

# Connections Program Calendar: Ontario - August 2023

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



A FLACRA PROGRAM

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

\*Indicates also available on Zoom

Link to register for any group: [https://flacra-org.zoom.us/meeting/register/tJUsdemurT8vH9b008pnYNonmmgEygdtOt\\_IK](https://flacra-org.zoom.us/meeting/register/tJUsdemurT8vH9b008pnYNonmmgEygdtOt_IK)

Meeting ID: 911 2063 4552 PW: 190397