

AUGUST 2026 COMMUNITY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - 7PM	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio
10AM - 11AM	Weekly Intention Setting	Attitude of Gratitude	Mindful Coloring	Meaningful Movement	Mood-Boosting Beading
	FIND YOUR BALANCE. STAY CONNECTED.  SUPPORT IS HERE.			Intro to Watercolor Limited to 10 participants (10 AM - 11:30 AM)	 SCAN Join our hybrid groups from home.
11AM - 12PM	ROC Dog	Mutual Self-Help Group (11 AM - 12:30 PM)	Coping Skills  Beginner Guitar (11 AM - 1 PM) 	Journaling	
12PM - 1PM	Crafting & Collage	 Art Room  WCW PROGRAM LOCATION  Group Room A  Group Room B  Group Room C		Painting for Relaxation	Yoga 
	Yoga 			Distress Tolerance	
1PM - 2PM	Mixed Media Art	Building Self-Esteem	Pixel Art	Summer Art - Pop-Up (1 PM - 2:30 PM)	Beginner Crochet
	 SCAN View registration details & offerings.	Intro to Painting Limited to 10 participants (1 PM - 2:30 PM)			Mutual Self-Help Group (1 PM - 2:30 PM)
2PM - 3PM		Employment 101	Mind, Body Connection	Get Moving	
3PM - 4PM	Creative Self Expression	Takeaway Craft	Yoga  Nature Walk (3:30 PM - 4:30 PM)		Weekly Wind Down
4PM - 5PM	Tea and Mindfulness (4 PM - 5 PM)	Sketch Club	Suicide Attempt Survivor Support Group (4 PM - 5 PM) August 12 th & 26 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)	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 9:30 AM to 9 PM Open Library 3 PM - 9 PM				



REGISTRATION REQUIRED



HYBRID GROUP / WORKSHOP



WWW.MHAROCHESTER.ORG

AUGUST 2026 EVENT SCHEDULE



Speaker Series

August 4

5:30 - 7:00 PM

ADHD & EMOTION REGULATION IN WOMEN

A conversation on ADHD, emotion regulation, and women's experiences. with Dr. Alexey Breuss, Licensed Psychologist.



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.



Community Event

September 26

12:00 PM - 4:00 PM

SMASH THE STIGMA

Join us for a high-energy community event focused on connection, support, and breaking mental health stigma through interactive experiences and fun.



Save the Date

October 2

9:00 AM - 4:00 PM

CONNECTED FOR HOPE

BUILDING A COMMUNITY OF SUICIDE PREVENTION

Join us for a full-day conference focused on suicide prevention, hope, healing, and resilience.



Learn more about our upcoming events by scanning the QR code or clicking [here](#).

MHA Services:

Monday - Friday | 9 AM - 9 PM

WCW Programming:

Monday - Friday | 9:30 AM - 9 PM

(585) 325-3145

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.