

CALENDAR OFFERINGS

JUNE 2025

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Anger Management

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

*Attitude of Gratitude

Explore practical ways to shift your mindset and actions toward greater appreciation and positivity. Discover how to recognize the silver linings, even in challenging moments.

*Beginning Poetry

Discover the magic of words through reading, writing, and sharing poetry in a supportive and creative space.

*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.

*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.

*Daily Life

Strengthen your day-to-day skills and routines to support wellbeing and make daily life more manageable and fulfilling.

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.



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ntro to MHA

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

*Intro to Painting

Join a guided, beginnerfriendly group painting experience to explore your creativity.

Intro to WCW

Start your journey with the Woods Center for Wellbeing by attending an Intro to WCW info session.

*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.

*Learning to Let Go

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

*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.

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.

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.

Suicide Attempt Survivor Support Group

This group is specifically for adults aged 18 and older who have personally survived a suicide attempt. Rooted in hope and healing, it provides a supportive space to explore and share the thoughts and emotions connected to that experience.

*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 evenings 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.

CALENDAR GUIDE



REGISTRATION REQUIRED



HYBRID GROUP/ WORKSHOP

Asterisk (*) - A one-time Intro to WCW session 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 <u>HERE</u>, to join our hybrid groups from home.



Scan, or click <u>HERE</u>, for registration details and to explore our offerings.