

CONNECTIONS RECOVERY CENTER SEPTEMBER 2017

September is Recovery Month!

What is Recovery Month?

Recovery Month celebrates you and your recovery! This month not only celebrates individuals in recovery, it is also promotes the benefits of prevention and treatment for mental health and substance use disorders, praises

the contributions of service providers, and promotes the message that recovery is possible. Throughout September, there are a variety of recovery events in Rochester including the ROCovery Fitness Annual 5K and Fun Day. Please check out the Connections calendar for more information.

Beth Bloom recently joined the Connections team and she wanted to take a moment to write to you here:

"I'm thrilled to be working at Connections and I have had a chance to meet so many new people and reacquaint myself with many more. Connections is growing and improving. If you haven't been here, please check out the calendar and give us a call. I look forward to seeing you at Connections! Sincerely, Beth"

There is always a lot happening at Connections and throughout the East House community! We hope you will take a little time and join us for some of the fun events we have planned for September. If you have any questions, please do not hesitate to give us a call at 585-270-5482.

Your Connections team— Donna, Beth, 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 help individuals in recovery live healthy and fulfilling lives.

Connections Recovery Center

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



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.



**Celebrate Recovery
Month at the
ROcovery Fitness
Annual 5K on**

**Saturday,
September 23
at 9:30 a.m.**

(Registration begins at
8:30 a.m.)

Join hundreds of individuals in recovery as they take a stand against addiction by walking or running this 3.2 mile trail at scenic Seneca Park. The event also features a mini-boot camp for kids sponsored by Webster Fit Body Bootcamp and a fun-filled raffle. Lunch will be available for purchase from Chef's Catering.

**Seneca Park
Longhouse Shelter**
2222 St. Paul Street
Rochester, NY 14621

September Happenings

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

YogaVibe: Connections will be going to YogaVibe Yoga Studio on September 5 and September 19. It does not matter your fitness level, the instructor will customize to your needs. Please join us!

LGBT Group to visit the Rochester Gay Alliance: Join us for a field trip to the Gay Alliance of Rochester on Wednesday, September 6. We will take an RTS bus from Connections to Gay Alliance headquarters. Transportation will be available to and from Connections.

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, September 13 from 5:30pm until 6:30pm at Monroe Square. Please RSVP to 238-4800 or admissions@easthouse.org no later than Friday, September 8.

Please read your Connections Calendar closely. There are some special September activities listed. As a gentle reminder, please call Connections at 270-5482, to sign-up for groups and events so we may contact you if there are any changes or cancellations. Transportation cell phones are only to be used for day of event changes. Thanks!

September is a busy time in Rochester too! Check out some of these fun community events including:

Clothesline Arts Festival on September 9 and September 10: Rochester's largest and longest running fine art and crafts festival features more than 400 local and regional artists. Admission is \$5.00 and is held on the grounds of the Memorial Art Gallery.

Rochester Fringe Festival from September 14 through September 23: Theater, comedy, dance, and music! Expect the unexpected in this unique, multi-arts festival that showcases and stimulates creativity. Shows are at various locations, check rochesterfringe.com for more information.

This bulletin is a publication of:



259 Monroe Avenue, Suite 200
Rochester, NY 14607
585.238.4800
www.easthouse.org

"You are, in fact, part of the glorious oneness of the universe. Everything beautiful in the world is within you."

- Russell Brand

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