



# THE CENTER

A SAFE SPACE FOR ADULTS AND FAMILIES

134 Main Street, Dansville, NY 14437 | (585) 204-9003

Open Monday – Friday from 10:00am – 7:00pm



AIR Southern Tier is a community of sober individuals dedicated to providing a safe, fun, and welcoming space for those in recovery to connect with peer supports through adventure, wellness and exciting sober events. Built by peers for peers, their families, and those within the community that choose to live healthy sober lives. Camaraderie of shared lived experience, positive connections, and fun sober events. We seek to empower those in recovery to build their community, discover their inner strength, and find their recovery path.

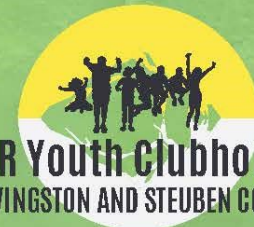
#### Programs include:

Hiking, Biking, Art Classes, Gardening Club,  
Fitness Classes, Yoga (in person and zoom),  
Mutual Support Group Meetings (in person and zoom)  
Holiday Gatherings, Summer BBQ's, Kayaking,  
Running Groups, Book Club, Game and movie night,  
Open Gym and Recreation.

**Requirements:** Attendees must have 48 hours of continuous sobriety. Friends, family members, and those within the community are welcome to attend.

To stay connected to our events and activities, please email Sean at [ssmith@casa-trinity.org](mailto:ssmith@casa-trinity.org) to join our email list or follow us on [f@AIRsoutherntier](https://www.facebook.com/AIRsoutherntier).

WALK THROUGH FEAR



## AIR Youth Clubhouse

OPEN TO LIVINGSTON AND STEUBEN COUNTY YOUTH!

**Mission:** The focus of this program is to enable and empower youth by providing them with a safe and sober space to learn, grow, collaborate and have fun while building positive peer connections.

**Vision:** Provide a framework of tools for youth to build on for their future with a connection to their peers and positive community supports. Empowering youth to find their inner strength and find healthy ways to manage their time and energy.

Come join us at AIR Youth Clubhouse, where we'll be hosting a safe space for kids to enjoy, be active, and try new and creative things! Feel free to drop in and hang out and/or become a member!

#### What's happening at AIR Youth Clubhouse?

Art, Painting, and other DIY activities  
Fitness Class Tuesday and Thursday 4PM-5PM  
Homework Help  
Career Exploration and Job Seeking  
Community Service Projects

Every Tuesday, Thursday and Friday from  
2:00pm – 6:00pm | Ages 12-17

For questions please contact:  
Joyce McNelis at (585) 204-9003 or by email at  
[jmcnelis@casa-trinity.org](mailto:jmcnelis@casa-trinity.org)

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