






APRIL 2026 COMMUNITY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - 7PM	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio
9:30AM - 10AM	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation
10AM - 11AM	Weekly Intention Setting	Meaningful Movement	Mindful Coloring	Meaningful Movement	Find-It Jars
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 View registration details & offerings.
	Yoga	Mutual Self-Help Group (11 AM - 12:30 PM)	Beginner Guitar (11 AM - 1 PM)		
12PM - 1PM	Crafting & Collage	Small Changes, Big Impact	Living with Anxiety Support Group	Intuitive Painting	Yoga
		Basic Nutrition		Distress Tolerance	
1PM - 3PM	Upcycling Art (1 PM - 2 PM)	Building Self-Esteem (1 PM - 2 PM)	Drawing (1 PM - 2 PM)	Computer Basics (1 PM - 2 PM)	Beginniner Crochet (1 PM - 2 PM)
	Reach for the Stars (1 PM - 2 PM)		 Mind, Body Connection (2 PM - 3 PM)	Guest Artist Space is limited (1 PM - 2:30 PM) April 9 th & 23 rd	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)	
3PM - 5PM	Creative Self Expression (3 PM - 4 PM)	Takeaway Craft (3 PM - 4 PM)	Yoga (3 PM - 4 PM)	Intro to Watercolor Limited to 10 participants (4:30 PM - 6 PM)	Building Self-Esteem (3 PM - 4 PM)
	Tea and Mindfulness (4 PM - 5 PM)	Let's Talk Meds (3 PM - 4 PM) April 8 th only	Suicide Attempt Survivor Support Group (4 PM - 5 PM) April 8 th & 22 nd		Art for Relaxation & Mindfulness (4 PM - 5 PM)
5PM - 7PM	Karaoke, Crafts & Fun Night (5 PM - 7 PM)	Coping Skills (5 PM - 6 PM)	Karaoke, Crafts & Fun Night (5 PM - 7 PM)	Paint by Numbers (5:30 PM - 6:30 PM)	Karaoke, Crafts & Fun Night (5 PM - 7 PM)
		 YOUR WELLNESS JOURNEY STARTS HERE!		Guided Origami (5:30 PM - 6:30 PM)	 SCAN Join our hybrid groups from home.
			Scratch Art (5:30 PM - 6:30 PM)		
Daily Services	Drop-In Center Crisis Walk-In Peer Support is available Monday - Friday from 10 AM to 9 PM Open Library 3 PM - 5 PM				



REGISTRATION REQUIRED



HYBRID GROUP / WORKSHOP



WWW.MHAROCHESTER.ORG

APRIL 2026 EVENT SCHEDULE



Let's Talk Meds

April 8
3:00 - 4:00 PM

THE CONNECTION BETWEEN SLEEP, MEDICATION AND MENTAL HEALTH

Explore how sleep, medication, and mental health connect, and how rest affects wellbeing, with a guest pharmacist.



Guest Artist

April 9 & 23
1:00 - 2:30 PM

MHA GUEST ARTIST - CAM MOSSGRABER

Join us for a creative session with this month's featured WCW artist, showcasing an introduction to weaving.



Speaker Series

April 15
6:00 - 7:30 PM

SPECIALTY COURTS & MENTAL HEALTH

A conversation on addressing the unmet needs in our community with Amy B. Saeva, BS, CASAC, and Darlene O'Brien, MA.



Special Event

May 9
Multiple Events


A WEEKEND FOR WELLBEING

Youth Positive Play Basketball Clinic & 2nd Annual Celebrity Basketball Game – Join us for fun, community, and raising mental health awareness!



Learn more about our upcoming events by scanning the QR code or clicking [here](#).

 **MENTAL HEALTH
ASSOCIATION of
ROCHESTER**
Monday - Friday
9 AM - 9 PM

 (585) 325-3145

 www.mharochester.org

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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.