



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*GOALS & REFLECTION 9:30AM - 10AM</p> <p>*BOUNDARIES & CONFLICT RESOLUTION 10AM - 11AM</p> <p> INTRO TO MHA 10:30 AM - 12PM</p> <p>*OPEN STUDIO 11AM - 4PM</p> <p>*ROC DOG 11AM - 12PM</p> <p>*LEARNING TO LET GO 11AM - 12PM</p> <p>*CRAFTING & COLLAGE 12PM - 1PM</p> <p>DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM</p> <p> INTRO TO WCW 3PM - 4PM</p> <p>OPEN LIBRARY HOURS 3PM - 5PM</p> <p>POSITIVE AFFIRMATIONS 4PM - 5PM</p> <p>CREATIVE EXPRESSIONS 5PM - 6PM</p> <p>WHAT IS ON YOUR MIND? 7PM - 8PM</p>	<p>*GUIDED MEDITATION 9:30AM - 10AM</p> <p>*CREATING COMMUNITY 10AM - 11AM</p> <p> *MUTUAL SELF-HELP GROUP 10:30AM - 12PM</p> <p> FAMILY EDUCATION 10:30AM - 12PM</p> <p>*OPEN STUDIO 11AM - 4PM</p> <p>*GET MOVING 11AM - 12PM</p> <p>*ATTITUDE OF GRATITUDE 11AM - 12PM</p> <p>*ZENTANGLE DOODLES 12PM - 1PM</p> <p>DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM</p> <p>*INTRO TO PAINTING 1PM - 2:30PM</p> <p> INTRO TO WCW 3PM - 4PM</p> <p>OPEN LIBRARY HOURS 3PM - 5PM</p> <p>BUILDING HEALTHY RELATIONSHIPS 4PM - 5PM</p> <p>BRAIN TRAINING 5PM - 6PM</p> <p>WHAT IS ON YOUR MIND? 7PM - 8PM</p>	<p>*GUIDED MEDITATION 9:30AM - 10AM</p> <p> FAMILY EDUCATION 9:30AM - 11AM</p> <p> INTRO TO WCW 10AM - 11AM</p> <p>*OPEN STUDIO 11AM - 4PM</p> <p>*GUITAR GROUP 11AM - 1PM</p> <p> *LIVING WITH ANXIETY SUPPORT GROUP 12PM - 1PM</p> <p>DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM</p> <p> INTRO TO MHA 3PM - 4PM</p> <p>OPEN LIBRARY HOURS 3PM - 5PM</p> <p> SUICIDE ATTEMPT SURVIVOR SUPPORT GROUP 3:30PM - 5PM (JUNE 11 & JUNE 25 ONLY)</p> <p>POSITIVE AFFIRMATIONS 4PM - 5PM</p> <p>BUILDING SUPPORT CIRCLES 5PM - 6PM</p> <p> ANGER MANAGEMENT 6PM - 7PM</p> <p>FUN NIGHT! 6:30PM - 8PM</p>	<p>*GUIDED MEDITATION 9:30AM - 10AM</p> <p>*CREATING COMMUNITY 10AM - 11AM</p> <p>*OPEN STUDIO 11AM - 4PM</p> <p>*GET MOVING 11AM - 12PM</p> <p>*BEGINNING POETRY 11AM - 12PM</p> <p> FAMILY EDUCATION 11:30AM - 1PM</p> <p> *LGBTQIA+ MUTUAL SUPPORT GROUP 12PM - 1PM</p> <p>DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM</p> <p>*DAILY LIFE 1PM - 2PM</p> <p>*WELLNESS SELF-MANAGEMENT 2PM - 3PM</p> <p>OPEN LIBRARY HOURS 3PM - 5PM</p> <p>BUILDING HEALTHY RELATIONSHIPS 4PM - 5PM</p> <p> HOARDERS SUPPORT GROUP 5:30PM - 7PM</p> <p>FOUR AGREEMENTS 6PM - 7PM</p> <p> HEARTMINDBODY GROUP 6:30PM - 8PM (JUNE 12 & JUNE 26 ONLY)</p> <p>WHAT IS ON YOUR MIND? 7PM - 8PM</p>	<p>*GOALS & REFLECTION 9:30AM - 10AM</p> <p>*HABITS & ROUTINES 10AM - 11AM</p> <p>*OPEN STUDIO 11AM - 6PM</p> <p>*LEARN TO RIDE THE BUS 11AM - 12PM</p> <p> *YOGA 12PM - 1PM</p> <p>DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 1PM - 4PM</p> <p> *MUTUAL SELF-HELP GROUP 1PM - 2:30PM</p> <p>MOVIE TIME 3PM - 4:30PM</p> <p>OPEN LIBRARY HOURS 3PM - 5PM</p> <p> ANGER MANAGEMENT 5PM - 6PM</p> <p>FUN NIGHT! 6:30PM - 8PM</p>

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



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

FEATURED EVENTS

JUNE — 2025

7

SAT

9AM - 10AM

ROC STRONG CLUB'S "THE GREATEST CHARITY WORKOUT"

The Mental Health Association of Rochester is the featured beneficiary of ROC Strong Club's June Greatest Charity Workout—a one-of-a-kind event combining fitness, fun, and community support.

11

WED

6PM - 7:30PM

MHA Speaker Series presents:

THERAPEUTIC STRATEGIES FOR DEEPENING CONNECTION WITH OUR CHILDREN WITH BOWIE KEATON

Discover how therapeutic parenting techniques can open the door to stronger, child-led relationships grounded in empathy and connection.

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

