

Connections Begin LIVE: November 2024

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



	S Open 1-7pm 7 days-week	M See you this afternoon	T See you this afternoon	W See you this afternoon	Th See you this afternoon	F See you this afternoon	S See you this afternoon
AFTERNOON	3:30pm Education & Training 11/3 Time Management 11/10 Social Skills 11/17 Managing Money 11/24 Community Resources	3:30pm Health & Wellness 11/4 Stress Management 11/11 Effects of Substances 11/18 Risk Factors-Addiction 11/25 Dangers of Nicotine	3:30pm Skill Building 11/5 When to dial 911 11/12 Scan, Upload & Email 11/19 Preparing for Tests 11/26 Problem-Solving	3:30pm Youth Peer Support 11/6 Building Connections 11/13 Achieving Goals 11/20 Self-Care is Important 11/27 Managing Anger	3:30pm Health & Wellness 11/7 Mental Health 11/14 Healthy Emotions 11/21 Practicing Spirituality 11/28 Mindfulness Matters	3:30pm Youth Peer Support 11/1 Coping with Life Events 11/8 Cyberbullying & Safety 11/15 Prevent Peer Pressure 11/22 Developing Identity 11/29 Self-Awareness	3:30pm Family 11/2 Conflict Resolution 11/9 Healthy Communication 11/16 Setting Boundaries 11/23 Family Strife 11/30 Family Dynamics
	4:30pm Family 11/3 Family Traditions 11/10 Navigating Holidays 11/17 Comfort w/Relatives 11/24 Favorite Family Times	4:30pm Youth Peer Support 11/4 Two Truths & A Lie 11/11 Healthy Brainstorming 11/18 Replacing Thoughts 11/25 Positive Experiences	4pm Health & Wellness 11/5 FLCH: My Body, My Choice 11/12 Dental Health 11/19 FLCH: My Body, My Choice 11/26 Importance of Sleep	4:30pm Skill Building 11/6 Student Portfolio 11/13 New Hobbies 11/20 Taking on Challenges 11/27 Making Good Choices	4:30pm Youth Peer Support 11/7 Self-Esteem 11/14 Praise/Criticism 11/21 Adjusting to Changes 11/28 It's OK to Not Be OK	4:30pm Education & Training 11/1 Organization 11/8 Standing up For Yourself 11/15 Learning New Things 11/22 Public Transportation 11/29 Emotional Intelligence	4:30pm Skill Building 11/2 Pros/Cons & Decisions 11/9 Decluttering 11/16 Forming Good Habits 11/23 Sincere Apologies 11/30 Studying Skills & Tips
EVENING	5:30pm Skill Building 11/3 Wants Vs. Needs 11/10 Recycling & Upcycling 11/17 Helping w/ Chores 11/24 Gossip vs. Sharing Info	5:30pm Family 11/4 Resilience in Families 11/11 Flexibility in Families Education & Training 11/18 Boosting Confidence 11/25 Emergency Planning	5:30pm Youth Peer Support 11/5 Stranger Danger 11/12 Being Courteous 11/19 Don't Be Afraid-Say "No" 11/26 Situational Safety 11/26, 4-6pm: Girls uNite	5:30pm Health & Wellness 11/6 Mental Health IS Health 11/13 Good Hygiene 11/20 Concussions & Sports 11/27 Limiting Screen Time	5:30pm Youth Peer Support 11/7 Asking for Help 11/14 Forgiveness 11/21 Sharing Responsibility 11/28 Support Systems	5:30pm Skill Building 11/1 Voting 11/8 Road Hand-Signals 11/15 Price Comparisons 11/22 3 Coping Skills 11/29 Internet Shopping 11/29, 2-5pm: Friends-giving	5:30pm Health & Wellness 11/2 Staying Active 11/9 Nutrients 11/16 Say No to Drugs! 11/23 Healthy Eating 11/30 Relax & De-Stress

Link to register for any group: <https://flacra-org.zoom.us/j/86979922016?pwd=VGJCeWpmeDVjNCtrZktxZkxsMy9PQT10>

Meeting ID: 869 7992 2016

Passcode: 762646