



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|---|---|
| OPEN STUDIO 11AM - 4PM | OPEN STUDIO 11AM - 4PM | OPEN STUDIO 11AM - 4PM | OPEN STUDIO 11AM - 4PM | OPEN STUDIO 11AM - 6PM | DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 11AM - 7PM | DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 11AM - 7PM |
| 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 | CHECK-IN 11AM - 11:30AM | CHECK-IN 11AM - 11:30AM |
| RESOLVING CONFLICT 10AM - 11AM | FINDING A SENSE OF BELONGING 10AM - 11AM | IDENTIFYING & COMMUNICATING NEEDS 10AM - 11AM | FINDING A SENSE OF BELONGING 10AM - 11AM | SETTING LIMITS & BOUNDARIES 10AM - 11AM | I AM... 11:30AM - 12:30PM | RADICAL ACCEPTANCE 11:30AM - 12:30PM |
| MHA TOURS 10:30 AM - 12PM <i>(REGISTRATION REQUIRED)</i> | EMPLOYMENT EXPLORATION 10AM - 11AM <i>(JAN 7 & JAN 21 ONLY)</i> | WCW ORIENTATION 10AM - 11AM <i>(REGISTRATION REQUIRED)</i> | GET MOVING 11AM - 12PM | MANAGING BENEFITS WHILE WORKING 11AM - 1PM <i>(JAN 2 & JAN 16 ONLY)</i> | MINDFUL EATING 1:30PM - 2:30PM | SAFETY PLANNING 1:30PM - 2:30PM |
| CREATING HEALTHY HABITS 11AM - 12PM | MUTUAL SELF-HELP GROUP 10:30AM - 12PM | BODY POSITIVITY 11AM - 12PM | LGBTQIA+ MUTUAL SUPPORT GROUP 12PM - 1PM | YOGA 11AM - 12PM | CREATIVE EXPRESSIONS 2:30PM - 4PM | 4 AGREEMENTS 2:30PM - 4PM |
| ROC DOG 11AM - 12PM | GET MOVING 11AM - 12PM | GUITAR GROUP 11AM - 1PM | DAILY LIFE 1PM - 2PM | INTRO TO PAINTING 11AM - 12PM | OPEN LIBRARY HOURS 3PM - 5PM | OPEN LIBRARY HOURS 3PM - 5PM |
| PAUSE THE IMPULSE 12PM - 1PM | SELF-ESTEEM BUILDING 12PM - 1PM | LIVING WITH ANXIETY SUPPORT GROUP 12PM - 1PM | ART JOURNALING 1PM - 2PM | POWER OF POSITIVE THINKING 12PM - 1PM | MENTAL HEALTH & ME 4PM - 5PM | MENTAL HEALTH & ME 4PM - 5PM |
| MEDITATIVE MANDALAS 1PM - 2PM | COMMUNITY NEWS 1PM - 2PM | COMMUNITY CONNECTIONS 1PM - 2PM | WELLNESS SELF-MANAGEMENT 2PM - 3PM | MUTUAL SELF-HELP GROUP 1PM - 2:30PM | COPING WITH LOSS 5PM - 6PM | MENTAL HEALTH & AGING 5PM - 6PM |
| WCW ORIENTATION 3PM - 4PM <i>(REGISTRATION REQUIRED)</i> | NAVIGATING RESOURCES & PUBLIC BENEFITS 2PM - 3PM | MHA TOURS 3PM - 4PM <i>(REGISTRATION REQUIRED)</i> | OPEN LIBRARY HOURS 3PM - 5PM | MOVIE TIME 3PM - 4:30PM | WHAT'S ON YOUR MIND 6PM - 7PM | WHAT'S ON YOUR MIND 6PM - 7PM |
| OPEN LIBRARY HOURS 3PM - 5PM | OPEN LIBRARY HOURS 3PM - 5PM | OPEN LIBRARY HOURS 3PM - 5PM | FINDING INNER STRENGTH 4PM - 5PM | OPEN LIBRARY HOURS 3PM - 5PM | | |
| POSITIVE AFFIRMATIONS (SELF-LOVE) 4PM - 5PM | POSITIVE AFFIRMATIONS (GRATITUDE) 4PM - 5PM | POSITIVE AFFIRMATIONS (ESTEEM BUILDING) 4PM - 5PM | DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM | DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM | | |
| DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM | DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM | DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM | HOARDERS SUPPORT GROUP 5:30PM - 7PM | DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM | | |
| CREATIVE EXPRESSIONS 5PM - 6PM | | BUILDING SUPPORT CIRCLES 5PM - 6PM | MHA'S FAMILY VILLAGE 5:30PM - 7PM | POSITIVE PERSONAL PROFILES 5PM - 6PM | | |
| ANGER MANAGEMENT 6PM - 7PM | BRAIN TRAINING 5PM - 6PM | I HOPE YOU DANCE: POSITIVE PARENTING 5:30PM - 7PM | MINDFULNESS 6PM - 7PM | ANGER MANAGEMENT MAINTENANCE GROUP 6PM - 7PM | | |
| FAMILY CONNECTIONS 6PM - 7PM <i>(JAN 27 ONLY)</i> | GOAL SETTING 6PM - 7PM | ANGER MANAGEMENT 6PM - 7PM | HEARTMINDBODY 6:30PM - 8PM <i>(REGISTRATION REQUIRED)</i> | | | |
| SHARED POSITIVE EXPERIENCES 7PM - 8PM | BUILDING HEALTHY RELATIONSHIPS 7PM - 8PM | POWER OF PEERS 7PM - 8PM | BUILDING HEALTHY RELATIONSHIPS 7PM - 8PM | FUN NIGHT 7PM - 8PM | | |

YOUR CALENDAR GUIDE

- INDICATES CLOSED GROUP
- INDICATES HYBRID GROUP/WORKSHOP

NOTES & LINKS

Please scan, or click [HERE](#), to join our hybrid groups from home.

Please scan, or click [HERE](#), to explore details and discover our offerings.

*On January 1 and January 20, MHA will be closed.
*On January 15, MHA will close at 2:45PM and re-open at 4:30PM.

FEATURED EVENT

JANUARY ——— 2025

14
TUE
6PM -
7:30PM

MHA Speaker Series Presents:
**EXPLORING THE MIND-BODY
CONNECTION WITH DR. AARON OLDEN**

Join Dr. Olden on January 14 to explore the transformative power of the mind-body connection for greater health and 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



Saturday/Sunday
11AM - 7PM

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 www.mharochester.org

