

CONNECT NEWSLETTER

40 Montgomery Street
New York, NY, 10002

JULY 2024

NEW SUMMER CONNECT GROUPS!

The Lower East Side community is experiencing profound pain, sadness, and stress in the aftermath of the tragic incident at Corlears Hook Park.

If we may, we'd like to support in healing through Acupuncture. It can promote alleviation, calming of the mind, and stress reduction. If interested, please attend our community Acupuncture session on Friday, July 12th from 10.30 a.m. to 12.30 p.m. at 40 Montgomery Street.

There will be a bilingual English-Spanish-speaking therapists present for additional support. All are welcome, just walk-in.

Thank you.

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

Every Friday, 10:30 a.m. – 12:00 p.m.

**& so much
more!**

Success Stories:

"It has been one year since I joined this program and I'm thrilled with all of the happy changes in my life. I found many activities to do."

"I enjoy the social worker I have. She checks in with me at my home. Having therapy outside of the clinic is a plus."

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
- Food Pantry and Soup Kitchen (take-out). Saturdays, 8:30 - 11:00 a.m. Please note: They are closed the 1st Saturday of every month).

