



A FLACRA PROGRAM

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

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

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	Man to Mann	Holistic Health & Wellness
Recovery Connections	Mindfulness	Parenting in Pandemic
Reflect & Restore	Narcan Training	Build Your Image
Virtual Storytellers	Virtual Hangout	Woman to Woman
Sober Spot AA	Reflect and Restore	Hour of Hope
Spiritual Happy Hour	Recovery Hangout	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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