

August 2021



69 Linwood Ave.
Buffalo, NY 14209 716/424-0070 Tuesday – Friday, 10am - 5:30pm Saturday via Zoom

What time is it? It's summertime!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|---------------------|--|---|--|---|--|
| 1 CLOSED | 2 CLOSED | 3 Guided Meditation 11-11:30am Circle of Friends 12pm Positive Perspectives 2pm SMART Recovery 4pm | 4 LIGHTHOUSE (closed group) 1pm LIGHTHOSUE ACTIVITY (closed) 2pm Recovery Enhancement 3pm | 5 Walk & Talk 12:30pm *NEW* Motivational Moment 2pm AA Meeting (open) 4:30 pm | 6 Recovery Capital 12:30pm Positive Perspectives 2pm <i>NARCAN Training 3pm (OPEN)</i> | 7 Fresh Start Zoom 10am (online) Sign up for our email list or use the link on our Facebook page. |
| 8 CLOSED | 9 CLOSED | 10 Guided Meditation 11-11:30am Circle of Friends 12pm Positive Perspectives 2pm SMART Recovery 4pm | 11 LIGHTHOUSE (closed group) 1pm Parenting Group 2pm Recovery Enhancement 3pm | 12 Walk & Talk 12:30pm *NEW* Motivational Moment 2pm AA Meeting (open) 4:30 pm | 13 Recovery Capital 12:30pm Positive Perspectives 2pm <i>Mid-Day Matinee 3pm *NEW*</i> | 14 Fresh Start Zoom 10am (online) Sign up for our email list or use the link on our Facebook page. |
| 15 CLOSED | 16 CLOSED | 17 Guided Meditation 11-11:30am Circle of Friends 12pm Positive Perspectives 2pm SMART Recovery 4pm | 18 LIGHTHOUSE (closed group) 1pm LIGHTHOSUE ACTIVITY (closed) 2pm (Amazing Creations) Recovery Enhancement 3pm | 19 Walk & Talk 12:30pm *NEW* Motivational Moment 2pm AA Meeting (open) 4:30 pm | 20 Recovery Capital 12:30pm Positive Perspectives 2pm <i>Jewelry With Jane 3:00pm</i> | 21 Fresh Start Zoom 10am (online) Sign up for our email list or use the link on our Facebook page. |
| 22 CLOSED | 23 CLOSED | 24 Guided Meditation 11-11:30am Circle of Friends 12pm Positive Perspectives 2pm SMART Recovery 4pm | 25 LIGHTHOUSE (closed group) 1pm Parenting Group 2pm Recovery Enhancement 3pm | 26 <i>Volunteer Monthly Mtg. 11am</i> Walk & Talk 12:30pm *NEW* Motivational Moment 2pm AA Meeting (open) 4:30 pm | 27 Recovery Capital 12:30pm Positive Perspectives 2pm <i>Amazing Creations 3:30pm</i> | 28 Fresh Start Zoom 10am (online) Sign up for our email list or use the link on our Facebook page. |
| 29 CLOSED | 30 CLOSED | 31 Guided Meditation 11-11:30am Circle of Friends 12pm Positive Perspectives 2pm SMART Recovery 4pm | | | | |



Follow us on Facebook @bestselfrecoverycommunity

WHO WE ARE!

RECOVERY COMMUNITY @BestSelf provides community support in a safe, non-judgemental setting for anyone in recovery from substance use disorder and their family members. The Recovery Community is a non-clinical, peer run, environment with peer advocates on staff to support your needs. Participants can choose to engage in multiple activities or simply relax.

OUR GROUPS:

- A Fresh Start – A Zoom group where we start the day with encouraging words for the journey ahead. Link posted every Saturday morning on Facebook.
- A Motivational Moment – Activities and discussions to motivate and inspire you on your recovery journey.
- Circle of Friends – A peer-led group to share your experiences, strengths and hopes related to pre-selected topics.
- Guided Meditation – One of our peers leads an intense meditation followed by a discussion related to it.
- Positive Perspectives – Build your character strengths through positive learning on such topics as courage, humility, wisdom and many more.
- Walk & Talk – Get outside! Take an amble and chat about...EVERYTHING!
- Mid-Day Matinee – Movie and popcorn. What could be more fun!
- Recovery Enhancement - Interactive activities to improve understanding of wellness and physical, emotional and spiritual skills connected to recovery.
- Recovery Capital – Sometimes we don't realize how much capital we have until we take stock. Let's take a look at our assets!



RECOVERY COMMUNITY COVID-19 GUIDELINES

The rooms referred to as "yoga room" are designated for self-help meetings only

Upon entry our staff will provide a questionnaire. The staff member will review your answers and direct you appropriately.

All people inside 69 Linwood will wear a mask. We can provide you with one to use if you do not have one.

We provide hand sanitizer in the lobby as you enter, we encourage you to use it as you enter. There are additional dispensers throughout the center.

We observe social distancing throughout the center. You will see the center is set up appropriately, i.e.:

These specific guidelines are to ensure the health and safety of everyone. Thank you for your cooperation.

- Signs are prominently displayed on the floor
- Chairs are properly spaced and marked (i.e. Couches) to maintain 6 ft. guidelines
- The classroom accommodates 8 people in total and each table is set up for 1 person per table.
- The computer area accommodates 2 people and chairs are appropriately distanced
- The TV area accommodates 1 person per couch (which are marked) and armchairs are appropriately distanced.
- The lobby is appropriately distanced and may be used