

OCTOBER 2026 COMMUNITY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - 7PM	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio
10AM - 11AM	Personalized Coping Skills	Attitude of Gratitude		Meaningful Movement	Mood-Boosting Beading
	START THE CONVERSATION. STAY CONNECTED. SUPPORT IS HERE.		Mindful Coloring (10:30 AM - 11:30 AM)	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 	Journaling	
	Self-Compassion & Affirmation		Beginner Guitar (11 AM - 1 PM)		
12PM - 1PM	Creative Writing		Painting for Relaxation		Everyday Resilience
			Respectful Boundaries	Distress Tolerance	
1PM - 2PM	Mixed Media Art	Building Self-Esteem	Pixel Art	Fall Art - Pop-Up (1 PM - 2:30 PM)	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	Variety Life Skills	Takeaway Craft		Get Moving	
3PM - 4PM	Creative Self Expression	SCAN View registration details & offerings.	Jewelry Making	PROGRAM LOCATION ☐ WCW ☐ Art Room ☐ Group Room A ☐ Group Room B ☐ Group Room C	
			Nature Walk (3:30 PM - 4:30 PM)		
4PM - 5PM	Tea and Mindfulness	Community Meeting October 13 th	Suicide Attempt Survivor Support Group October 14 th & 28 th 	Taoist Journey Writing Group (4:30 PM - 5:30 PM)	Needle felt Pumpkin Pop up (3:30 PM - 5 PM) October 16 th & 30 th
	Movement (4:30 PM - 5 PM)	Sketch Club			Art for Relaxation & Mindfulness
5PM - 6PM	Self Help Book Club “The Drama of the Gifted Child”	Coping Skills 	Guided Origami (5 PM - 7 PM)	Paint by Numbers (5:30 PM - 6:30 PM)	Beginner Hand Sewing
6PM - 7PM	Karaoke & Fun Night				Karaoke & 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**

 **PLEASE NOTE: MHA WILL BE CLOSED ON MONDAY, OCTOBER 12TH**

OCTOBER 2026 EVENT SCHEDULE



Community Conference

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.



Peer Group Virtual Event

October 15
12:00 PM - 1:00 PM

A SPECIAL CONVERSATION

WITH PATRICIA DEEGAN, PHD

Join us for a virtual conversation with Patricia Deegan, PhD, a pioneer in mental health recovery and peer support.



Peer Group Event

October 15
4:00 PM - 6:00 PM

PEER CONNECTIONS AT MHA ROCHESTER

Join us for an evening of connection and community at MHA Rochester, celebrating peer support and the power of lived experience.



Speaker Series

November 10
5:00 - 6:30 PM

HEALTHY RELATIONSHIPS: KNOW THE SIGNS

A conversation on healthy relationships, boundaries, and recognizing red flags with Devone Scala of Willow Domestic Violence Center.



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



