

**Art Class:** 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. **T.**

**\*Connections Enhanced Wellness Initiative:** This program will help you to achieve your wellness goals by assisting you with taking control of your health, gaining 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.

**\*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 Living:** April features Fridays at the YMCA, increasing physical activity with ROcovery Fitness and nurturing your spirit. Please dress appropriately for participation in physical activity. **Healthy Living is on Fridays from 3:30pm until 4:30pm. NOTE: YMCA visit will be from 3:30pm until 5:00pm. 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 every other Thursday from 3:00pm 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 Tuesday, April 11 from 3:30pm until 4:30pm. For more information, contact Tracy at 585-442-3149.**

**\*Men’s Group:** A night for guys to get together and socialize. There will be card and board games as well as light refreshments. Any East House Member whose gender identity is male is welcome. Group will meet on **Wednesday, April 19 from 4:00-5:30pm. 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, April 22 from 1:00pm until 3:00pm. 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 every Thursday evening from 6:00pm 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 on Fridays from 12:30pm until 2:00pm. T.**

**\*Women’s Worth:** Any East House Member whose gender identity is female is welcome to join us. Please call for more information. Women’s Worth will meet on **Monday, April 10 from 3:30pm until 5:00pm. T.**

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### Connections Recovery Center

155 Dartmouth Street- rear carriage house  
Rochester, NY 14607  
Phone: 585-270-5482  
[www.easthouse.org](http://www.easthouse.org)

### Sign-up for groups at 270-5482!

**T:** Limited transportation is available to members living within 10 miles of Connections. You must call at least 24 hours before an event to sign-up or make a change. Please leave your name, activity, and phone number. On the day of pick-up, you may also call Gerald at 585-208-9158 or Susan at 585-435-0149.