

CONNECT NEWSLETTER

NOVEMBER 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.

NEW OPPORTUNITIES & EVENTS

Art Exhibition at Dale Jones Burch Neighborhood Center

Visit the Firehouse to see a gallery of paintings by Kate Capshaw, where various Henry Streeters are featured in addition to Capshaw's "Unaccompanied" series. Open to the public through November 19!

November 8 - 10, 15 - 17: Open from 3:00 – 6:00 p.m.

November 11 - 12, 18 - 19: Open from 12:00 – 6:00 p.m.

Location: 269 Henry Street (the Firehouse)

New Program in CONNECT:

Current Events Group — Every Friday, 2:00 – 3:00 p.m.

Success Stories:

"CONNECT is one of those services where you can walk in and immediately get a positive welcoming from the staff."

"I come here with my kids, where CONNECT has snacks and non-clinical services. The community room is such a safe and fun place to be!"

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

