

Connections LIVE: February 2024 Yates

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 20 Maiden Ln. Penn Yan



A FLACRA PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Closed See you tomorrow! **NARCAN Trainings Available Daily Upon Request**	Open 9am-5pm 9am Mantra Meditation* / Breakfast Club 12pm Manifesting Monday's - setting and achieving goals.	Open 9am-8pm 9am Gentle Yoga* / Coffee Chat 10:30am Art in Recovery	Open 9-5p 9am Functional Fitness* / Breakfast Club 12pm Coping Skills	Open 9am-5pm 9am Tai Chi* / Coffee Chat 10:00am Supportive Living Group	Open 9am-5pm 9am Moving Meditations* / Breakfast Club 10am Breathwork with Jeanette	Closed See you Monday!
AFTERNOON	See you tomorrow!	1pm Social Flow (talk, art, games) 2pm Narcan Training	12pm Holistic Health & Wellness* 1pm Life Skills	2pm The Human Library- stop in, and learn about a person in recovery!	12pm Learn to Cope 1:30pm Ted Talk Thursdays	1pm Recovery Music 2pm Mindfulness *	See you Monday!
EVENING	See you tomorrow!	2:30-5 Afterschool hangout -games	4pm Happy Hour 6:30pm-8pm NA Meeting	4pm Wellness Connection *	4pm Journaling	2:30-5pm Afterschool hangout -meditation & mindful art	See you Monday!

*Indicates available on Zoom Link to register for any group: https://flacra-org.zoom.us/meeting/register/tJUdemurT8vH9b008pnYNonmmgEygdt_IK

Zoom Phone Access: 1-929-205-6099/Meeting ID: 911 2063 4552 PW: 190397