



NATIONAL COUNCIL ON ALCOHOLISM & DRUG DEPENDENCE-ROCHESTER AREA
RECOVERY SERVICES IN GENESEE, LIVINGSTON, ONTARIO,
ORLEANS, SENECA, WAYNE, WYOMING, AND YATES COUNTIES

Finger Lakes Addiction Resource Center
 1931 Buffalo Road - Rochester, New York 14624
 Telephone: 585-719-3480 or 719-3485 Fax: (585) 423-1908
 Website: www.ncadd-ra.org

Due to COVID-19 restrictions, we advise everyone to call or email the program contact person to confirm that activities are still scheduled.

| PROGRAM INFORMATION | SERVICES DESCRIPTION |
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| <p>FINGER LAKES REGION – VIRTUAL MONROE COUNTY – IN-PERSON ROCOvery Fitness Contact: Lisa Nichols, lisa@rocoveryfitness.org Phone: 585-537-0036 Website: www.rocoveryfitness.org YouTube Channel: www.youtube.com/channel/UCP9djAy0A-ZN4vGNMb49_Mg Facebook: www.facebook.com/rocovery</p> | <ul style="list-style-type: none"> ➔ ROCOvery Fitness provides resources for those looking to join a sober, active community to support their growth and recovery. ➔ Several virtual programs are available for those who cannot attend in-person events at the ROCOvery Outreach Center, which is physically located at 1035 Dewey Avenue, Rochester, NY 14613. ➔ The ROCOvery YouTube Channel provides original video content such as <i>Nightly Reflections with Yana</i>; <i>Life on the Run: Lessons from the Road with Jon</i>; and <i>Where's My Intention? with Keirstan</i>. The YouTube Channel also hosts ROCOvery videos including guided meditation, yoga classes, coaching sessions, and virtual workouts that can be done at home. ➔ For information on both virtual and in-person events, visit their website and Facebook page. All activities, virtual or in-person, are free and open to anyone with minimum of 48 consecutive hours of sobriety. |
| <p>FINGER LAKES REGION – VIRTUAL WYOMING COUNTY - VIRTUAL SMART Recovery Website: www.smartrecovery.org Facebook: www.facebook.com/smartrecoveryofwarsawny</p> | <ul style="list-style-type: none"> ➔ SMART Recovery is a leading self-empowering addiction self help and support group. Participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups. ➔ The previous in-person Warsaw, NY meetings have suspended indefinitely due to COVID-19 restrictions. Updates are shared on the SMART Recovery of Warsaw, NY Facebook page. ➔ Daily video meetings and 24/7 chat rooms are available online at www.smartrecovery.org/community. |
| <p>GENESEE COUNTY Recovery WOW (With Out Walls) Contact: Sue Gagne, sgagne@gcasa.org The Recovery Station 5256 Clinton Street Road, Batavia, NY 14020 Phone: 585-815-5248 Facebook: www.facebook.com/recoverywow</p> | <ul style="list-style-type: none"> ➔ Recovery WOW is operated as part of the Genesee/Orleans Council on Alcoholism and Substance Abuse (GCASA). Their social gathering and recreation location, The Recovery Station, is in the former Bohn's Restaurant building; the address is 5256 Clinton Street Road, Batavia, NY 14020. ➔ Recovery WOW offers a variety of safe, sober health and wellness activities geared towards individuals in recovery from a substance use disorder, and their families. ➔ Offers peer engagement services to clients and engages in community outreach efforts. ➔ See their Facebook page for a calendar of events and hours open. |
| <p>ONTARIO COUNTY The Community Support Center Canandaigua, NY Contact: Shawna Bonshak, shawna@bonshakcsc@gmail.com Phone: 585-396-4554 Website: https://tockify.com/thecommunitysupportcenter/monthly Facebook: www.facebook.com/thecommunitysupportcenter</p> | <ul style="list-style-type: none"> ➔ The Community Support Center is a program of the Partnership for Ontario County. They believe that everyone needs healing from life, and their philosophy is "let's do it together." ➔ Free solution-focused brief therapy with a licensed social worker is offered for individuals and families. ➔ Community CrossFit, Functional Fitness and Gentle Yoga classes are available in partnership with Canandaigua CrossFit, 699 S. Main Street, Canandaigua, NY 14424. Workouts are tailored to each person's abilities. Find more information on the Facebook page and the calendar website. ➔ The Community Support Center has offered a <i>Journey Through Life and Loss</i> Support Group, Community Arts nights, healing arts seminars, and other pop-up events. |



