

Connections Begin Program Calendar: *Wayne* - November 2025

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



	S	M	T	W	T	F	S
AFTERNOON/ EVENING	<u>1pm - 7pm</u> Youth Peer Support Health & Wellness Education & Training	<u>1pm - 7pm</u> Youth Peer Support Health & Wellness Skill Building Family Group	<u>1pm - 7pm</u> Mindfulness Youth Peer Support Health & Wellness Skill Building Education & Training	<u>1pm - 7pm</u> Youth Peer Support Health & Wellness Skill Building	<u>1pm - 7pm</u> Youth Peer Support Health & Wellness Skill Building Family Group	<u>1pm - 7pm</u> Youth Peer Support Health & Wellness Skill Building Education & Training	<u>1pm - 7pm</u> Youth Peer Support Skill Building Family Group NARCAN Training
DESCRIPTIONS	**** NARCAN® **** Training Available by Request Any Day. Walk-ins welcome for youth & adults.	Red: Community Partners & Guest Speakers	Orange: Health & Wellness - We'll focus on overall well-being by exploring ways to support a healthy and balanced lifestyle. Discussions may cover physical, mental, and emotional wellness to help you feel your best.	Green: Education & Training - Expand your knowledge and learn something new! These sessions focus on learning strategies, critical thinking, personal development, and exploring new ideas to broaden your understanding of the world.	Blue: Youth Peer Support - Connect with others who understand your experiences! These groups offer a supportive space to share, learn, and grow together while discussing challenges, successes, and strategies for personal growth. You'll also explore ways to support your peers, build strong relationships, and develop skills to uplift and empower those around you.	Navy: Family - Family relationships can be complex! These groups focus on building communication skills, setting boundaries, and navigating family dynamics in a way that supports your well-being.	Purple: Skill Building - Build essential skills for success in everyday life. These groups focus on practical areas like managing time, handling responsibilities, and improving personal effectiveness to help you grow with confidence.