

Connections Begin LIVE: January 2025

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



	S Open 1-7pm 7 days-week	M See you this afternoon	T See you this afternoon	W See you this afternoon	Th See you this afternoon	F See you this afternoon	S See you this afternoon
AFTERNOON	3:30pm Education & Training 1/5 History & Heritage 1/12 Cyber Safety 1/19 SMART Goals 1/26 Cultural Competency	3:30pm Health & Wellness 1/6 New Year, New You 1/13 Nutrition 1/20 Overcoming Fear 1/27 Self-Care	3:30pm Skill Building 1/7 Life Skills 1/14 Living in Balance 1/21 Strengths 1/28 Eye Contact	3:30pm Youth Peer Support 1/1 Power Shuffle 1/8 Safe Space 1/15 Nurturing Friendships 1/22 Positive Affirmations 1/29 See/Say Something	3:30pm Health & Wellness 1/2 Mental Health IS Health 1/9 Invisible Scars 1/16 We ALL Need a Break 1/23 Burnout 1/30 Meditation	3:30pm Youth Peer Support 1/3 Affirmation Web 1/10 What is Your Why? 1/7 Peer 2 Peer Support 1/24 Uplift One Another 1/31 Kurious Kidz	3:30pm Family 1/4 Family Culture 1/11 Respecting Decisions 1/18 Heritage 1/25 What is Family?
	4:30pm Family 1/5 Family Bonds 1/12 Learned Behaviors 1/19 Addiction in my Family 1/26 Family Dynamics	4:30pm Youth Peer Support 1/6 Hope and Healing 1/13 Adults for Healing 1/20 Embracing our Differences 1/27 Facing Challenges	4pm Health & Wellness 1/7 Staying Active 1/14 Being Productive 1/21 Mindfulness 1/28 Emotion	4:30pm Skill Building 1/1 Sign Language 1/8 Survival Techniques 1/15 College Prep 1/22 3 - Coping Skills 1/29 Team Building	4:30pm Youth Peer Support 1/2 Stop the Bullying 1/9 You-re Unique 1/16 Positive Interactions 1/23 Find the Lesson 1/30 Acceptance	4:30pm Education & Training 1/3 Narcan Training 1/10 Erase Stigma 1/7 Fire Drill 1/24 Problem Solving 1/31 Youth Safety	4:30pm Skill Building 1/4 Weaknesses 1/11 Youth Safety 1/18 Manners Matter 1/25 Anger Management
EVENING	5:30pm Skill Building 1/5 Goal Mapping 1/12 Career Portfolio 1/19 Solution Driven 1/26 Road Safety	5:30pm Family 1/6 Healthy Boundaries 1/13 Improved Communication Education & Training 1/20 Stranger Danger 1/27 Implicit Bias	5:30pm Youth Peer Support 1/7 Accountability Check 1/14 Open Share Check-in 1/21 Accountability Check 1/28 Open Share Check-in	5:30pm Health & Wellness 1/1 Food = Fear 1/8 Get Moving 1/15 New Years Resolution 1/22 What is a Crisis? 1/29 Dangers of Addiction	5:30pm Youth Peer Support 1/2 You be YOU 1/9 Building Community 1/16 You're Not Alone 1/23 Time With Friends 1/30 Buddy System	5:30pm Skill Building 1/3 Public Transportation 1/10 Writing a Resume 1/7 Communication 1/24 Job Readiness 1/31 Decisions & Results	5:30pm Health & Wellness 1/4 Recognizing Self-Harm 1/11 Suicide Prevention 1/18 Change Talk 1/25 Oral Health

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

Meeting ID: 869 7992 2016

Passcode: 762646