



A FLACRA PROGRAM

# Connections Program Calendar: Ontario - August 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
<b>MORNING</b>	<p><b>12p - 5pm</b></p> <p><b>KEY</b>  <b>Blue - Health &amp; Wellness</b>  <b>Green - Mutual Aid Group</b>  <b>Red - Community Partners</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Mantra Meditation*/Coffee Chat</b></p> <p><b>10:30am Zoom 12-Step Meeting of Choice*</b></p> <p><b>12pm Journaling with Intention</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Gentle Yoga*/Coffee Chat</b></p> <p><b>11am Open Discussion</b></p> <p><b>12pm Erasing Stigma*</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Functional Fitness*/Coffee Chat</b></p> <p><b>10am Veteran Supported Recovery Group*</b></p> <p><b>11am SMART Goals*</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Tai Chi*/Coffee Chat</b></p> <p><b>11am Zoom 12-Step Meeting of Choice*</b></p> <p><b>11am Thankful Thursday</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Moving Meditations*/Coffee Chat</b></p> <p><b>11am Open Discussion</b></p> <p><b>12pm NARCAN® Training</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Coffee Chat</b></p> <p><b>11am-12:30pm Recovering with Family/CRAFT</b></p> <p><b>12:30pm LGBTQ+ Alliance* (by request)</b></p>
<b>AFTERNOON/EVENING</b>	<p><b>1pm AA Mtg</b></p> <p><b>2:30pm Gamblers Anonymous Meeting</b></p> <p><b>4pm Storytellers Sunday</b></p> <p><b>****NARCAN**** Training Available by Request Any Day</b></p>	<p><b>3pm Social Flow (art, games, etc.)</b></p> <p><b>6pm Nar-Anon</b></p> <p><b>7:30pm AA Men's Mtg</b></p>	<p><b>1:30-3:30pm Teen Triple P (CAAFL) (By Appointment)</b></p> <p><b>3pm Arts &amp; Crafts</b></p> <p><b>4pm STAR (1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday)</b></p> <p><b>5pm Journey through Life* (Grief &amp; Loss)</b></p> <p><b>6pm Music Appreciation</b></p>	<p><b>2pm Emotional Sobriety</b></p> <p><b>3pm Recovery Improv</b></p> <p><b>4pm What is Self-Love</b></p> <p><b>5pm Find your Spark*</b></p> <p><b>6-8pm Karaoke Night or Open Mic Night</b></p>	<p><b>2pm Open Discussion</b></p> <p><b>4pm Mindful Art</b></p> <p><b>5pm Singing Bowls and Meditation</b></p> <p><b>6pm Recovery Corner</b></p>	<p><b>1-3pm Mindfulness Journaling Workshop</b></p> <p><b>1:30pm Become a Peer Advocate*</b></p> <p><b>2pm Rainbow Connection (closed meeting) *</b></p> <p><b>5:30-8pm Movie Night</b></p> <p><b>7PM AA meeting</b></p>	<p><b>2pm Recovery Reflections</b></p> <p><b>4:30pm AA Big Book Study</b></p> <p><b>6pm AA meeting</b></p> <p><b>7:30pm Members Choice</b></p>

Link to register for any group: [https://flacra-org.zoom.us/meeting/register/tJUdemurT8vH9b008pnYNonmmgEygdOt\\_IK](https://flacra-org.zoom.us/meeting/register/tJUdemurT8vH9b008pnYNonmmgEygdOt_IK)

Zoom Meeting ID: 911 2063 4552 Zoom Password: 190397