

#### 4 Agreements

Discover how using the 4 Agreements model can help you think better about yourself and others. Join us weekly to become the best version of yourself.

#### **Anger Management**

A free, court- and probation-approved program endorsed by the National Anger Management Association (NAMA). Tailored for individuals seeking to effectively manage their anger. Pre-enrollment required.

#### **Anger Management Maintenance Group**

Continue your progress after completing the 8-week Anger Management program. Join us every Friday for additional sessions to further refine your skills.

#### **\*Art Journaling**

Explore creativity by making art inspired by fun prompts in this open, supportive group.

#### **\*Body Positivity**

Challenge negative self-perceptions and foster positive relationships with your body through discussion and art.

#### **Brain Training**

Enhance your memory, focus, and overall cognitive abilities. Join us weekly to discuss the impacts of memory loss and explore ways to train your brain.

#### **Building Healthy Relationships**

Learn strategies for building and maintaining healthy relationships. Join us weekly to strengthen your connections with others.

#### **Building Support Circles**

Explore the importance of a strong support circle and learn how to build one. Join us weekly to enhance your social connections.

#### **\*Community Connections**

Join us to connect with other organizations and local resources that support your recovery journey.

#### **Coping with Loss**

Learn strategies to manage grief and cope with life's losses. Join us weekly for support during tough times.

#### **\*Creating Healthy Habits**

Develop skills to build and maintain healthy daily routines that support wellbeing.

#### **Creative Expressions**

Discover fun and expressive ways to cope with stress. Turn emotions into meaningful and beautiful creations.

#### **Drop-In Center Crisis Walk-In Peer Support**

Feeling overwhelmed? Need someone to talk to? Not quite feeling like yourself? Drop in for one-on-one peer support with someone who understands and is here to help.

#### **Employment Exploration**

Engage in presentations and discussions to help you prepare for and transition into the workforce.

#### **Family Education**

A parenting program designed to help parents and kids develop happier family relationships.

#### **\*Finding a Sense of Belonging**

Learn how to get involved in your community and build a support system.

#### **Finding Inner Strength**

Join us weekly for a supportive space to learn from peers, build resilience, and discover your inner strength.

#### **Fun Night**

Enjoy an evening of social activities like board games, card games, and open mic nights every Friday.

#### **\*Get Moving**

Have fun and stay active in this welcoming and non-judgmental space for physical activity.

#### **Goal Setting**

Set and achieve personal goals in a supportive group. Learn new techniques while sharing your progress with peers.

#### **\*Goals & Reflection**

Kick-start your day by setting clear goals and reflecting on your intentions.

#### **\*Guided Meditation**

Start your day with us by grounding yourself, relaxing, and focusing on the present moment.

#### **\*Guitar Group**

Beginner-friendly workshop with guitars, sheet music, and facilitators to help you learn to play in a supportive group environment.

#### **HeartMindBody**

We've partnered with *HeartMindBody* to offer a new weekly mental health support group hosted at MHA. This group provides valuable resources in a safe, supportive environment.



#### **Hoarders Support Group**

Connect with others in a safe space to discuss challenges with hoarding or decluttering. Learn helpful strategies to organize and manage your environment.

#### **I Am...**

Explore and answer important questions like 'Who am I?' and 'Who do I want to be?' in a guided, supportive group.



#### **I Hope You Dance: Positive Parenting for Improving Connections**

Join us in learning how anger management skills can help you navigate parenting as well as improve relationships with children and youth.

#### **\*Identifying & Communicating Needs**

Develop effective communication skills to better express your needs and connect with others.

#### **\*Intro to Painting**

Join a guided, beginner-friendly group painting experience to explore your creativity.



#### **\*Living with Anxiety Support Group**

Share skills and encouragement with others who are navigating anxiety.



#### **\*LGBTQIA+ Mutual Support Group**

A safe, inclusive space for LGBTQIA+ individuals and those questioning their identity to connect and find support.

