



**HENRY STREET
SETTLEMENT**

Health & Wellness Program

CONNECT

Individualized Mental Health and Support Services for Adults (18+)



**Services are available in the clinic, in your home, and/or in the community in
English, Cantonese, Mandarin, and Spanish**

OUR SERVICES:

- **Mental Health Counseling**
- **Psychiatric Medication Management**
- **Case Management**
 - **Housing applications and advocacy, benefits screening, and application support**
- **Food Assistance**
- **Health & Wellness**
- **Substance Recovery Peer Support**
- **Vocational Assistance**
- **Group Therapy**
- **Support Groups**
- **Drop-in Groups**



connect@henrystreet.org



646.768.8967

Community Consultation Center - 40 Montgomery St..

WALK-IN HOURS: Mon.-Fri. 9 A.M. - 4 P.M.

Henry Street

WINTER CONNECT GROUPS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.00	Peer Recovery Group Dawn Fiorello	Peer Recovery Group Dawn Fiorello	Ceramics Class Christine Rebhuhn	Peer Recovery Group Dawn Fiorello	Peer Recovery Group Dawn Fiorello
10.00	9:30-10:30 am	9:30-10:30 am	9:30 am-11:30 am	9:30-10:30 am	9:30-10:30 am
11.00	Life Skills Diego Laverde	Current Events (Chinese) Shirley Xie	Bilingual Socialization Group Shirley Xie	Resume Building Piercellia Jackson	Life Skills Diego Laverde
12.00	10:00 am-11:00 am	11:00-12:00 pm	(Chinese and English) 11 am-1 pm	10:00 am-11:00 am	10:00 am-11:00 am
1.00	Virtual Book Club Whitney Coulson	Activities to Calm Anxiety and Stress Sammie Woo	Chinese Music Group Shirley Xie	H.A.L.T (Relapse Prevention) Dawn Fiorello	Healthy Relationships Jessica Munoz
2.00	11:00-12:00 pm	1:00-2:00 pm	1 pm-2pm	1:00-2:00 pm	11:00 am-1:00 pm
3.00	H.A.L.T (Relapse Prevention) Dawn Fiorello			Nutrition Patty Karbowski	Fresh Food Friday (Food Pantry Registration Required)
4.00	1:00-2:00 pm			2:00-3:00 pm	11:00-3:00 PM
5.00	Anger Management Katerine Ribadeneria		Peer Recovery Group Dawn Fiorello	Expression through Art Shanell Kitt	
	4:00-5:00 pm		3:00-4:00 pm	3:00-4:00 pm	