



A FLACRA PROGRAM

Connections Program Calendar: Ontario - July 2024

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

* Indicates also available on Zoom

	S	M	T	W	T	F	S
MORNING	<p>12p - 5pm</p> <p>KEY Blue - Health & Wellness Green - Mutual Aid Group Red - Community Partners</p>	<p>9am - 9pm</p> <p>9am Mantra Meditation*/Coffee Chat</p> <p>10:30am Zoom 12-Step Meeting of Choice*</p> <p>12pm Journaling with Intention</p>	<p>9am - 9pm</p> <p>9am Gentle Yoga*/Coffee Chat</p> <p>11am Open Discussion</p> <p>12pm Erasing Stigma*</p>	<p>9am - 9pm</p> <p>9am Functional Fitness*/Coffee Chat</p> <p>10am Veteran Supported Recovery Group*</p> <p>11am SMART Goals*</p>	<p>9am - 9pm</p> <p>9am Tai Chi*/Coffee Chat</p> <p>11am Zoom 12-Step Meeting of Choice*</p> <p>11am Thankful Thursday</p>	<p>9am - 9pm</p> <p>9am Moving Meditations*/Coffee Chat</p> <p>11am Open Discussion</p> <p>12pm NARCAN® Training</p>	<p>9am - 9pm</p> <p>9am Coffee Chat</p> <p>11am-12:30pm Recovering with Family/CRAFT</p> <p>12:30pm LGBTQ+ Alliance* (by request)</p>
AFTERNOON/EVENING	<p>1pm AA Mtg</p> <p>2:30pm Gamblers Anonymous Meeting</p> <p>4pm Storytellers Sunday</p> <p>****NARCAN**** Training Available by Request Any Day</p>	<p>3pm Social Flow (art, games, etc.)</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>3pm Arts & Crafts</p> <p>4pm STAR (1st & 3rd Tuesday)</p> <p>5pm Journey through Life* (Grief & Loss)</p> <p>6pm Music Appreciation</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 Karaoke Night or Open Mic Night</p>	<p>2pm Open Discussion</p> <p>4pm Mindful Art</p> <p>5pm Singing Bowls and Meditation</p> <p>6pm Recovery Corner</p>	<p>1-3pm Mindfulness Journaling Workshop</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>2pm Recovery Reflections</p> <p>4:30pm AA Big Book Study</p> <p>6pm AA meeting</p> <p>7:30pm Members Choice</p>

Link to register for any group: <https://flacra-org.zoom.us/meeting/register/tJUsdemurT8vH9b008pnYNonmmsgEygdtOt> IK

Zoom Meeting ID: 911 2063 4552 Zoom Password: 190397