

# 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

### June 2021

| Sunday    | Monday   | Tuesday   | Wednesday | Thursday  | Friday  | Saturday  |
|-----------|--|---|-----------|---|---|-----------|
|           |  | <b>1</b><br>Tuesday Morning Coffee Break (Zoom) 11:00-12:00pm<br><br>Young Adults Group (Zoom) 3:00pm-4:00pm<br><br>Youth WRAP 4:15-5:45pm  | <b>2</b>  | <b>3</b><br>Games and Activities (Zoom) 1:30-2:30pm<br><br>Art Group 1:30-3:00pm  | <b>4</b><br>Friday Afternoon Check In (Zoom) 1:00-2:00pm  | <b>5</b>  |
| <b>6</b>  | <b>7</b><br>Youth Mental Health Check-In Group 4:30-5:30pm<br><br>Family Support Group (Zoom) 6:30-7:30pm  | <b>8</b><br>Tuesday Morning Coffee Break (Zoom) 11:00-12:00pm<br><br>Young Adults Group (Zoom) 3:00pm-4:00pm<br><br>Youth WRAP 4:15-5:45pm  | <b>9</b>  | <b>10</b><br>Games and Activities (Zoom) 1:30-2:30pm<br><br>Art Group 1:30-3:00pm<br><br>WRAP Alumni Group (Zoom) 3:30-4:30pm | <b>11</b><br>Friday Afternoon Check In (Zoom) 1:00-2:00pm | <b>12</b> |
| <b>13</b> | <b>14</b><br>Youth Mental Health Check-In Group 4:30-5:30pm<br><br>Family Support Group (Zoom) 6:30-7:30pm | <b>15</b><br>Tuesday Morning Coffee Break (Zoom) 11:00-12:00pm<br><br>Young Adults Group (Zoom) 3:00pm-4:00pm<br><br>Youth WRAP 4:15-5:45pm | <b>16</b> | <b>17</b><br>Games and Activities (Zoom) 1:30-2:30pm<br><br>Art Group 1:30-3:00pm   | <b>18</b><br>Friday Afternoon Check In (Zoom) 1:00-2:00pm | <b>19</b> |
| <b>20</b> | <b>21</b><br>Youth Mental Health Check-In Group 4:30-5:30pm<br><br>Family Support Group (Zoom) 6:30-7:30pm | <b>22</b><br>Tuesday Morning Coffee Break (Zoom) 11:00-12:00pm<br><br>Young Adults Group (Zoom) 3:00pm-4:00pm<br><br>Youth WRAP 4:15-5:45pm | <b>23</b> | <b>24</b><br>Games and Activities (Zoom) 1:30-2:30pm<br><br>Art Group 1:30-3:00pm<br><br>WRAP Alumni Group (Zoom) 3:30-4:30pm | <b>25</b><br>Friday Afternoon Check In (Zoom) 1:00-2:00pm | <b>26</b> |
| <b>27</b> | <b>28</b><br>Youth Mental Health Check-In Group 4:30-5:30pm<br><br>Family Support Group (Zoom) 6:30-7:30pm | <b>29</b><br>Tuesday Morning Coffee Break (Zoom) 11:00-12:00pm<br><br>Young Adults Group (Zoom) 3:00pm-4:00pm<br><br>Youth WRAP 4:15-5:45pm | <b>30</b> |   |   |           |

## **Information about this month's groups**

### **Art Group**

For more information, contact [mlittle@mhaedu.org](mailto:mlittle@mhaedu.org).

### **Coffee and Conversation**

Reconnect or make new friends during this hour of relaxation and small talk. Coffee is provided.

### **Family Support Group (Zoom)**

*Mondays 6:30-7:30pm.* For more information contact [pvincent@mhaedu.org](mailto: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 [awarrender@mhaedu.org](mailto:awarrender@mhaedu.org).

### **Games and Activities (Zoom)**

*Thursdays 1:30-2:30pm.* Join us for an online game or activity, for more information contact [awarrender@mhaedu.org](mailto:awarrender@mhaedu.org).

### **Tuesday Morning Coffee Break (Zoom)**

*Tuesdays 11:00-12:00pm.* Join Pat for your morning coffee and a virtual peer check-in. For more information contact [pvincent@mhaedu.org](mailto:pvincent@mhaedu.org).

### **WRAP Alumni Group (Zoom)**

*6/10 and 6/24 3:30-4:30pm.* This virtual group is open to all adults who have taken WRAP I, offering a place to come together, give and receive support, and discuss wellness and recovery. For more information contact [mlittle@mhaedu.org](mailto:mlittle@mhaedu.org).

### **Young Adults Group (Zoom)**

*Tuesdays 3:00-4:00pm.* A weekly virtual 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 [mlittle@mhaedu.org](mailto:mlittle@mhaedu.org).

### **Youth Mental Health Check-In Group** - *currently full, inquire about waiting list*

*Mondays 4:30-5:30pm.* An in-person peer support group for high school students (ages 14-19, enrolled in high school classes or equivalent) seeking support around their mental health. Youth will have an opportunity to connect with peers, share in open forum discussions, and engage in wellness-based activities. For more information contact [mlittle@mhaedu.org](mailto:mlittle@mhaedu.org).

### **Youth WRAP**

*Tuesdays 4:15-5:45pm.* For more information contact [mlittle@mhaedu.org](mailto:mlittle@mhaedu.org).