Recovery Support Services — May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **Job Club:** 1-3pm. **Basic Computer Skills:** 3-4pm.	**2** **Brain Train:** 10-11am. **Connections Cafe:** 12:30-1:30pm. **Walk:** 1:30-2pm. **Assertiveness:** 2-3pm.	**3**	**4** ***NAMIWalks:** Walk begins at 10am.
6 **Breaking Free from Tobacco:** 1-2pm. **Open Computer Lab:** 1-3pm. **Arts & Crafts:** 1:30-3pm. Make your own interactive greeting card.	**7** **Brain Train:** 10-11am. **Create Your Winning Resume:** 2-3pm.	**8** **Job Club:** 1-3pm. **Walk:** 1:30-2:30pm. **Basic Computer Skills:** 3-4pm. **Friends & Family Night:** 4:30-5:30pm.	**9** **Brain Train:** 10-11am. **Connections Cafe:** 12:30-1:30pm. **Walk:** 1:30-2pm. **Creative Writing:** 2-3pm.	**10** **Walk:** 1-2pm.	**11**
13 **Women's Group:** 11am-12:30pm. Trip to Lilac Festival. **Open Computer Lab:** 1-3pm. ***LGBTQ+ & Friends:** 2-3:30pm. Special Guest Kim Brumber, "Living an Authentic Life."	**14** **Brain Train:** 10-11am. **Create Your Winning Resume:** 2-3pm.	**15** **Job Club:** 1-3pm. **Walk:** 1:30-2:30pm. **Basic Computer Skills:** 3-4pm.	**16** **Brain Train:** 10-11am. ***Connections Cafe:** 11-12:30pm. Trip to Lilac Festival.	**17** **Walk:** 10-11am.	**18**
20 **Nurturing Your Spirit:** 12:30-1:30pm. **Arts & Crafts:** 1:30-3pm. Rock art. **Open Computer Lab:** 1-3pm.	**21** **Brain Train:** 10-11am. **Create Your Winning Resume:** 2-3pm.	**22** **Job Club:** 1-3pm. **Walk:** 1:30-2:30pm. **Basic Computer Skills:** 3-4pm.	**23** **Brain Train:** 10-11am.	**24** **Walk:** 1-2pm.	**25**
27 **Memorial Day** **No Activities Today**	**28** **Brain Train:** 10-11am. **Create Your Winning Resume:** 2-3pm.	**29** **Job Club:** 1-3pm. **Walk:** 1:30-2:30pm. **Basic Computer Skills:** 3-4pm.	**30** **Brain Train:** 10-11am. **Connections Cafe:** 12:30-1:30pm. **Walk:** 1:30-2pm. **Creative Writing:** 2-3pm.	**31** **Wellness Fair:** 1-3pm.	

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

SIGN UP FOR ACTIVITIES AT (585) 238-4800

Location: We are located at Monroe Square which is on the 47 bus line. Limited transportation and bus passes are available for clients for some activities. 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.

East House
moving lives forward