

AUGUST 2026 CALENDAR OFFERINGS

GROUP ROOM A

Attitude of Gratitude

Discover simple ways to foster appreciation, positivity, and silver linings, even on hard days.

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.

Get Moving

Have fun and stay active in this welcoming and non-judgmental space for physical activity.

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

Mutual Self-Help Group

Share thoughts and feelings in a judgment-free environment with supportive peers.

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.

Employment 101

Join us to learn about careers, finding meaningful work and getting support from our team.

**FIND YOUR BALANCE.
STAY CONNECTED.
SUPPORT IS HERE.**

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.

Tea and Mindfulness

Enjoy provided—or bring your own—tea or coffee while exploring mindfulness activities.

Weekly Wind Down

Join us on Friday afternoons for some relaxation activities to start your weekend

AUGUST DATES TO KNOW



SUICIDE ATTEMPT SURVIVOR SUPPORT GROUP

Wednesdays, August 12 & 26
4:00–5:00 PM

A supportive space for adult
suicide attempt survivors.



MHA Services:

Monday - Friday | 9 AM - 9 PM

WCW Programming:

Monday - Friday | 9:30 AM - 9 PM

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SUPPORT IS HERE.

www.mharochester.org

585.325.3145

AUGUST 2026 CALENDAR OFFERINGS

ART ROOM

Afternoon Sketch Club

Enjoy relaxed, guided sketching in a welcoming and creative environment.

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.

Crafting & Collage

Come explore the versatile nature of crafting and collage.

Creative Self Expression

Use art to express yourself when words may be difficult.

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.

Journaling

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

Mindful Coloring

Learn how mindful art can calm the mind and body.

Mixed Media Art

Combine various forms of media to create a unique piece of art.

Mood-Boosting Beading

Reduce stress and anxiety through repetitive and creative action.

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.

Painting for Relaxation

Join us as we process our emotions through the medium of paint.

Pixel Art

Join us for this beginner-friendly structured art form.

Resin Art

Use UV resin to make a variety of items, including jewelry, figurines, and other crafts. Limited to 6 participants.

Summer Art Pop-Up

Try a new craft or creative activity each week in a fun and welcoming environment.

Takeaway Craft

Enjoy a new, easy, meaningful project each week to keep or share.

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



REGISTRATION REQUIRED

Registration
details & offerings.



SCAN



HYBRID GROUP/ WORKSHOP

Join our hybrid
groups from home.



SCAN