



# 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](http://www.ncadd-ra.org)

Revised January 2021

Due to changing COVID-19 restrictions, we advise everyone to contact each program and confirm activity information.

PROGRAM INFORMATION	SERVICES DESCRIPTION
<p><b>FINGER LAKES REGION – VIRTUAL                      MONROE COUNTY – IN-PERSON                      RORecovery Fitness</b>                      Contact: Jon Westfall, <a href="mailto:jonathan@rocoveryfitness.org">jonathan@rocoveryfitness.org</a>                      Phone: 585-484-0234                      Website: <a href="http://www.rocoveryfitness.org">www.rocoveryfitness.org</a>                      YouTube Channel:  <a href="https://www.youtube.com/channel/UCP9djAy0A-ZN4vGNMb49_Mg">www.youtube.com/channel/UCP9djAy0A-ZN4vGNMb49_Mg</a>                      Facebook: <a href="https://www.facebook.com/rocovery">www.facebook.com/rocovery</a></p>	<ul style="list-style-type: none"> <li>➔ RORecovery Fitness provides resources for those looking to join a sober, active community to support their growth and recovery.</li> <li>➔ Several virtual programs are available for those who cannot attend in-person events at the RORecovery Outreach Center, which is physically located at 1035 Dewey Avenue, Rochester, NY 14613.</li> <li>➔ The RORecovery 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 RORecovery videos including guided meditation, yoga classes, coaching sessions, and virtual workouts that can be done at home.</li> <li>➔ For information on both virtual and in-person events, visit their website or Facebook page. All activities, virtual or in-person, are free and open to anyone with minimum of 48 consecutive hours of sobriety.</li> <li>➔ Call the number provided for information on programming in the Southern Tier region.</li> </ul>
<p><b>FINGER LAKES REGION – VIRTUAL                      WYOMING COUNTY - VIRTUAL                      SMART Recovery</b>                      Website: <a href="http://www.smartrecovery.org">www.smartrecovery.org</a>                      Facebook:  <a href="https://www.facebook.com/smartrecoveryofwarsawny">www.facebook.com/smartrecoveryofwarsawny</a></p>	<ul style="list-style-type: none"> <li>➔ 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.</li> <li>➔ 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.</li> <li>➔ Daily video meetings and 24/7 chat rooms are available online at <a href="http://www.smartrecovery.org/community">www.smartrecovery.org/community</a>.</li> </ul>
<p><b>GENESEE COUNTY                      The Recovery Station (formerly Recovery WOW)</b>                      Contact: Sue Gagne, <a href="mailto:sgagne@gcasa.org">sgagne@gcasa.org</a>                      5256 Clinton Street Road, Batavia, NY 14020                      Phone: 585-815-5248                      Website: <a href="http://www.recoverystation.org">www.recoverystation.org</a>                      Facebook: <a href="https://www.facebook.com/recoverywow">www.facebook.com/recoverywow</a></p>	<ul style="list-style-type: none"> <li>➔ The Recovery station is operated as part of the Genesee/Orleans Council on Alcoholism and Substance Abuse (GCASA). A social gathering and recreation place, The Recovery Station is the former Bohn’s Restaurant Building.</li> <li>➔ Safe, sober health and wellness activities are offered and geared towards individuals in recovery from a substance use disorder and their families.</li> <li>➔ The recovery Station provides peer engagement services to individuals and engages in community outreach efforts. Peers Recovery Advocates are available 24 hours a day and 7 days a week at (585) 815-1800.</li> <li>➔ See the Facebook page and website for a calendar of events and hours open.</li> <li>➔ <b>*Currently running virtual programming only due to COVID</b></li> <li>➔ For updates and to join the newsletter mailing list, please e-mail <a href="mailto:recoverystation@gcasa.org">recoverystation@gcasa.org</a>.</li> </ul>
<p><b>ONTARIO COUNTY                      Connections – Rounded Recovery                      Community Center (FLACRA)</b>                      Contact: Katherine Gates, <a href="mailto:katherine.gates@flacra.org">katherine.gates@flacra.org</a>                      64 West Avenue, Canandaigua, NY 14424                      Phone: 833-435-2272</p>	<ul style="list-style-type: none"> <li>➔ 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.</li> <li>➔ The Recovery Community Center is open Monday through Saturday from 9:00am-9:00pm and Sunday from 12:00pm-5:00pm.</li> </ul>



