

MAY 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.

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.

Reach for the Stars

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

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.

Fun Night

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

Guided Origami

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

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.



**MENTAL HEALTH
AWARENESS MONTH**

Care for your mind. Connect with community.

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ART ROOM

Art Journaling

Come express yourself through art journaling using prompts.

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.

Card Creation

Make a meaningful greeting card for a special occasion or just because.

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.

Journaling

Use a guided mindfulness journal (provided) to set intentions.

Mindful Coloring

Learn how mindful art can calm the mind and body.

Nature Walk

Join us to explore the NOTA (Neighborhood of the Arts) and nature.

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.

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.

LIBRARY

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



HOLIDAY HOURS

May 22nd: 9 AM - 3 PM

May 25th: Closed



REGISTRATION REQUIRED

Registration
details & offerings.



SCAN



HYBRID GROUP/ WORKSHOP

Join our hybrid
groups from home.



SCAN