

# December 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Meet Your Shadow @6:00PM-Denis	Discussing Diagnosis @6:00PM-Julie	Metta Meditation @6:00PM-Denis	Positive Perspectives @6:00PM-Joe S.	Trivia Night @6:00PM-Jessie
6	7	8	9	10	11	12
Self-Care @6:00PM-Joe S.	Surviving Trauma @6:00PM-Julie	Healthy Living @6:00PM-Nurse	Anger Management @6:00PM-Julie	Music is Healing @6:00PM-Joe M.	Let's Talk About It @6:00PM-Iris	Movement & Meditation @6:00PM-Jessie
13	14	15	16	17	18	19
Laughter is the Best Medicine @6:00PM-Iris	Surviving Trauma @6:00PM-Julie	Full View Gratitude @6:00PM-Denis	Discussing Diagnosis @6:00PM-Julie	Tools to Move You Forward @6:00PM-Denis	Let's celebrate December Birthdays! @6:00PM-Jessie	LGBTQIA+ Space @6:00PM-Jessie
20	21	22	23	24	25	26
Stretch that Dollar @6:00PM-Joe S.	Surviving Trauma @6:00PM-Julie	Sharing Gratitude @6:00PM-Iris	Anger Management @6:00PM-Julie	Happy Holidays Movie Night @6:00PM-Iris	Coping on Christmas @6:00PM-Jessie	Movement & Meditation @6:00PM-Jessie
27	28	29	30	31		
Artistic Expressions @6:00PM-Iris	Surviving Trauma @6:00PM-Julie	Meet Your Shadow @6:00PM-Denis	Discussing Diagnosis @6:00PM-Julie	2020 Recap @6:00PM-Joe S.		

**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!

*Happy Holidays!!*

**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.
- **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.
- **Discussing Diagnosis-** Using the DSM-V to educate ourselves on what our diagnosis is, including the symptoms, criteria and best ways for treatment. Also addressing myths, misconceptions and questions.
- **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.
- **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.
- **Surviving Trauma -** Surviving Trauma uses the book Finding Your Best Self. It discusses the ways in which one can recover from trauma and addiction.
- **Positive Perspectives-** Join us for a conversation with a positive twist.
- **Movie Night-** Get in you PJs, grab your snacks, and join us for Movie Night Zoom style!
- **Trivia Night-** Because who doesn't love a good round of trivia. 5 rounds with 5 questions each round based around a theme of answers.

- **Birthday Group**- Join us for a social hour to celebrate this month's birthdays! Everyone is welcome.
- **Thoughts of the Week**- Join us in discussion and share your thoughts about what happened this week.
- **Artistic Expressions**- Share a piece of artwork or short written work that has meaning to you. If possible, something of your own!
- **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.
- **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.
- **Laughter is the Best Medicine**- We all feel a little better after a good laugh. Come share a funny story from your life or a joke with the group. (Please remember – keep it appropriate.)
- **Let's Talk About It**- Open discussion about what we are struggling with right now.
- **Stretch that Dollar**- Sounds like a game show, but we are here to talk about how to manage our finances.
- **Sharing Gratitude**- Let's talk about some things we are grateful for!
- **Coping on Christmas**- Join me for a time of gathering and open discussion about our experiences and coping on Christmas day.
- **2020 Recap** – Let's take a few moments to reflect on the year 2020 and talk about goals for 2021!

**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**