


Connections Begin LIVE: September 2023

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 324 W. Union St, Newark



A FLACRA PROGRAM

	 Open 1-7pm 7-Days a week	 See you this afternoon	 See you this afternoon	 See you this afternoon	 See you this afternoon	 See you this afternoon	 See you this afternoon
AFTERNOON	3:30pm Recovery Enhancement/Skills Building: 9/3 Radical Acceptance 9/10 Cyber Safety 9/17 De-escalation 9/24 Goal Mapping	3:30pm Family Group: 9/4 Picture This 9/11 Respecting Decisions 9/18 Family Roles 9/25 Lifeboat	3:30pm Recovery & Peer Support (Youth): 9/5 Improved Communication 9/12 YOUUnique 9/19 We <u>ARE</u> the Future 9/26 Empowerment	3:30pm Education & Training: 9/6 Eliminating words as weapons 9/13 Stigmatizing Language 9/20 Antiques of the Future 9/27 Resource Awareness	4pm Health & Wellness: Healthy Bodies Presented by FLCH	3:30pm Education & Training: 9/1 Youth Safety 9/8 Power Shuffle 9/15 Erase the Stigma 9/22 Cultural Competency 9/29 Goal Mapping	3:30pm Recovery Enhancement/Skills Building: 9/2 Suicide Prevention 9/9 Strengths Focused 9/16 Goal mapping 9/23 What's your Why? 9/30 De-escalation
EVENING	5:30pm Family Group: 9/3 Family Addiction 9/10 Shared Decision Making 9/17 Family Values 9/24 "Bonded"	5:30pm Recovery & Peer Support (Youth): 9/4 Safe Space 9/11 See Something, Say Something 9/18 Group Debate 9/25 Show & Tell	5:30pm Education & Training (Community): NARCAN Training	5:30pm Health & Wellness: 9/6 3-Coping Skills 9/13 Feeding your Brain 9/20 Self-Awareness 9/27 Healthy Boundaries	5:30pm Recovery & Peer Support (Youth): 9/7 Social Media Angst 9/14 Guided Drawing 9/21 Creative Writing 9/28 Point of View	5:30pm Recovery Enhancement/Skills Building: 9/1 How to Ask Adults for Help 9/8 SMART Goals 9/15 Identifying Crisis 9/22 H.O.P.E. 9/29 Resilience to Brilliance	5:30pm Family Group: 9/2 Safety & Action Plan 9/9 Anonymous Post-it's 9/16 Guess My Emotion 9/23 Family Pressures 9/30 Family Tree

Link to register for any group: <https://flacra-org.zoom.us/j/86979922016?pwd=VGJCeWpmeDVjNCtrZktxZkxsMy9PQT09>

Meeting ID: 869 7992 2016

Passcode: 762646