MENTAL HEALTH ASSOCIATION of ROCHESTER

NOVEMBER 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
An 8-week closed support group for adult suicide attempt survivors (18+) to connect, reflect, and heal. Registration required. Contact Steve Fugle at sfugle@jfsrochester.org.

GROUP ROOM C

Alternative Crisis Outreach Resources
Find and discuss alternative crisis resources, such as where to go and whom to reach out to when you need support.

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

Hoarding Support Group
Connect with peers who understand the challenges of acquiring, saving, letting go, and managing clutter. Share experiences, find support, and explore helpful strategies.

Mutual Self-Help Group
Share thoughts and feelings in a judgment-free environment with supportive peers.

Self-Help Book Club
Read from the book 'A Walk in the Wood: Meditations on Mindfulness' and learn new ways to remain present in the moment. Copies of the book will be provided.

WCW OPEN SPACE

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

Boardgame Bonanza
Build community and connection by playing board games! You can choose from our selection and are welcome to bring your own.

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.

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.

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ART ROOM

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.

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.

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.

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.

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

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.

NOVEMBER DATES TO KNOW

Suicide Attempt Survivor Support Group
Cohort 1: November 4 - December 23 | 4-5PM
New 8-week closed support group. Contact Steve Fugle at sfugle@jfsrochester.org to register

Rebirth Art Show - November 6 | 3-7 PM
Join us for "Rebirth," our community art show. This event is free to attend and will include light refreshments.

Community Meeting - November 10 | 4-5 PM
All are welcome to share their thoughts on how to make the WCW the best that it can be!

PLEASE NOTE

MHA Services: Monday - Friday | 9 AM - 9 PM
WCW Programming: Monday - Friday | 9:30 AM - 9 PM

WCW Closures: Thursdays, 3–4 PM (Team Meeting) | Wed., Nov. 18, 3–4:30 PM (All-Staff Meeting)
Holiday Hours: Closing at 3 PM Wed., Nov. 25 | Closed Thurs., Nov. 26 & Fri., Nov. 27