

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
 MHA TOURS 10:30 AM - 12PM	 INTRO TO ROADMAP TO EMPLOYMENT 10AM - 11AM <i>(APR 1 & APR 15 ONLY)</i>	*IDENTIFYING & COMMUNICATING NEEDS 10AM - 11AM	 INTRO TO ROADMAP TO EMPLOYMENT 10AM - 11AM <i>(APR 3 & APR 17 ONLY)</i>	*OPEN STUDIO 11AM - 6PM
*OPEN STUDIO 11AM - 4PM	 *MUTUAL SELF-HELP GROUP 10:30AM - 12PM	 WCW ORIENTATION 10AM - 11AM	*OPEN STUDIO 11AM - 4PM	*LEARN TO RIDE THE BUS 11AM - 12PM
*ROC DOG 11AM - 12PM	 FAMILY EDUCATION 10:30AM - 12PM	 TECHNOLOGY FOR TODAY'S WORKPLACE 10AM - 12PM	*GET MOVING 11AM - 12PM	SSI/SSD WORK INCENTIVES 11AM - 12PM <i>(APR 4 ONLY)</i>
*CONQUERING CO-DEPENDENCY 11AM - 12PM	*OPEN STUDIO 11AM - 4PM	*OPEN STUDIO 11AM - 4PM	 FAMILY EDUCATION 11:30AM - 1PM	 *YOGA 12PM - 1PM
*CRAFTING & COLLAGE 12PM - 1PM	*GET MOVING 11AM - 12PM	*GUITAR GROUP 11AM - 1PM	 *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	 *LIVING WITH ANXIETY SUPPORT GROUP 12PM - 1PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM	 *MUTUAL SELF-HELP GROUP 1PM - 2:30PM
*MEDITATIVE MANDALAS 1PM - 2PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM	*OPEN STUDIO 11AM - 4PM	*ART JOURNALING 1PM - 2PM	MOVIE TIME 3PM - 4:30PM
 JOB CLUB 1PM - 3PM	*INTRO TO PAINTING 1PM - 2:30PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM	*WELLNESS SELF-MANAGEMENT 2PM - 3PM	OPEN LIBRARY HOURS 3PM - 5PM
 WCW ORIENTATION 3PM - 4PM	NAVIGATING DSS SERVICES 2PM - 3PM	 MHA TOURS 3PM - 4PM	 INTRO TO ROADMAP TO EMPLOYMENT 2PM - 3PM <i>(APR 3 & APR 17 ONLY)</i>	 ANGER MANAGEMENT 5PM - 6PM
OPEN LIBRARY HOURS 3PM - 5PM	 INTRO TO ROADMAP TO EMPLOYMENT 2PM - 3PM <i>(APR 1 & APR 15 ONLY)</i>	OPEN LIBRARY HOURS 3PM - 5PM	OPEN LIBRARY HOURS 3PM - 5PM	FUN NIGHT! 6:30PM - 8PM
POSITIVE AFFIRMATIONS 4PM - 5PM	 WCW ORIENTATION 3PM - 4PM	POSITIVE AFFIRMATIONS 4PM - 5PM	FOUR AGREEMENTS 4PM - 5PM	
CREATIVE EXPRESSIONS 5PM - 6PM	OPEN LIBRARY HOURS 3PM - 5PM	BUILDING SUPPORT CIRCLES 5PM - 6PM	 HOARDERS SUPPORT GROUP 5:30PM - 7PM	
WHAT IS ON YOUR MIND? 7PM - 8PM	BUILDING HEALTHY RELATIONSHIPS 4PM - 5PM	ANGER MANAGEMENT 6PM - 7PM	BUILDING HEALTHY RELATIONSHIPS 6PM - 7PM	
	BRAIN TRAINING 5PM - 6PM	FUN NIGHT! 6:30PM - 8PM	 HEARTMINDBODY GROUP 6:30PM - 8PM <i>(APR 10 & APR 24 ONLY)</i>	
	WHAT IS ON YOUR MIND? 7PM - 8PM		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

APRIL ————— 2025

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FRI

4PM -
5:30PM

ROOTS, SOIL & TREE TRUNKS: GROUP EXHIBITION

Roots, Soil & Tree Trunks is a group exhibition featuring artwork from the Woods Center for Wellbeing, exploring what grounds us and gives us strength through creative expression.

22

TUE

6PM -
7:30PM

MHA Speaker Series Presents:

MENTAL HEALTH AND SPIRITUALITY WITH MARY ANN BRODY AND WAYNE GUSTAFSON

Join us for a thoughtful conversation on the connection between mental health and spirituality, exploring how both can support healing and emotional wellbeing.

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



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

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

