Connections Program Calendar: *Ontario - February 2025*

Facebook @ Rounded Recovery: 833-4-FLACRA, Option 5: 64 West Ave. Canandaigua * Indicates also available on 700m

* Indicates also available on Zoom						
S	M		W		F	S
<u> 12p - 5pm</u>	<u>9am - 9pm</u>	<u>9am - 9pm</u>	<u>9am - 9pm</u>	<u>9am - 9pm</u>	<u>9am - 9pm</u>	<u>9am - 9pm</u>
<u>KEY</u> Blue - Health & Wellness Green - Mutual	9am Mantra Meditation*/Coffee Chat	9am Gentle Yoga* /Coffee Chat	9am Functional Fitness*/Coffee Chat	9am T ai Chi*/ Coffee Chat	9am Moving Meditations*/Coffee Chat	9am Coffee Chat
Aid Group Red - Community Partners	11am Open Discussion	11am Open Discussion	11am SMART Goals*	11am Thankful Thursday	11am Open Discussion	11am-12:30pm Recovering with Family/CRAFT
		12pm TED Talk Tuesday			12pm NARCAN® Training	
1pm AA Mtg 2:30pm Narcotics Anonymous Meeting	3pm Social Hour (art. games, etc.)	1:30-3:30pm Teen Triple P (CAAFL) (By Appointment) 3pm Arts & Crafts	2pm Emotional Sobriety	1-2:30pm Diamonds: A Women's Group (1/9,1/16, 1/23 only)	 1-3pm Mindfulness Journaling Workshop 3pm Become a Peer Advocate* 	1pm Open Discussion
		4pm STAR (1 st & 3 rd Tuesday)	4pm What is Self- Love	4pm Mindful Art		4:30pm AA Big Book Study
****NARCAN**** Training Available by		5pm Journey through Life* (Grief & Loss)		5pm Singing	5:30-8pm Movie/Game Night	6pm AA meeting
Request Any Day	6pm Nar-Anon 7:30pm AA Men's Mtg	6pm Music Appreciation	6-8pm Karaoke Night or Open Mic Night	Bowls and Meditation 6pm Recovery	7PM AA meeting	
	S 12p - 5pm KEY Blue - Health & Wellness Green - Mutual Aid Group Red - Community Partners 1pm AA Mtg 2:30pm Narcotics Anonymous Meeting ****NARCAN****	SImage: Constraint of the section of the	SMT12p - 5pm9am - 9pm9am - 9pmKEY Blue - Health & Weliness Green - Mutual Aid Group Red - Community Partners9am Mantra Meditation*/Coffee Chat9am Gentle Yoga* /Coffee Chat11am Open Discussion11am Open Discussion11am Open Discussion1pm AA Mtg11am Open Discussion12pm TED Talk Tuesday2:30pm Narcotics Anonymous Meeting3pm Social Hour (art, games, etc.)1:30-3:30pm Teen Triple P (CAAFL) (By Appointment)****NARCAN**** Training Available by Request Any Day3pm Social Hour (art, games, etc.)3pm Journey through Life* (Grief & Loss)****NARCAN**** Training Available by Request Any Day6pm Nar-Anon T:30pm AA Men's5pm Journey through Life* (Appreciation	SMIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	SMTWT12p - 5pm9am - 9pm9am - 9pm9am - 9pm9am - 9pm9am - 9pmKEY Blue - Health ft Wellness Green - Mutual Aid Group Red - Community Partners9am Mantra Meditation*/Coffee Chat9am Gentle Yoga* /Coffee Chat9am Functional Fitness*/Coffee Chat9am Tai Chi*/ Coffee ChatRed - Community Partners11am Open Discussion11am Open Discussion11am Open Discussion11am SMART Gals*11am Thankful Thursday1pm AA Mtg 2:30pm Narcotics Anonymous Meeting3pm Social Hour (art, games, etc.)1:30-3:30pm Teen Triple P (CAAFL) (By Appointment)2pm Emotional Sobriety1-2:30pm Diamonds: A Women's Group (1/9,1/16, 1/23 only)****NARCAN**** Training Available by Request Any Day6pm Nar-Anon 7:30pm AA Men's5pm Journey through Life* (Grief & Loss)4pm Karaoke Night or Open Mic Night or Open Mic5pm Singing Meditation	SNTNTNTFS12p - 5pm9am - 9pm9am - 9pm9am - 9pm9am - 9pm9am - 9pm9am - 9pm9am - 9pmBlue - Health E Wellness Green - Mutual Aid Group Red - Community Partners9am Mantra Meditation'/Coffee Chat9am Gentle Yoga* /Coffee Chat9am Functional Fitness'/Coffee Chat9am Tai Chi'/ Coffee Chat9am Moving Meditations'/Coffee ChatRed - Community Partners11am Open Discussion11am Open Discussion11am Open Discussion11am SMART Goals*11am Thankful Thursday11am Open Discussion1pm AA Mtg 2:30pm Marcotics Anonymous Meeting3pm Social Hour (art, games, etc.)1:30-3:30pm Teen Triple P (CAAFL) (By Appointment) 3pm Arts & Crafts draf <i>Tuesday</i> 1-2:30pm Diamods: A Women's Group (1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1

Link to register for any group: https://flacra-org.zoom.us/j/91120634552

Zoom Meeting ID: 911 2063 4552



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A FLACRA PROGRAM