materials. (Studio)

**Healing Voices Film & Discussion:** Watch the film "Healing Voices" and join the discussion afterwards. We will also be exploring the option of starting a mutual support group for those of us with experiences of hearing voices, seeing visions or having other unshared perceptions. (Room D)

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

**Junk Journals:** Make a journal from recycled materials and learn various techniques to decorate the pages. (Studio)

**Loom Knitting for Love: New Day -** Learn the basic skills of loom knitting in this session and finish an item that will be donated to the community. Learn to loom knit & giving back to the community. Open to all knitters/crocheters. (Room D)

**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 Cards:** This workshop will explore the process of making cards from found everyday materials such as cardboard, cereal boxes, string and glue. These materials are collaged together and used to make a one-of-a-kind card. (Studio)

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

**OCD Support Group:** A group of individuals who support one another through our experience of living with OCD. We share compassion, empathy, general support, what has helped us and our triumphs. (Room F)

**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, please see Arts Coordinator. **\*Registration Required** (Studio)

**Pastel Expressions:** This workshop will explore various techniques with chalk and oil pastels. (Studio)

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

**Plexiglass Figures:** Creating figures on plexiglass cut outs with paints. Cost is \$1 for small plexiglass, or \$2 for large plexiglass. **\*Registration Required** (Studio)

**Pockets of Change: One Time Workshop!** Creating notepads with internal pockets for unending creative messages to inspire change in your life or for someone else. (Studio)

**Primary Colors:** Learn how to apply, mix and play with color using various techniques, art supplies & surfaces. (Studio)

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

**Pockets of Change — March 19th 10am-12pm**

*Come create notebooks with pockets filled with inspiring messages!*