

Connections Recovery Center

Group Descriptions –May 2017



***Art Therapy:** Art therapy has many benefits and can help improve overall well-being. It uses art as a therapeutic tool. Art therapist, Shannon Halligan, will lead you to create your own unique piece of art. Please join us on May 30 from 1:00pm until 2:00pm. **T.**

***Cooking Matters:** This is a six-week, hands-on cooking course presented by Foodlink. Each session covers meal preparation, grocery shopping, food budgeting and nutrition. Participants will be able to take home a bag of groceries at the end of each class. **This six-week course will begin on Tuesday, May 23 from 4:00pm until 6:00pm and continue through June. We recommend that course participants attend all of the 6 sessions. 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. T.**

***Healthy Living:** Focus on increasing physical activity and other aspects of wellness including spirituality. Please dress appropriately for participation in the physical activity sessions. **Please see the May calendar for times & locations. 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.” **This group will meet on Thursday, May 4 and Thursday, May 18 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 May 9 from 3:30pm until 4:30pm.** Please contact Connections for more information.

***Men’s Group:** This social group will meet in May for cards and board games as well as light refreshments. Any East House Member whose gender identity is male will be welcome. Join us on **Wednesday, April 17 from 4:00pm until 5:30pm. 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 designated meeting. **Group meets each Thursday. Please see your Connections May calendar for specific dates and times. T.**

***WHAM Support Group:** Whole Health Action Management (WHAM) focuses on developing mind and body resiliency. The plan promotes self-management skills and teaches stress reduction using the Relaxation Response. **This group meets every Friday from 12:30pm until 2:00pm. T.**

***Women’s Worth:** Any East House Member whose gender identity is female will be welcome to join us. Call for more information. This social group will meet on **Monday, May 15 from 3:30pm until 5:00pm. T.**

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SIGN UP FOR ACTIVITIES AT 585-270-5482.

T: Transportation: 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 call Gerald at 585-208-9158 or Susan at 585-435-0149.