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PROGRAM INFORMATION	SERVICES DESCRIPTION
<p><b>ORLEANS COUNTY</b>  <b>The Community Support Center</b>, Canandaigua, NY                      Contact: Shawna Bonshak,  <a href="mailto:shawna@partnershipoc.org">shawna@partnershipoc.org</a>                      Phone: 585-396-4554                      Website:  <a href="https://tockify.com/thecommunitysupportcenter/monthly">https://tockify.com/thecommunitysupportcenter/monthly</a>                      Facebook:  <a href="http://www.facebook.com/thecommunitysupportcenter">www.facebook.com/thecommunitysupportcenter</a></p>	<ul style="list-style-type: none"> <li>➔ 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.”</li> <li>➔ Free solution-focused brief therapy with a licensed social worker is offered for individuals and families.</li> <li>➔ 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. More information is available on the Facebook page and the calendar website.</li> <li>➔ The Community Support Center has offered a Journey Through Life and Loss Support Group, Community Arts nights, healing arts seminars, and other pop-up events.</li> </ul>
<p><b>ORLEANS COUNTY</b>  <b>Coffee Talk</b>                      Contact: Tami Ashton,  <a href="mailto:orleansrecoveryhope@gmail.com">orleansrecoveryhope@gmail.com</a>                      243 S. Main Street, Suite 190, Albion, NY 14411                      Phone: 585-332-6279 (please text first)</p>	<ul style="list-style-type: none"> <li>➔ Coffee Talk is operated as part of Orleans-Recovery Hope Begins Here.</li> <li>➔ Meets on the 3<sup>rd</sup> Saturday of the month at 10:00am at 243 S. Main Street, Suite 190, Albion.</li> <li>➔ Casual conversation about families who have struggled with a loved one with a substance use disorder (SUD).</li> <li>➔ Conversation facilitated by person(s) with life experience.</li> <li>➔ Confidential, supportive, and no pressure to talk.</li> </ul>
<p><b>ORLEANS COUNTY</b>  <b>Missing Angels</b>                      Contacts: Kristine Ames (<a href="mailto:kames1964@yahoo.com">kames1964@yahoo.com</a>)                      and Lori Hosmer (<a href="mailto:lahosmer@yahoo.com">lahosmer@yahoo.com</a>)                      243 S. Main Street, Suite 190, Albion, NY 14411                      Phone: 585-771-7321 and 585-590-1413</p>	<ul style="list-style-type: none"> <li>➔ Missing Angels is operated as part of Orleans-Recovery Hope Begins Here.</li> <li>➔ Meets on the 3<sup>rd</sup> Thursday of the month from 6:30pm-7:30pm at 243 S. Main Street, Suite 190, Albion.</li> <li>➔ Heart-to-heart talk with family who have lost someone to addiction.</li> <li>➔ No formal structure, no pressure to talk, confidential and supportive.</li> <li>➔ Conversation facilitated by person(s) with life experience</li> </ul>
<p><b>ORLEANS COUNTY</b>  <b>Orleans-Recovery Hope Begins Here</b>                      Contact: Don Snyder,  <a href="mailto:orleansrecoveryhope@gmail.com">orleansrecoveryhope@gmail.com</a>                      243 S. Main Street, Suite 190, Albion, NY 14411                      Phone: 585-210-8750                      Website: <a href="http://orleans-recoveryhopebeginshere.org/">http://orleans-recoveryhopebeginshere.org/</a>                      Facebook: <a href="http://www.facebook.com/OrleansRecoveryHope">www.facebook.com/OrleansRecoveryHope</a></p>	<ul style="list-style-type: none"> <li>➔ 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.</li> <li>➔ Offers peer advocacy and recovery coaching by certified volunteers without cost.</li> <li>➔ Raises community awareness of SUD by providing testimonials, information, resources, and Narcan training.</li> <li>➔ Orleans-Recovery Hope Begins Here hosts a monthly Community meeting, usually on the 3<sup>rd</sup> Sunday of the month, at 2:00pm, open to the public, at 243 S. Main Street, Suite 190, Albion, to report progress and plan.</li> <li>➔ Prioritizes non-threatening, non-confrontational help for anyone struggling with substance use.</li> </ul>

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**Disclaimer:** Information included on this template is updated based on data shared with NCADD-RA from each of the recovery services listed.