



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*GOALS & REFLECTION 9:30AM - 10AM	*GUIDED MEDITATION 9:30AM - 10AM	*GUIDED MEDITATION 9:30AM - 10AM	*GUIDED MEDITATION 9:30AM - 10AM	*GOALS & REFLECTION 9:30AM - 10AM
*BOUNDARIES & CONFLICT RESOLUTION 10AM - 11AM	*CREATING COMMUNITY 10AM - 11AM	FAMILY EDUCATION 9:30AM - 11AM	*CREATING COMMUNITY 10AM - 11AM	*HABITS & ROUTINES 10AM - 11AM
INTRO TO MHA 10:30 AM - 12PM	ROADMAP TO EMPLOYMENT - INTRO 10AM - 11AM <i>(MAY 6 & MAY 20 ONLY)</i>	INTRO TO WCW 10AM - 11AM	ROADMAP TO EMPLOYMENT - INTRO 10AM - 11AM <i>(MAY 8 & MAY 22 ONLY)</i>	*OPEN STUDIO 11AM - 6PM
*OPEN STUDIO 11AM - 4PM	*MUTUAL SELF-HELP GROUP 10:30AM - 12PM	*OPEN STUDIO 11AM - 4PM	*OPEN STUDIO 11AM - 4PM	*LEARN TO RIDE THE BUS 11AM - 12PM
*ROC DOG 11AM - 12PM	FAMILY EDUCATION 10:30AM - 12PM	*GUITAR GROUP 11AM - 1PM	*GET MOVING 11AM - 12PM	SSI/SSD WORK INCENTIVES 11AM - 12PM <i>(MAY 2 & MAY 16 ONLY)</i>
*LEARNING TO LET GO 11AM - 12PM	*OPEN STUDIO 11AM - 4PM	*LIVING WITH ANXIETY SUPPORT GROUP 12PM - 1PM	FAMILY EDUCATION 11:30AM - 1PM	*YOGA 12PM - 1PM
*CRAFTING & COLLAGE 12PM - 1PM	*GET MOVING 11AM - 12PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM	*LGBTQIA+ MUTUAL SUPPORT GROUP 12PM - 1PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM
DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM	*ZENTANGLE DOODLES 12PM - 1PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM	*MUTUAL SELF-HELP GROUP 1PM - 2:30PM
JOB CLUB 1PM - 3PM	*INTRO TO PAINTING 1PM - 2:30PM	INTRO TO MHA 3PM - 4PM	*ART JOURNALING 1PM - 2PM	MOVIE TIME 3PM - 4:30PM
INTRO TO WCW 3PM - 4PM	NAVIGATING DSS SERVICES 2PM - 3PM	OPEN LIBRARY HOURS 3PM - 5PM	*WELLNESS SELF-MANAGEMENT 2PM - 3PM	OPEN LIBRARY HOURS 3PM - 5PM
OPEN LIBRARY HOURS 3PM - 5PM	ROADMAP TO EMPLOYMENT - INTRO 2PM - 3PM <i>(MAY 6 & MAY 20 ONLY)</i>	POSITIVE AFFIRMATIONS 4PM - 5PM	ROADMAP TO EMPLOYMENT - INTRO 2PM - 3PM <i>(MAY 8 & MAY 22 ONLY)</i>	ANGER MANAGEMENT 5PM - 6PM
POSITIVE AFFIRMATIONS 4PM - 5PM	INTRO TO WCW 3PM - 4PM	BUILDING SUPPORT CIRCLES 5PM - 6PM	OPEN LIBRARY HOURS 3PM - 5PM	FUN NIGHT! 6:30PM - 8PM
CREATIVE EXPRESSIONS 5PM - 6PM	OPEN LIBRARY HOURS 3PM - 5PM	BUILDING HEALTHY RELATIONSHIPS 4PM - 5PM	BUILDING HEALTHY RELATIONSHIPS 4PM - 5PM	
WHAT IS ON YOUR MIND? 7PM - 8PM	BUILDING HEALTHY RELATIONSHIPS 4PM - 5PM	ANGER MANAGEMENT 6PM - 7PM	HOARDERS SUPPORT GROUP 5:30PM - 7PM	
	BRAIN TRAINING 5PM - 6PM	FUN NIGHT! 6:30PM - 8PM	FOUR AGREEMENTS 6PM - 7PM	
	WHAT IS ON YOUR MIND? 7PM - 8PM		HEARTMINDBODY GROUP 6:30PM - 8PM <i>(MAY 8 & MAY 22 ONLY)</i>	
			WHAT IS ON YOUR MIND? 7PM - 8PM	

CALENDAR GUIDE

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.

FEATURED EVENTS

MAY

2025

2

FRI

4PM - 5:30PM

LOTUS FLOWER MANDALA: COMMUNITY CREATION

Lotus Flower Mandala is a collaborative community artwork created by peer participants at the Woods Center for Wellbeing, exploring resilience, unity, and transformation through collective creative expression.

2&3

FRI & SAT

TIMES VARY

A WEEKEND FOR WELLBEING

Join us for a weekend of comedy, a youth basketball clinic, and a celebrity basketball game, all designed to celebrate mental health, community, and connection.

4

SUN

1:05PM

MENTAL HEALTH TAKES THE FIELD

We're proud to announce our partnership with the Rochester Red Wings for their Sunday, May 4 game in recognition of Mental Health Awareness Month!

14

WED

6PM - 7:30PM

MHA Speaker Series presents:

MENTAL HEALTH MATTERS WITH VALERIE WAY AND KRISTINA ZURICH

Explore the signs, skills, and resources that can help you make a real difference in someone's mental health journey.

LEARN MORE ABOUT OUR UPCOMING EVENTS BY
SCANNING THE QR CODE OR CLICKING [HERE](#).



OUR MISSION

The Mental Health Association of Rochester/Monroe County, Inc. is a community based non-profit organization that promotes mental wellbeing through culturally responsive peer-based programs and services so that individuals and families can thrive in their communities of choice.



Monday - Friday
9AM - 9PM

(585) 325-3145

274 N. Goodman St., Suite D103, Rochester, NY 14607

www.mharochester.org

