

Connections Program Calendar *Ontario*

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 64 West Ave. Canandaigua



A FLACRA PROGRAM

	S	M	T	W	T	F	S
MORNING	<p>*** NARCAN® Training Available by Request</p> <p>KEY Blue - Health & Wellness Green - Mutual Aid Group Red - Community Partners</p>	<p>9am Coffee Chat</p> <p>10:30am CoDA Mtg (Zoom Connected)</p> <p>12pm Social Flow (art, cards, chess)</p>	<p>9am Gentle Yoga *</p> <p>10am Connecting the Pieces</p> <p>11am Arts & Crafts</p> <p>12pm Holistic Health & Wellness*</p>	<p>9am Functional Fitness *</p> <p>10am Finding the Pieces</p> <p>11am Social Flow (art, cards, chess)</p>	<p>9am Tai Chi *</p> <p>10am Connecting the Pieces</p> <p>11am Arts & Crafts</p> <p>12pm Al Anon Mtg (Zoom Connected)</p>	<p>9am Moving Meditations*</p> <p>10am Finding the Pieces</p> <p>12pm Recovery Reflections</p> <p>1pm NARCAN® Training</p>	<p>10am Jump Start Your Morning *</p> <p>10am AA Women's Mtg.</p> <p>11am Recovering with Family *</p>
AFTERNOON/EVENING	<p>1pm AA Mtg</p> <p>2pm Resilience in Recovery</p> <p>3pm Journaling</p> <p>4pm Storytellers Sunday</p>	<p>1:30pm Are you a Servant Leader?</p> <p>2pm Music group</p> <p>2:30 Breath-walk</p> <p>3pm FLOW Workshop (Intro) *</p> <p>5pm STAR* (1st & 3rd Monday only)</p> <p>6pm Fatherhood Connection*</p> <p>7:30pm AA Men's Mtg</p>	<p>1:30-3:30pm Teen Triple P (CAAFL)</p> <p>2pm SMART goals</p> <p>3pm FLOW w/ J Breathwork*</p> <p>4pm Woman 2 Woman *</p> <p>5-7pm Drum Circle</p> <p>7pm Journey through Life*</p>	<p>1:30pm Who wants to be a Recovery Peer Advocate?</p> <p>2pm Breath-walk</p> <p>3pm FLOW w/J Fitness *</p> <p>4pm What is Self-Love</p> <p>6-8pm Open Mic Night</p>	<p>1:30pm Rainbow Alliance</p> <p>2pm Living in Color</p> <p>3pm FLOW w/J Combined*</p> <p>4pm Mindful Art</p> <p>4:30 pm Budget Workshop (3rd Thurs)</p> <p>5pm Singing Bowls</p> <p>6-8pm Finding your Balance</p>	<p>2pm Rainbow Connection (closed meeting)</p> <p>2:30 Breath-walk</p> <p>3PM FLOW w/ J* Recap*</p> <p>4pm Mental Health Recovery Support</p> <p>5:30-8pm Movie Night</p> <p>7PM AA meeting</p>	<p>1pm LET'S PLAY! *</p> <p>2pm Recovery Improv *</p> <p>4pm Hang Out</p> <p>6pm AA mtg</p> <p>7:30pm Power of Crystals</p>

Open Mon-Sat 9a-9p, Sun 12-5p Groups now available in person! *Indicates also available on Zoom
 Link to register for any group: https://flacra-org.zoom.us/meeting/register/tJUsemurT8vH9b008pnYNonmmgEygdtOt_IK
 Zoom Phone Access: 1-929-205-6099/Meeting ID: 911 2063 4552 PW: 190397