



# Mental Health Association in Tompkins County

## Monthly Activity Calendar

### JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>11:00am-12:00pm</b> Senior Support Group (Zoom)	2 <b>12:30pm-1:30pm</b> Games and Activities (Zoom) <b>1:30pm-3:00pm</b> Art Group <b>4:30pm-5:30pm</b> Teen Group	3 <b>11:30am – 12:30pm</b> Book Group  <b>1:30pm – 2:30pm</b> Knitting Group	4
5	6 <b>9:30am-2:30pm</b> Drop-In Day Activities all day!	7 <b>11:00am-12:00pm</b> Tuesday Morning Coffee Break (Zoom)  <b>1:00pm-2:30pm</b> Dungeons & Dragons	8 <b>11:00am-12:00pm</b> Senior Support Group (Zoom)	9 <b>12:30pm-1:30pm</b> Games and Activities (Zoom)  <b>1:30pm-3:00pm</b> Art Group  <b>4:30pm-5:30pm</b> Teen Group	10 <b>11:30am – 1:30pm</b> Movie Matinee	11
12	13 <b>9:30am-2:30pm</b> Drop-In Day Activities all day!	14 <b>11:00am-12:00pm</b> Tuesday Morning Coffee Break (Zoom)  <b>1:00pm-2:30pm</b> Dungeons & Dragons	15 <b>11:00am-12:00pm</b> Senior Support Group (Zoom)	16 <b>12:30pm-1:30pm</b> Games and Activities (Zoom)	17 <b>11:30am – 12:30pm</b> Special Topic Activity Group	18
19	20 <b>9:30am-2:30pm</b> Drop-In Day Activities all day!	21 <b>11:00am-12:00pm</b> Tuesday Morning Coffee Break (Zoom)  <b>1:00pm-2:30pm</b> Dungeons & Dragons  <b>3:00pm–4:00pm</b> Peer Perspectives	22 <b>11:00am-12:00pm</b> Senior Support Group (Zoom)	23 <b>12:30pm-1:30pm</b> Games and Activities (Zoom)  <b>1:30pm-3:00pm</b> Art Group  <b>4:30pm-5:30pm</b> Teen Group	24 <b>11:30am – 1:30pm</b> Writing Group	25
26	27 <b>9:30am-2:30pm</b> Drop-In Day Activities all day!	28 <b>11:00am-12:00pm</b> Tuesday Morning Coffee Break (Zoom)  <b>1:00pm-2:30pm</b> Dungeons & Dragons  <b>3:00pm–4:00pm</b> Peer Perspectives	29 <b>11:00am-12:00pm</b> Senior Support Group (Zoom)	30 <b>12:30pm-1:30pm</b> Games and Activities (Zoom)  <b>1:30pm-3:00pm</b> Art Group  <b>4:30pm-5:30pm</b> Teen Group		

**Location:** 171 East State Street, Suite 275 in Ithaca  
**Business Hours:** M – F, 9 AM – 3 PM

**Warmline:** 607-277-PEER(7337)  
**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](mailto:mlittle@mhaedu.org).

**Teen Group** *Thursdays 4:30pm-5:30pm.* A peer support and art-making group for teens facing mental health challenges. Cost-free with art supplies provided! For more information contact Melanie at [mlittle@mhaedu.org](mailto:mlittle@mhaedu.org).

**Book Group** *1st Friday 11:30am-12:30pm.* Attend the first meeting to discuss and plan how we want to organize our new book group. For more information contact Vickie at [vvancamp@mhaedu.org](mailto: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](mailto:adennis@mhaedu.org).

**Dungeons & Dragons** *Tuesdays 1:00pm-2:30pm.* For more information contact Alex at [adennis@mhaedu.org](mailto: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](mailto:adennis@mhaedu.org).

**Movie Matinee** *2nd and 4th Friday 11:30am-1:30pm.* Email Vickie at [vvancamp@mhaedu.org](mailto: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.

**Knitting Group** *1st Friday 1:30pm -2:30pm.* Join us with your knitting project for an hour of conversation and creativity. We welcome beginners and will instruct in the very basics. Limited supplies available. For more information contact Alex at [adennis@mhaedu.org](mailto:adennis@mhaedu.org).

**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](mailto:mcorazon@mhaedu.org) or Larry at [lalbro@mhaedu.org](mailto:lalbro@mhaedu.org).

**Special Topics Group** *3rd and 5th Friday 11:30am-12:30pm.* Email Vickie at [vvancamp@mhaedu.org](mailto: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](mailto:adennis@mhaedu.org).