

# 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.

# JANUARY 2026 CALENDAR OFFERINGS

## 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. 1<sup>st</sup> & 19<sup>th</sup>

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

\* Intro to MHA required for starred groups.

 REGISTRATION  
REQUIRED



SCAN

Registration  
details & offerings.

 HYBRID GROUP/  
WORKSHOP



SCAN

Join our hybrid  
groups from home.