



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	EMPLOYMENT EXPLORATION 10AM - 11AM <i>(FEB 4 & FEB 18 ONLY)</i>	WCW ORIENTATION 10AM - 11AM	FAMILY EDUCATION 10:30AM - 12PM	*INTRO TO PAINTING 11AM - 12PM	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	*GET MOVING 11AM - 12PM	*YOGA 12PM - 1PM	CREATIVE EXPRESSIONS 2:30PM - 4PM	4 AGREEMENTS 2:30PM - 4PM
*ROC DOG 11AM - 12PM	FAMILY EDUCATION 10:30AM - 12PM	*GUITAR GROUP 11AM - 1PM	MANAGING BENEFITS WHILE WORKING 11AM - 1PM <i>(FEB 6 & FEB 20 ONLY)</i>	*POWER OF POSITIVE THINKING 12PM - 1PM	OPEN LIBRARY HOURS 3PM - 5PM	OPEN LIBRARY HOURS 3PM - 5PM
*PAUSE THE IMPULSE 12PM - 1PM	*GET MOVING 11AM - 12PM	*LIVING WITH ANXIETY SUPPORT GROUP 12PM - 1PM	*LGBTQIA+ MUTUAL SUPPORT GROUP 12PM - 1PM	*MUTUAL SELF-HELP GROUP 1PM - 2:30PM	MENTAL HEALTH & ME 4PM - 5PM	MENTAL HEALTH & ME 4PM - 5PM
*MEDITATIVE MANDALAS 1PM - 2PM	*SELF-ESTEEM BUILDING 12PM - 1PM	*COMMUNITY CONNECTIONS 1PM - 2PM	*DAILY LIFE 1PM - 2PM	MOVIE TIME 3PM - 4:30PM	MENTAL HEALTH & ME 4PM - 5PM	MENTAL HEALTH & AGING 5PM - 6PM
WCW ORIENTATION 3PM - 4PM	*COMMUNITY NEWS 1PM - 2PM	MHA TOURS 3PM - 4PM	*ART JOURNALING 1PM - 2PM	OPEN LIBRARY HOURS 3PM - 5PM	COPING WITH LOSS 5PM - 6PM	WHAT'S ON YOUR MIND 6PM - 7PM
OPEN LIBRARY HOURS 3PM - 5PM	NAVIGATING RESOURCES & PUBLIC BENEFITS 2PM - 3PM	OPEN LIBRARY HOURS 3PM - 5PM	*WELLNESS SELF-MANAGEMENT 2PM - 3PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM	WHAT'S ON YOUR MIND 6PM - 7PM	
POSITIVE AFFIRMATIONS (SELF-LOVE) 4PM - 5PM	OPEN LIBRARY HOURS 3PM - 5PM	POSITIVE AFFIRMATIONS (ESTEEM BUILDING) 4PM - 5PM	OPEN LIBRARY HOURS 3PM - 5PM	FINDING INNER STRENGTH 4PM - 5PM		
DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM	POSITIVE AFFIRMATIONS (GRATITUDE) 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		
CREATIVE EXPRESSIONS 5PM - 6PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM	BUILDING SUPPORT CIRCLES 5PM - 6PM	HOARDERS SUPPORT GROUP 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	MHA'S FAMILY VILLAGE 5:30PM - 7PM	ANGER MANAGEMENT MAINTENANCE GROUP 6PM - 7PM		
FAMILY CONNECTIONS 7PM - 9PM <i>(FEB 10 ONLY)</i>	GOAL SETTING 6PM - 7PM	ANGER MANAGEMENT 6PM - 7PM	MINDFULNESS 6PM - 7PM	FUN NIGHT 7PM - 8PM		
SHARED POSITIVE EXPERIENCES 7PM - 8PM	BUILDING HEALTHY RELATIONSHIPS 7PM - 8PM	POWER OF PEERS 7PM - 8PM	HEARTMINDBODY 6:30PM - 8PM			

YOUR 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.

NOTE: MHA will be closed on February 17.

FEATURED EVENT

FEBRUARY 2025

18
TUE
6PM -
7:30PM

MHA Speaker Series Presents:

MENTAL HEALTH IN COMMUNITIES OF COLOR WITH CARL BINGER, LMHC

Join Carl Binger, LMHC, as he shares his journey through depression and explores resilience, healing, and mental health within communities of color.

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

 (585) 325-3145

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

 www.mharochester.org