

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. Come connect with your creativity and spend time in a friendly and welcoming place. **This group is on Fun Fridays from 1:00pm until 3:00pm at Monroe Square in the multipurpose room. This location is handicap accessible but transportation is not handicap accessible. 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.**

Healthy Living: Healthy living activities continue as part of *Healthy Tuesday and Wellness Wednesday*. Healthy Tuesday focuses on physical activity and will feature a walking group to that will be doing indoor walking during the winter months. Wellness Wednesday will have a variety of wellness activities. 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 December Connections Calendar for 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 Wellness Wednesday, December 20 from 2:00pm until 3:30pm.** 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. **This group is being held on Tuesday, December 19 at 2:00pm.**

Recovery Support Group: *Thriving Thursdays is focused on recovery support!* During group, you may 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! We continue working on WRAP planning at the end of designated meetings. **Group meets on Thursdays from 2:00pm until 3:30pm. Note: There is no meeting on Thursday, December 7. T.**

Women's Worth: This group is focused on women's issues. Anyone who identifies as female is welcome. We will be volunteering as a group in December. If you are interested please contact us for more information. **We are planning to volunteer as a group on Friday, December 15. Please call Connections for more information. 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.