

JANUARY 2026 CALENDAR OFFERINGS

GROUP ROOM A

*ASL Basics

Come learn basic American Sign Language with us

NEW

*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.

*Assertive Communication Skills

Explore ways to express your needs, thoughts, and feelings clearly and directly, while also respecting the perspectives and needs of others.

*Building Self-Esteem

Learn strategies and tips for improving your self-esteem and wellbeing.

Coping Skills

Dig deep into the use of coping skills in recovery and everyday life.

*Creating Community

Join us to learn how to be involved in the community and build a support system.

*Get Moving

Have fun and stay active in this welcoming and non-judgmental space for physical activity.

*Guided Meditation

Start your day with us by grounding yourself, relaxing, and focusing on the present moment.

Let's Talk Meds

Whether you're on meds, supporting someone who is, or just curious—this is your space to ask anything about medications. A psychiatric clinical pharmacist will be here to chat.

*Yoga

Practice yoga in a group setting to enhance mental and physical health. Equipment provided.

GROUP ROOM B

Suicide Attempt Survivor Support Group

This group is for adults 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.

GROUP ROOM C

*Book Club

Read a book of your choice and come together over a shared love of reading

NEW

*Goal Setting

Join us for a journey to set and achieve goals through small steps

*Habits & Routines

Join us to learn about the eight dimensions of wellness and build healthy, balanced routines.

*LGBTQIA+ Mutual Support Group

A safe, inclusive space for LGBTQIA+ individuals and those questioning their identity to find support.

*Living with Anxiety Support Group

Share skills and encouragement with others who are navigating anxiety.

MHA Orientation

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

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.

*Prose & Poetry

Learn writing tools and try creative prompts to spark short stories and poetry.

*Wellness Self-Management

Focus on mental health recovery, relapse prevention, and maintaining physical health.

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ART ROOM

*Beginner Hand Sewing

Start a hand sewing project each week or continue working on bigger ones with this guided class

NEW

*Crafting & Collage

Come explore the versatile nature of crafting and collage.

*Drawing Basics

Explore the fundamentals of drawing in a relaxed, beginner-friendly space.



*Guest Artist Series

Each month features a different WCW participant sharing their art specialty with others. Space is limited



NEW

*Intro to Painting

Join a guided, beginner-friendly group painting experience to explore your creativity. Limited to 10 participants.

*Intro to Watercolor

Join a guided, beginner-friendly group painting experience to explore your creativity. Limited to 10 participants.

NEW

*Open Studio

Engage in self-guided creative projects in a supportive and welcoming environment.

ROCovery Art Club

Join us for a community collaboration with ROCOvery's Art Club at our monthly creative arts activity on the first Friday of every month.

WCW OPEN SPACE

*Beginning Guitar

Beginner-friendly workshop with guitars, sheet music, and facilitators to help you learn to play in a supportive group environment.

Creative Expressions

Discover fun and expressive ways to cope with stress. Turn emotions into meaningful and beautiful creations.

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.

*Dungeons & Dragons Club

Whether you are an expert, a beginner, or want to learn, join us!

NEW

Karaoke Night

Sing your favorites in a fun, welcoming, judgment-free space or just come to cheer others on!

Music & Movement

Move, groove, and discover the joy of music and movement in this fun, energizing class to lift your spirits and get your body flowing.

NEW

*Roc Dog

Enjoy the restorative benefits of interacting with therapy dogs from Roc Dog.

LIBRARY

Open Library Hours

Enjoy some quiet time in our library! Browse books, read, or reflect in a calm space at your own pace.

PLEASE NOTE

MHA will be closed Jan. 1st & 19th

Reach out for support — call or text 988, or chat online at 988lifeline.org/chat to connect with a trained counselor, available 24/7/365.

* Intro to MHA required for starred groups.

 **REGISTRATION
REQUIRED**



Registration
details & offerings.

 **HYBRID GROUP/
WORKSHOP**



Join our hybrid
groups from home.