

Connections LIVE: August 2023 Yates

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 20 Maiden Ln. Penn Yan



A FLACRA PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	<p>Closed</p> <p>See you tomorrow!</p> <p>**NARCAN Trainings Available Daily Upon Request**</p>	<p>Open 9am-5pm</p> <p>10am Manifesting Monday's - setting and achieving goals.</p>	<p>Open 9am-8pm</p> <p>9am Coffee Chat</p> <p>10:30am Art in Recovery</p>	<p>Open 9-5p</p> <p>9am Coffee Chat</p> <p>12pm Spirituality in Recovery</p>	<p>Open 9am-5pm</p> <p>9am Coffee Chat</p> <p>10:00am Supportive Living Group</p>	<p>Open 9am-5pm</p> <p>9am Jump Start your Morning.</p> <p>12pm Boundaries in Recovery</p>	<p>Closed</p> <p>See you Monday!</p>
AFTERNOON	<p>See you tomorrow!</p>	<p>1pm Spirituality Mondays with Tom</p> <p>2pm Narcan Training</p>	<p>12pm Holistic Health & Wellness*</p> <p>1pm Co-Dependent No more</p>	<p>1pm Self Care in Recovery</p> <p>2pm Narcan training *</p>	<p>12pm Learn to Cope</p> <p>1:30pm Ted Talk Thursdays</p>	<p>1pm Recovery Music</p> <p>2pm Mindfulness *</p>	<p>See you Monday!</p>
EVENING	<p>See you tomorrow!</p>	<p>2:30-5 Afterschool hangout -games</p>	<p>4pm Happy Hour</p> <p>5:30pm-8pm NA Meeting</p>	<p>4pm Wellness Connection *</p>	<p>4pm Journaling</p>	<p>2:30-5 Afterschool hangout -meditation & mindful art</p>	<p>See you Monday!</p>

*Indicates available on Zoom Link to register for any group: https://flacra-org.zoom.us/meeting/register/tJUdemurT8vH9b008pnYNonmmgEygdOt_IK

Zoom Phone Access: 1-929-205-6099/Meeting ID: 911 2063 4552 PW: 190397