



# Connections Rounded Recovery Glossary

64 West Avenue Canandaigua, NY 14424

Mon—Sat, 9a-9p & Sunday, 12p-5p



833-4-FLACRA, Option 5



@roundedrecovery

## Recovery Enhancement / Skill Building Groups

**Story Tellers Sunday:** Please join us for discussion around the recovery process and sharing our experience in a beneficial way. Our goal is to inspire, provide stability and express empathy. Story tellers is being offered in person and via Zoom!

**Journaling:** The mind is an amazing place and often the art of journaling proves to be just the thing one needs in order to process thoughts and emotions. Thinking in writing has this magical quality of clarifying thoughts. Join us here at Connections or via Zoom!

**Motivational Commitments:** In this group we make commitments and use social accountability to stay consistent with those commitments. Ideally, you are holding others responsible for their goals and they are holding you responsible for yours. Offered in person and via Zoom!

**Setting Intention:** Every morning at 10 am, Tuesday through Thursday, we will be setting our unique and personal intentions for the day, along with some motivation! Setting Intention is being offered in person and via Zoom!

**Navigating Life:** Join us as we help individuals navigate difficult life situations, this includes but is not limited to homelessness, accessing benefits, navigating DSS and a plethora of other critical resources. Offered in person and via Zoom.

**Jump Start your Morning:** Join us in getting motivated for the day. Start your day off on the right foot with a positive mindset, good energy, and motivation to accomplish your goals. Join us in person at Connections or via Zoom!

**Recovery First Aid:** Join us in a conversation which offers tools to “bounce back” after a crisis (physical, mental, spiritual.) We will be sure to discuss prevention measures, self-care options and key stages in recovery. Offered in person and via Zoom!

**Building Resilience:** Times are tough! Let’s build resilience together! Offered in person and via Zoom.

**Hour of Hope:** Join us for an hour of recovery skill building where we will focus on what brings us hope and how we can be beacons of hope for others. Join us in person or via Zoom!

**Journey Through Life (CSC):** Join our group of caring hearts, as we journey through this life together, sharing, exploring and encouraging one another. We believe that together, anything is possible. You are not alone on this journey. Join us.

**Mental Health Recovery Support:** Support your mental health recovery and growth through group discussion and shared experiences.

**LGBTQ+ Support:** A group focused on supporting individuals from the LGBTQ+ community in their recovery through shared lived experience and collaboration within the group.



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## Collateral/Family Support Groups

**Man to Man:** A group intended to be of service to men, to discuss men's issues in and outside of recovery. Man to Man is being offered both in person and via Zoom.

**Recovering with Family:** Family Navigators offer their services regarding how to best support your loved ones in recovery, while simultaneously caring for oneself. Recovering with Family is offered both in person and via Zoom.

**Woman to Woman:** This is a time for women to get together and support one another in life and in recovery. Join us at Connections or via Zoom.

**CRAFT:** CRAFT is an acronym that stands for Community Reinforcement and Family Training. CRAFT is an evidence-based therapeutic support group designed for friends, significant others and family members of individuals who are struggling with substance use disorder(s).

**Codependent No More:** In this group we will discuss the behavioral tendencies of codependency to identify where this may be occurring in our own lives and why. We will work toward empowerment tools to break the chains of codependency. Join us in person or via Zoom.

**The Common Connection:** A support group facilitated by Safe Harbors, that focuses on the relationships we have with ourselves and the community around us, in hopes of empowering participants to have healthy relationships throughout their lives.

**Triple P – Positive Parenting Program:** Join Dan from the Council for a Positive Parenting group twice a month on Wednesdays from 1-3 pm.

## Recovery and Peer Support Groups

**STAR Program-Peer Mentorship:** Strengthening Treatment And Recovery (STAR), Treatment Court & Alumni recovery support group.

**Recovery Connection:** We will be offering a "mid-day check-in." Recovery doesn't stop, wellness doesn't end, let's continue to lean on each other and focus on growth! Offered both in-person and via Zoom!

**Hang Out:** Join us in-person or virtually for a constructive recovery friendly hang out!

**Spiritual Happy Hour:** This is an intentional time for you to pause during your day, step out of your daily grind and into a supportive community. Guided meditation and discussion on spirituality, spiritual practices and tools to add to your spiritual tool kit. Join us in-person or via Zoom.

