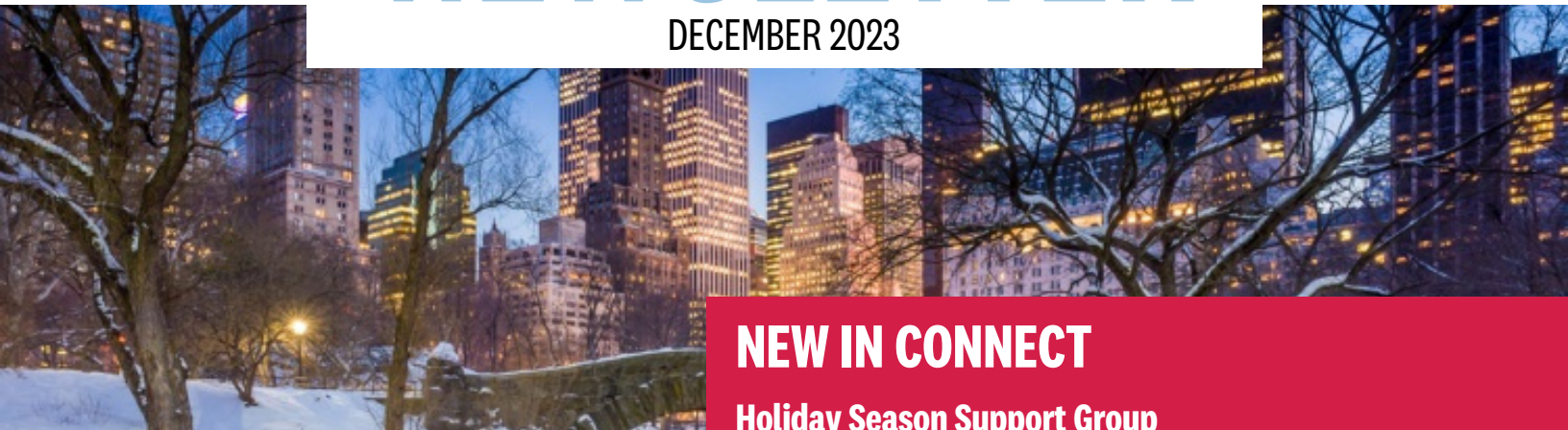


# CONNECT NEWSLETTER

DECEMBER 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.



## NEW IN CONNECT

### Holiday Season Support Group

Thursday, December 14 - 3:00 — 4:00pm (with Shanell Kitt)

### Art Show at 269 Henry Street

Friday, December 15 - 12:00 — 2:00pm (with Shanell Kitt)

### Self Expression through Art

Thursday, January 11 - 3:00 — 4:30pm (with Shanell Kitt)

**Welcoming our new peer, Barvisha Page!**

### Success Stories:

“I have been waiting for a program like CONNECT, I have never seen one like this. Staff will even join the groups, it’s a lovely thing to see.”

“This time of year is very sad for me. I lost both of my parents and I am still able to walk into these doors as if it were home.”

## 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](https://nynice.squarespace.com)

