
















MAY 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
	 MENTAL HEALTH AWARENESS MONTH CARE FOR YOUR MIND. CONNECT WITH COMMUNITY.			Intro to Watercolor Limited to 10 participants (10 AM - 11:30 AM)	
11AM - 12PM	ROC Dog	Attitude of Gratitude	Coping Skills 	Journaling	Seeds & Self-Care
		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 
	Yoga 	Basic Nutrition		Distress Tolerance	
1PM - 2PM	Upcycling Art	Building Self-Esteem	 Drawing	Guest Artist Space is limited (1 PM - 2:30 PM) May 14 th & 28 th 	Beginner Crochet
	Reach for the Stars 	Intro to Painting Limited to 10 participants (1 PM - 2:30 PM)			Mutual Self-Help Group (1 PM - 2:30 PM) 
2PM - 3PM	ASL Basics		Mind, Body Connection	Card Creation	
3PM - 4PM	Creative Self Expression	Takeaway Craft	Yoga 	 SCAN Join our hybrid groups from home.	Building Self-Esteem
		Let's Talk Meds May 5 th only	Nature Walk (3:30 PM - 4:30 PM)		
4PM - 5PM	Tea and Mindfulness (4 PM - 5 PM)	 SCAN View registration details & offerings.	Suicide Attempt Survivor Support Group (4 PM - 5 PM) May 13 th & 27 th 	Art Journaling (4:30 PM - 6 PM)	Art for Relaxation & Mindfulness (4 PM - 5 PM)
5PM - 7PM	Fun Night (5 PM - 7 PM)	Coping Skills (5 PM - 6 PM)	Fun Night (5 PM - 7 PM)	Paint by Numbers (5:30 PM - 6:30 PM)	Beginner Hand Sewing (5 PM - 6 PM)
			Guided Origami (5:30 PM - 6:30 PM)		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

MAY 2026 EVENT SCHEDULE



Artwork Showcase

May 1
3:00 - 7:00 PM

SPECTRUM OF EXPRESSION

Celebrate the creativity and voices of our participants through a vibrant art showcase at the Woods Center for Wellbeing.



Let's Talk Meds

May 5
3:00 - 4:00 PM

EXPLORING DEPRESSION & MEDICATION

Explore depression and medication, how they work together, and what to expect from treatment, with a guest pharmacist.



Guest Artist

May 14 & 28
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


May 19
6:00 PM - 7:30 PM


COPING SKILLS THAT WORK FOR FAMILIES

A conversation on practical tools, real family stories, and strategies for healing relationships with Amy Baker & Deborah Aylward



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.