

Connections Recovery Center

Group Descriptions –January 2018



Connections Club: Come together to socialize with friends, both new and old, to do something creative, play games, or just hang out. For art and crafts, we have a variety of materials to create sewing, knitting, painting, coloring projects or feel free to bring your own project from home. Connections Club also has a variety of board and card games available, which will be a focus one week per month. In January, the Club will do an outing to the Lamberton Conservatory, which has a \$3.00 admission fee. **This group is on Fun Fridays from 12:00pm until 2:00pm at Monroe Square in the Multi-Purpose room. This location is handicap accessible but transportation is not handicap accessible. T.**

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 held every Tuesday at Monroe Square in the Multi-Purpose Room from 12:00pm until 1:00pm. This location is handicap accessible.**

Healthy Living: Healthy living activities continue as part of *Healthy Tuesday and Wellness Wednesday*. Healthy Tuesday focuses on physical activity and will feature a monthly trip to YogaVibe and ROCoverly Fitness. Wellness Wednesday focuses on nutrition and healthy eating. When there is a planned physical activity, we ask that you 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. **Please check your January Connections Calendar for dates and times. T.**

LGBTQ+ & Friends Group: This special group will meet to discuss relationships, sexuality, health, religion, mental health, and stress among many other topics. This month, we will have a special guest, Reverend Liz Bell, who will be discussing the topic of LGBTQ+ and Spirituality. **The group will meet on Wellness Wednesday, December 17 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 with a continued focus on gratitude. **This special group will meet at Monroe Square on Healthy Tuesday, January 16 from 2:00pm until 3:00pm. T.**

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. T.**

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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.