<table>
<thead>
<tr>
<th>CONTACT INFORMATION</th>
<th>SERVICES DESCRIPTION</th>
</tr>
</thead>
</table>
| **FINGER LAKES REGION – VIRTUAL**  
MONROE COUNTY – IN-PERSON  
ROCovery Fitness  
Contact: Jon Westfall, jonathan@rocoveryfitness.org  
Phone: 585-484-0234  
Website: [www.rocoveryfitness.org](http://www.rocoveryfitness.org)  
YouTube Channel: [www.youtube.com/channel/UCP9djAy0A-ZN4vGNNMb49_Mg](http://www.youtube.com/channel/UCP9djAy0A-ZN4vGNNMb49_Mg)  
Facebook: [www.facebook.com/rocovery](http://www.facebook.com/rocovery) | ➢ 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 *Nightly Reflections with Yana; Life on the Run: Lessons from the Road with Jon*; and *Where’s My Intention? with Keirstan*. The YouTube Channel also hosts ROCovery videos including guided meditation, yoga classes, coaching sessions, and virtual workouts.  
 ➢ 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.  
 ➢ Outreach Engagement Specialists are available for peer recovery coaching. |
| **FINGER LAKES REGION – VIRTUAL**  
WYOMING COUNTY - VIRTUAL  
SMART Recovery  
Website: [www.smartrecovery.org](http://www.smartrecovery.org)  
Facebook: [www.facebook.com/smartrecoveryofwarsawny](http://www.facebook.com/smartrecoveryofwarsawny) | ➢ 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](http://www.smartrecovery.org/community). |
| **SOUTHERN TIER REGION – IN-PERSON**  
LIVINGSTON COUNTY  
AIR Southern Tier Adventures in Recovery  
Contact: Sean Smith, ssmith@casa-trinity.org  
Phone: 585-447-2282  
Facebook: [www.facebook.com/AIRsoutherntier](http://www.facebook.com/AIRsoutherntier) | ➢ AIR Southern Tier Adventures In Recovery is operated as part of the CASA-Trinity chemical dependency programs ([www.casa-trinity.org](http://www.casa-trinity.org)), and is a community of sober individuals dedicated to providing connection, peer support, and healthy fun outlets for those in recovery, their family members, and community supporters that choose to live sober.  
 ➢ All fitness levels are welcome, and there is no cost to participate in the fun, sober events such as hikes, bootcamps, yoga, kayaking, biking, swimming, family fitness classes, and mountain climbing in various southern tier locations. Other activities include open art studio, open mic nights, holiday meals, book clubs, summer BBQs, mutual support group meetings, and social gatherings.  
 ➢ All activities are open to anyone with minimum of 48 consecutive hours of sobriety. AIR also offers many events and meetings online for those that cannot attend in person. Please refer to the events tab on the AIR Southern Tier Adventures in Recovery Facebook page. |

