

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.

Creativity Club: Some of the most beautiful things are created with your own hands and imagination! We have a variety of materials to get you started (or feel free to bring your own project from home). You can sew, knit, paint, color, and the list goes on & on. Come Connect with your creativity and spend time in a friendly and welcoming place. **We will meet on Fun Fridays from 1:00pm until 3:00pm.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 meets on Healthy Tuesdays from 2:00pm until 3:00pm.**

***Healthy Living:** These activities are feature parts of *Healthy Tuesday and Wellness Wednesday*. Healthy Tuesday focuses on physical activity and will feature yoga classes at YogaVibe Studio as well as a walking group to explore nearby neighborhoods. Wellness Wednesday focuses on nutrition and will feature meal planning as well as cooking groups. On the days where physical activity is planned, please dress appropriately and bring a water bottle. If you need help figuring out what to wear, please give us a call and we will be happy to help you. **Groups will meet on Healthy Tuesday and Wellness Wednesday. Please check your calendar for times. T.**

***LGBT Group:** This special group discusses relationships, sexuality, health, religion, mental health, and stress among many other topics. This month, we have created a more regular group schedule. We will meet on the second and fourth Wednesday of each month. **This month, we will meet on August 9 and August 23 from 2:00pm until 3:30pm.** For more information contact Connections. **T.**

***Nurturing Your Spirit:** This group focuses on spirituality and what it means to all of us. The group will discuss and share ways to enhance our spirituality. Please join us on August 25 from 11:00am until 12:00pm. **T.**

***Picnic at Genesee Valley Park:** Join us on Thursday, August 31 for a picnic at Genesee Valley Park. There will be games, food and loads of fun! Please call Connections for more details and to sign-up. **T.**

***Recovery Support Group:** *Please join us on Thriving Thursdays!* During group you can share, discuss problems and release tension. This is a healing place for you and your peers to help each other provide mutual support and grow - with no judgment! We continue working on WRAP planning at the beginning of the meetings. **NOTE NEW TIME: The group meets on Thursdays from 2:00pm until 3:30pm. T.**

Women's Worth: This group is focused on issues that women face and anyone who identifies as female is welcome. **Women's Worth will be held on August 23 from 2:00pm until 3:30pm. T.**

Connections Recovery Center

155 Dartmouth Street- rear carriage house

Rochester, NY 14607

Phone: 585-270-5482

www.easthouse.org

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.