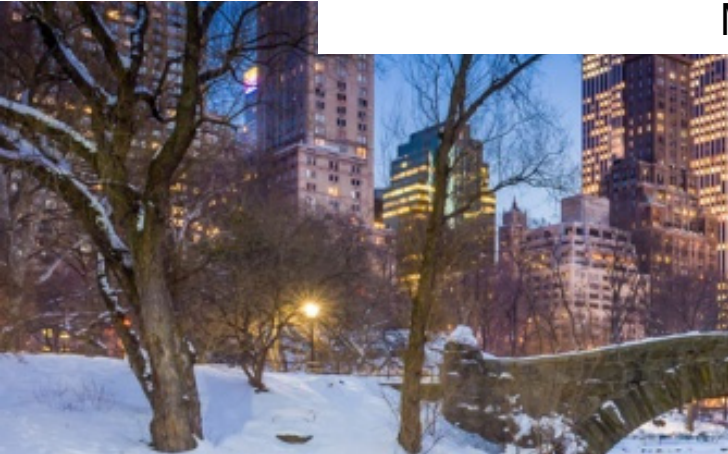




# CONNECT NEWSLETTER

40 Montgomery Street  
New York, NY, 10002

MARCH 2023



## NEW IN CONNECT

Drop into one of our Recovery Groups open everyday!

*In the Community Room:*

**Self-Expression Through Art - March 9th, 3:00pm**

**Activities to Calm Anxiety and Stress - Tuesdays, 1:00pm**

Virtual Book Club - Mondays at 11:00am

If interested, contact [WCoulson@henrystreet.org](mailto:WCoulson@henrystreet.org)

## NEW WEEKLY GROUPS!

These groups work to improve skills related to everyday life. This includes how to manage stress, develop positive social skills and self-confidence, and much more. Free, no registration required!

Please ask for a weekly Calendar for CONNECT groups at the front desk or a CONNECT staff.

## Success Stories:

"Keven P. has made my life easier by taking me on the spot for an intake. I'm so grateful and thankful for meeting him and the CONNECT team, it's different over here."

"I wish these services could exist in many places because it is a blessing. I don't have health insurance and I can still receive services. I love the diversity, I can be myself!"

## Reminder:

### New Walk-ins and intakes

Tuesday – Friday from 9:00am – 1:00pm

40 Montgomery Street

## OFFSITE RESOURCES

Come cook for your health! Nutrition facts you need to know, basic cooking skills, and delicious recipes you can make in a snap. REGISTER NOW! Contact Wendy Barron, PhD. at 212-238-7440 or [Wendy.Barron@nychhc.org](mailto:Wendy.Barron@nychhc.org)

Trinity Lower East Side Soup Kitchen (602 E 9th Street) serves lunch from 11:00am – 12:00pm.

## We need more leaders.

Join your Community Board. Serve your city. Applications are now open through March 17th, 5:00pm! For more information on how to apply, visit: [www.manhattanbp.nyc.gov/communityboards](http://www.manhattanbp.nyc.gov/communityboards)

For more information, contact: Lainey Perez | [LPerez@henrystreet.org](mailto:LPerez@henrystreet.org) | 646-983-4195

