

# OCTOBER 2026 CALENDAR OFFERINGS

## GROUP ROOM A

### Attitude of Gratitude

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

### Building Self-Esteem

Learn strategies and tips for improving your self-esteem and wellbeing.

### 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.

### Movement

Come for 20-30 minutes of light movement; it could be chair yoga or coping skills strategies to ground you in the present moment.

## 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

### Coping Skills

Dig deep into the use of coping skills in recovery and everyday life.



### Mutual Self-Help Group

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



### Self-Help Book Club

Explore *The Drama of the Gifted Child* through weekly reading and group discussion.

## WCW OPEN SPACE

### Beginning Guitar

Beginner-friendly guitar workshop with instruments, music, and supportive guidance.

### Community Meeting

All are welcome to share their thoughts on how to make the WCW the best that it can be!

### Creative Writing

Explore creative writing as a tool for connection and self-expression.

### Everyday Resilience

Explore everyday mindfulness skills to handle difficult thoughts and strong feelings and help you take steps toward living a more meaningful life.

### Guided Origami

All materials and guidance are provided to create origami projects to take home.

### Karaoke & Fun Night

Sing your favorites in a fun, welcoming, judgment-free space or just come to cheer others on!

### Personalized Coping Skills

Build personalized coping skills for managing and responding to triggers.

### Respectful Boundaries

Explore healthy boundaries and how to communicate them respectfully.

### Roc Dog

Enjoy the restorative benefits of interacting with therapy dogs from Roc Dog.

### Self-Compassion & Affirmation

Learn practical ways to understand your emotions, feel more grounded, and treat yourself with greater kindness and care.

### Taoist Journey Writing Group

Journal with prompts inspired by Taoist meditation and reflection.

### Tea and Mindfulness

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

### Variety Life Skills

Discuss strategies for life skills such as nutrition, laundry, riding the bus, and budgeting.



SCAN



REGISTRATION  
REQUIRED



SCAN



HYBRID GROUP/  
WORKSHOP

# OCTOBER 2026 CALENDAR OFFERINGS

## ART ROOM

### Afternoon Sketch Club

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

### 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.

### Creative Self Expression

Use art to express yourself when words may be difficult.

### Fall Art Pop-Up

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

### Intro to Painting

Join a guided, beginner-friendly group painting experience to explore your creativity. Limited to 10 participants.



**YOUR WELLNESS  
JOURNEY STARTS HERE!**

### Intro to Watercolor

Join a guided, beginner-friendly group painting experience to explore your creativity. Limited to 10 participants.

### Jewelry Making

Join us for jewelry making to relieve stress and connect with others.

### 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.

### Needle felt Pumpkin Pop up

Come make a needle felt pumpkin with us! Supplies provided, beginner friendly.

### 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.

### Takeaway Craft

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

## DAILY SERVICES

### Open Library Hours

Enjoy some quiet time in our library! Browse books, read, or reflect in a calm space at your own pace.

### Drop-In Center Crisis Walk-In Peer Support

Feeling overwhelmed? Need someone to talk to? Not quite feeling like yourself? Drop in at the WCW for one-on-one peer support with someone who understands and is here to help.