

# May 2021 (In-Person M-F)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Stigma Shift @6:00PM-Eilise (Virtual)
2	3	4	5	6	7	8
Women's Group @6:00PM-Iris (Virtual)	Knit Chit-Chat @6:00PM-Eilise	Positivity & Growth @6:00PM-Laura	Anger Management @6:00PM-Julie	Artistic Expression @6:00PM-Iris	Movement & Meditation @6:00PM-Jessie	Movie Night @6:00PM-Iris (Virtual)
9	10	11	12	13	14	15
Building Positivity @6:00PM-Iris (Virtual)	Creative Writing @6:00PM-Ellise	Tools to Move You Forward @6:00PM-Denis	Anger Management @6:00PM-Julie	Music is Healing @6:00PM-Blair	Self-Care @6:00PM-Joe S.	Stigma Shift @6:00PM-Eilise (Virtual)
16	17	18	19	20	21	22
Women's Group @6:00PM-Iris (Virtual)	Men's Group @6:00PM-Joe M.	Positivity & Growth @6:00PM-Laura	Anger Management @6:00PM-Julie	Artistic Expression @6:00PM-Iris	Movement & Meditation @8:00PM-Jessie	Stigma Shift @6:00PM-Eilise (Virtual)
23	24	25	26	27	28	29
Building Positivity @6:00PM-Iris (Virtual)	Men's Group @6:00PM-Joe M.	Tools to Move You Forward @6:00PM-Denis	Anger Management @6:00PM-Julie	Music is Healing @6:00PM-Blair	Game Night @6:00PM-Joe S.	Stigma Shift @6:00PM-Eilise
30	31					
Women's Group @6:00PM-Iris (Virtual)	Knit Chit-Chat @6:00PM-Eilise					

\*\*\*ATTENTION: ClubWest is happy to announce that we are returning to limited in-person services. ClubWest's maximum capacity at this time is limited to ten individuals Monday through Friday from 5pm-7:30pm. To reserve a spot, we ask that you call the day of at: (716) 884-0888 EXT: 1830.  
 \*\*\*ClubWest will still offer hybrid groups throughout the week & virtual groups on the weekends.

430 Niagara Street, Buffalo NY

**ClubWest@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, Life Skills, Move, Meditation, Interview Skills, and more!

**Learn more about our groups below:**

- **Movement & Meditation-** In this group we will utilize YouTube.com & Calm.com to move our bodies in stretch and follow it up with a guided meditation.
- **Metta Meditation-** The word, "Metta" means "Loving Kindness", and it's the feeling we will generate in this practice of meditating on the people who matter most to us.
- **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.
- **Movie Night-** Get in you PJs, grab your snacks, and join us for Movie Night Zoom style!
- **Game Night-** Because who doesn't love a game night. Trivia, Jeopardy, Wheel of Fortune, Jackbox games come and join the fun (with 2 devices if you have them).
- **Anger Management-** Identifying emotions, monitoring behaviors and using CBT to work through anger issues.
- **Stigma Shift-** The stigma of mental illness often acts as a barrier to recovery. We will discuss the ways labels affect our self-perceptions and self-worth and work on ways to change those labels into positive ones.
- **Knit Chit Chat-** Come on in and join the knitting circle. Learn the basic steps to knit and have an open discussion. Materials & supplies provided.
- **Self-Care** - Group will discuss many applicable ways to take care of themselves and encourage each other to apply practices that are discussed in group.
- **Creative Writing-** Writing is a great outlet for releasing emotions, processing experiences, and expressing creativity. This is an open forum for those who want to share their own written works, or just participate in the writing process with others.
- **Positivity & Growth-** in this group we will work on a variety of skills and learn new tricks to bring more positivity and hope into our lives.

**430 Niagara Street, Buffalo NY**

- **Artistic Expression**-Share a piece of artwork or short written work that has meaning to you. If possible, something of your own!
- **Women's Group**- Women's group is a time to focus specifically on issues that affect women and people that identify as women. In this group we will discover topics that may include relationships, shame, boundaries, and building life skills. **\*This group is for women and folks that identify as women only**
- **Men's Group**- Addresses issues that many men struggle with especially if experiencing problems with mental health and substances. Some topics that would be covered would be Self-awareness, how men are socialized in society, impact of family origin, toxic masculinity, grounding and relaxation techniques, communication, power, violence and abuse, relationships, trauma and addiction, sexual identity, and spirituality. **\*This group is for men and folks that identify as men only.**

**ClubWest@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/9233270773>

**Meeting ID:** 923 327 0773

**Dial by your location:** +1 929 205 6099 US (New York)

**Meeting ID:** 923 327 0773#

**If you have any questions, please reach out to us at: 716-566-1870 ex.1819**

**430 Niagara Street, Buffalo NY**