

# November

## 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

#### **Bird house gourd painting:**

- In-person 10-12
- 11/7, 11/14, 11/21

#### **Quiet Readers Club:**

- In-Person 1-3



### Tuesday

#### **Open Studio:**

- In-person 11-3

#### **Mutual Support Group:**

- Hybrid 11-1

#### **Community Circle:**

- Hybrid 2-3



**No workshops at  
CWO on  
November 24th and  
25th**

### 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:**

- **Hybrid** 12-1

#### **Creative Writing:**

- Hybrid 1:30-2:30

#### **Mindful Coloring & Word Search:**

- In-person 1:30-3

### Thursday

#### **Open Studio:**

- In-person 11-3

#### **Art Journaling:**

- Hybrid 1-2

#### **Meditation & Mindfulness:**

- Hybrid 4-4:30



#### **First Friday Gallery Openings**

*Upcycling denim Fabric* | works by

**Cynthia Iannaccone**

*Mindfulness Paintings for the Process*

*not the Product* | works by **Karin**

#### **Staples**

- Opening Reception at CWO  
November 4th 5:30-7:30pm



### Friday

#### **Gentle Yoga:**

- Hybrid 11-12

#### **Acrylic painting on denim :**

- In-person 12:30-3
- **Except 11/4**

#### **Open Studio:**

- In-person 12-3

#### **Meditative Mandalas:**

- Hybrid 12-1

#### **Fun with Dancing:**

- In-person 12:30-1:30

#### **Mutual Support Group:**

- Hybrid 1-2

#### **KnitWits:**

- In-person 1:30-3

### Saturday

#### **Mutual Support Group:**

- Virtual 11:30-12:30



#### **Special Events**

#### **Open Community Forum**

November 18th 2-3 Hybrid

#### **Friends Giving | All are welcome**

November 21st 2-4

#### **Etsy Workshop**

A guide to setting up account.

November 7th 10-11



Workshops  
320 N. Goodman Street, Rochester, NY 14607  
[www.mharochester.org](http://www.mharochester.org)

**Hybrid:** refers to both virtual and in-person | **In-person:** available at CWO

### 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 E:** Everyone has a story inside them. Come join a welcoming space to write and to listen.

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

### 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 D:**

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.

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

**Bird house gourd painting**|**CWO:** 3 consecutive Mondays in the morning. The hollowed gourds and other materials will be provided. The workshop will be on 11/7, 11/14 and 11/21.

**Quiet Readers Club**| **Library:** Bring your book and read in a quiet setting. Toward the end of the workshop, those who want to can share what they're reading.