



Connections Program Calendar: Ontario - January 2025

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

* Indicates also available on Zoom

	S	M	T	W	T	F	S
MORNING	<p>12p - 5pm</p> <p>KEY Blue - Health & Wellness Green - Mutual Aid Group Red - Community Partners</p>	<p>9am - 9pm</p> <p>9am Mantra Meditation*/Coffee Chat</p> <p>11am Open Discussion</p>	<p>9am - 9pm</p> <p>9am Gentle Yoga*/Coffee Chat</p> <p>11am Open Discussion</p> <p>12pm TED Talk Tuesday</p>	<p>9am - 9pm</p> <p>9am Functional Fitness*/Coffee Chat</p> <p>11am SMART Goals*</p>	<p>9am - 9pm</p> <p>9am Tai Chi*/Coffee Chat</p> <p>11am Thankful Thursday</p>	<p>9am - 9pm</p> <p>9am Moving Meditations*/Coffee Chat</p> <p>11am Open Discussion</p> <p>12pm NARCAN® Training</p>	<p>9am - 9pm</p> <p>9am Coffee Chat</p> <p>11am-12:30pm Recovering with Family/CRAFT</p>
AFTERNOON/EVENING	<p>1pm AA Mtg</p> <p>2:30pm Narcotics Anonymous Meeting</p> <p>****NARCAN**** Training Available by Request Any Day</p>	<p>3pm Social Hour (art, games, etc.)</p> <p>6pm Nar-Anon</p> <p>7:30pm AA Men's Mtg</p>	<p>1:30-3:30pm Teen Triple P (CAAFL) (By Appointment)</p> <p>3pm Arts & Crafts</p> <p>4pm STAR (1st & 3rd Tuesday)</p> <p>5pm Journey through Life* (Grief & Loss)</p> <p>6pm Music Appreciation</p>	<p>2pm Emotional Sobriety</p> <p>4pm What is Self-Love</p> <p>6-8pm Karaoke Night or Open Mic Night</p>	<p>1-2:30pm Diamonds: A Women's Group (1/9,1/16, 1/23 only)</p> <p>4pm Mindful Art</p> <p>5pm Singing Bowls and Meditation</p> <p>6pm Recovery Improv</p>	<p>1-3pm Mindfulness Journaling Workshop</p> <p>3pm Become a Peer Advocate*</p> <p>5:30-8pm Movie/Game Night</p> <p>7PM AA meeting</p>	<p>1pm Open Discussion</p> <p>4:30pm AA Big Book Study</p> <p>6pm AA meeting</p>

Link to register for any group: <https://flacra-org.zoom.us/j/91120634552>
 Zoom Meeting ID: 911 2063 4552