Connections Begin LIVE: September 2024

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 324 W. Union St, Newark, NY 14513

	S	M	T	W	Th	F	S
	Open 1-7pm 7 days-week	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	3:30pm **Skill Building** 9/1 Suicide Prevention 9/8 Coping Skills 9/15 Acceptance 9/22 Teen Self-Care 9/29 Strengths & Weaknesses	3:30pm **Education & Training** 9/2 Erasing Stigmas 9/9 Active Listening 9/16 Cyber Safety 9/23 Responsibility 9/30 Procrastionation Stress	3:30pm **Family** 9/3 What *Is* Family? 9/10 Family Goals 9/17 Traditions 9/24 Improved Communication	3:30pm **Youth Peer Support** 9/4 Social Media Angst 9/11 Empowered Teens 9/18 Safe Spaces 9/26 Nurturing my Friendships	3:30pm **Health & Wellness** 9/5 Body & Self Image 9/12 Mental Wellness 9/19 Fitness 9/26 Value of Sleep	3:30pm **Health & Wellness** 9/6 3-Easy Coping Skills 9/13 Accepting Feedback 9/20 Overcoming Fears 9/27 Mind, Mood, & Emotions	3:30pm **Youth Peer Support** 9/7 What's your ***Why?*** 9/14 Youth Point of View 9/21 Peer 2 Peer Support 9/28 Positive Interactions
EVENING	5:30pm **Youth Peer Support** 9/1 We *ARE* the Future 9/8 Positive Affirmations 9/15 Stop the Bullying 9/22 You're Unique! 9/29 Embracing our Differences	5:30pm **Family** 9/2 Family Adventure 9/9 Hope & Healing 9/16 Setting Intention 9/23 Game Night 9/30 Families & Addiction	5:30pm **Health & Wellness** 9/3 Proper Hygiene 9/10 Manage Stress 9/17 Safety & Consent 9/24 Acknowledging Trauma Exists	5:30pm **Skill Building** 9/4 Communication 9/11 Problem Solving 9/18 Setting Goals 9/26 Regulating My Behaviors	5:30pm **Education & Training** 9/5 H.O.P.E. 9/12 Self-Awareness 9/19 Time Management 9/26 Heroes & G.O.A.T.'s	5:30pm **Youth Peer Support** 9/6 Self-Esteem 9/13 Cultural Diversity 9/20 Making Connections 9/27 Facing Challenges **9/27: Girls uNite 4-6pm**	5:30pm **Skill Building** 9/7 Setting Goals 9/14 How to Ask for Help 9/21 Team Building 9/28 Emotional Regulation

Link to register for any group: https://flacra-org.zoom.us/j/86979922016?pwd=VGJCeWpmeDVjNCtrZktxZkxsMy9PQT10

Meeting ID: 869 7992 2016 Passcode: 762646