

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

FEATURED EVENTS

MARCH ————— 2025

3
MON
6PM -
8:30PM

SIP, SAVOR & SUPPORT: A WINE & DINNER FUNDRAISING EVENT

Enjoy an unforgettable evening of fine dining and community at Lento! Savor a carefully curated five-course meal paired with exceptional wines, all in support of MHA.

7
FRI
4PM -
5:30PM

TREE OF LIFE: ANNUAL ART SHOW OPENING

Celebrate creativity and connection at the unveiling of our Annual Art Show, *Tree of Life*, featuring artwork from our creative spaces at the Woods Center for Wellbeing.

18
TUE
6PM -
7:30PM

MHA Speaker Series Presents:

WOMEN'S MENTAL HEALTH OVER THE LIFECYCLE WITH BRITTANY RACZKIEWICZ

Join us for an interactive discussion on women's mental health, exploring unique factors like neurodivergence, cycle-based challenges, and pre- to post-natal phases.

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




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