

CONNECTIONS RECOVERY CENTER NOVEMBER 2017

The Power of Gratitude



What is gratitude? Gratitude is the quality of being thankful and to feel an appreciation for things. Did you know that practicing gratitude can have many positive effects on your

wellbeing? It is a powerful tool that can train our brains to look for the positives in our lives- even when they may seem hard to find. For many, once you get in the habit of being grateful, it gets easier to find things that you appreciate.

Think about this question: What are you grateful for at this moment? Is it a person? An animal? The place where you live? The way the sunshine peeks through the clouds? Or the smell of snow in the air? There is no wrong answer. You may be grateful for any number of things. Once you begin to write down what you are grateful for, it can be even more powerful.

In the upcoming months, Connections' Nurturing Your Spirit Group will explore the power of gratitude. If you are interested in learning more, please join us for this fun and inspiring group!

There is always a lot happening at Connections and throughout the East House community! Please take a little time out of your schedule and join us for one of our inspiring November events. 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

East House Holiday Party

To attend the 2017 East House Holiday Party, you must sign-up with your counselor by November 28.

The event is on

**Thursday,
December 7 from
5:00pm until
8:30pm.**

Connections Crafters will sell items. Bring money to purchase these unique gifts.

If you are an alum and would like to attend, contact Connections.



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.

November 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.

Fun Friday moves to Monroe Square: Friday activities have moved to East House's Monroe Square multipurpose room. In that location, we will have more room to spread out. There is also a new kitchen as well as a nearby computer lab for use. There is also a bus stop just steps away from the building. Please join us for Fun Friday activities in our new location.

Creativity Club: On November 3, we'll be doing a special demonstration on Zen Doodles. You begin with a simple shape and add to it gradually, which turns it into a detailed work of art. This relaxing activity is meant for all skill levels.

YogaVibe: On Tuesday, November 21, Connections will visit to YogaVibe Yoga Studio. It does not matter your fitness level, the instructor will customize to your needs. Please join us!

LGBT Group: This month, the LGBT Group is going bowling. Please join us and remember allies are always welcome! If you have any questions about the LGBT Group, please call Connections at 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. Join us on Wednesday, November 8, from 5:30pm until 6:30pm at Monroe Square. Light refreshments will be provided. Please RSVP to 238-4800 or admissions@easthouse.org no later than Friday, November 3.

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

This bulletin is a publication of:



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“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”

- William Arthur Ward

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