





Connections Begin LIVE: December 2024

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 324 W. Union St, Newark, NY 14



	S	M	T	W	Th	F	S	
	Open 1-7pm 7 days-week	See you this afternoon	See you this afternoon	See you this afternoon	See you this afternoon	See you this afternoon	See you this afternoon	
AFTERNOON	3:30pm Training 12/1 Erase the Stigma 12/8 Youth Safety 12/15 Responsibility 12/22 What is a Bully? 12/29 College Matters	3:30pm Health & Wellness 12/2 WRAP for Teens 12/9 Holiday Nutrition 12/16 Emotion Regulation 12/23 Overcoming Fears 12/30 Self Care	3:30pm Skill Building 12/3 Anger Management 12/10 Recognizing Behavior 12/17 3-Coping Skills 12/24 Emotion Regulation 12/31 Celebration Safety	3:30pm Youth Peer Support 12/4 Deal Breakers 12/11 Friendships Matter 12/18 Kurious Kidz 12/25 CLOSED 	3:30pm Health & Wellness 12/5 Social Media Angst 12/12 Self-Awareness 12/19 We're All Connected 12/26 Dangers of Addiction	3:30pm Youth Peer Support 12/6 Christmas Cards 12/13 Cultural Competency 12/20 Volunteering 12/27 Building Community	3:30pm Family 12/7 Naughty or Nice? 12/14 Personalized Gifts 12/21 Be Curious 12/28 Gratitude	
	EVENING	4:30pm Family 12/1 Addiction Friction 12/8 Holiday Grieving 12/15 Healthy Boundaries 12/22 Hope & Healing 12/29 Improved Communication	4:30pm Youth Peer Support 12/2 Holiday Activity 12/9 What's Your Why? 12/16 Social Media Limits 12/23 You're Not Alone 12/30 See Something, Say Something	4pm Health & Wellness 12/3 Mind, Mood & Emotions 12/10 My Body, My Choice 12/17 Getting Comfortable 12/24 Avoid Over-eating 12/31 Setting Intentions for 2025	4:30pm Skill Building 12/4 Manners Matter 12/11 Problem Solving 12/18 Identify Trust 12/25 CLOSED 	4:30pm Youth Peer Support 12/5 Point of View 12/12 Peer 2 Peer Support 12/19 Natural Helpers 12/26 Empathy & Gratitude	4:30pm Training 12/6 Resource Collaboration 12/13 Philanthropy 12/20 LGBTQIA+ 12/27 Imposture Syndrome	4:30pm Skill Building 12/7 Cyber Safety 12/14 Team Building 12/21 Check your List 12/28 Smart Choices
		5:30pm Skill Building 12/1 Strengths & Weaknesses 12/8 Acceptance 12/15 Living in Balance 12/22 Communication 12/29 Empowering Others	5:30pm Family 12/2 Who to give Gifts 12/9 Respecting Decisions 12/16 Holiday Traditions Training 12/23 Copier Functions 12/30 Goal Mapping	5:30pm Youth Peer Support 12/3 Self-Affirmations 12/10 Empower Others 12/17 Power Shuffle 12/24 Send Holiday Cheer 12/31 Buddy System 	5:30pm Health & Wellness 12/4 Food = Fuel 12/11 Get Moving 12/18 NARCAN Training 12/25 CLOSED 	5:30pm Youth Peer Support 12/5 We ARE the Future 12/12 Letters to Santa 12/19 Stuff Stockings 12/26 Time with Friends	5:30pm Skill Building 12/6 Budgeting 12/13 Avoid Danger 12/20 Travel Safely 12/27 Solution Focused	5:30pm Health & Wellness 12/7 Being Productive 12/14 Mindfulness 12/21 Staying Active 12/28 You be YOU

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

Meeting ID: 869 7992 2016

Passcode: 762646