

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Laughter is the Best Medicine w/Iris @8PM	Stigma Shift w/Eilise @8PM	Interview Skills w/Sean @8PM	Stress Less w/Laura @8PM	
6	7	8	9	10	11	12
	WHAM w/Joe M. @8PM	Just Role With It: A Social Skills Group w/Laura @8PM	Coping Skills w/Joe S. & Blair @8PM	Vocational Skills w/Sean @8PM	Men's Group @8PM w/Joe M. & Blair	
13	14	15	16	17	18	19
	Effective Communication w/Eilise @8PM	Let's Talk About It w/Iris @8PM	Healthy Living w/Nurse @8PM	Stress Less w/Laura @8PM	Thoughts of the Week w/Joe S. & Blair @8PM	
20	21	22	23	24	25	26
	Community Engagement w/Sean @8PM	Just Role With It: A Social Skills Group w/ Laura @8PM	Smoking Cessation w/Nurse @8PM	Interview Skills w/ Sean @8PM	Healthy Holidays w/Nurse @8PM	
27	28	29	30	31		
	Emotional Awareness w/Eilise @8PM	Coping Skills w/ Joe S. & Blair @8PM	Laughter is the Best Medicine w/Iris & Eilise @8PM	Movie Night w/ Iris & Blair @8PM		

ClubSouth@BestSelf provides community support in a safe, non-judgmental setting for any client at BestSelf aged 18 & above. Clubgoers 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!

Happy Holidays!!

Learn more about our peer groups below:

- **Movement & Meditation-** In this group we will utilize Calm.com to move our bodies in stretch and follow it up with a guided meditation.
- **Coping Skills-** Learn different kinds of coping skills for life's stressors...
- **Thoughts of the Week-** Join us in discussion and share your thoughts about what happened this week.
- **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.
- **Just Role With It: A Social Skills Group-** Practicing social situations by utilizing role play in a fun way
- **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.
- **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.
- **Stress Less-** A guided tour on how to de-stress and effectively deal with what life throws at you.
- **Effective Communication-** Learn ways to effectively communicate our thoughts and feelings as well as listening to others. We will learn assertiveness skills, tips on active listening, and other techniques that will help us in our interactions.
- **Stretch That Dollar-** 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.
- **Interview Skills -** Learn tips and tricks for accomplishing a successful interview that will help you stand out among the crowd.

- **Community Engagement-** Explore how you can get more involved in your community in person or even virtually!
- **Emotional Awareness-** Often times our emotions get the best of us, so it's important to learn how to identify and process our feelings. We can also manifest those emotions through creative outlets, such as writing or drawing.
- **Get Over The Hump-** The week may seem long. This group is focusing on how to break the monotony and push through to the weekend
- **A Painful Life Can Still Be Worth Living-** Despair is suffering without meaning. No one can promise to take away your suffering (for long), but if you find the purpose in your suffering, you will transform it into strength.
- **Laughter is the Best Medicine-** Tell a joke or a few and reflect on how it can make a difference/be of help as a coping skill.
- **Movie Night** – Get in you PJs, grab your snacks, and join us for Movie Night Zoom style!

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/9233270773>

Meeting ID: 923 327 0773

Dial by your location

+1 929 205 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)