

# Connections Begin LIVE: February 2025

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 324 W. Union St, Newark, NY 14513



S	M	T	W	Th	F	S
<p><b>Open 1-7pm</b> <b>7 days-week</b></p> <p><b>3:30pm</b> <b>Education &amp; Training</b></p> <p>2/2 Erase the Stigma 2/9 Madden Tournament 2/16 What is a Bully? 2/23 Goal Mapping</p>	<p>See you this afternoon</p> <p><b>3:30pm</b> <b>Health &amp; Wellness</b></p> <p>2/3 Healthcare Privacy 2/10 Overcoming Fears 2/17 Self-Care 2/24 Comfort in Feedback</p>	<p>See you this afternoon</p> <p><b>3:30pm</b> <b>Skill Building</b></p> <p>2/4 Mindfulness 2/11 Solution Driven 2/18 Mindfulness 2/25 Digital Portfolios</p>	<p>See you this afternoon</p> <p><b>3:30pm</b> <b>Youth Peer Support</b></p> <p>2/5 Ared Resources 2/12 Stronger Together 2/19 H.O.P.E. 2/26 Point of View</p>	<p>See you this afternoon</p> <p><b>3:30pm</b> <b>Health &amp; Wellness</b></p> <p>2/6 Nutrition 2/13 Healthy Boundaries 2/20 Self-Awareness 2/27 Relax &amp; Decompress</p>	<p>See you this afternoon</p> <p><b>3:30pm</b> <b>Youth Peer Support</b></p> <p>2/7 Evolving Empowerment 2/14 St. Valentine's Activity 2/21 Nurturing Friendships 2/28 Social Media Angst</p>	<p>See you this afternoon</p> <p><b>3:30pm</b> <b>Skill Building</b></p> <p>2/1 Problem Solving 2/8 Anger Management 2/15 De-escalation 2/22 Seeking Safety</p>
<p><b>4:30pm</b> <b>Family</b></p> <p>2/2 Find the Groundhogs 2/9 Madden Tournament 2/16 Setting Intentions 2/23 Respecting Decisions</p>	<p><b>4:30pm</b> <b>Youth Peer Support</b></p> <p>2/3 Safe Space 2/10 Power Shuffle 2/17 Y.O.U. 2/24 Impulsivity</p>	<p><b>4pm</b> <b>Health &amp; Wellness</b></p> <p>2/4 FL Community Health 2/11 Meditation 2/18 FL Community Health 2/25 Mindfulness</p>	<p><b>4:30pm</b> <b>Skill Building</b></p> <p>2/5 Life Skills 2/12 SMART Recovery 2/19 Living In Balance 2/26 Conflict Resolution</p>	<p><b>4:30pm</b> <b>Youth Peer Support</b></p> <p>2/6 We ARE the future 2/13 See / Soy Something 2/20 Stop the Bullying 2/27 Self-Esteem</p>	<p><b>4:30pm</b> <b>Education &amp; Training</b></p> <p>2/7 LGBTQIA+ 2/14 Empathy vs. Sympathy 2/21 The Common Connection 2/28 Cyber Safety</p>	<p><b>4:30pm</b> <b>Youth Peer Support</b></p> <p>2/1 Curious Kidz 2/8 Positive Affirmations 2/15 You're Unique! 2/22 Facing Challenges</p>
<p><b>5:30pm</b> <b>Skill Building</b></p> <p>2/2 Team Building 2/9 Communication 2/16 Acceptance 2/23 Emotion Regulation</p>	<p><b>5:30pm</b> <b>Education &amp; Training</b></p> <p>2/3 Public Health 2/10 Youth Safety <b>Family</b> 2/17 Greif &amp; Loss 2/24 Hope &amp; Healing</p>	<p><b>5:30pm</b> <b>Youth Peer Support</b></p> <p>2/4 Teen Self-Empowerment 2/11 Safety in Numbers 2/18 We're ALL Connected 2/25 Embracing our Differences</p>	<p><b>5:30pm</b> <b>Health &amp; Wellness</b></p> <p>2/5 Dangers of Drugs 2/12 Personal Hygiene 2/19 Recognizing Trauma 2/26 Fitness</p>	<p><b>5:30pm</b> <b>Family</b></p> <p>2/6 Addiction in the Family 2/13 Safety &amp; Action Planning 2/20 Improved Communication 2/27 Shared Decision Making</p>	<p><b>5:30pm</b> <b>Skill Building</b></p> <p>2/7 Resilience to Brilliance 2/14 Hold Back One-Ups 2/21 DMV Preparation 2/28 Coping Skills</p>	<p><b>5:30pm</b> <b>Health &amp; Wellness</b></p> <p>2/1 Mental Health /S Health 2/8 Mind, Mood, Emotions 2/15 Oral Health 2/22 My Youth-WRAP</p>

Link to register for any group: <https://flacra-org.zoom.us/j/86979922016?pwd=VGJCeWpmedVjNCtZktxZkxSMW9PQT10>

Meeting ID: 869 7992 2016

Passcode: 762646