

# September

## Creative Wellness Opportunities

### Mental Health Association of Rochester

Hybrid: refers to both virtual and in-person | In-person: available at CWO | Virtual: available on-line  
[www.mharochester.org](http://www.mharochester.org) | See the website to join us virtually.

## Monday

### Open Studio:

- In-person 11-3

### Pet and Sketch with RocDog:

- In-person 11:45-12:45

### Labor Day 9/5

- **Closed for holiday**

## Tuesday

### Open Studio:

- In-person 11-3

### Mutual Support Group:

- Hybrid 11-1

### Splash of Color:

- Hybrid 11-12:45

### Community Circle:

- Hybrid 2-3

## Wednesday

### Open Studio:

- In-person 11-3

### Creative Card Making:

- In-person 11-12:30

### Women's Depression Support Group:

- Virtual 12-1

### Creative Writing:

- Hybrid 1:30-2:30

### Learn to Mediate:

- Virtual 2-2:20

## Thursday

### Open Studio:

- In-person 11-3

### Fun with Dancing:

- In-person 12:30-1:30

### Art Journaling:

- Hybrid 1-2:30

### KnitWits:

- In-person 1:30-3

### Meditation & Mindfulness:

- Hybrid 4-4:30

### Special Events

Strong Recovery | Resource Fair  
September 9th 10-2pm

### Open Community Forum

September 23rd | Hybrid 2-3pm

## Friday

### Gentle Yoga:

- Hybrid 11-12

### Open Studio:

- In-person 12-3

### Meditative Mandalas:

- Hybrid 12-1

### Mutual Support Group:

- Hybrid 1-2

### First Friday Gallery Openings

*Current Creations* | a group show highlighting artwork from the past year.

- Opening Reception at CWO September 2nd 5:30-7:30pm
- September 2nd - November 30th

*Celebrities and Objects* | works from Mike Benvenuti

- Opening Reception at CWO October 7th 5:30-7:30pm

## Saturday

### Mutual Support Group:

- Virtual 11:30-12:30

# Workshops

320 N. Goodman Street, Rochester, NY 14607

[www.mharochester.org](http://www.mharochester.org)

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## Hybrid

Mutual Support Group: A safe place for individuals to share thoughts and feelings in a judgment-free environment. Saturdays will be virtual

Splash of Color: Exploring Shapes and Colors. This workshop is an exploration of the way artists use shapes and colors. Each week, we will look at an artist and create our own pieces based on that artist's work.

Community Circle: A guided discussion on weekly topics based on mental and physical wellbeing.

Gentle Yoga: Yoga in an easy, simple form. Geared as a gentle exercise for your mental and physical health. Connect with your inner peace. Yoga mats, blocks, and straps are provided.

Meditative Mandalas: In this workshop, we slow down our thoughts as we use mandalas and other easy drawing practices as a tool for mindfulness and meditation.

Meditation and Mindfulness: Gathering together to try out simple meditation and mindfulness techniques to relax.

Art Journaling: Art Journaling provides a meditative place of color and texture, providing a way to sink deeply into your personal emotional world.

Creative Writing: Everyone has a story inside them. Come join a welcoming space to write and to listen.

## In-person



Fun with Dancing: Beginners welcome. No skills required. If you can move, you can dance. Have fun dancing to music and enjoy the benefits of improved health for mind and body.

Open Studio: This is a space/time when we gather to continue working on current creative projects that are in progress. Saturdays will be virtual.



Pet and Sketch: CWO teams up with RocDog to bring therapy dogs for a restorative creative experience. Join us by bringing a sketchbook & create art while interacting with dogs. Sketchbooks provided if needed.

Creative Cards: Mixed media card making with provided materials. Some cards will be donate to organizations.

KnitWits: A combination of Knitting and Wit. Everyone is welcome to come either for knitting, philosophy or both. Work on your own projects, a collaborative knit project or learn how to do basic knitting, loom knitting, or crochet.



## Virtual

Women's Depression Support Group: An intimate space where women who deal with depression come together to share and support each other.

Learn to Meditate: Join this workshop for guidance on how to meditate, how to start your own practice at home and/or just to see what all the fuss is about.



If you are new to us please indicate interest by calling 585.325.3145 ext. 144.