



MENTAL HEALTH
ASSOCIATION of
ROCHESTER

COMMUNITY CALENDAR

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*OPEN STUDIO 11AM - 4PM	*OPEN STUDIO 11AM - 4PM	*OPEN STUDIO 11AM - 4PM	*OPEN STUDIO 11AM - 4PM	*OPEN STUDIO 11AM - 6PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 11AM - 7PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 11AM - 7PM
*GOALS & REFLECTION 9:30AM - 10AM	*GUIDED MEDITATION 9:30AM - 10AM	*GUIDED MEDITATION 9:30AM - 10AM	*GUIDED MEDITATION 9:30AM - 10AM	*GOALS & REFLECTION 9:30AM - 10AM	CHECK-IN 11AM - 11:30AM	CHECK-IN 11AM - 11:30AM
*RESOLVING CONFLICT 10AM - 11AM	*FINDING A SENSE OF BELONGING 10AM - 11AM	*IDENTIFYING & COMMUNICATING NEEDS 10AM - 11AM	*FINDING A SENSE OF BELONGING 10AM - 11AM	*SETTING LIMITS & BOUNDARIES 10AM - 11AM	I AM... 11:30AM - 12:30PM	RADICAL ACCEPTANCE 11:30AM - 12:30PM
MHA TOURS 10:30AM - 12PM	EMPLOYMENT EXPLORATION 10AM - 11AM (MAR 4 & MAR 18 ONLY)	WCW ORIENTATION 10AM - 11AM	FAMILY EDUCATION 10:30AM - 12PM	*GET MOVING 11AM - 12PM	MINDFUL EATING 1:30PM - 2:30PM	SAFETY PLANNING 1:30PM - 2:30PM
*ROC DOG 11AM - 12PM	*MUTUAL SELF- HELP GROUP 10:30AM - 12PM	*BODY POSITIVITY 11AM - 12PM	MANAGING BENEFITS WHILE WORKING 11AM - 1PM (MAR 6 & MAR 20 ONLY)	*POWER OF POSITIVE THINKING 11AM - 12PM	CREATIVE EXPRESSIONS 2:30PM - 4PM	4 AGREEMENTS 2:30PM - 4PM
*PAUSE THE IMPULSE 12PM - 1PM	FAMILY EDUCATION 10:30AM - 12PM	*GUITAR GROUP 11AM - 1PM	*LGBTQIA+ MUTUAL SUPPORT GROUP 12PM - 1PM	*YOGA 12PM - 1PM	OPEN LIBRARY HOURS 3PM - 5PM	OPEN LIBRARY HOURS 3PM - 5PM
*MEDITATIVE MANDALAS 1PM - 2PM	*GET MOVING 11AM - 12PM	*LIVING WITH ANXIETY SUPPORT GROUP 12PM - 1PM	*ART JOURNALING 1PM - 2PM	*MUTUAL SELF- HELP GROUP 1PM - 2:30PM	MENTAL HEALTH & ME 4PM - 5PM	MENTAL HEALTH & ME 4PM - 5PM
WCW ORIENTATION 3PM - 4PM	*SELF-ESTEEM BUILDING 12PM - 1PM	MHA TOURS 3PM - 4PM	*WELLNESS SELF- MANAGEMENT 2PM - 3PM	MOVIE TIME 3PM - 4:30PM	MENTAL HEALTH & ME 4PM - 5PM	MENTAL HEALTH & AGING 5PM - 6PM
OPEN LIBRARY HOURS 3PM - 5PM	*INTRO TO PAINTING 1PM - 2:30PM	OPEN LIBRARY HOURS 3PM - 5PM	OPEN LIBRARY HOURS 3PM - 5PM	OPEN LIBRARY HOURS 3PM - 5PM	WHAT'S ON YOUR MIND 6PM - 7PM	WHAT'S ON YOUR MIND 6PM - 7PM
POSITIVE AFFIRMATIONS (SELF-LOVE) 4PM - 5PM	NAVIGATING RESOURCES & PUBLIC BENEFITS 2PM - 3PM	POSITIVE AFFIRMATIONS (ESTEEM BUILDING) 4PM - 5PM	FINDING INNER STRENGTH 4PM - 5PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM		
DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM	OPEN LIBRARY HOURS 3PM - 5PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM		
CREATIVE EXPRESSIONS 5PM - 6PM	POSITIVE AFFIRMATIONS (GRATITUDE) 4PM - 5PM	BUILDING SUPPORT CIRCLES 5PM - 6PM	HOARDERS SUPPORT GROUP 5:30PM - 7PM	POSITIVE PERSONAL PROFILES 5PM - 6PM		
FAMILY CONNECTIONS 7PM - 9PM (MAR 10 ONLY)	DROP-IN CENTER CRISIS WALK-IN PEER SUPPORT 4PM - 8PM	I HOPE YOU DANCE: POSITIVE PARENTING 5:30PM - 7PM	MHA'S FAMILY VILLAGE 5:30PM - 7PM	ANGER MANAGEMENT 6PM - 7PM		
SHARED POSITIVE EXPERIENCES 7PM - 8PM	BRAIN TRAINING 5PM - 6PM	ANGER MANAGEMENT 6PM - 7PM	MINDFULNESS 6PM - 7PM	FUN NIGHT 7PM - 8PM		
	GOAL SETTING 6PM - 7PM	POWER OF PEERS 7PM - 8PM	HEARTMINDBODY 6:30PM - 8PM			
	BUILDING HEALTHY RELATIONSHIPS 7PM - 8PM		BUILDING HEALTHY RELATIONSHIPS 7PM - 8PM			

YOUR CALENDAR GUIDE

**REGISTRATION
REQUIRED**

**HYBRID GROUP/
WORKSHOP**

Asterisk (*) - A one-time WCW orientation is required to attend any starred group. Once completed, you may join any starred group. Please call (585) 325-3145 to register.



Scan, or click the link below the calendar to join our hybrid groups from home.



Scan, or click the link below for registration details and to explore our offerings.

NOTE: On March 19, MHA will close at 2:45PM and re-open at 4:30PM.