

# November

## Creative Wellness Opportunities Mental Health Association of Rochester

[www.mharochester.org](http://www.mharochester.org) | See the website to join us virtually. | 585.325.3145

### Monday

#### **Open Studio:**

- In-person 11-3

#### **Knifty Knitters for beginners**

- in-person 11-12

#### **Pet and Sketch with RocDog:**

- In-person 11:45-12:45

#### **Fun with Paint Markers:**

- In-person 1:30-2:30

### Tuesday

#### **Open Studio:**

- In-person 11-3

#### **Mutual Support Group:**

- Hybrid 11-1

#### **Community Circle:**

- Hybrid 2-3
- Except for November 21st

### Wednesday

#### **Beginning Guitar :**

- In-person 11-1

#### **Splash of color:**

- In-person 11-12

#### **Open Studio:**

- In-person 11-3
  - Ends at 1 pm on Nov 22

#### **Women's Depression Support Group:**

- Hybrid 12-1
- Except November 22nd

#### **LGBTQIA+ Mutual Support Group:**

- Hybrid 1:30-2:30
- Except November 22nd



**All workshops will end at 1 PM on November 22.**

### Thursday

#### **Open Studio:**

- In-person 11-3

#### **Meditation and Mindfulness**

- In-person 11:30-12

#### **Art Journaling:**

- In-person 1-2

### Friday

#### **Gentle Stretching:**

- Hybrid 11-12

#### **Open Studio:**

- In-person 12-3

#### **Meditative Mandalas:**

- In-person 12-1

#### **Fun with Music:**

- In-person 1-1:30

#### **Mutual Support Group:**

- Hybrid 1-2

#### **KnitWits:**

- In-person 1:30-2:00

### Special Events

#### **Creative Canvas!**

September 1-December 7th

Monday- Thursday 11-3

Friday 12-3

- in-person

#### **Open Community Forum**

November 10th, 5:00-5:30

- Hybrid

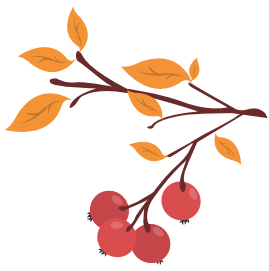
#### **Social night:**

November 10th, 5:30-7:30

#### **First Friday**

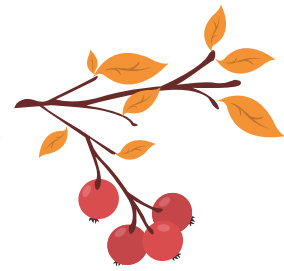
Will return in 2024.

**CWO will be closed November 23rd and 24th.**



# Workshops

320 N. Goodman Street, Rochester, NY 14607



## Hybrid

**Mutual Support Group | room E:** A safe place for individuals to share thoughts and feelings in a judgment-free environment.

**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.

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

**LGBTQIA+ Mutual Support Group | room E:** A safe space for members of the LGBTQIA+ community including those are questioning. Provides affirming community support for peers of all genders.

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

## In-person

**Art Journaling | room E:** 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 Music | CWO:** Listen to upbeat music. Feel free to dance and stretch.

**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.

**KnitWits | CWO:** Talk about interesting topics and deep thoughts. Feel free to bring knitting and crochet projects.

**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.

**Fun with Paint Markers | CWO:** Explore paint makers on different surfaces; this month will be wood panel.

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

**Creative Canvas | CWO:** Join us in an open studio to create a work of art. Canvas will be supplied.

**Knifty Knitters for Beginners | CWO:** Learn the Knifty Kitter Loom while making a hat.

**Splash of Color | CWO:** Learn about different artist and their techniques. Then create your own masterpiece based on what you learned.

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