

SEPTEMBER 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	Mindful Coloring	Meaningful Movement	Mood-Boosting Beading
				Intro to Watercolor Limited to 10 participants (10 AM - 11:30 AM)	 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 Creative Writing	Creative Writing	Respectful Boundaries	Painting for Relaxation Distress Tolerance	Yoga 
1PM - 2PM	Mixed Media Art  View registration details & offerings.	Building Self-Esteem Intro to Painting Limited to 10 participants (1 PM - 2:30 PM)	Pixel Art	Summer Art - Pop-Up (1 PM - 2:30 PM)	Beginner Crochet 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)	PROGRAM LOCATION ☐ WCW ☐ Art Room ☐ Group Room A ☐ Group Room B ☐ Group Room C	
4PM - 5PM	Tea and Mindfulness (4 PM - 5 PM)	Sketch Club	Suicide Attempt Survivor Support Group (4 PM - 5 PM) September 9 th & 23 rd 	Taoist Journey Writing Group (4:30 PM - 6 PM)	Art for Relaxation & Mindfulness (4 PM - 5 PM)
5PM - 6PM	Self Help Book Club "The Drama of the Gifted Child"	Coping Skills	Guided Origami (5:00 PM - 7:00 PM)	Paint by Numbers (5:30 PM - 6:30 PM)	Beginner Hand Sewing
6PM - 7PM	Karaoke & Fun Night	Yoga 			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				

SEPTEMBER 2026 EVENT SCHEDULE



Speaker Series

September 15
5:30 - 7:00 PM

RECOVERY THROUGH CONNECTION

A conversation on understanding substance use, stigma, and the power of peer support with Evan Tucker, CRPA, Senior Peer of Adult Services at MHA Rochester.



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.



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 Event

October 15
Multiple Events

GLOBAL PEER SUPPORT CELEBRATION DAY

Join us for a virtual conversation featuring Patricia Deegan, PhD, followed by an in-person evening of connection, community, and celebration for local peers.

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



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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.