



40 Montgomery Street
New York, NY, 10002

CONNECT NEWSLETTER

MAY 2024



NEW SPRING CONNECT GROUPS!

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

Please ask for a weekly calendar for CONNECT groups at the CCC front desk or ask a CONNECT team member.

Reminder

Accepting intakes for groups:
Anger Management & Processing Grief

Contact Rachel Vaughan,
RVaughan@henrystreet.org



CONNECT ACTIVITIES!

Get some fresh air with the Wellness@HenryStreet walking group!
The group will meet Fridays at noon outside the Community Consultation Center - 40 Montgomery Street. Four-legged friends welcome!

Free youth art classes for NYCHA residents.

ONGOING PROGRAMS AT CONNECT

NEW Acupuncture Group
Every Friday, 10:30 a.m. – 12:30 p.m.

NEW Coping Skills
Every Monday, 2 – 3 p.m.

NEW Behavioral Changes Group
Court involved participants only!

Processing Grief Group
Every Wednesday, 12:00 – 1:15 p.m.

Pottery & Ceramics Class
Every Monday and Wednesday, 10:00 a.m. – 1:00 p.m.

& so much more!

Success Stories:

“I really enjoy acupuncture. It makes me feel so calm, I'm able to let go of my worries and feel at ease. Self-care is like a gift I can enjoy.”

“I came in homeless and was able to connect with the community liaison and receive mental health services in a timely manner. I was seen by an intake worker and felt so safe. This is important because I've been to other clinics where I felt unwanted and waited for hours. It was difficult.”

“I am one that doesn't like people much. It didn't feel like I was in NYC for a moment; all staff are kind and welcoming. I feel safe!”

OFFSITE RESOURCES

- City Relief in Sara D. Roosevelt Park (Delancey St. between Chrystie and Forsyth St.) provides food, hygiene kits, and more on Thursdays, 11:00 a.m. – 1:00 p.m.
- Trinity Lower East Side Soup Kitchen (602 East 9th St.) serves lunch on Mondays – Fridays, 11:00 a.m. – 12:00 p.m.
- The Bowery Mission (227 Bowery) serves fresh meals for breakfast, lunch, and dinner on a daily basis.
- Services for undocumented people: nynice.squarespace.com
- Free Immigration Services in Manhattan: Call (646) 518-3014

