

CONNECT NEWSLETTER

40 Montgomery Street
New York, NY, 10002

JUNE 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 CCC front desk or ask a CONNECT team member.

Reminder

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

Contact Rachel Vaughan,
RVaughan@henrystreet.org

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.

ONGOING PROGRAMS AT CONNECT

NEW LGBTQ+ Group

Every Monday, 3 – 4 p.m.

NEW Behavioral Changes Group

Court involved participants only!

Al-Anon

Every Thursday, 12 – 1 p.m.

NEW Men's Support Group

Every Monday, 10:00 – 11:00 a.m.

Acupuncture

Bi-Weekly Friday's, 10:30 a.m. – 12:00 p.m.

Success Stories:

"Today makes two years since I've joined the CONNECT program. I use clay to cope and not go back to the street. The staff is always welcoming."

"I first thought I didn't need medication, but I went ahead and gave it a chance and I feel stable and more focus."

**& so much
more!**

**Learn more
about 988:**



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

