














JANUARY 2026 COMMUNITY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - 10AM	*Guided Meditation	*Guided Meditation	*Guided Meditation	*Guided Meditation	*Guided Meditation
10AM - 11AM		*Assertive Communication Skills	MHA Orientation	*Creating Community	 <p>Join our hybrid groups from home.</p>
11AM - 12PM	*ROC Dog	*Mutual Self-Help Group (11:00 AM - 12:30 PM) 	Coping Skills 		
		*Attitude of Gratitude	*Beginning Guitar (11 AM - 1 PM)	*Prose & Poetry	
11AM - 7PM	*Open Studio	*Open Studio	*Open Studio	*Open Studio	*Open Studio
12PM - 1PM	*Crafting & Collage		*Living with Anxiety Support Group 	*LGBTQIA+ Mutual Support Group 	*Yoga 
1PM - 3PM			*Get Moving (1 PM - 2 PM)	*Get Moving (1 PM - 2 PM)	
	*Goal Setting (1 PM - 2 PM) 	*Building Self-Esteem (1 PM - 2 PM)	*Drawing Basics (1 PM - 2 PM) 	*Guest Artist Space is limited (1 PM - 2:30 PM) January 15 th & 22 nd 	*Mutual Self-Help Group (1 PM - 2:30 PM) 
	*ASL Basics (2 PM - 3 PM)	*Intro to Painting Limited to 10 participants (1 PM - 2:30 PM)	 <p>View registration details & offerings.</p>	*Wellness Self-Management (2 PM - 3 PM)	
3PM - 5PM	MHA Orientation (3 PM - 4 PM)	MHA Orientation (3 PM - 4 PM)			Movie Time (3 PM - 4:30 PM)
	*Dungeons & Dragons Club (3 PM - 5 PM)	Let's Talk Meds (3 PM - 4 PM) January 13 th only		*Intro to Watercolor Limited to 10 participants (4 PM - 5 PM)	ROcovery Art Club (4 PM - 5 PM) January 9 th only
5PM - 6PM	*Book Club	Coping Skills	Suicide Attempt Survivor Support Group (5 PM - 6 PM) January 14 th & 28 th 	*Habits & Routines 	*Beginner Hand Sewing
6PM - 7PM	Creative Expressions	Creative Expressions	Creative Expressions	Creative Expressions	Creative Expressions
7PM - 8PM	Karaoke Night	Music & Movement	Karaoke Night	Music & Movement	Karaoke Night
Daily Services	Open Library is available Monday - Friday from 3 PM to 5 PM Drop-In Center Crisis Walk-In Peer Support is available Monday - Friday from 1 PM to 9 PM				



REGISTRATION REQUIRED



HYBRID GROUP / WORKSHOP

* **MHA Orientation** required for starred groups.
Please note: MHA will be closed: Jan. 1st & 19th

FEATURED EVENTS

JANUARY 2026

20
TUES
6:00 PM -
7:30 PM

MHA Speaker Series presents:

NURTURING THE MIND-BODY CONNECTION

Join us for a conversation exploring a path to self-love and wellbeing with Dr. Aaron Olden.

15 | 22
THURS
1:00 PM -
2:30 PM

We invite you to our:

MHA GUEST ARTIST PROGRAM

Join us for this month's featured WCW participant as they share their art specialty with the community.

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.



**MENTAL HEALTH
ASSOCIATION of
ROCHESTER**



Monday - Friday
9 AM - 9 PM



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