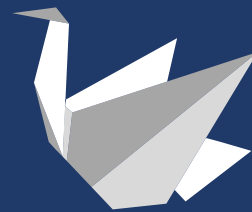


Creative Wellness Opportunities

A Peer Run Service of the Mental Health Association

Monthly Newsletter

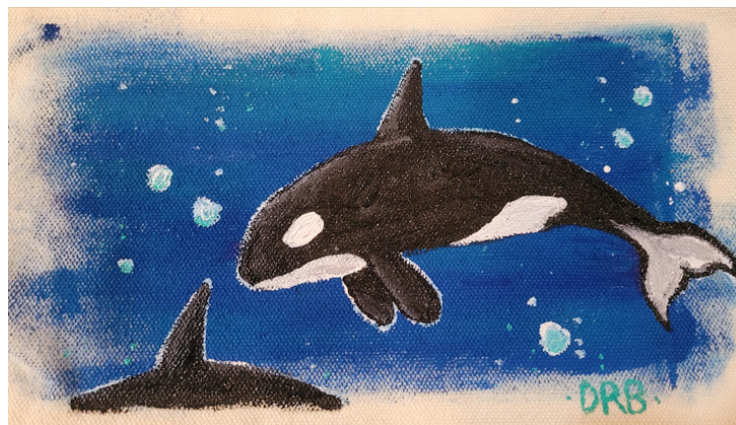
June 2023



If you are new to the CWO please call 585.325.3145 ext. 144 to schedule an orientation.



Art by Lori Pacific



Art by Dorian Bonilla

"Coming from an isolated and abusive upbringing, I quickly learned how to survive by immersing myself in arts and crafts. I didn't have siblings and wasn't allowed to have a pet. As an adult, I learned that animals were my greatest passion. If I had been encouraged in that direction, I would have pursued a career in veterinary science, but it was not to be.

I spent many years going to school, working in an office environment, doing animal rescue and caring for foster kids. Needless-to-say I didn't have time for creative pursuits.

Because of the CWO I was able to pursue my passion for art and animals. Also, I found a place where I belonged and realized just how much I needed that sense of community. I've also found people at the CWO to be warm and compassionate. The best part of being part of the CWO is sharing stories about our 4-legged friends. The staff does so much for us and their positivity has a profound affect on all of us."

-Story submitted by Lori P.

Visit our [website](https://www.mharochester.org/our-programs/creative-wellness-opportunities/) to view the calendar of events and workshops

<https://www.mharochester.org/our-programs/creative-wellness-opportunities/>

320 Goodman Street North, Suite 202

Rochester, New York 14607

Bus Lines: #9 University, #8 East Main, #41 Culver/Goodman Crosstown

What's New

First Friday | June 2nd at 5:30pm-7:30pm

Open Community Forum | Friday June 16th at 5pm-5:30pm

Social Night | Friday June 16th at 5:30pm-7:30pm



Creative Wellness Opportunities
Presents

THE ARTWORKS OF DAVID CHARLES HALL June 2nd- August 31st 2023

Opening Reception

June 2nd, 5:30-7:30

320 N. Goodman St, Suite 202

“Making art is the most relaxing, joyous, therapeutic stimulating way to spend your time, as you unleash the part of your brain that's been itching to get at it.” — Harley Brown