

MARCH 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	Assertive Communication Skills	Takeaway Craft	Creating Community	Crafting & Collage
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) 	Beginner Guitar (11 AM - 1 PM)		
12PM - 1PM	Crafting & Collage	Small Changes, Big Impact	Living with Anxiety Support Group 	LGBTQIA+ Mutual Support Group 	 SCAN View registration details & offerings.
		Basic Nutrition		Intuitive Painting	
		Distress Tolerance		Yoga 	
1PM - 3PM	Upcycling Art (1 PM - 2 PM)	 YOUR WELLNESS JOURNEY STARTS HERE!		Computer Basics (1 PM - 2 PM)	Crochet for a Cause (1 PM - 2 PM)
	Reach for the Stars (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) March 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)		Wellness Self-Management (2 PM - 3 PM) 	
3PM - 5PM	Tea and Mindfulness (4 PM - 5 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)
		Let's Talk Meds (3 PM - 4 PM) March 10 th only			
5PM - 8PM	Karaoke, Crafts & Fun Night (5 PM - 7 PM) 	Coping Skills (5 PM - 6 PM)	Suicide Attempt Survivor Support Group (5 PM - 6 PM) March 11th & 25th 	Paint by Numbers (5:30 PM - 6:30 PM)	 Beginner Hand Sewing (5 PM - 6 PM)
		Music & Movement (7 PM - 8 PM)	Karaoke, Crafts & Fun Night (5 PM - 7 PM)		Choices in Recovery (5 PM - 6 PM)
		Guided Origami (5:30 PM - 6:30 PM)	Music & Movement (7 PM - 8 PM)	Karaoke, Crafts & Fun Night (5 PM - 7 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

MARCH 2026 EVENT SCHEDULE



Special Event

March 2

6:00 - 9:00 PM

SIP, SAVOR & SUPPORT

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



Let's Talk Meds

March 10

3:00 - 4:00 PM

SCHIZOPHRENIA AND CO-OCCURRING DISORDERS

Learn about medications for schizophrenia and co-occurring disorders with guest pharmacist Chris Noel, Pharm.D.



Guest Artist

March 12 & 26

1:00 - 2:30 PM

MHA GUEST ARTIST - CHRIS ERBACH

Join us for a creative session with this month's featured WCW artist, showcasing Leather Making.



Speaker Series

March 24

6:00 - 7:30 PM

ADDRESSING MENTAL HEALTH IN SCHOOLS

A conversation on trauma-informed practices and community supports with Joseph D. Fantigrossi, Ed.D. and Angelina Pound.



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.