

Creative Wellness Opportunities

A Peer Run Service of the Mental Health Association

Monthly Newsletter

December 2023

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



Art by G. Joseph

"I have always felt so alone and on my own when dealing with the depression and the recovery process. CWO changed that all for me! I now have the support of a caring community that has definitely lightened the load I once felt. I now feel that the creative outlet that I discovered through the generosity of this organization gives me the hope of a bright new future I so long for.

Thank you."

-Story by G. Joseph

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 December 8th at 5-5:30pm

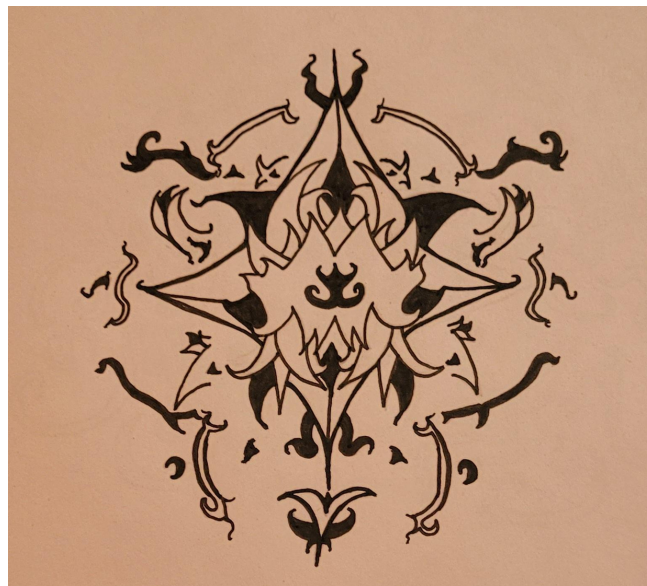
Social Night | Friday December 8th at 5:30-7:30pm

You're invited!

Join us on Friday, December 8th for Social Night!

There will be games and light refreshments

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



Art by Anonymous

CWO Will be closed on Monday 12/25

All workshops will end at 1pm on Tuesday 12/26

All workshops will end at 2pm on Friday 12/22 and 12/29

“While drawing I discover what I really want to say”

-Dario Fo