

Mental Health Association in Tompkins County Activity Calendar



We are located in the Center Ithaca at
171 East State Street, Suite 275 in Ithaca
Business Hours: Monday-Friday, 9 AM - 3 PM
Office Phone: 607-273-9250
Warm-line: 607 277-7337

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Senior Support Group (Zoom) 11:00am-12:00pm	2 Games and Activities (Zoom) 1:30-2:30pm Art Group 1:30-3:00pm Art & Mind Youth Group 4:30-5:30pm	3 Friday Afternoon Check In (Zoom) 1:00-2:00pm	4
5	6 Drop-In Day (Suite 212) 9:30am-2:30pm Family Support Group (Zoom) 6:30-7:30pm	7 Tuesday Morning Coffee Break (Zoom) 11:00-12:00pm Dungeons & Dragons 1:00-2:30pm Young Adults Group 3:00pm-4:00pm	8 Senior Support Group (Zoom) 11:00am-12:00pm	9 Games and Activities (Zoom) 1:30-2:30pm Art Group 1:30-3:00pm Art & Mind Youth Group 4:30-5:30pm	10 Friday Afternoon Check In (Zoom) 1:00-2:00pm	11
12	13 Drop-In Day (Suite 212) 9:30am-2:30pm Family Support Group (Zoom) 6:30-7:30pm	14 Tuesday Morning Coffee Break (Zoom) 11:00-12:00pm Dungeons & Dragons 1:00-2:30pm Young Adults Group 3:00pm-4:00pm	15 Senior Support Group (Zoom) 11:00am-12:00pm	16 Games and Activities (Zoom) 1:30-2:30pm Art Group 1:30-3:00pm Art & Mind Youth Group 4:30-5:30pm	17 Friday Afternoon Check In (Zoom) 1:00-2:00pm	18
19	20 Drop-In Day (Suite 212) 9:30am-2:30pm Family Support Group (Zoom) 6:30-7:30pm	21 Tuesday Morning Coffee Break (Zoom) 11:00-12:00pm Dungeons & Dragons 1:00-2:30pm Young Adults Group 3:00pm-4:00pm	22 Senior Support Group (Zoom) 11:00am-12:00pm	23 Games and Activities (Zoom) 1:30-2:30pm Art Group 1:30-3:00pm Art & Mind Youth Group 4:30-5:30pm	24 CLOSED Christmas Eve	25 Christmas Day
26	27 Drop-In Day (Suite 212) 9:30am-2:30pm Family Support Group (Zoom) 6:30-7:30pm	28 Tuesday Morning Coffee Break (Zoom) 11:00-12:00pm Dungeons & Dragons 1:00-2:30pm Young Adults Group 3:00pm-4:00pm	29 Senior Support Group (Zoom) 11:00am-12:00pm	30 Games and Activities (Zoom) 1:30-2:30pm Art Group 1:30-3:00pm Art & Mind Youth Group 4:30-5:30pm	31 Friday Afternoon Check In (Zoom) 1:00-2:00pm New Year's Eve	

Information about this month's groups

Art Group

Thursdays 1:30-3:00pm. For more information, contact Melanie at mlittle@mhaedu.org.

Art & Mind Youth Group

Thursdays 4:30-5:30pm. 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.

Drop-In Day

Mondays 9:30am-2:30pm. Drop in to Suite 212 and join us for an activity or group, or meet with a Peer Advocate. For more information contact Alex at adennis@mhaedu.org.

Dungeons & Dragons

Tuesdays 1:00-2:30pm. For more information contact Alex at adennis@mhaedu.org.

Family Support Group (Zoom)

Mondays 6:30-7:30pm. For more information contact Pat at pvincent@mhaedu.org.

Friday Afternoon Check In (Zoom)

Fridays 1:00-2:00pm. Virtual peer check-in group, tell us about your week and join in the conversation. For more information contact Ashleigh at awarrender@mhaedu.org.

Games and Activities (Zoom)

Thursdays 1:30-2:30pm. Join us for an online game or activity, for more information contact Alex at 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 Pat at pvincent@mhaedu.org or Larry at lalbro@mhaedu.org.

Tuesday Morning Coffee Break (Zoom)

Tuesdays 11:00-12:00pm. Join Alex for your morning coffee and a virtual peer check-in. For more information contact Alex at adennis@mhaedu.org.

Young Adults Group

Tuesdays 3:00-4:00pm. A weekly in-person group geared towards 18-30 year olds with mental health concerns. Together we give and receive peer support, explore the challenges and joys of building our adult lives, build life skills, and empower one another to find our voice. For more information contact Melanie at mlittle@mhaedu.org.