

Connections Begin LIVE: April 2024

Open 1-7pm, 7-Days a week!

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



A FLACRA PROGRAM

	S	M	T	W	Th	F	S
AFTERNOON	<p>3:30pm</p> <p>Skills Building:</p> <p>4/7: Living In Balance 4/14: Strengths 4/21: De-escalation 4/28: Acceptance</p>	<p>3:30pm</p> <p>Family Group:</p> <p>4/1: Family Heritage 4/8: ECLIPSE Party 4/15: Getting Comfortable 4/22: Setting Intention 4/29: Family Bonds</p>	<p>3:30pm</p> <p>Recovery & Peer Support (Youth):</p> <p>4/2: Emotion Regulation 4/9: We ARE The Future 4/16: Safe Space 4/23: Y.O.U. 4/30: Power Shuffle</p>	<p>3:30pm</p> <p>Health & Wellness:</p> <p>4/3: Change Talk 4/10: Mind, Mood & Emotions 4/17: Nutrition 4/24: Mental Health Q&A</p>	<p>3:30pm</p> <p>Health & Wellness:</p> <p>4/4: All About the Brain 4/11: Positive Thinking 4/18: Self Awareness 4/25: Healthy Boundaries</p>	<p>3:30pm</p> <p>Education & Training:</p> <p>4/5: LGBTQIA+ 4/12: What is a Bully? 4/19: Cultural Competence 4/26: Eliminating Words as Weapons</p>	<p>3:30pm</p> <p>Skills Building:</p> <p>4/6: Why practice? 4/13: Weaknesses 4/20: Anger Management 4/27: Empowering Others</p>
EVENING	<p>5:30pm</p> <p>Family Group:</p> <p>4/7: Family Sculpting 4/14: Respecting Decisions 4/21: Family Culture 4/28: Anonymous Post-it's</p>	<p>5:30pm</p> <p>Recovery & Peer Support (Youth):</p> <p>4/1: Social Media Angst 4/8: Kurious Kidz 4/15: Acceptance 4/22: Positive Affirmations 4/29: Safe Space</p>	<p>5:30pm</p> <p>Health & Wellness:</p> <p>Healthy Bodies (Members aged 12-17) Presented by FLCH</p> <p>Education & Training (Community):</p> <p>NARCAN Training</p>	<p>5:30pm</p> <p>Education & Training:</p> <p>4/3: Bullying 4/10: Social Media Safety 4/17: See/Say Something 4/24: Goal Mapping</p>	<p>5:30pm</p> <p>Recovery & Peer Support (Youth):</p> <p>4/4: P.O.V 4/11: Improved Communication 4/18: Self-Empowerment 4/25: Asking Adults for Help</p>	<p>5:30pm</p> <p>Skills Building:</p> <p>4/5: Setting Intention 4/12: Resilience to Brilliance 4/19: SMART Goals 4/26: Coping Skills 4/26: Girls uNight 4:00-7:00pm</p>	<p>5:30pm</p> <p>Family Group:</p> <p>4/6: Create-A-Comic 4/13: Favorite Memory 4/20: Guided Meditation 4/27: Member's Choice</p>

Link to register for any group: <https://flacra-org.zoom.us/j/86979922016?pwd=VGJCeWpmeDVjNCtrZktxZkxsMy9PQT09>

Meeting ID: 869 7992 2016

Passcode: 762646