



Friends and Family Night

Are you currently the parent, spouse, loved one or support for a current East House client? Are you currently residing within one of East House's programs? Then, this monthly meeting is for you!

The Friends and Family Night topics and dates are:

Wednesday, January 11, 2017

Topic: Overview of Family Systems and Roles: Guest Speaker Brian O'Neill, Public Outreach Coordinator, Al-Anon.

Wednesday, February 8, 2017

Topic: Managing Emotional Crisis using Peer Respite: Guest Speaker Sabrina May, Program Manager, Affinity Place.

Wednesday, March 8, 2017

Topic: Self-Care through Physical Activity: Guest Speaker Yana Khashper, Co-Founder, ROCoverly Fitness.

All program sessions will be from 5:30pm until 6:30pm in East House's Multipurpose Room at the Monroe Ave. location on the second floor. Parking is available in the rear of the building and light refreshments will be served.

Please RSVP for this event at 585.238.4800 or admissions@easthouse.org no later than the Friday before each session.