

NEWSLETTER
APRIL 2019

Let's get walking!!

Time to dust off your walking shoes! The NAMIWalks is just a month away on May 4th and we're going to spend April getting ready for it!

If you're not familiar, NAMIWalks is a wonderful event created to help bring awareness to mental health. It's a fun 1.5 mile walk that begins at Village Gate, located in the City of Rochester.



This year we decided to create a walking team that will meet weekly beginning Tuesday, April 2nd. The team will take walks together to help everyone prepare for the big event. We'll be offering different walking options throughout the month. Check out the calendar for a schedule of our weekly walking sessions. All you have to do is call and sign up. If you can't begin right away that's fine; just sign up as soon as you can!

We'll have some incentives for people who join the team and participate, such as pedometers, water bottles and other fun, inspiring items!

Please also join us on Monday, April 29 at 1 p.m. for our NAMIWalks Warm-Up Party at Monroe Square. There will be crafts, snacks and more information about the walk.

There will still be an East House team the day of the event so even if you don't participate in the walking group you can still walk with East House at the event. We hope to see as many of you there as possible! If you're not able to walk in the event you are still welcome to participate in other activities offered that day.

For more details about the NAMIWalk, please ask your East House contact who can help you sign up.

- Your Recovery Support Service Team

ABOUT RECOVERY SUPPORT SERVICES

Recovery Support Services is a recovery community that is a part of East House. We believe that recovery is attainable for everyone and focus on the eight dimensions of wellness— emotional, spiritual, intellectual, physical, environmental, financial, occupational and social. Many 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 program running. Recovery Support Services reinforces East House's mission to empower individuals to recover and to live healthy, fulfilling lives in their community.

Recovery Support Services
259 Monroe Avenue, Suite 200
Rochester, NY 14607
Phone: 585-238-4800
www.easthouse.org

RSS Group Spotlight:

Brain Train!

This month RSS would like to highlight the group, "Brain Train" (formerly known as NEAR.)

Brain Train is held Tuesday and Thursday mornings from 10—11 a.m.

This fun group includes computer games that help boost cognitive skills such as memory, focus, concentration and attention.

To sign up for Brain Train, please call 238-4800.



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.

Education & Employment Services

Experience College on the RIT Campus!

The East House James Papero Enrichment Program at Rochester Institute of Technology (RIT) is quickly approaching! If you wish to experience the "college life" and have a goal of receiving continued education and/or skills training for future employment, then this may be the program for you!

Where: This two-week program will be held on the Rochester Institute of Technology Campus. Transportation will be provided to and from campus. Van pick up times will range from 7—8 a.m.

When: This year's program runs June 3rd-June 13th (Monday-Thursday each week).

What: This opportunity will allow East House RSS clients to experience the college campus life. Classes and seminars will be focused on topics such as art, careers, communications, health and wellness, history, human services, languages, physical education and more! There are no college credits associated with the courses; however, participants will receive a certificate at the end of the program. Participants will also take part in a graduation ceremony where friends and family are welcome to attend. *The graduation will take place on June 13, 2019 at 2 p.m.*

Special Considerations:

- Please note that there will be a lot of required walking throughout the campus
- Lunch will be provided daily and there will be a variety of food options
- There are 45 spots available for this program so apply quickly! (first-time participants will be given preference)
- High school diplomas or TASC certificates are not required to participate
- At least two East House staff will be on campus, but there may not always be 1:1 counseling support

Please contact your career counselor for an application and apply by May 3, 2019.

This bulletin is a publication of:



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"It always seems impossible
until it is done."

- Nelson Mandela

For more information, visit www.easthouse.org or
call Recovery Support Services at 585-238-4800.