

Why us?

Free Mental Health Support Services in Canandaigua. No insurance, diagnosis, or referral necessary.



Our Canandaigua office offers...

- » Life Skills Workshops
- » Peer Support
- » Support Groups
- » Community education
- » and more!



Ontario County Offices

Former Thompson Health Building
120 North Main St.
Canandaigua, NY 14424

Tues. 12:00 PM - 6:00 PM

Wed. 9:00 AM - 3:00 PM

Thurs. 9:30 AM - 2:30 PM

585.629.0386

mharochester.org/Ontario-County



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Ontario County Services

GET FREE, PERSONALIZED SUPPORT
FROM PEOPLE WHO'VE BEEN THERE



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

Tuesdays



Hours: 12:00 PM - 6:00 PM

Power of Money: 12:30 PM - 1:15 PM
For those struggling with budgeting and making ends meet.

Healthy Relationships: 2:00 PM - 3:00 PM
Focus on boundaries, assertiveness, and improving self esteem.

Family Support: 4:00 PM - 5:00 PM
For family members of those with mental health challenges.

Outreach in the Community: 5:00 PM - 6:00PM. We come to you for support!
Schedule an appointment by calling 585.629.0386



Wednesdays

Hours: 9:00 AM - 3:00 PM

STEMSS - Support Together For Emotional and Mental Serenity And Sobriety 11:00 AM - 12:00 PM
Self help step group focused on co-occurring Mental illness and substance abuse. Peer led.

Men's Support Group: 1:00 PM - 2:00 PM
(Bring an Issue)

Yoga for Recovery 2:00 PM to 3:00 PM
(licensed instructor) - Yoga to support mental health.
Requires 10 week commitment, consistent attendance
Registration Required



Thursdays

Hours 9:30 AM - 2:30 PM

Mindfulness activity: 10:00 AM - 11:00 AM
Color me calm, writing, construct collages, etc.

Women's Support Group: 1:00 PM - 2:30 PM
(Bring an Issue)



All other hours available for drop-in or 1:1 Support!