

# APRIL 2026 CALENDAR OFFERINGS

## GROUP ROOM A

### ASL Basics

Come learn basic American Sign Language with us.

### Attitude of Gratitude

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

### Basic Nutrition

Explore cost-effective ways to eat healthy to support your health and wellbeing.

### 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.

### Distress Tolerance

Rooted in mindfulness, learn ways to respond better both internally and externally.

### Guided Meditation

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

### Meaningful Movement

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



**MHA will be closed on April 3<sup>rd</sup>**

### Mind Body Connection

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

### Weekly Intention Setting

Start your week with new energy and a plan for a meaningful week ahead.

### 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

### Let's Talk Meds

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

### Living with Anxiety Support Group

Share skills and encouragement with others who are navigating anxiety.

### 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.

### Reach for the Stars

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

### Wellness Self-Management

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

## LIBRARY

### Computer Basics

Join our team to learn ways to navigate the online world and basic Microsoft Office skills.

### 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



### REGISTRATION REQUIRED

Registration details & offerings.



SCAN



### HYBRID GROUP/ WORKSHOP

Join our hybrid groups from home.



SCAN

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## ART ROOM

### Art for Relaxation & Mindfulness

A soothing blend of calming music and relaxing art activities.

### Beginner Crochet

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

### 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.

### Creative Self Expression

Use art to express yourself when words may be difficult.

### Drawing

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



### Find-It Jars

Collect items and treasures from your environments to focus on the present moment.

### 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.

### Intuitive Painting

Join us as we process our emotions through the medium of paint.

### Mindful Coloring

Learn how mindful art can calm the mind and body.

### Open Studio

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

### Paint by Numbers

A fun, guided art activity for stress relief and connection.

### Scratch Art

A simple and relaxing way to make art in reverse that will reveal your creativity from within.

### Takeaway Craft

Enjoy a new, easy, meaningful project each week to keep or share.

### Upcycling Art

Transform recyclable and disposable goods into functional decorative objects.

## WCW OPEN SPACE

### Beginning Guitar

Beginner-friendly guitar workshop with instruments, music, and supportive guidance.

### 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.

### Guided Origami

All materials and guidance are provided to create origami projects to take home.

### Karaoke, Crafts & Fun Night

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

### Roc Dog

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

### Small Changes, Big Impact

Practical tips and simple life hacks that make everyday tasks easier and less stressful.

### Tea and Mindfulness

Enjoy provided—or bring your own—tea or coffee while exploring mindfulness activities.