

# Connections Program Calendar: Ontario - September 2023

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

\* Indicates also available on Zoom



A FLACRA PROGRAM

	S	M	T	W	T	F	S
<b>MORNING</b>	<p><b>12p - 5pm</b></p> <p><b>KEY</b>  <b>Blue</b> - Health &amp; Wellness  <b>Green</b> - Mutual Aid Group  <b>Red</b> - Community Partners</p>	<p><b>9am - 9pm</b></p> <p><b>9am Gentle Yoga*/Coffee Chat</b></p> <p><b>10:30am CoDA Mtg (Zoom Connected, by request)</b></p> <p><b>12:30pm Community Walk</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Coffee Chat</b></p> <p><b>11am Open Discussion*</b></p> <p><b>12pm Journaling with Intention</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Functional Fitness*/Coffee Chat</b></p> <p><b>11am SMART Goals*</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Coffee Chat</b></p> <p><b>11am Al Anon Mtg (Zoom Connected, by request)</b></p> <p><b>11am Thankful Thursday</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Moving Meditations*/Coffee Chat</b></p> <p><b>11am Man 2 Man</b></p> <p><b>12pm NARCAN® Training</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Coffee Chat</b></p> <p><b>10am AA Women's Mtg.</b></p> <p><b>11am Recovering with Family/CRAFT</b></p>
<b>AFTERNOON/EVENING</b>	<p><b>1pm AA Mtg</b></p> <p><b>2pm Resilience in Recovery</b></p> <p><b>3pm Resource Room</b></p> <p><b>4pm Storytellers Sunday</b></p> <p>****NARCAN****                      Training Available by Request Any Day</p>	<p><b>3pm Social Flow (art, games)/ American Sign Language</b></p> <p><b>5pm STAR (1<sup>st</sup> &amp; 3<sup>rd</sup> Monday)</b></p> <p><b>6pm Nar-Anon</b></p> <p><b>7:30pm AA Men's Mtg</b></p>	<p><b>1:30-3:30pm Teen Triple P (CAAFL) (By Appointment)</b></p> <p><b>1pm Erasing Stigma*</b></p> <p><b>2pm Be-YOU-tiful Arts &amp; Crafts</b></p> <p><b>4pm Woman 2 Woman</b></p> <p><b>5pm Journey through Life* (Grief &amp; Loss)</b></p>	<p><b>2pm Emotional Sobriety</b></p> <p><b>3pm Recovery Improv</b></p> <p><b>4pm What is Self-Love</b></p> <p><b>5pm Find your Spark*</b></p> <p><b>6-8pm Open Mic Night</b></p>	<p><b>1pm Arts &amp; Crafts</b></p> <p><b>2pm LGBTQ+ Alliance (by request)</b></p> <p><b>4pm Mindful Art</b></p> <p><b>5pm Singing Bowls and Meditation</b></p> <p><b>6pm Music Appreciation</b></p>	<p><b>1:30pm Become a Peer Advocate*</b></p> <p><b>2pm Rainbow Connection (closed meeting)</b></p> <p><b>4pm Mental Health Recovery Support</b></p> <p><b>5:30-8pm Movie Night</b></p> <p><b>7PM AA meeting</b></p>	<p><b>12pm Motivational Commitments</b></p> <p><b>2pm Recovery Reflections</b></p> <p><b>4pm Spiritual Happy Hour*</b></p> <p><b>6pm AA meeting</b></p> <p><b>7:30pm Synergy Saturdays*</b></p>

Link to register for any group: [https://flacra-org.zoom.us/meeting/register/tJUsemurT8vH9b008pnYNonmmgEygdtOt\\_IK](https://flacra-org.zoom.us/meeting/register/tJUsemurT8vH9b008pnYNonmmgEygdtOt_IK)

Zoom Meeting ID: 911 2063 4552 Zoom Password: 190397