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| <p>ONTARIO COUNTY Connections – Rounded Recovery Community Center (FLACRA) Contact: Katherine Gates, katherine.gates@flacra.org 64 West Avenue, Canandaigua, NY 14424 Phone: 833-435-2272 Website: www.flacra.org/connections-rounded-recovery Facebook: www.facebook.com/roundedrecovery</p> | <ul style="list-style-type: none"> ➔ Connections is a Recovery Community Center that serves individuals with substance use disorders and their families throughout Ontario County. A comprehensive program provides multiple pathways to recovery and helps to bridge an array of community services and formal treatment opportunities. ➔ The Recovery Community Center is open Monday through Saturday from 9:00am-9:00pm and Sunday from 12:00pm-5:00pm. ➔ The Center is peer-driven and peer-led. Staff members are Certified Recovery Peer Advocates (CRPAs), a title recognized under the New York Certification Board (NYCB). ➔ Support groups and programming are available in-person and online. Visit their website and Facebook page for upcoming discussions and events. |
| <p>ORLEANS COUNTY Coffee Talk Contact: Tami Ashton, orleansrecoveryhope@gmail.com 243 S. Main Street, Suite 190, Albion, NY 14411 Phone: 585-332-6279 (please text first)</p> | <ul style="list-style-type: none"> ➔ Coffee Talk is operated as part of Orleans-Recovery Hope Begins Here. ➔ Meets on the 3rd Saturday of the month at 10:00am at 243 S. Main Street, Suite 190, Albion. ➔ Casual conversation about families who have struggled with a loved one with a substance use disorder (SUD). ➔ Conversation facilitated by person(s) with life experience. <p>Confidential, supportive, and no pressure to talk.</p> |
| <p>ORLEANS COUNTY Holley Resources to Recovery Contact: Tami Ashton, orleansrecoveryhope@gmail.com 75 Public Square, Holley, NY 14470 Phone: 585-332-6279 and 585-590-4418</p> | <ul style="list-style-type: none"> ➔ Holley Resources to Recovery is operated as part of Orleans-Recovery Hope Begins Here. ➔ Meets on the 1st Monday of the month from 6:00pm-8:00pm at the Eastern Orleans Community Center, 75 Public Square, Holley. ➔ A peer advocate will be present, as well as family support, recovery resources, and Narcan training. ➔ Offering resources and solutions to those with a substance use disorder as well as affected families. |
| <p>ORLEANS COUNTY Missing Angels Contacts: Kristine Ames (kames1964@yahoo.com) and Lori Hosmer (lahosmer@yahoo.com) 243 S. Main Street, Suite 190, Albion, NY 14411 Phone: 585-771-7321 and 585-590-1413</p> | <ul style="list-style-type: none"> ➔ Missing Angels is operated as part of Orleans-Recovery Hope Begins Here. ➔ Meets on the 3rd Thursday of the month from 6:30pm-7:30pm at 243 S. Main Street, Suite 190, Albion. ➔ Heart-to-heart talk with family who have lost someone to addiction. ➔ No formal structure, no pressure to talk, confidential and supportive. ➔ Conversation facilitated by person(s) with life experience |
| <p>ORLEANS COUNTY Orleans-Recovery Hope Begins Here Contact: Don Snyder, orleansrecoveryhope@gmail.com 243 S. Main Street, Suite 190, Albion, NY 14411 Phone: 585-210-8750 Website: http://orleans-recoveryhopebeginshere.org/ Facebook: www.facebook.com/OrleansRecoveryHope</p> | <ul style="list-style-type: none"> ➔ Orleans-Recovery Hope Begins Here is a community recovery organization that supports anyone in Orleans County, NY struggling with substance use disorders (SUD) towards recovery. ➔ Offers peer advocacy and recovery coaching by certified volunteers without cost. ➔ Raises community awareness of SUD by providing testimonials, information, resources, and Narcan training. ➔ Orleans-Recovery Hope Begins Here hosts a monthly Community meeting, usually on the 3rd Sunday of the month, at 2:00pm, open to the public, at 243 S. Main Street, Suite 190, Albion, to report progress and plan. ➔ Prioritizes non-threatening, non-confrontational help for anyone struggling with substance use. |
| <p>Due to COVID-19 restrictions, we advise everyone to call or email the program contact person to confirm that activities are still scheduled. Disclaimer: Information included on this template is updated based on data shared with NCADD-RA from each of the recovery services listed. Updated listings and Monroe County programs are posted at https://ncadd-ra.org/programs-services/finger-lakes-addiction-resource-center</p> | |