

FEBRUARY 2026 COMMUNITY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - 10AM	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation
10AM - 11AM	Self Compassion	Assertive Communication Skills		Creating Community	Dealing with Stress
11AM - 12PM	ROC Dog (11 AM - 12 PM)	Attitude of Gratitude (11 AM - 12 PM)	Coping Skills (11 AM - 12 PM)	Prose & Poetry (11 AM - 12 PM)	 SCAN Join our hybrid groups from home.
		Mutual Self-Help Group (11 AM - 12:30 PM)	Beginning Guitar (11 AM - 1 PM)		
11AM - 7PM	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio
12PM - 1PM	Crafting & Collage	Challenge Negative Thinking	Living with Anxiety Support Group	LGBTQIA+ Mutual Support Group	 Yoga
1PM - 3PM	Upcycling Art (1 PM - 2 PM)		Get Moving (1 PM - 2 PM)	Get Moving (1 PM - 2 PM)	Crochet for a Cause (1 PM - 2 PM)
	Goal Setting (1 PM - 2 PM)	Building Self-Esteem (1 PM - 2 PM)	Drawing (1 PM - 2 PM)	Guest Artist Space is limited (1 PM - 2:30 PM) February 12 th & 26 th	 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)	 SCAN View registration details & offerings.	Wellness Self-Management (2 PM - 3 PM)	
3PM - 5PM	Photography Group (3 PM - 4 PM)	Living with BPD (3 PM - 4 PM)			Building Self-Esteem (3 PM - 4:30 PM)
		Let's Talk Meds (3 PM - 4 PM) February 10 th only	Living with Depression (3 PM - 4 PM)	Intro to Watercolor Limited to 10 participants (4 PM - 5 PM)	
5PM - 6PM	Book Club	Coping Skills	Suicide Attempt Survivor Support Group (5 PM - 6 PM) February 11 th & 25 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


 Please note: MHA will be closed: February 16th

FEATURED EVENTS

FEBRUARY 2026

10TH

6:00 - 7:30 PM

MHA Speaker Series presents:

MENTAL HEALTH & FIRST RESPONDERS

Join us for a conversation on resilience, trauma exposure, and mental wellness in first responders with Kimberly Butler

12TH & 26TH

1:00 - 2:30 PM

We invite you to our:

MHA GUEST ARTIST - DOUG LEVEY

Join us for a creative session with this month's featured WCW artist, showcasing Diamond Art

SAVE THE DATE

MARCH 2ND
6:00 - 9:00 PM

We invite you to our:

SIP, SAVOR & SUPPORT

Join us for an unforgettable evening of thoughtfully paired wines, exceptional cuisine, and purpose.



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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