





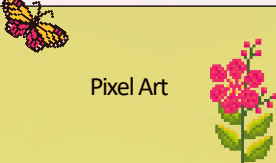








# JUNE 2026 COMMUNITY CALENDAR

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	Mood-Boosting Beading
	<b>FIND SUPPORT. FIND COMMUNITY. FIND TIME FOR YOU.</b>  <b>YOU BELONG HERE.</b>			Intro to Watercolor Limited to 10 participants (10 AM - 11:30 AM)	<p>“  <b>The Creative Wellness Opportunities are magical.</b>            — MHA Participant            ”</p>
11AM - 12PM	ROC Dog	Attitude of Gratitude	Coping Skills 	Journaling	
		Mutual Self-Help Group (11 AM - 12:30 PM) 	Beginner Guitar (11 AM - 1 PM)		
12PM - 1PM	Crafting & Collage	Small Changes, Big Impact		Intuitive Painting	Yoga
	Yoga 	Basic Nutrition		Distress Tolerance 	
1PM - 2PM	Upcycling Art	Building Self-Esteem		Guest Artist Space is limited (1 PM - 2:30 PM) June 11 <sup>th</sup> & 25 <sup>th</sup> 	Beginner Crochet
		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 	 <b>SCAN</b> Join our hybrid groups from home.	Building Self-Esteem
		Let's Talk Meds June 9 <sup>th</sup> only	Nature Walk (3:30 PM - 4:30 PM)		
4PM - 5PM	Tea and Mindfulness (4 PM - 5 PM)	 <b>SCAN</b> View registration details & offerings.	Suicide Attempt Survivor Support Group (4 PM - 5 PM) June 10 <sup>th</sup> & 24 <sup>th</sup> 	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)	Guided Origami (5:00 PM - 7:00 PM)	Paint by Numbers (5:30 PM - 6:30 PM)	Beginner Hand Sewing (5 PM - 6 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

# JUNE 2026 EVENT SCHEDULE



## Let's Talk Meds

June 9  
3:00 - 4:00 PM

### **SCHIZOPHRENIA AND ANTIPSYCHOTICS**

Explore schizophrenia, antipsychotic medications, and what to expect from treatment with a guest pharmacist.



## Guest Artist

June 11 & 25  
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

June 16  
6:00 PM - 7:30 PM

### **HEALING AFTER TRAUMA**

A conversation on rebuilding safety, trust & self with Kelly Drobek, Director of Mental Health at the Child Advocacy Center of Greater Rochester.



## Summer Concert

August 5  
6:00 PM - 9:00 PM

### **GOOD VIBES FOR GOOD MINDS**

Join us for an evening of community, connection and live music, featuring Natalie Poole at Backwoods by Kettle Ridge Farms.



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](http://www.mharochester.org)

 274 N. Goodman St., Suite D103, Rochester, NY 14607



## 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.