

CONNECT NEWSLETTER

APRIL 2023



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.



Reminder: Accepting intakes for Anger Management Groups

Starting April 10, 2023

Contact Keven Paret, KPeret@henrystreet.org

Success Stories:

“Dawn understands what I am truly going through, she meets me at my level.”

“I couldn’t imagine myself expressing my feeling through Art, and I did it! Made a difference to see myself doing other things.”

NEW IN CONNECT

In the CCC Community Room:

Nutrition & Health Group

Join us to learn more about cooking, plant-based eating, meal prep & gut health!

Starts April 6th – Thursdays, 2:00-3:00pm

OFFSITE RESOURCES

City Relief in Sara D. Roosevelt Park (Delancey St between Chrystie and Forsyth St) provides food, hygiene kits, and more on Thursdays from 11:00am – 1:00pm.

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

The Bowery Mission (227 Bowery) serves fresh meals for breakfast, lunch, and dinner on a daily basis.

Services for undocumented people: nynice.squarespace.com

