

December

Creative Wellness Opportunities

Mental Health Association of Rochester

Hybrid: refers to both virtual and in-person | In-person: available at CWO
www.mharochester.org | See the website to join us virtually.

Monday

Open Studio:

- In-person 11-3
- **12/26 12-3pm**

Pet and Sketch with RocDog:

- In-person 11:45-12:45
- **Except 12/26**

Quiet Readers Club:

- In-Person 1:20-3

Tuesday

Open Studio:

- In-person 11-3

Mutual Support Group:

- Hybrid 11-1

Community Circle:

- Hybrid 2-3

Wednesday

Beginning Guitar :

- In-person 10-12

Open Studio:

- In-person 11-3

Creative Card Making:

- In-person 10-11:30

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

Meditation & Mindfulness:

- Hybrid 11-11:30

Art Journaling:

- Hybrid 1-2

Friday

Gentle Yoga:

- Hybrid 11-12

Acrylic painting on fabric :

- In-person 12:30-2:30
- **Only 12/23 and 12/30**

Open Studio:

- In-person 12-3 (**12/23: 12-2**)

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**

No workshops except Yoga on 12/2

No workshops : 12/ 9

Saturday

Mutual Support Group:

- Virtual 11:30-12:30
- **Except 12/24**

Special Events

Open Community Forum

December 30th 2-3 Hybrid

Art Bazaar

December 2nd

3-7pm

First Friday Gallery Opening ***Mycelium and fruiting bodies***

Works by : Dorian Bonilla

Opening Reception at CWO

January 6th 5:30-7:30

Workshops
320 N. Goodman Street, Rochester, NY 14607
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. Experienced knitters welcome.

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 Fabric | **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.

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.