**Art in Recovery:** It's no secret that so many of you are crafty and creative in the most brilliant of ways. We have found that expressing ourselves through art is not only therapeutic, but also extremely enjoyable when experienced in a group setting. Join us in person or via Zoom!

**Be-YOU-tiful Art:** Much of the artistic process is about trusting in yourself and your expression, not worrying what others think or judge your work to be. Art is about the process not the outcome. Come be YOU with us at Connections.

**Game Night:** Join us in person at Connections for fun and games while also building a strong support network for your recovery!

**Guitar Lessons:** Want to learn to play guitar or sharpen your skills, come learn with us at Connections!

**Chess Club:** Like playing chess? Join the Club! In person at Connections.

**Open Mic Night:** Join us on Tuesdays for Open Mic Night hosted by local musician Casey Bloom.



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## Mutual Aid Support Groups

**Alcoholics Anonymous:** Recovery support group following a 12-step process for individuals struggling with alcohol.

**Narcotics Anonymous:** Recovery support group following a 12-step process for individuals struggling with drugs.

**Recovery Dharma:** Recovery Dharma is a peer-led movement and community that is unified by trust in the potential of everyone's ability to recover and find freedom from substance-use disorders. A Buddhist based approach to recovery.

**Al-Anon:** Recovery support group following a 12-step process for family members/loved ones of someone struggling with alcohol.

**Nar-Anon:** Recovery support group following a 12-step process for family members/loved ones of an someone struggling with drugs.

**Celebrate Recovery:** Recovery support group following a 12-step process. A Christian based approach to recovery.

## Education and Training Groups

**Who Wants to be a Recovery Peer Advocate?:** Please join us here at Connections or via Zoom for a weekly open discussion on how to become a Recovery Peer Advocate. Led by Peers working in the field, sharing our stories and our pathways.

**Community Narcan Training:** Save a Life: Narcan (Naloxone) and overdose prevention training. This training is FREE and open to the community! Join us in person or via Zoom. We have at least 1 group training scheduled every week but can also offer on-the-spot training as needed.

**Painting with Expression:** The Council does a different take on anger management or emotional regulation, come learn how to express your emotions through a healthy outlet, painting! Join us in person at Connections.

**Financial Empowerment:** Part of the recovery process and just life in general is getting our finances in order. This group offers education around skills and methods which can empower us to achieve our financial goals.

**Cancer Screenings & Prevention:** This is an educational and supportive group around the different screenings and resources available for Cancer prevention.

**Vocational Education Counseling:** Interested in going back to school? Or for the first time? Interested in starting a new career? We are excited to implement this beneficial resource at Connections. We understand that this can be an overwhelming process, let us walk with you on this journey! Offered in person at Connections.



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## Health and Wellness Groups

**Holistic Health and Wellness with Stephanie:** Stephanie Heitmann offers this time to explore holistic health and wellness, mind body and spirit, a holistic approach to well-being and nurturing all aspects of self! Join us in-person or via Zoom!

**Mindful Art with Chrissy:** Join Chrissy Legott weekly to create art mindfully! Offered in-person and via Zoom!

**Wellness Connection with Stephanie:** Stephanie Heitmann and Justin Hess offer this time to explore nutrition and fitness planning to support our wellness. Join us in-person or via Zoom!

**Sanctuary: Group Reiki and Meditation:** Please join Chrissy for Sanctuary: Guided Meditation and Reiki. Utilizing the tools and elevated awareness practices, which Chrissy offers, will reduce anxiety and refocus our minds in our busy days.

**Mindfulness with Chrissy:** Join Chrissy as she demonstrates guided meditations and exercises to keep us grounded with peace in our body, mind and spirit. Holistic self-care available in person or via Zoom!

**Chakra Series Workshop with Chrissy:** Each week learn tools you need to shift your energy, balance chakras while learning what chakras are! Join us at Connections or via Zoom!

**Tai Chi:** Come learn this ancient Chinese secret to health and wellness with Stephanie Heitmann, join us in person at Connections or via Zoom.

**Intuitive Tuesday:** Explore the universe with your intuitive mind. Psychic Medium, Chrissy Legott will guide you with mindfulness tools such as Tarot, Oracle cards, crystals, scrying, aura readings, energy and light work. Exercises to sharpen our mindful thoughts. Trusting what we see, feel and hear. Offered in person and via Zoom.