

December

Creative Wellness Opportunities
Mental Health Association of Rochester

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

CWO will be closed on December 25th.

Tuesday

Open Studio:

- In-person 11-3
- **ends at 1pm on December 26th**

Mutual Support Group:

- Hybrid 11-1

Community Circle:

- Hybrid 2-3
- **except for December 26th**

Wednesday

Beginning Guitar :

- In-person 11-1

Splash of Color:

- In-person 11-12

Open Studio:

- In-person 11-3

Women's Depression Support Group:

- Hybrid 12-1

LGBTQIA+ Mutual Support Group:

- Hybrid 1:30-2:30

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
- **ends at 2pm on 12/22 & 12/29**

Meditative Mandalas:

- In-person 12-1

Cartoon Workshop:

- In-person 12:30-1:30

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

December 8th, 5:00-5:30

- Hybrid

Social Night:

December 8th, 5:30-7:30

First Friday

Will return in 2024.

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 E:** 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.

Meditation and Mindfulness | **room E:** 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.

Cartoon Workshop | **CWO:** A space to try drawing and writing cartoons. Share scripts and ideas about cartooning with others

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