

# CONNECT NEWSLETTER

40 Montgomery Street  
New York, NY, 10002

SEPTEMBER 2023



## FALL CONNECT GROUPS!

CONNECT 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 ask a CONNECT team member.

### Reminder: Accepting intakes for Anger Management Groups

Contact Keven Paret,  
[KPeret@henrystreet.org](mailto:KPeret@henrystreet.org)

### Healthy Tips:

- Implementing 10-15 mins of mindfulness, focus, and meditation into your daily routine can reduce anxiety, increase concentration, and improve mental health.
- Ask a nurse at CONNECT to learn more about healthy eating habits and receive resources.

## NEW OPPORTUNITIES & EVENTS

### Community Day!

Join us at Henry Street's Community Day for fun-filled day of music, arts & crafts, games, food, and so much more for the whole family!

**Saturday, September 9, from 12:00 - 6:00 p.m.**

**Location: Along Henry Street, from Montgomery to Gouverneur**

### New Programs in CONNECT:

Processing Grief Group: Begins September 13, 12:00 - 1:15 p.m.

Healthy Sleep Habits: Begins September 14, 11:00 a.m. - 12:00 p.m.

Anger Management Class: Begins September 18, 2:00 - 3:00 p.m.

Ceramics Class: Begins September 20, 10:00 a.m. - 1:00 p.m.

### Success Stories:

"CONNECT is a wraparound service. I can come to groups and meet people who understand me without judgment."

"I've lived in this neighborhood for 23 years and I wish this program existed years ago. I am so glad this was founded."

## 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 Street) 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](http://nynice.squarespace.com)

