



Virtual Connections Recovery Support Services

Please join us on **Zoom** for Peer-Led, virtual group sessions designed to help you maintain your sobriety and emotional wellbeing.

Group Sessions Are Held Daily, Hourly

Group sessions are free and open to current and prospective clients, and alumni.

Here are just a few examples of our virtual programs. To view the full event calendar, and to register for a session, please visit www.flacra.org/virtual-connections.

Setting Intention

Recovery Connections

Reflect & Restore

Virtual Storytellers

Sober Spot AA

Spiritual Happy Hour

Man to Mann

Mindfulness

Narcan Training

Virtual Hangout

Reflect and Restore

Recovery Hangout

Holistic Health & Wellness

Parenting in Pandemic

Build Your Image

Woman to Woman

Hour of Hope

Recovering with Family



To receive immediate crisis support, call 1-833-4-FLACRA.

Providing Addiction and Behavioral Health Services Throughout the Finger Lakes Area

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