

Creative Wellness Opportunities

A Peer Run Service of the Mental Health Association

Monthly Newsletter

November 2023

If you are new to the CWO please call 585.514.9026 to schedule an orientation.



Art by Ron L.



Art by Ted G.

"Community has played such a vital role in my mental health journey. Many people didn't understand my behaviors, thoughts, and actions, so that made me feel like I was always the odd one out.

Having a mental health condition and being LGBTQIA+ made it hard for me to feel comfortable in my own skin. I didn't cope with this in the best or most healthy ways. When I realized that I didn't have all the answers and my life was out of control, I reached out for help. That's where I found supportive peer communities, such as CWO. At CWO, I am surrounded by peers. Everyone here has personal lived experience with a mental health condition. Being part of a safe community where there are others like me makes me feel much less alone. I'm grateful that I can learn, grow, and be creative with kind and safe people."

-Anonymous

Visit our website 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 will return in 2024

Open Community Forum | Friday November 10th at 5-5:30pm

Social Night | Friday November 10th at 5:30-7:30pm

You're invited!

Join us on Friday, November 10th for a Friendsgiving themed social night.

There's no need to bring anything but yourself!

If you're new to us, please call 585-514-9026 to schedule an orientation



Art by Alex Fester

All CWO Workshops end at 1pm on 11/22

CWO Will be closed on 11/23 and 11/24

"You can't sit around and wait for somebody to say who you are. You need to write it and paint it and do it."

-Faith Ringgold