

 **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.

***Art Journaling**

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

***Boundaries & Conflict Resolution**

Learn how to use boundaries and other strategies to healthily navigate conflict.

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.

***Conquering Co-Dependency**

Learn practical skills and tools to stop trying to control others and detach with kindness.

***Crafting & Collage**

Come explore the versatile nature of crafting and collage.

***Creating Community**

Join us to learn how to be involved in the community and build a support system.

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.

 **Family Education**

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

Four Agreements

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

Fun Night!

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

***Get Moving**

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

***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.

***Habits & Routines**

Join us to learn about the eight dimensions of wellness and create healthy, balanced habits and routines.

 **HeartMindBody**

We've partnered with HeartMindBody to offer a new 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 Hope You Dance: Positive Parenting

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.



Intro to Roadmap to Employment


This introductory session is a prerequisite for the full training series, designed to build essential skills for job seekers. Topics include communication, goal setting, job search strategies, reasonable accommodations, workplace wellbeing, and teamwork.

 **Job Club**

This is a self help, hands on opportunity to search for and apply for jobs. MHA Employment Support Specialist will provide guided coaching during the session. Prerequisite is participation in the introductory Road Map to Employment group.

***Learn to Ride the Bus**

Do you get overwhelmed with the idea of taking the bus? Struggle with anxiety about the transit center? Need help learning the different bus routes? Join us in a judgement-free environment to learn these skills towards increased independence.

 ***LGBTQIA+ Mutual Support Group**

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

 ***Living with Anxiety Support Group**

Share skills and encouragement with others who are navigating anxiety.

***Meditative Mandalas**

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

 **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.

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 DSS Services

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.

Positive Affirmations

Join us weekly to discover how positive affirmations can impact gratitude, self-love and so much more. Explore and discover how positive thinking impacts your mental wellbeing.

***Roc Dog**

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

SSI/SSD Work Incentives

This introductory workshop provides basic information about how SSI and SSD are affected by work earnings. The topic is rotated between SSI and SSD sessions.

Technology for Today's Workplace

This is a hands on opportunity to learn computer and other technology protocols that are found in most jobs today.

 **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 is 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.

***Zentangle Doodles**

Join us to draw simple, repetitive patterns or "tangles" that are combined to create fun, intricate designs.



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.