

Connections Begin LIVE: August 2023

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 Recovery Enhancement/Skills Building: 8/6 Radical Acceptance 8/13 Cyber Safety 8/20 De-escalation 8/27 Goal Mapping	3:30pm Family Group: 8/7 Picture This 8/14 Respecting Decisions 8/21 Family Roles 8/28 Lifeboat	3:30pm Recovery & Peer Support (Youth): 8/1 Improved Communication 8/8 YOUUnique 8/15 We <u>ARE</u> the future 8/22 Drawing Challenge 8/29 Empowerment	3:30pm Education & Training: 8/2 8/9 Stigmatizing Language 8/16 Antiques of the Future 8/23 Resource Awareness 8/30 LGBTQIA+ Allies	4pm Health & Wellness: Healthy Bodies Presented by FLCH	3:30pm Other: 8/4 Paper Airplanes 8/11 Power Shuffle 8/18 Meaningful Music 8/25 Horoscopes	3:30pm Recovery Enhancement/Skills Building: 8/5 Suicide Prevention 8/12 Strengths Focused 8/19 Goal mapping 8/26: Compartmentalizing
EVENING	5:30pm Family Group: 8/6 Family Addiction 8/13 Shared Decision Making 8/20 Family Values 8/27 "Bonded"	5:30pm Recovery & Peer Support (Youth): 8/7 Safe Space 8/14 See Something, Say Something 8/21 Group Debate 8/28 Show & Tell	5:30pm Education & Training (Community): NARCAN Training	5:30pm Health & Wellness: 8/2 3-Coping Skills 8/9 Feeding your Brain 8/16 Self-Awareness 8/23 Healthy Boundaries 8/30 Positive Thinking	5:30pm Other: 8/3 Social Media Angst 8/10 Guided Drawing 8/17 Creative Writing 8/24 Word Builder 8/31 Setting Intention	5:30pm Recovery Enhancement/Skills Building: 8/4 Positive Affirmations 8/11 SMART Goals 8/18 Identifying Crisis 8/25 Gratitude	5:30pm Family Group: 8/5 Safety & Action Plan 8/12 Anonymous Post-it's 8/19 Guess My Emotion 8/26 Family Tree

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

Meeting ID: 869 7992 2016

Passcode: 762646