

September 2020

ClubSouth@best|self

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Life Skills @ 8PM -Joe S	Healthy Living @8PM - Nurse	Vocational Skills @8PM - Sean	Addiction Recovery @8PM - Joe S	
6	7	8	9	10	11	12
	Healthy Living @8pm - Nurse	Tools to Move You Forward @8PM - Denis	Assertiveness @8PM - Mary	Full View Gratitude @8PM - Denis	Self-Care @8PM -Jessie	
13	14	15	16	17	18	19
	Music is Healing- @8PM - Joe M	WHAM @8PM – Joe M	Healthy Living @8PM - Nurse	Vocational Skills @8PM - Sean	Addiction Recovery @8PM – Joe S.	
20	21	22	23	24	25	26
	Coping Skills @8PM – Joe S	Meet Your Shadow @8PM - Denis	ACT @8PM - Mary	Let's Talk About Education @8PM - Sean	Coping Skills @8PM – Joe S.	
27	28	29	30			
	Men's Group @8PM – Joe M.	Life Skills @8PM – Joe S.	Healthy Living @8PM - Nurse			

ClubSouth@BestSelf provides community support in a safe, non-judgmental setting for any client at BestSelf aged 18 & above. Club goers can choose to participate in evidence based group activities with their peers via tele-communications (Zoom) Offerings include; Coping Skills, Self-Care, Mindfulness, Meditation, CBT, and more!

Learn more about our peer groups below:

- **Getting the full view with gratitude** - Our minds are finely tuned to alert us to the many faults and flaws all around us. But is that all there is? Take a 2nd look.
- **Tools to Move You Forward** - We all get stuck. It's unavoidable. Getting stuck is one of the risks that comes with forward motion. The trick is to recover quickly, and with these 8 tools, you'll be equipped to get yourself unstuck... even when you're alone and feel weak.
- **Coping Skills** - Learn different kinds of coping skills for life's stressors...
- **Vocational Skills** - This group will cover a wide range of topics, from interviewing, communication, soft skills and more to help you succeed in your vocational goals.
- **Self-Care** – Learn about the different types of self-care and how important self-care is for our well-being.
- **Addiction Recovery** – In this group we will discuss the many pathways to recovery from addiction.
- **Let's Talk About Education** - This group will focus on education, from the TASC to higher ed, how to be a successful student and get started in learning something new. Bring your personal experiences and be ready to share in this group!
- **Meet Your Shadow** - Much in the way we have 2 feature-complete hemispheres of our brain, we also have at least 2 sides of our personality, and one of those is a certified genius... but largely kept hidden. It's time to meet the other YOU.
- **Life Skills** – Let's talk about our day to day lives and the skills we have and need to get us through. We will talk about everything from shopping on a budget to how to manage our finances.
- **WHAM** - Whole Health Action Management- Creating concise whole health goals to enhance self-management. Maintaining weekly action plans to create new health habits (physical/emotional/spiritual). Peer support is an essential component as well as developing mind-body resiliency.
- **Music is healing:** Focusing on the healing power of music, analyzing lyrics and relating them to personal experiences and aspects of life. Fun activities that give individuals the opportunity to share music that is helpful and soothing to them. Having discussions on music that is shared and suggestions to other group participants.
- **ACT:** Using acceptance and mindfulness strategies along with commitment and behavioral change to increase our minds flexibility

ClubSouth@BestSelf asks you to follow the instructions below to join group via Zoom meeting. No Zoom account required!

Join Zoom Meeting

<https://zoom.us/j/7579816018>

Meeting ID: 757 981 6018

Dial by your location

+1929 205 6099 US (New York)

Meeting ID: 923 327 0773#

You will receive an email every weekend to sign up for the following week's groups. For each group you sign up for you will receive a reminder via email/call the day of group.

If you have any questions please reach out to us at: [716-566-1870 ex.1819](tel:716-566-1870)