

CONNECTIONS RECOVERY CENTER JANUARY 2017

Happy New Year!

It's time to celebrate the beginning of a new year! This is the perfect time to reflect on the past year and think about how you would like to grow in the new year. Do you have any changes you would like to make in 2017?



In the new year, some people would like to change their life by occupying their time in new and interesting ways. The possibilities are endless when you consider volunteering, taking classes, trying new activities or work opportunities.

There are some individuals who want to get healthier. The definition of health is different for everyone. For some, it means eating more nutritiously. For others, it is finding new ways to get moving. Even in the winter months, there are many opportunities and supports to get healthier.

Remember – the key to making lifestyle changes is to do it in small, manageable steps. Before you know it, you are on a different path! It is important not to overwhelm yourself with a bunch of changes all at once and then, stop altogether. If you focus on small steps, you will find that each little step is an accomplishment!

East House and Connections offers many opportunities and resources to help you achieve your goals. If you are not sure where to start or if you need help getting connected to the right resources, please give us a call at 270-5482 and our team will be happy to help you!

There is always a lot happening at Connections. Please take your time to look over our calendar and group descriptions. We are here to support you and your recovery!

Your Connections team— Donna, Gerald, John, Julie & Susan

ABOUT CONNECTIONS RECOVERY CENTER

Connections Recovery Center is a recovery community that is a part of East House. It is built on the belief that recovery is attainable for everyone and focuses on health, home, community and purpose. Connections serves current and past East House clients. Many Connections classes, activities and support groups are peer run. Community volunteers and East House staff also lend their expertise and talents to teach classes, run groups and keep the center running. Connections Recovery Center is part of East House's mission to help individuals in recovery live healthy and fulfilling lives.

Connections Recovery Center

155 Dartmouth Street– rear building
Rochester, NY 14607
phone: 585-270-5482 www.easthouse.org

When you just need someone to talk to and you don't know where to turn. Please call the

**Affinity Place
Warm Line Service**
at

563-7470.

Open 24 hours per day,
seven days per week.

January Happenings

***Connections Enhanced Wellness Initiative continues!** The Whole Health Action Management (WHAM) support group will continue on Fridays but the time has changed to 12:30pm until 2:00pm. This will add a half-hour to facilitate discussion. On January 10, there will be an organizing Health Care Information workshop. On January 24, Julie will host a healthy cooking group.

***ROcovery Fitness** will be back in January for two groups. Please join us and the ROcovery team at Paul Wolk Commons on January 13 and January 27 from 3:30pm until 4:30pm as participants enjoy a fun and inspiring workout!

***Trips to the YMCA:** On January 6 and January 20, we will be going to the Carlton/Metro YMCA as part of our Healthy Living Group. The Carlton YMCA offers lap swim, open swim (water walking), use of a track, open gym (walking, basketball, etc.) or use of fitness equipment. If you would like to attend, please call Connections at 270-5482 to sign up.

All groups and activities that are part of the Connections Enhanced Wellness Initiative are marked with an asterisk (*) on the calendar and bulletin. We hope you will join us!

The East House Friends and Family Night is a group for East House clients and family members or friends who are supportive of their recovery. The next meeting will be on Wednesday, January 11 from 5:30pm until 6:30pm and will overview family systems and roles with guest speaker Brian O'Neill, Public Outreach Coordinator, Al-Anon. Light refreshments will be provided. If you would like to attend, please RSVP to (585) 238-4800 by Friday, January 6.

Connections Community Meeting and a Meal: This monthly group is for *everyone* who attends Connections! We explore ways to get more involved, support recovery, plan activities and grow our community. Our next meeting is on **Monday, January 23 from 4:00pm until 6:00pm**. Transportation will be provided! Each attendee should bring a dish to share. Contact Connections if you would like to *volunteer* to set-up or to cook for this monthly meeting. Please RSVP by calling Connections at 270-5482.

Please read your Connections Calendar closely. Some regular group times have changed to take advantage of community resources.

REMINDER... As a gentle reminder, please call and sign-up for groups and events so we may contact you if there are any changes or cancellations. Winter is here, so we need to be able to contact you in case of poor weather or group cancellations. Thank you in advance for your consideration.

**Creative Writing
with Dave & Kristin**

**Wednesday,
December 14
from 4:00-5:00pm**

Transportation will be provided. Please call Connections at 270-5482 to sign up.

This bulletin is a publication of:



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*"Start by doing what's necessary;
then do what's possible; and suddenly
you are doing the impossible."*

- Francis of Assisi

For more information, visit www.easthouse.org or call Connections at 585-270-5482.