

Mental Health Association in Tompkins County Monthly Activity Calendar



JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:30am – 12:30pm Book Group
4 Closed for 4th of July	5 11:00am-12:00pm Tuesday Morning Coffee Break (Zoom) 1:00pm-2:30pm Dungeons & Dragons (Closed) 3:00-4:00 Peer Perspectives	6 11:00am-12:00pm Senior Support Group (Zoom)	7 12:30pm-1:30pm Games and Activities (Zoom) 1:30pm-3:00pm Art Group	8 11:30am – 1:30pm Movie Matinee
11 9:30am-2:30pm Drop-In Day Activities all day!	12 11:00am-12:00pm Tuesday Morning Coffee Break (Zoom) 1:00pm-2:30pm Dungeons & Dragons (closed) 3:00-4:00 Peer Perspectives	13 11:00am-12:00pm Senior Support Group (Zoom)	14 12:30pm-1:30pm Games and Activities (Zoom)	15 11:30am – 12:30pm Special Topic Activity Group
18 9:30am-2:30pm Drop-In Day Activities all day!	19 11:00am-12:00pm Tuesday Morning Coffee Break (Zoom) 1:00pm-2:30pm Dungeons & Dragons (closed) 3:00pm–4:00pm Peer Perspectives	20 11:00am-12:00pm Senior Support Group (Zoom) 6:00pm – 7:00pm Evening Senior Support Group (Zoom)	21 12:30pm-1:30pm Games and Activities (Zoom) 1:30pm-3:00pm Art Group	22 11:30am – 1:30pm Writing Group
25 9:30am-2:30pm Drop-In Day Activities all day!	26 11:00am-12:00pm Tuesday Morning Coffee Break (Zoom) 1:00pm-2:30pm Dungeons & Dragons (Closed) 3:00pm–4:00pm Peer Perspectives	27 11:00am-12:00pm Senior Support Group (Zoom) 6:00pm – 7:00pm Evening Senior Support Group (Zoom)	28 12:30pm-1:30pm Games and Activities (Zoom) 1:30pm-3:00pm Art Group	29 11:30-12:30 Special Topics Activity Group

Location: 171 East State Street, Suite 275 in Ithaca

Warmline: 607-277-PEER (7337) **Business Hours:** M – F, 9 AM – 3 PM **Office Phone:** 607-273-9250

Group Information

Art Group *Thursdays 1:30pm-3:00pm*. Cost-free with art supplies provided! For more information, contact Melanie at mlittle@mhaedu.org.

Book Group *1st Friday 11:30am-12:30pm*. Each month a topic is picked. Individuals pick their own book that fits the topic and we discuss the books we've chosen to read at the next meeting. For more information or this month's topic contact Vickie at vvancamp@mhaedu.org.

Drop-In Day *Mondays 9:30am-2:30pm*. Drop in and join us for an activity, a group, or meet with a Peer Advocate one-on-one. For more information contact Alex at adennis@mhaedu.org.

Dungeons & Dragons *Tuesdays 1:00pm-2:30pm*. This group is full and no longer accepting new members at this time. For more information contact Alex at adennis@mhaedu.org.

Games and Activities (Zoom) *Thursdays 1:30pm-2:30pm*. Join us for an online game or activity, for more information contact Alex at adennis@mhaedu.org.

Movie Matinee *2nd and 4th Friday 11:30am-1:30pm*. Email Vickie at vvancamp@mhaedu.org or call 607 273-9250, the day before to find out which movie will be shown the next day. Input from participants encouraged.

Peer Perspectives *Tuesdays, 3:00pm – 4:00pm*. We will look at different topics, concepts, and theories relevant to mental health, and discuss our personal perspectives and interpretations. Media such as articles, videos, and songs may be used to explore ideas and provide a springboard for conversation.

Senior Support Group (Zoom) *Wednesdays 11:00am-12:00pm*. Socialize, share information, enhance your emotional health, and gain new perspectives in this online Zoom group for seniors age 55+. For more information contact Micaela at mcorazon@mhaedu.org or Larry at lalbro@mhaedu.org.

Special Topics Group *3rd and 5th Friday 11:30am-12:30pm*. Email Vickie at vvancamp@mhaedu.org or call 607 273-9250, the day before to find out the topic. May include goal mapping, vision boards, coping toolbox and breathing exercises. Input from participants encouraged.

Tuesday Morning Coffee Break (Zoom) *Tuesdays 11:00am-12:00pm*. Join Alex for your morning coffee and a virtual peer check-in. For more information contact Alex at adennis@mhaedu.org.