

GROUP ROOM A

ASL Basics

Come learn basic American Sign Language with us

Assertive Communication Skills

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

Attitude of Gratitude

Discover simple ways to foster appreciation, positivity, and silver linings, even on hard days.

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.

Living with Borderline Personality Disorder

This group is about skills and shared experience for those living with BPD.

Self Compassion

Learn how to grow without being hard on yourself.

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. This group offers a supportive space for healing, reflection, and connection.

GROUP ROOM C

Book Club

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

Challenge Negative Thinking

Come build real tools to challenge the negative thoughts that can creep in.

Dealing with Stress

Explore the roots of your stress and learn healthy ways to cope through the tough times.

Your Wellness Journey Starts Here!

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.

Let's Talk Meds

Ask questions about medications, whether for yourself or someone you support, with a psychiatric clinical pharmacist.

LGBTQIA+ Mutual Support Group

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

Living with Anxiety Support Group

Share skills and encouragement with others who are navigating anxiety.

Living with Depression Support Group

When your mind tells you to isolate, join this group instead to find support.

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.

FEBRUARY 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

Crafting & Collage

Come explore the versatile nature of crafting and collage.

Crochet for a Cause

Learn the basics while making scarves for those in need (and yourself, if you choose).

Drawing

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

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.

Open Studio

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

Photography Group

Capture the world through your unique lens using a phone or camera, no experience required.

Upcycling Art

Transform recyclable and disposable goods into functional decorative objects.

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.

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.

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 on February 16th

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.

REGISTRATION REQUIRED



Registration details & offerings.

HYBRID GROUP/WORKSHOP



Join our hybrid groups from home.