

MARCH 2026 CALENDAR OFFERINGS

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.

Basic Nutrition

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

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.

Distress Tolerance

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

Guided Meditation

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

Weekly Intention Setting

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

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.

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.

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.

**Your Wellness Journey
Starts Here!**

PLEASE NOTE



REGISTRATION REQUIRED



SCAN

Registration details & offerings.



HYBRID GROUP/ WORKSHOP



SCAN

Join our hybrid groups from home.

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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.

Spring Brings New Ways to Grow.

Intuitive Painting

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

NEW

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.

NEW

Takeaway Craft

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

NEW

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.

Choices in Recovery

Join us for a recovery-based board game to build coping skills and tools for wellness.

NEW

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.

NEW

Karaoke, Crafts & Fun 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.

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.

NEW

LIBRARY

Computer Basics

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

NEW

Open Library Hours

Enjoy some quiet time in our library! Browse books, read, or reflect in a calm space at your own pace.