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Revised January 2022
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<tr>
<td>ORLEANS</td>
<td>Orleans-Recovery Hope Begins Here</td>
<td>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></td>
<td>➪ Orleans-Recovery Hope Begins Here is a community recovery organization that supports anyone in Orleans County struggling because of substance use disorders (SUD) toward recovery.  ➪ Offers advocacy and recovery coaching by trained volunteers without charge.  ➪ Prioritizes non-threatening, non-confrontational support recognizing multiple pathways to recovery.  ➪ Provides Narcan and Narcan training to reduce harm and combat the opioid epidemic.</td>
</tr>
<tr>
<td>ORLEANS</td>
<td>Missing Angels</td>
<td>Contacts: Chuck and Leigh Kinsey, <a href="mailto:chuckandleighkinsey@gmail.com">chuckandleighkinsey@gmail.com</a>  Phone: Chuck at 585-721-7332 or Leigh at 585-208-9242  Website: <a href="http://orleans-recoveryhopebeginshere.org">http://orleans-recoveryhopebeginshere.org</a>  Facebook: <a href="http://www.facebook.com/groups/376399866119216">www.facebook.com/groups/376399866119216</a></td>
<td>➪ Missing Angels is a faith-friendly support group for those who have lost a loved one to the opioid epidemic.  ➪ The group meets on the first and third Thursday of each month from 6:30pm-8:00pm at Suite 190 of the Arnold Gregory Complex, 243 S. Main Street, Albion.  ➪ Understanding and sharing our stories of grief brings help.  ➪ Together we are better.</td>
</tr>
<tr>
<td>ORLEANS</td>
<td>Jesus Factor</td>
<td>Contact: Chaplain Don Snyder  243 S. Main Street, Suite 190, Albion, NY 14411  Phone: 585-210-8750  Text: 585-356-1313  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></td>
<td>➪ Jesus Factor is a faith-based SUD recovery support group.  ➪ The group meets on the first Sunday of each month from 6:00pm-7:30pm at Suite 190 of the Arnold Gregory Complex, 243 S. Main Street, Albion.  ➪ Meetings consist of worship, prayer, testimony, and study of the Promises of God.  ➪ Jesus Factor offers a safe, confidential, Christian environment to pursue recovery and wellness toward the Creator’s design for life.</td>
</tr>
<tr>
<td>GENESEE</td>
<td>The Recovery Station</td>
<td>Contact: Amy Kabel, <a href="mailto:akabel@gcasa.org">akabel@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="http://www.facebook.com/OrleansRecoveryHope">www.facebook.com/OrleansRecoveryHope</a></td>
<td>➪ The Recovery Station is operated as part of the Genesee/Orleans Council on Alcoholism and Substance Abuse (GCASA) as a social gathering and recreation place. Safe, sober health and wellness activities are offered and geared towards individuals in recovery from a substance use disorder and their families.  ➪ The Recovery Station provides peer engagement services to individuals and engages in community outreach efforts. Peer Recovery Advocates are available 24/7 by calling 585-815-1800.  ➪ Visit the Facebook page and website for a calendar of events and hours open. For updates and to join the newsletter mailing list, please e-mail <a href="mailto:recoverystation@gcasa.org">recoverystation@gcasa.org</a>.</td>
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### 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

- 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.

### ONTARIO COUNTY

**The Community Support Center, Canandaigua, NY**  
Contact: Adele Caputo, adele@partnershipoc.org  
Phone: 585-396-4554  
Website: [https://tockify.com/thecommunitysupportcenter/monthly](https://tockify.com/thecommunitysupportcenter/monthly)  
Facebook: [www.facebook.com/thecommunitysupportcenter](http://www.facebook.com/thecommunitysupportcenter)

- 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. More information is available on the Facebook page and the calendar website.
- The Community Support Center has offered support groups, healing arts seminars, and other pop-up events.

### ONTARIO COUNTY

**EPIC Zone Youth Clubhouse**  
Contact: info@ezgeneva.org  
21 Worthington Avenue, Geneva, NY 14456  
Phone: 315-325-4721  
Website: [www.ezgeneva.org](http://www.ezgeneva.org)  
Facebook: [www.facebook.com/EPICZoneYouthClub](http://www.facebook.com/EPICZoneYouthClub)  
Instagram: EPICZoneYCH

- The EPIC Zone Youth Clubhouse is a safe and welcoming gathering place for youth ages 12-17.
- A program of the Partnership for Ontario County and funded by the Office of Addiction Services and Supports (OASAS), the Clubhouse emphasizes relationship building, strengthens youth through recognition of their assets, listens to and for the youth voice, and creates fun, meaningful opportunities within a flexible environment.
- The Clubhouse uses an evidence-based framework focused on developmental assets and developmental relationships and provides opportunities for youth to engage in physical activity, mental growth, relaxation, focused efforts, and outlets to spark and expand interests.

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