

CONNECT NEWSLETTER

OCTOBER 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 groups:
Anger Management & Processing Grief**

Contact Keven Paret,
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.

ONGOING PROGRAMS AT CONNECT

Processing Grief Group

Every Wednesday - 12:00 – 1:15 p.m.

Life Skills Group

Mondays and Fridays - 10:00 – 11:00 a.m.

Anger Management Class

Every Monday - 2:00 – 3:00 p.m.

Pottery & Ceramics Class

Every Wednesday - 10:00 a.m. – 1:00 p.m.

**& so much
more!**

Success Stories:

“I found peace when I found CONNECT— they have it all. I struggled socializing with people and now I feel so much more confident.”

“I’ve been to other clinics, it’s just in and out. Here at CONNECT it’s different; I am able to be myself with staff without judgment.”

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

