

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. **This group is held on most Fridays from 1:00-3:00pm.**

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 on the second and fourth Tuesday of each month.**

Get Active: This group focuses on physical activity and will feature a monthly trip to YogaVibe and ROcovery Fitness. 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. This group takes place on Wednesdays. **Please check your August Connections Calendar for dates and times.**

Getting Around Town: Would you like to be more comfortable taking the bus? Would you like to get around more independently to do all the things you like to do? The Regional Transit System (RTS) provides buses to many different places throughout the city and suburbs. RTS is a wonderful resource but can be tricky. If you want help building your bus skills and brainstorm transportation solutions, then this is the group for you. **Getting Around Town will meet on Friday, August 17 from 1:00pm until 2:30pm.**

LGBTQ+ & Friends Group: This special group will meet to discuss relationships, sexuality, health, religion, mental health, and stress among many other topics. In August, the group will go on a Putt-Putt golf outing! **The group meets on the third Wednesday of the month at Connections.** For more information, please call 585-270-5482.

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 much more. This month, we will watch a Ted Talk that explores how diet can affect your greater well-being. **Nurturing your Spirit will meet during Connections Club at Monroe Square on Friday, August 10 from 2:00pm until 3:00pm.**

Power of Volunteering: This group explores how volunteering not only helps others but can help you as well. There will be discussion about volunteer opportunities in our community and possible group volunteer projects. **Power of Volunteering will meet on Friday, August 24 from 2:00pm until 3:00pm.**

Recovery Support Group: 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! **This group is held on Thursdays from 3:30pm until 4:30pm at Monroe Square.**

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.