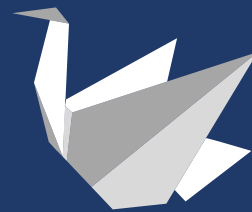


# Creative Wellness Opportunities

A Peer Run Service of the Mental Health Association

Monthly Newsletter

September 2023



If you are new to the CWO please call 585.325.3145 ext. 142 to schedule an orientation.



Art by Ben G.



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## Creative Canvas!

Theme | What does emotional wellness mean to you?

Join us in Open Studio to create work for an upcoming art show.

Canvas can be painted, drawn, collaged, or anything you can put on a canvas!

All submissions need to be 16"x20."

CWO will supply up to 2 canvases per person.

Please see CWO team for canvas.

Art show details

Art due to CWO by | DEC 7th

Art Opening | January 5th 5:30-7:30

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 | Friday October 6th at 5:30-7:30pm

Open Community Forum and Social Night | Friday September 22nd at 5-5:30pm

## Friday September 22nd

Open Community Forum: In-person and online 5-5:30pm

Social Night: In-person only 5:30-7:30pm

Please schedule an orientation if you are new to us and would like to join one or both of these events.



Art by Ben G.

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**“Know that you can start late, look different, be uncertain and still succeed.”**

**- Misty Copeland**