

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

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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 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.