



CONNECT NEWSLETTER

40 Montgomery Street
New York, NY, 10002

MARCH 2024

NEW SPRING CONNECT GROUPS!

CONNECT groups work to improve skills related to everyday life. This includes how to manage stress, develop positive social skills, 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.

ONGOING PROGRAMS AT CONNECT

- NEW Anger Management Group**
Every Wednesday - 2:00 – 3:00 p.m. - Starting March 20th
- Al-Anon Group**
Every Thursday - 12:00 – 1:00 p.m. - Starting March 21st!
- Behavioral Changes Group**
Court involved participants only!
- Processing Grief Group**
Every Wednesday - 12:00 – 1:15 p.m.
- Pottery & Ceramics Class**
Every Monday and Wednesday - 10:00 a.m. – 1:00 p.m.

& so much more!



Reminder Welcome Our New Intake Coordinator!
Rachel Vaughan

**Accepting intakes for groups:
Anger Management & Processing Grief**

Contact Rachel Vaughan,
RVaughan@henrystreet.org

Success Stories:

“I look forward to more trips and food! I appreciate the thoughtfulness and the staff.”

“I’ve known about Henry Street Settlement all my life. I enjoy this program because there is so much flexibility and love.”

“I love the the way I come in and I get greeted by staff and clients.”

CONNECT ACTIVITIES!

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

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

Free youth art classes for NYCHA Residents.

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

