

CONNECTIONS RECOVERY CENTER
JANUARY 2018

Year of
Gratitude!

What is your favorite tool for living more fully? In 2018, at Connections, we will emphasize the practice of gratitude as a tool to help you transform your life. What is gratitude? Gratitude is defined as the quality of being thankful; readiness to show appreciation for and to return kindness.



Scientific evidence shows a connection between gratitude and an individual's wellness in many areas of life. Being grateful can make an individual more hopeful and healthier, it can improve sleep quality, increase self-esteem, increase helpfulness and empathy, and increase resilience. Closer to home, some Connections staff have incorporated gratitude into their lifestyle and seen changes for the better.

Whether you practice gratitude now or want to try to incorporate it into your life, please join us at Connections groups and events throughout 2018. You are always welcome!

Please note: if you would like to remain on the Connections mailing list, please call us before Monday, January 15 at 585-270-5482. If you have not contacted us by January 15, you will no longer receive Connections mailings.

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 January. 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 empower individuals in recovery to live healthy and fulfilling lives in their community.

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



Foodlink Pop-up & Curbside Market

If you missed the Cooking Matters classes, this is an opportunity for you!

**Wednesday,
January 3 from
from 11:30am
until 12:30pm
at Monroe Square's
Multi-Purpose Room**

Attendees will receive a tote bag and \$5.00 market voucher. You may use the voucher at the Curbside Market at Monroe Square on Wednesday, January 10.

To sign up, call Connections at 585-270-5482.



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

585-563-7470.

Open 24 hours per day,
seven days per week.

January Happenings

Connections Enhanced Wellness Initiative (EWI): This is a wonderful opportunity to get support with your wellness goals! If you'd like more information on EWI, please give us a call at 585-270-5482.

Connections Club at Monroe Square: Connections Club is now what we call all of our Friday activities which will be held at East House's Monroe Square location. Connections Club is focused on building social skills while participating in a variety of different activities. Knitting, sewing and craft supplies will still be available for use in addition to board and card games, and outings. The meeting space at Monroe Square's Multi-Purpose room is much larger and includes a kitchen and computer lab. Not to mention, a bus stop is conveniently located just steps from the building entrance. Please note: The meeting time for this group is now from 12:00pm until 2:00pm to allow time for everyone to be home before dark.

LGBTQ+ & Friends Group: In January, the LGBT Group will meet at Connections to socialize and plan future activities. Please join us and remember allies are always welcome! If you have any questions about the LGBT 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. Join us on Wednesday, January 10 from 5:30pm until 6:30pm at Monroe Square. Light refreshments will be provided. Please RSVP to 585-238-4800 or admissions@easthouse.org no later than Friday, January 5.

Please read your Connections Calendar closely. There are some special January 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 if there are any changes or cancellations, we may need to contact you. **Please note:** Transportation cell phones are only used for day of event changes.

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.