

# June

## Creative Wellness Opportunities Mental Health Association of Rochester

Hybrid: refers to both virtual and in-person | In-person: available at CWO  
[www.mharochester.org](http://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 1:30-2:30

CWO Closed for  
Juneteenth 6/19

### Tuesday

#### Open Studio:

- In-person 11-3

#### Mutual Support Group:

- Hybrid 11-1

#### Foundations of Art and Design :

- In-person 11-12

#### Community Circle:

- Hybrid 2-3

### Wednesday

#### Beginning Guitar :

- In-person 11-1

#### Open Studio:

- In-person 11-3

#### Women's Depression Support Group:

- Hybrid 12-1

#### LGBTQIA+ Mutual Support Group:

- Hybrid 1:30-2:30

#### ROCO 6x6 visit | June 14th

- 3:00-4:30
- Free with registration

### Thursday

#### Open Studio:

- In-person 11-3

#### Meditation & Mindfulness:

- Hybrid 11-11:30
- Except June 22nd

#### Art Journaling:

- In-person 1-2

#### Vision Boards with NAMI June 22nd 3:30-5

- In-person at CWO
- 320 North Goodman
- Once a month workshop.

### Friday

#### Gentle Stretching:

- Hybrid 11-12

#### Painting on Fabric:

- In-person 12:30-2:30
- Except June 2nd

#### Open Studio:

- In-person 12-3

#### Meditative Mandalas:

- In-person 12-1
- Except June 23rd

#### Fun with Dancing:

- In-person 12:30-1:30

#### Mutual Support Group:

- Hybrid 1-2

#### KnitWits:

- In-person 1:30-2:30

### Saturday

#### Mutual Support Group:

- Virtual 11:30-12:30

### Special Events

#### Open Community Forum

- Hybrid June 16th 5-5:30

#### Social Night - Games & Food

- In-Person June 16th 5:30-7:30

### First Friday

#### Annual Art Show: Living Bravely

Open Reception June 2nd  
5:30-7:30

#### The Artwork of David Hall

Open Reception June 2nd  
5:30-7:30



# Workshops

320 N. Goodman Street, Rochester, NY 14607

**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. Equipment Provided.

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

**Women's Depression Support Group**|**room E:** 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 about the CWO community.

**LGBTQIA+**|**Room E:** A safe, inclusive space for members of the LGBTQIA+ community. Provides affirming community support for peers of all genders.

## 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.

**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.

**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.

**Making a vision board with NAMI:** CWO and NAMI join together to create vision boards that help us map out our personal future goals through collage.

**This month we will meet at CWO, June 22, 3:30-5 at 320 North Goodman St.**

