

# October

## 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

### Tuesday

#### Open Studio:

- In-person 11-3

#### Mutual Support Group:

- Hybrid 11-1

#### Community Circle:

- Hybrid 2-3

#### No workshops at CWO

October 10th

October 26th

### Wednesday

#### Beginning Guitar :

- In-person 10-12

#### Open Studio:

- In-person 11-3

#### Creative Card Making:

- In-person 11-12:30

#### Women's Depression Support Group:

- Virtual 12-1

#### Chair yoga

- In-person 1-2

#### Creative Writing:

- Hybrid 1:30-2:30

#### Mindful Coloring & Word Search:

- In-person 1:30-3

### Thursday

#### Open Studio:

- In-person 11-3

#### Fun with Dancing:

- In-person 12:30-1:30

#### Art Journaling:

- Hybrid 1-2

#### KnitWits:

- In-person 1:30-3

#### Meditation & Mindfulness:

- Hybrid 4-4:30

### Friday

#### Gentle Yoga:

- Hybrid 11-12

#### Acrylic painting on denim :

- In-person 12:30-3

#### Open Studio:

- In-person 12-3

#### Meditative Mandalas:

- Hybrid 12-1

#### Mutual Support Group:

- Hybrid 1-2

### Saturday

#### Mutual Support Group:

- Virtual 11:30-12:30

#### Special Events

##### Open Community Forum

October 14th | Hybrid 2-3pm

##### Reel Minds

October 21st 6pm

Rochester Academy of Medicine  
1441 East Ave





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### Hybrid

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

**Community Circle | room E:** A guided discussion on weekly topics based on mental and physical wellbeing.

**Gentle Yoga | CWO:** 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 | room D:** 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 | room D:** Gathering together to try out simple meditation and mindfulness techniques to relax.



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

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

### In-person

**Fun with Dancing | CWO:** 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 | CWO:** This is a space/time when we gather to continue working on current creative projects that are in progress.



**Pet and Sketch | CWO:** 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 | CWO:** Mixed media card making with provided materials. Some cards will be donate to organizations.

**KnitWits | room F:** 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.

**Beginning Guitar | room E:**

This workshop is for those that are new to guitar. We have guitars, sheet music, and two facilitators to help everyone get started. If you have a guitar, feel free to bring it.

**Acrylic Painting on Denim | CWO:**



In this workshop we will be painting images on pieces of denim fabric. Fabric and paints will be supplied.

**Chair Yoga | CWO:** Take a seat and do some stretching and gentle movement in this chair yoga workshop for all levels! Meditation and strengthening can be woven in depending on group interest and feedback is always welcome.

**Mindful Coloring and Word Search | CWO :** A space to color or word search mindfully with some quiet company.



### Virtual

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

