

Connections Begin LIVE: August 2024

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



A FLACRA PROGRAM

	S Open 1-7pm 7-Days a week	M See you this afternoon	T See you this afternoon	W See you this afternoon	Th See you this afternoon	F See you this afternoon	S See you this afternoon
AFTERNOON	3:30pm Skill Building 8/4 : Living Balanced 8/11 : Digital Portfolio 8/18 : Goal Mapping 8/25 : How To Ask Adults For Help	3:30pm Education & Training 8/5 : Implicit Biases 8/12 : SMART Goals 8/19 : Safe Space 8/26 : Zones of Regulation	3:30pm Family 8/6 : Boundaries 8/13 : Family Dynamics 8/20 : Assign Duties 8/27 : Respecting Decisions	3:30pm Youth Peer Support 8/7 : Impulsivity 8/14 : Find the Lesson 8/21 : Kurious Kidz 8/28 : Teen Self - Empowerment	3:30pm Health & Wellness 8/1 : MH /S Health 8/8 : Meditation 8/15 : Self-Care 8/22 : Nutrition 8/29 : Mind, Mood & Emotions	3:30pm Health & Wellness 8/2 : Stress Mgmt 8/9 : Self-Awarness 8/16 : Change Talk 8/23 : Healthcare 8/30 : Fitness Plan Regimen	3:30pm Youth Peer Support 8/3 : Acceptance 8/10 : YOU be <u>You</u> 8/17 : See/Say Something 8/24 : Power Shuffle 8/31 : Nurishing Friendships
EVENING	5:30pm Youth Peer Support 8/4 : Safe Space 8/11 : Point of View 8/18 : Y-O-U 8/25 : Social Media Angst	5:30pm Family 8/5 : Identify Crisis 8/12 : Clarify Roles 8/19 : Ask Out Loud 8/26 : Improved Communication	5:30pm Health & Wellness 8/6 : Resiliency 8/13 : How to Cope 8/20 : Teen WRAP 8/27 : My Body, My Choice	5:30pm Skill Building 8/7 : Defining Traits 8/14 : Empowerment 8/21 : Decision Making 8/28 : Solution Driven Education & Training (Community): NARCAN Training	5:30pm Education & Training 8/1 : Youth Safety 8/8 : Erase Stigma 8/15 : Consequences 8/22 : Problem Solving 8/29 : Cultural Competency	5:30pm Youth Peer Support 8/2 : Team Building 8/9 : Are you a Bully? 8/26 : Peer 2 Peer 8/23 : Affirmations 8/30 <i>We <u>ARE</u> the Future</i> 8/30: Girls uNite 4-7pm	5:30pm Skill Building 8/3 : Screen Time 8/10 : Coping Skills 8/17 : Accepting Others 8/24 : Communication 8/31 : Resume Enhancement

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

Meeting ID: 869 7992 2016

Passcode: 762646

