

World Mental Health
Day October 10th

Sunrise Wellness Center
October 2016

MHAST
153 Court St
Binghamton NY 13901
771-8888

**** Please see back of calendar for details****

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3	4	5	6	7
<u>Open Computer Lab</u> 10-11:30 am <u>Peer Support Group</u> 1:30-3 pm	<u>Women's Group</u> 10-11:30 am <u>Expressive Arts</u> <u>Smash Book Fall Theme</u> 1:30-3 pm	<u>Job Club</u> 10-12 pm <u>Endicott Support Group</u> 4-5 pm	<u>Men's Group</u> 10-11:15 am <u>Adult coloring</u> 1:30-3 pm	Frog Pond & Pine Ridge Grocery 10-2 pm Registration Required
10	11	12	13	14
<u>Open Computer Lab</u> 10-11:30 am <u>Peer Support Group</u> 1:30-3 pm	<u>Women's Group</u> 10-11:30 am <u>Expressive Arts</u> <u>Open Arts Studio</u> 1:30-3pm	<u>Apple Picking at Russell Farms & Sea Hag Soaps</u> 9:30-2:30 pm *Registration Required* <u>Endicott Support Group</u> 4-5 pm	<u>Men's Group</u> 10-11:15 am <u>Mindfulness with Theresa</u> <u>1:30-3 pm</u>	<u>Healthy Choices</u> <u>Breast Cancer Awareness</u> 10-11:30 am <u>Open Computer Lab</u> 1:30-2 pm
17	18	19	20	21
<u>Open Computer Lab</u> 10-11:30 am <u>Peer Support Group</u> 1:30-3 pm	<u>Women's Group</u> 10-11:30 am <u>Expressive Arts</u> <u>Soul Cards</u> 1:30-3:3 pm	<u>Crime Victims Assistance Center</u> <u>Presents</u> <u>Relationships: Healthy VS Unhealthy</u> 10-12 pm Please Register and wear purple!! <u>Endicott Support Group</u> 4-5 pm	<u>Men's Group</u> 10-11:15 am Open Karaoke Decker Room @ BC Library 1-3pm	<u>Healthy Choices</u> <u>Diabetes Awareness with Jenn</u> 10-11:30 am <u>Open Computer Lab</u> 1:30-2 pm
24	25	26	27	28
<u>Open Computer Lab</u> 10-11:30 am <u>Peer Support Group</u> 1:30-3 pm	<u>Women's Group</u> 10-11:30 am <u>Expressive Arts</u> <u>Fall Art Project</u> 1:30-3 pm	<u>Gratitude Jars with Nancy</u> 10-12 pm *Registration Required* <u>WRAP Overview</u> 1:30-3:00 pm <u>Endicott Support Group</u> 4-5 pm	NO Men's Group <u>Mindfulness Series</u> With Theresa 1:30-3:30 pm	Join us for our <u>Halloween</u> <u>Party</u> 11- 3 pm *Registration Required*
31				
<u>Open Computer Lab</u> 10-11:30 am <u>Peer Support Group</u> 1:30-3 pm				

Mondays:

10-11:30 am - Open Computer Lab - Come surf the web, make a resume, or research online.

1:30-3:00 pm - Peer Support Group – Anyone is welcome. Come receive encouragement and share your experience, strength and hope with others.

Tuesdays:

Women's Group – 10-11:30 am - is an open and welcoming support for women in the Binghamton area.

Expressive Arts 1:30-3 pm

The 4th – -- **Fall Smash Books** bring art and journaling together through use of a composition notebook

The 11th – **Open Art**, you decide what you'd like to do!

The 18th – **Soul Cards** are decoupage cards you customize for your purpose or intention

The 25th - **Expressive Arts** -- A Fall art project using **leaves!**

Wednesdays:

October 4th - Job Club/VIP –10-12 pm – Thinking of going back to work or volunteering? We can help!

October 12th -- Apple Picking and Sea Hag Soaps Trip –9:30-2:30 pm - Join us for apple picking, see the countryside and a visit to see art and home made soap. **Registration Required**

October 19th – 10-12 am - Jennifer from Crime Victims Assistance Center is presenting on **Relationships**.

October 26th – 10-12 pm – Gratitude Jars with Nancy – Create a useful and grateful project with Nancy! **Please Register**

Peer Support Group - 4:00-5:00 pm – Endicott Peer Support Group
@ The First United Methodist Church on 53 McKinley Ave. Endicott

Thursdays:

Men's Support Group -- 10-11:15 am Welcoming and open support group for men of any age.

Adult Coloring -- **October 6th** – Chat and coloring!

October 13th and 27th – Mindfulness with Theresa- Explore Mindfulness!

October 20th Join us for Karaoke! Sing along, dance if you'd like!

Fridays:

October 7th - Trip to **Frog Pond and Pine Ridge** – 10-2 pm --Last Trip - **Please Register**

Healthy Choices – 10-11:30 am - Join us as we learn fun healthier ways of eating and living.

October 14th - - For Healthy Choices we have a guest from **Encore Plus for Breast Cancer Awareness**

October 21st -- 10-11:30 am -- Dietician Jennifer Vallone talk about Diabetes

Open Computer Lab – 1:30-3 pm - Come surf the web, make a resume, or research online.

Halloween Party -- October 28th – 11-3 pm – Movies, refreshments, and lots of fun. **Please Register**

***The importance of registration: if registration is required, please be sure to register before the workshop or presentation. This ensures that, we have enough supplies for the workshops, space provided is adequate, enough room for transportation, etc**

***Just as important as registering, is letting us know if you are unable to make it. This way, it opens up spots for people who also want to go.**

**Lonely? Stressed Out? Need Someone to talk to?
The Peer Support Warmline is here!
Call (607) 240-7291
Monday-Friday 9:00am-4:30pm
Saturdays & Sundays 12-8pm**