

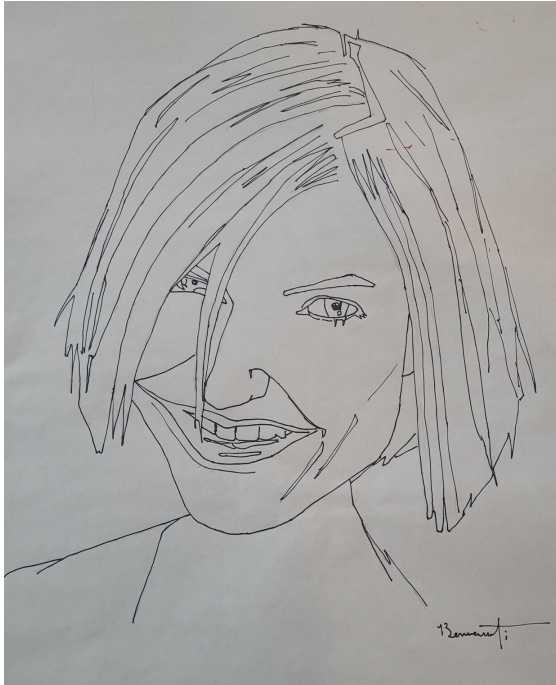
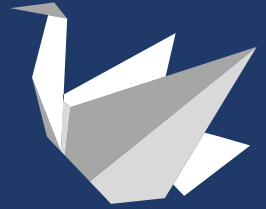
Creative Wellness Opportunities

A Peer Run Service of the Mental Health Association

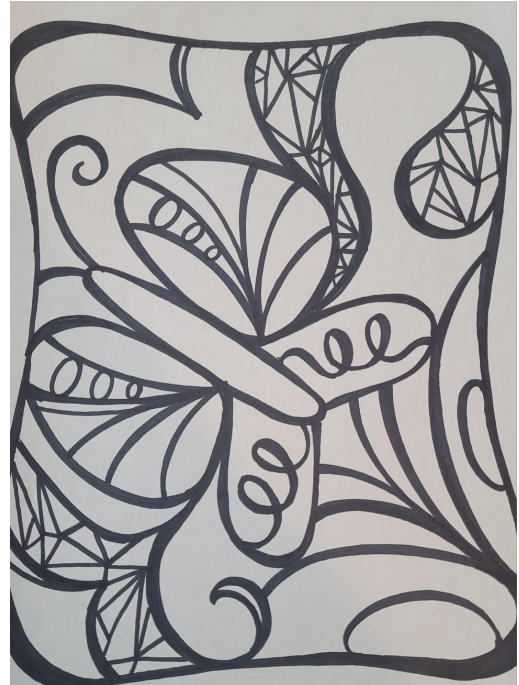
Monthly Newsletter

January 2024

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



Artwork by Mike B.



Artwork by Jen A.

The CWO team is pleased to announce that all of the Mental Health Association will be moving into a new space! The goal is for the move to take place during the end of February 2024. We will still be in village gate, just right across the parking lot.

This is a wonderful opportunity where all of our programs will be under one roof, which will best support all of our peers in the MHA community and make referrals to all of our programs that much easier.

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

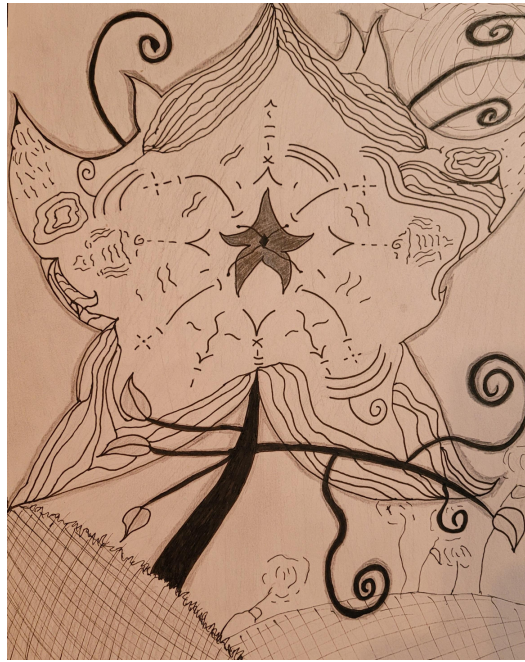
What's New

Stay tuned about future updates on First Fridays
Open Community Forum | Friday January 19th at 5-5:30pm
Social Night | Friday January 19th at 5:30-7:30pm

You're invited!

Join us on Friday, January 19th 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



Artwork by CWO Peer

CWO will be closed on 1/1 for New Year's Day
CWO will be closed on 1/15 for Martin Luther King Jr. Day
All CWO workshops end at 1pm Tuesday 1/16

“Make art — or whatever you make — if you can make it. But if all you can manage is to get out of bed in the morning, then do that and be proud of what you've managed, not frustrated by what you haven't.”

-Neil Gaiman