

May 2021 (All Virtual)

ClubSouth@best|self

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
	Stress Less @8PM w/Laura	Metta Meditation @8PM w/Denis	Radical Acceptance @8PM w/Blair	Tools to Move You Forward @8PM w/Denis	WHAM @8PM w/Joe M.	
9	10	11	12	13	14	15
	Grief & Loss @8PM w/Julie	Positivity & Growth @8PM w/Laura	Self- Compassion @8PM w/Blair	Metta Meditation @8PM w/Denis	WHAM @8PM w/Joe M.	
16	17	18	19	20	21	22
	Stress Less @8PM w/Laura	Metta Meditation @8PM w/Denis	Radical Acceptance @8PM w/Blair	Tools to Move You Forward @8PMw/Denis	Smoking Cessation @8PM w/Nurse	
23	24	25	26	27	28	29
	Grief & Loss @8PM w/Julie	Positivity & Growth @8PM w/Laura	Self- Compassion @8PM w/Blair	Metta Meditation @8PM w/Denis	Self-Care @8PM w/Jessie	
30	31					
	Stress Less @8PM w/Laura					

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, and more!

Learn more about our peer groups below:

- **Positivity & Growth-** in this group we will work on a variety of skills and learn new tricks to bring more positivity and growth into our lives.
- **Self-Compassion-** Working through understanding that people make mistakes and that does not make you a failure
- **Stress Less-** A guided tour on how to de-stress and effectively deal with what life throws at you.
- **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.
- **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.
- **Smoking Cessation-** Nurses provide education and information on smoking
- **Grief & Loss-** Managing grief and loss during a pandemic. Education on what grief and loss are and how to effectively manage them using a combination of therapy and personal coping skills.
- **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.
- **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.
- **Radical Acceptance-** Exploring the benefits and understanding that certain things cannot be changed.

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/8444220573>

Meeting ID: 844 422 0573

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 844 422 0573

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