

# CONNECT NEWSLETTER

JANUARY 2024



## WINTER 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](mailto:KPeret@henrystreet.org)

## CONNECT SEASONAL TRIPS!

**Join us on a trip to the Rockefeller Center tree!**  
Refreshments and appetizers included. Open to clients.  
To RSVP or for more information,  
please ask Lainey Perez or Shanell Kitt.

**First trip  
January 12!**

## ONGOING PROGRAMS AT CONNECT

### **Music & Emotional Expression Group**

Every Friday - 2:00 — 3:30 p.m.

### **Relapse Prevention Group**

Every Monday - 11:00 a.m. — 12:00 p.m.

### **Processing Grief Group**

Will start again on Wednesday, Jan. 10 - 12:00 — 1:15 p.m.

### **Pottery & Ceramics Class**

Will start again on Wednesday, Jan. 10 - 10:00 a.m. — 1:00 p.m.

**& so much  
more!**

### **Success Stories:**

“CONNECT is my safe space.”

“I want to get all of my family into a program like CONNECT. They have helped me so much with managing my anger and not taking my emotions out on people so easily.”

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

