

Connections Recovery Center

Group Descriptions – January 2017



Art Classes: Featuring professional artist Pat Swartzfeger. Pat is an accomplished artist in watercolor, oils and pen & ink mediums. Pat is delighted to share her talents with us! Materials provided. **The group will meet on the first and third Monday each month. T.**

Community Meeting and a Meal: This meeting is for ANYONE who attends Connections! Get updates on events and opportunities, explore ways to give back and grow the Connections community. A simple meal is provided each month and members bring a dish to share. **Our next meeting will be on Monday, January 23 from 4:00pm until 6:00pm. T.**

***Connections Enhanced Wellness Initiative:** This program will help you to achieve your wellness goals by helping you take control of your health, gain access to community classes, etc. Groups and activities that are part of the Initiative will be denoted with an asterisk (*) on the calendar and group descriptions.

Creative Writing with Dave & Kristen: Join us each month as Dave and Kristen explore writing and writing activities. Writing utensils and paper will be supplied. Creative Writing will be **on Wednesday, January 11 from 4:00pm until 5:00pm. T.**

***Fresh Air Club/Tobacco Recovery Support Group:** Peer Support for gentle tobacco recovery. Learn about strategies and resources to support your success. Becoming tobacco free is a process. Hear inspirational stories from our members and learn how you can be successful. **This group will meet on Mondays from 1:30pm until 2:30pm.**

***Healthy Cooking:** Learn how to make healthier choices when cooking and following recipes. The group will meet on **Tuesday, January 24 from 2:00pm until 3:30pm. T.**

***Healthy Living:** We will do Fridays at the YMCA on the first and third Friday of the month and ROcovery Fitness will train us to increase physical activity at Paul Wolk Commons. Please dress appropriately for participation in physical activity. **Healthy Living is on Fridays from 3:30 until 5:00pm, except ROcovery Fitness which will be from 3:30pm until 4:30pm. T.**

Knitting & Sewing: Some of the most beautiful things are created with your own hands and imagination! We have a variety of fabrics and yarns to get you started (or feel free to bring your own project from home). Learn basic sewing skills while making dresses for "Dress a Girl around the World." **Group meets on Thursdays from 3:00 until 4:30pm. T.**

LGBT Support Group: This special group will meet to discuss relationships, sexuality, health, religion, mental health, and stress among many other topics. **Please join us on the first and third Tuesday of each month from 3:30 until 4:30pm. For more information, contact Betsy at 238-4892 or Tracy at 442-3149.**

Men's Group: A night for guys to get together and socialize. There will be card/board games and light refreshments. Any East House member whose gender identity is male is welcome. **T.**

Mosaic Class: Find beauty where you least expect! Mosaic is the art of combining small pieces of colored glass, stone, or tile to create an image or pattern. We have many colors of tiles to help you make coasters, plaques or create your own original piece. Think you can't create a masterpiece? Mosaics will surprise you! **Class will meet on Saturday, January 21 from 1:00pm until 4:00pm. T.**

***Recovery Support Group:** Please join us to share, discuss problems and release tension. A healing place for you and your peers to help each other provide mutual support and grow - with no judgment! We continue to explore WRAP planning at each meeting. **Group meets each Thursday evening from 6:00 until 7:30pm. T.**

***WHAM Support Group:** Whole Health Action Management focuses on developing mind-body resiliency across the 10 resiliency factors recommended by Benson-Henry Institute for Mind Body Medicine at MGH. The plan promotes self-management skills, and teaches stress reduction using the Relaxation Response. **Group meets Fridays 12:30-2:00pm. T.**

Women's Worth: Any East House Member whose gender identity is female is welcome to join us. Join us for Mindful Self-Compassion with guest speaker Judy Lombard on **Monday January 9 from 3:30pm until 5:00pm. T.**

Connections Recovery Center
155 Dartmouth Street- rear carriage house
Rochester, NY 14607

Sign-up for groups at 270-5482!
phone: 585-270-5482
www.easthouse.org

T: Transportation is provided. Please call Connections at least one day in advance to arrange transportation. You may also contact Gerald at 208-9158 or Susan at 435-0149.