

Seneca Connections LIVE: March 2023

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 27 Cayuga St. Seneca Falls



	Closed S	Open 9a-4:30p M	Open 9a-4:30p T	Open 9a-7p W	Open 9a-4:30p T	Open 9a-4:30p F	Open 12-5p S
MORNING	SCHEDULE IS SUBJECT TO CHANGE	10am Momentum Mondays 12pm Book Club	10am "WHERE YOU AT?" * 12pm Emotional Regulation* CAAFL	10am "WHERE YOU AT?" * 12pm Narcan Training (SIGN UP) 12:45 Guided Meditation*	10am-2pm Adventures with Gene	10am "WHERE YOU AT?" * 12pm Peer Group*	12pm Hangout
AFTERNOON	STAFF MEETINGS HELD DAILY @ 1PM	1-3pm Triple P Parenting CAAFL	1:30pm Walking (Weather permitting) 2pm Gambling Presentation CAAFL & UW TBD (Last Tues.)	1:30pm Mindful Art	1:30pm Hangout	2pm Members Choice	1:30pm Narcan Training (SIGN UP) 2pm Hour of Hope*
EVENING		3pm Peer Music Group/Hangout		7pm Recovery Dharma (Downstairs)	3pm Healthy Choices*	3-4:30pm Game Night	7pm Big Book Study (Downstairs)

Groups now available in person! *Indicates also available on Zoom

Link to register for any group: https://flacra-org.zoom.us/meeting/register/tZYrcu6srTwqHteXZvBccGmqOtL7q_Tm_1q6

Meeting id: 82657437043 Passcode: 783479