

CONNECT NEWSLETTER

40 Montgomery Street
New York, NY, 10002

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

The Art Show NYC

Join us at the Park Avenue Armory for the #TheArtShow35 and enjoy incredible curated exhibitions! All ticket proceeds will go toward Henry Street Settlement.

November 2 – 5, 2023

Location: Park Avenue Armory (642 Park Ave.)

New Program in CONNECT:

Current Events Group: Begins November 3, 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

