

CONNECTIONS RECOVERY CENTER
MAY 2017

May is Mental Health Month!

What does mental health month mean? Each year, May is designated as a time to focus on ways to raise awareness about mental health and that recovery is possible. Mental Health America began this initiative in 1949. Since that time, many agencies have added their own events and programs to raise awareness about mental health.



On Saturday, May 6, NAMI Rochester (National Alliance on Mental Illness) will host its annual **NAMI Walks** event. Beginning at Village Gate, participants walk through neighborhoods to show solidarity and raise awareness about mental health. East House walkers have already signed up. If you have not signed up, you can always come and cheer the walkers on. Please contact Connections for more information.

The **2017 Reel Mind Film Series** will kick off its eighth year on Tuesday, May 9 with a screening of the film *Unbroken Glass* about a son's journey to discover his family's hidden past of schizophrenia and suicide. On Tuesday, May 23, the Upstate NY premiere of the film *Swim Team* will be screened about three boys with Autism who race against the odds in their quest to become champions, in the pool and in life. Both films will be screened at the Cinema Theater on their designated date at 7:00pm. The Reel Mind Film Series features films to address the social stigma of mental illness, providing a message that recovery is possible.

There is always a lot happening at Connections and throughout the East House community! Please take your time to look over the calendar and group descriptions. If you have any questions, please do not hesitate to give us a call.

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 empower individuals in recovery to live healthy and fulfilling lives.

Connections Recovery Center
155 Dartmouth Street— rear building
Rochester, NY 14607
phone: 585-270-5482
www.easthouse.org



2017 Lilac Festival Begins!

This year's festival will run from

Friday, May 12 through

Sunday, May 21

A schedule of free festival events will be posted at Connections. Check it out!



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.

May Happenings

Connections Enhanced Wellness Initiative continues! Enhanced Wellness Initiative (EWI) is a wonderful opportunity to get support with your wellness goals! All EWI groups and classes are noted by an asterisk (*). If you'd like more information on EWI, please give us a call at 270-5482.

***Cooking Matters** is coming to Connections! This free 6-week cooking and nutrition course will help you learn how to cook healthy meals on a budget. At the end of each class, you can eat the meal you have helped to prepare and take home a bag full of the ingredients! Transportation will be provided. The course will begin on May 23 and continue through June. We recommend that course participants attend all 6 sessions. Please call Connections at 270-5482 to sign-up.

***ROcovery Fitness** will be back in May! If you haven't had the chance to try one of these fun classes, this is the perfect chance! It does not matter your fitness level, ROcovery will customize to your needs. Please join us! ROcovery Fitness will meet during Healthy Fridays on May 5 and May 19 at Alexander Commons.

***Whole Health Action Management (WHAM)** support group meets on Fridays from 12:30pm until 2:00pm. WHAM group touches on many different aspects of wellness and you decide what area is most important to you. From that point, you will create a plan to achieve your personal goal and receive support from peers and other participants as you move to accomplish it. If you have not attended a group, please join us and see what it is all about!

The East House Friends and Family Night is for East House clients, family members, or individuals who are supportive in the recovery process. This group addresses concerns, questions, and resources that are available while in recovery. Light refreshments will be provided. Join us on Wednesday, May 10 from 5:30pm until 6:30pm at Monroe Square. Please RSVP to 238-4800 or admissions@easthouse.org no later than Friday, May 5.

We hope you will join us for a May event! **Please read your Connections Calendar closely. Some groups have changed to accommodate special May activities.**

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. Thanks!

This bulletin is a publication of:



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“What lies behind you and what lies in front of you, pales in comparison to what lies inside of you”

- Ralph Waldo Emerson

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