

April 2020

Recovery Community at BestSelf

69 Linwood Ave
Buffalo, NY 14209
Phone: 716-424-0021

SUN/MON			TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
29	30	31		1	2	3	4		
<p>The Recovery Community has moved to virtual groups on Zoom. Check us out on Facebook for the links to join these groups @BestSelfRecoveryCommunity.</p>				A Fresh Start 10:00-11:00am Positive Perspectives 12:30-1:30pm Journal you Heart out 2:00-3:00pm Recovery Enhancement 3:30-4:30pm	A Fresh Start 10:00-11:00am A Circle of Friends 12:30- 1:30pm Heart of the Matter 2:00- 3:00pm Man Up 3:30- 4:30pm	A Fresh Start 10:00-11:00am Positive Perspectives 12:30-1:30pm Journal you Heart out 2:00-3:00pm Recovery Enhancement 3:30-4:30pm	A Fresh Start 10:00-11:00am		
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	26	27	28	29	30	1	2		
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April Highlights

- * **A Fresh Start** Join us on Zoom as we start the day with encouraging words for the journey ahead.
- * **The Heart of the matter** A recovery support group just for women to talk in a safe space about real life issues important to them.
- * **Journal your Heart out** Feelings are more than feelings, they're your own story! Learn how to tell it.
- * **Recovery Enhancement** Interactive activities to improve participants understanding of wellness and the physical, emotional, mental and spiritual activities connected to improved well-being.
- * **A Circle of Friends** An informal get together to spend time with other peers in recovery and talk about our recovery goals.
- * **Positive Perspectives** Build your character strengths through expanded learning on topics such as courage, humanity, temperance, wisdom and knowledge and more.
- * **Intro to Crochet** Learn to crochet with one of our volunteers. We welcome and encourage all skill levels to participate!