 **Managing Benefits While Working**

Participants who are employed are invited to use our library resources to meet public benefit program reporting requirements. Light coaching available from MHA's certified work incentive specialist.

**\*Meditative Mandalas**

Use mandalas to slow down your thoughts and engage in mindfulness meditation.

**Mental Health & Aging**

Explore the impact of aging on mental health and learn coping strategies in this weekly group.

**Mental Health & Me**

Learn about different mental health diagnoses and discover ways to manage your mental health and overall life.

 **MHA's Family Village**

Join us for learning and support from others as we discuss youth mental health wellbeing and resources.

 **MHA Tours**

Discover what the Mental Health Association has to offer through an MHA Tour. Explore our facilities, learn about our programs, and see how we support mental health and wellbeing in the community.

**Mindful Eating**

Explore how mindful eating impacts physical and mental health while learning strategies to build healthier eating habits.

**Mindfulness**

Develop mindfulness techniques to reduce stress, improve clarity, and enhance your overall wellbeing.

**Movie Time**

Join us for a relaxing and fun movie session where you can unwind, connect with others, and enjoy some great films.

 **\*Mutual Self-Help Group**

Share thoughts and feelings in a judgment-free environment with supportive peers.

**Navigating Resources & Public Benefits**

Learn how to access the resources and benefits you need. Join us weekly to navigate applications and services.

**Open Library Hours**

Enjoy some quiet time in our library! Browse books, read, or reflect in a calm space at your own pace.

**\*Open Studio**

Engage in self-guided creative projects in a supportive and welcoming environment.

**\*Pause the Impulse**

Learn techniques to control impulsive behaviors in words and actions for improved self-management.

**Positive Affirmations (Esteem Building)**

Learn ways to build, rebuild and enhance your self-esteem through positive affirmations. Each week you will explore ways to improve your self-esteem and work to build a positive relationship with yourself.

**Positive Affirmations (Gratitude)**

Discover the connection between gratitude and positive mental health outcomes.

**Positive Affirmations (Self-Love)**

Explore how positive affirmations can foster self-love and help reduce self-doubt.

**Positive Personal Profiles**

Highlight your strengths and skills in a supportive group setting while celebrating the positive attributes of others.

**Power of Peers**

Learn how peer support contributes to recovery and explore the steps to becoming a peer supporter.

**\*Power of Positive Thinking**

Challenge your thought patterns and discover how shifting perspectives can improve wellbeing.

**Radical Acceptance**

Learn how to accept life's challenges and embrace a happier, healthier outlook.

**\*Resolving Conflict**

Explore strategies and options for navigating conflict effectively and healthily.

**\*Roc Dog**

Enjoy the restorative benefits of interacting with therapy dogs from Roc Dog.

**Safety Planning**

Learn how to create a personalized safety plan to prepare for and respond to crises effectively.

**\*Self-Esteem Building**

Join us to build self-esteem by learning how to challenge unhelpful thoughts and shift your perspective in a positive and supportive environment.

**\*Setting Limits & Boundaries**

Learn strategies to set and maintain healthy personal boundaries.

**Shared Positive Experiences**

Explore ways to foster positivity in your daily life and share uplifting stories with others.

 **WCW Orientation**

Start your journey with the Woods Center for Wellbeing by attending an orientation.

**\*Wellness Self-Management**

Focus on mental health recovery, relapse prevention, and maintaining a physically healthy lifestyle.

**What's on Your Mind?**

Engage in open discussions during the weekends in a safe, supportive environment.

 **\*Yoga**

Practice yoga in a group setting to enhance mental and physical health. Equipment provided.



**REGISTRATION  
REQUIRED**



**HYBRID GROUP/  
WORKSHOP**

Asterisk (\*) - A one-time WCW orientation is required to attend any starred group. Once completed, you may join any starred group. Please call (585) 325-3145 to register.



Scan, or click [HERE](#), to join our hybrid groups from home.



Scan, or click [HERE](#), for registration details and to explore our offerings.