

Connections LIVE: May 8th - May 14th, 2022

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 64 West Ave. Canandaigua



A FLACRA PROGRAM

	S 8	M 9	T 10	W 11	T 12	F 13	S 14
MORNING	12pm *	10am Motivational Commitments * 11am Be-You-tiful Art 12pm Holistic Health & Wellness with Stephanie *	9am Gentle Yoga with Stephanie * 11am Navigating Life * 12pm Holistic Health & Wellness with Stephanie *	10am Setting Intention * 11am LGBTQ+ * 12pm Holistic Health & Wellness with Stephanie *	9am Tai Chi with Stephanie * 10am * 11am * 12pm Holistic Health & Wellness with Stephanie *	10am Jump Start Your Morning * 11am Hang Out * 12pm Holistic Health & Wellness with Stephanie *	10am Jump Start Your Morning * 10am AA Women's Mtg. 11am Recovering with Family * 12pm Narcan Training *
AFTERNOON	1pm AA Mtg 2pm * 3pm Journaling * 4pm Storytellers Sunday *	1pm Who wants to be a Recovery Peer Advocate? * 2pm Recovery Connection * 3pm Woman to Woman * 4pm Codependent No More *	1pm Holistic Health & Wellness with Stephanie * 2pm Holistic Health & Wellness with Stephanie * 3pm American Sign Language (ASL) 4pm CRAFT Family Group *	1-3pm Teen Triple P (CAAFL) 1:30pm Celebrate Recovery 2pm Holistic Health & Wellness with Stephanie * 3pm Wellness Connection * 4pm Art in Recovery *	1pm Holistic Health & Wellness with Stephanie * 2pm Holistic Health & Wellness with Stephanie * 3pm Hour of Hope* 4pm Mindful Art with Chrissy	1pm Chakra Series Workshop with Chrissy * 2pm Mindfulness with Chrissy * 3pm Man to Man * 4pm Mental Health Recovery Support	1pm * 2pm Spiritual Happy Hour * 3pm * 4pm Hang Out *
EVENING	5pm* 7:30pm AA Men's Mtg	5-7pm Open Mic 7pm Journey through Life (CSC)*	5pm * 6pm Building Resilience * 7pm Chess Club	5pm Sanctuary Guided Meditation & Reiki with Chrissy * 6pm Meditation with Chrissy * 7pm Recovery Dharma	5pm Recovering with Family * 6pm * 7pm DV Survivor Support Group	5pm Recovery First Aid * 6pm AA Mtg 7pm *	

Open Mon-Sat 9a-9p, Sun 12-5p Groups now available in person! *Indicates also available on Zoom

Link to register for any group: https://flacra-org.zoom.us/meeting/register/tJUsemurT8vH9b008pnYNonmmgEygdt_Ok

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