

CONNECTIONS RECOVERY CENTER  
OCTOBER 2017

**Fall is in the air!!**

Summer has come to an end and fall is upon us. It is a great time to go out and see all of the foliage throughout our parks and neighborhoods. We have a lot planned at Connections and here are a couple of October highlights:



On October 19, **Global Peer Day**

recognizes and appreciates the work of peer specialists throughout the world. A peer specialist is defined as a person with a lived experience who shares that experience to help others. East House Peer Specialists have a variety of lived experiences with mental health and/or substance use disorders and different roles within the agency. Please recognize the work your Peer Specialists do for you.

**Jessica Henderson Event:** For the past 16 years, the Henderson Family has collaborated with the National Alliance of Mental Illness of Rochester to hold the Jessica Henderson event in honor of their daughter. This event strives to offer hope to all people affected by mental illness, increase community awareness and erase stigma.

The 2017 Jessica Henderson event guest speaker is Mike Veny. Mike uses his own experience with mental illness to help inspire others to see mental illness in a different way. He has spoken all over the world and has a TEDx talk which can be found online. A group of Connections members are attending. If you are interested or would like more information, please call us at 585-270-5482.

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 planned for October. If you have any questions, give us a call at 585-270-5482.

**Your Connections team— Donna, Julie, Beth, John & 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](http://www.easthouse.org)

# Halloween Party

Connections is throwing a Halloween party! Join us for an afternoon filled with friends, fun and costumes!

**Friday, October 27**

**1:00pm until  
3:00pm**

There will be games and refreshments. Hope to see you there! Pre-Party activities include making decorations and masks during Creativity Club on Friday, October 20.



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.**

## October 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 585-270-5482.

**Creativity Club:** On Friday, October 6, Creativity Club will host a special demonstration on the art of quilling. Quilling is the process of taking strips of paper and rolling them into shapes to create decorative designs. Quilling is easy and fun. No matter what your skill set, this is an art project that everyone can do.

**YogaVibe:** Connections will be going to YogaVibe Yoga Studio on October 10 and October 24. It does not matter your fitness level, the instructor will customize to your needs. Please join us!

**LGBT Group:** This month, the LGBT Group will be meeting at Connections to plan for future events and catch up on what's happening. Please join us and remember allies are always welcome! If you have any questions about this group, please call Connections at 585-270-5482.

**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, October 11 from 5:30pm until 6:30pm at Monroe Square. Please RSVP to 238-4800 or [admissions@easthouse.org](mailto:admissions@easthouse.org) no later than Friday, October 6.

**Please read your Connections Calendar closely. There are some special October activities listed.** As a gentle reminder, please call Connections at 585-270-5482 to sign-up for groups and events. Sign-up is important because we may need to contact you if there are any changes or cancellations. Also, transportation cell phones are only used for day of event changes. When in doubt, please call Connections main number at 585-270-5482. Thanks!

This bulletin is a publication of:



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585.238.4800  
[www.easthouse.org](http://www.easthouse.org)

**"You are braver than you believe,  
smarter than you seem, and  
stronger than you think."**

- Winnie-the-Pooh (A.A. Milne)

**For more information, visit [www.easthouse.org](http://www.easthouse.org) or  
call Connections at 585-270-5482.**