

Creativity Club: Some of the most beautiful things are created with your own hands and imagination! **On October 6, Creativity Club will host a special demonstration on the art of quilling.** Quilling uses strips of paper which are rolled into shapes to create decorative designs. This is an art project that everyone can do. **On October 20, Creativity Club make costumes and decorations for the Connections Halloween Party.** Come connect with your creativity and spend time in a friendly and welcoming place. **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 is on Healthy Tuesdays from 2:00pm until 3:00pm.**

Halloween Party: Join Connections members for an afternoon filled with fun, festivities and costumes. Pre-party activities like making a costume and decoration will take place at Creativity Club on October 20. **The Connections Halloween Party will be held on Friday, October 27 from 1:00pm until 3:00pm. T.**

Healthy Living: Healthy living activities continue as part of *Healthy Tuesday and Wellness Wednesday*. Healthy Tuesday focuses on physical activity and will feature yoga at YogaVibe Studio as well as a walking group to explore nearby neighborhoods. Wellness Wednesday will feature the series of Cooking Matters classes, which are closed groups, and will conclude on October 11. On the days with a planned physical activity, 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. **Please check your October Connections calendar for specific times. T.**

LGBT Group: This special group will meet to discuss relationships, sexuality, health, religion, mental health, and stress among many other topics. **Group will meet on Wednesday, October 18 from 2:00pm until 3:30pm.** Transportation is available this month. For more information, please contact Connections. **T.**

Nurturing Your Spirit: What is spirituality? What does spirituality mean to you? How can you enhance spirituality and your recovery? This group will explore the answers to those questions and many more. **Please join us for this special group on Friday, October 20. T.**

Recovery Support Group: *Thriving Thursdays is focused on recovery support!* During group you can share your thoughts, 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 end of the meetings. **This group meets on Thursdays from 2:00pm until 3:30pm. T.**

Transportation Group: Do you feel stressed by the public transit system? Explore and overcome those barriers in this supportive group. The group will also explore alternatives to the RTS bus system. **This group will meet on Friday, October 13 from 11:00am until 12:00pm. T.**

Women's Worth: This group is focused on women's issues. Anyone who identifies as female is welcome. **Women's Worth will meet on Wellness Wednesday, October 25, 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.