

February

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. | 585.325.3145

Monday

Open Studio:

- In-person 11-3

Pet and Sketch with RocDog:

- In-person 11:45-12:45

Quiet Readers Club:

- In-Person 1:30-3

No Workshops Feb 20th

- Closed for Presidents' day

Tuesday

Open Studio:

- In-person 11-3

Mutual Support Group:

- Hybrid 11-1

Foundations of Art and Design :

- In-person 11-12
- **EXCEPT Feb 28th.**

Community Circle:

- Hybrid 2-3

Valentines Pocket Pillows:

- One time workshop
- Feb 14th
- In-Person 11-12:30

Wednesday

Beginning Guitar :

- In-person 11-1

Open Studio:

- In-person 11-3

Women's Depression Support Group:

- Hybrid 12-1

Mindful Coloring & Word Search:

- In-person 1:30-3

Thursday

Open Studio:

- In-person 11-3

Meditation & Mindfulness:

- Hybrid 11-11:30

Art Journaling:

- In-person 1-2

Friday

Gentle Stretching:

- Hybrid 11-12

Hand sewing with painting on

Fabric:

- In-person 12:30-2:30
- **EXCEPT Feb 10th**

Open Studio:

- In-person 12-3

Meditative Mandalas:

- In-person 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

- February 10th 3-3:30pm

First Friday

No First Friday:

- Will resume March 3rd

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 Stretching | **CWO:** This is an easy, simple form of stretching geared as a gentle exercise for your mental and physical health. Connect with your inner peace. Mats, blocks, and straps are provided.

Meditation and Mindfulness | **room D:** Try out simple meditation and mindfulness techniques to relax.

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

Open Community Forum | **CWO:** This gathering will be a safe and accepting space for individuals to voice their thoughts.



In-person

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.

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.

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 or to start new ones with a variety of materials.

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.



Hand sewing with painting on Fabric | **CWO:** In this workshop, we will be painting images on pieces of denim fabric. Fabric and paints will be supplied.

KnitWits | **CWO:** 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 | **CWO:** 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.

Foundations of Art and Design | **CWO:** An inclusive space where all peers will be learning the foundations of art. No technical art experience needed, just the willingness to learn and try new skills.

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.



Valentines Pocket Pillows | **room D:** Join us for a one time workshop on Feb. 14th to make your very own Valentine's day Pocket Pillow. Easy and fun to make, you can write a messages to hide in the pocket for yourself or someone special.