

**MAY**  
**2022**
















CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

**Wishing Wellness Center**

24 Church St. Cortland, NY 13045

Phone: (607) 423-7472

Hours: Mon: 8:30a-4:00 pm  
By phone or Appointment Only

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>—Closed—</b>	2 <i>*All activities are free and open to the general public.</i>  <i>*Events subject to change</i>	3  <i>Open Hours</i> 9:30 to 11:00 am	4  <b>Canvas Painting</b> 2:00 to 3:30 pm	5  <i>Open Hours</i> 2:00 to 3:30 pm	6  Tell someone how you are feeling!	7 <b>—Closed—</b>
8 <b>—Closed—</b> 	9  Take a scenic walk!	10  <i>Open Hours</i> 9:30 to 11:00 am	11  <b>Managing Thought Patterns</b> 2:00 to 3:30 pm	12  <i>Open Hours</i> 2:00 to 3:30 pm	13 <b>Fun Fridays</b> <b>Board Games</b> 2:00 to 3:30 pm 	14 <b>—Closed—</b>
15 <b>—Closed—</b>	16  Tell someone you care!	17  <i>Open Hours</i> 9:30 to 11:00 am	18  <b>Rock Painting</b> 2:00 to 3:30 pm	19  <i>Open Hours</i> 2:00 to 3:30 pm	20 <b>Narcan Clinic</b> 1:30 to 2:30 pm 	21 <b>—Closed—</b> <i>Seeds of Hope Concert</i> 3:00 to 6:00 
22 <b>—Closed—</b>	23  Sit with a friend!	24  <i>Open Hours</i> 9:30 to 11:00 am	25 <b>Piloting Conversations</b> 2:00 to 3:30 pm 	26 <b>MH Awareness Walk</b> 11:30 am 	27 <b>Fun Fridays</b> <b>MH Movie Day</b> 1:30 to 3:30 pm 	28 <b>—Closed—</b>
29 <b>—Closed—</b>	30 <b>—Closed—</b> 	31  <i>Open Hours</i> 9:30 to 11:00 am			<b>—Closed—</b>	<b>—Closed—</b>



## May Calendar Events:



Open hours: Tuesday's from 9:30 to 11:00 am, and Thursdays from 2:00 –3:30 pm

- 5/4/2022: “Canvas Painting”, bring your creative spirit and enjoy a fun afternoon of conversation and painting on canvas.
- 5/11/2022: “Managing Thought Patterns”, what are you thinking? Want to change those repeat thoughts? Join peer staff in finding ways to reframe our way of thinking and debuff repetitive thought patterns that create barriers with our mental health.
- 5/13 & 5/27: “Fun Fridays,” come in to play a board game or recovery-oriented games that build coping skills & activities of daily living, and enjoy a movie with the peers.
- 5/20/2022: “Narcan Clinic”, Need Narcan? Learn how you can join the effort in reducing opioid overdoses in our community. Staff are onsite to train in Narcan use and receive a kit to help save a life.
- 5/18/2022: “Rock Painting” , come help us as we brighten the day for strangers and paint inspirational or fun messages and happy pictures on rocks. You can take your rock with you or donate to the community garden by the Wishing Wellness Center.
- 5/21/2022: “Seeds of Hope Concert”, come join others in a fun musical event sponsored by the Cortland Mental Health Association at Rose Hall in Cortland. Tickets are available for \$10 in advance or \$15 at the door. Please contact peer staff for more information and event details.
- 5/25/2022: “Piloting Conversations”- get stuck on what to say or how to start a conversation? Join us in learning new ways to socialize and feel comfortable having a conversation with someone new, a topic that’s unfamiliar, or advocating for our needs.
- 5/26/2022: “MH Awareness Walk”, supported by several community agencies, please join staff, and other community members at the courthouse park as we participate in an annual walk to raise awareness and reduce stigma around mental health. Registration is required to participate and receive a t-shirt. Please contact staff for more details.

