





# Connections Begin LIVE: February 2024

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



A FLACRA PROGRAM

	 <b>Open 1-7pm</b> <b>7-Days a week</b>	 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	<b>3:30pm</b> <b>Skill Building:</b> 2/4-Strengths 2/11-Anger Management 2/18-Coping Skills 2/25-SMART Goals	<b>3:30pm</b> <b>Family Group:</b> 2/5-Valentines Crafts 2/12- Traditions 2/19-Secret Post-its 2/26-Ice Breakers	<b>Health &amp; Wellness:</b>  <b>3pm: Breath Work</b>  <b>4pm: FLCH: My Body, My Choice</b>	<b>3:30pm</b> <b>Education &amp; Training:</b> 2/7-Power Shuffle 2/14-Goal Mapping 2/21-Cyber Safety 2/28- LGBTQIA+  <b>Insta-Pot Class:</b> <b>3-5pm on 2/7/24</b>	<b>3:30pm</b> <b>Recovery &amp; Peer Support (Youth):</b> 2/1-Friendships 2/8-What's Your Why 2/15-Safe Spaces 2/22-Teen Trivia 2/29-Youth Safety Plan	<b>3:30pm</b> <b>Education &amp; Training:</b> 2/2-Erase The Stigma 2/9-Taking Responsibility 2/16-Power Shuffle 2/23-Youth Safety	<b>3:30pm</b> <b>Family Group:</b> 2/3- Grief & Loss 2/10-Family Portrait 2/17-Chosen Family 2/24-History & Heritage
EVENING	<b>5:30pm</b> <b>Family Group:</b> 2/4-Family Dynamics 2/11-Shared Decision Making 2/18-Improved Communication 2/25- Game time	<b>5:30pm</b> <b>Recovery &amp; Peer Support (Youth):</b> 2/5-Team Building 2/12-We're All Connected 2/19-Group Debate 2/26-Empowerment	<b>5:30pm</b> <b>Education &amp; Training (Community):</b>  <b>NARCAN Training</b>	<b>5:30pm</b> <b>Health &amp; Wellness:</b> 2/7-Change Talk 2/14-MH facts 2/21-SBIRT 2/28- <b>Parent Connection @ 5pm</b>	<b>5:30pm</b> <b>Recovery &amp; Peer Support (Youth):</b> 2/1- Empowerment 2/8-Affirmations 2/15-P.O.V 2/22-How to ask adults for Help 2/29- <b>D-E-I</b>	<b>5:30pm</b> <b>Health &amp; Wellness:</b> 2/2-Fears 2/9-Emotions 2/16-Feeding Your Brain 2/23-Healthy Boundaries <b>Girls Night 2/23 4:00-7:00pm</b>	<b>5:30pm</b> <b>Skill Building:</b> 2/3-Coping Skills 2/10- Self-Care plan 2/17- Change Talk 2/24-Constructive Criticism

Link to register for any group: <https://flacra-org.zoom.us/j/86979922016?pwd=VGJCeWpmeDVjNCtrZktxZkxsMy9PQT09>  
**Meeting ID: 869 7992 2016**      **Passcode: 762646**