

CONNECT NEWSLETTER

FEBRUARY 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

CONNECT ACTIVITIES!

**Get some fresh air with the
Wellness@HenryStreet walking group!**

The group will meet Friday's at noon outside the
Community Consultation Center 40 Montgomery Street.
Four-legged friends welcome!

Free youth art classes for NYCHA Residents.

**Last walk
February 16!**

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:

"This place sees me for who I am. I am always welcomed with coffee or tea, I can say this place is called home."

"I can relax and not return back to the shelter. Gives peace of mind for at least five hours a day."

"Free services is all I needed. The groups were really hard for me at first, but I was able to reconnect with people again."

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
- Free Immigration Services in Manhattan: Call (646) 518-3014

