

# September 2021 (All In-Person) *ClubSouth@best|self*

| Sunday | Monday                                    | Tuesday                                  | Wednesday                             | Thursday                                  | Friday                   | Saturday |
|--------|---|--|---------------------------------------|---|--------------------------|----------|
|        |   |  | 1<br>Game Night @6PM w/Staff          | 2<br>Stress Less @6PM w/Laura             | 3<br>WHAM @6PM w/Joe M.  | 4        |
| 5      | 6<br>Open For Memorial Day 9:30AM-3PM     | 7<br>Proper Rest is Best 6PM w/Blair     | 8<br>Movie Night @6PM w/Staff         | 9<br>Growth & Values @6PM w/Laura         | 10<br>WHAM @6PM w/Joe M. | 11       |
| 12     | 13<br>Stress Less @6PM w/Laura            | 14<br>Attitude of Gratitude @6PM w/Blair | 15<br>Game Night @6PM w/Staff         | 16<br>Round Table Discussion @6PM w/Staff | 17<br>WHAM @6PM w/Joe M. | 18       |
| 19     | 20<br>Round Table Discussion @6PM w/Staff | 21<br>Music is Healing @6PM w/Blair      | 22<br>Movie Night @6PM w/Staff        | 23<br>Growth & Values @6PM w/Laura        | 24<br>WHAM @6PM w/Joe M. | 25       |
| 26     | 27<br>Next Month Prep @6PM w/Staff        | 28<br>Game Night @6PM w/Staff            | 29<br>Coping w/ Addiction @6PM w/Iris | 30<br>Stress Less @6PM w/Laura            |                          |          |

**\*\*\*Attention: ClubSouth is open 7 days a week. Mon-Fri: 4:30pm to 10pm, Sat/Sun: 9:30am to 3pm. Capacity is limited to 15 individuals at a time.**

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 in person. Offerings include; Coping Skills, Self-Care, Mindfulness, Meditation, and more!

3176 Abbott Rd, Orchard Park NY. Suite 800

**Learn more about our groups below:**

- **Round Table Discussion-** Come have a seat and have an open discussion with your fellow peers about recovery!
- **Growth & Values-** In this group, we will work on developing our core values and incorporating them into our daily living.
- **Proper Rest is Best-** Education and discussions regarding sleep habits, tips on proper sleep hygiene and the relationship it has with physical and mental health.
- **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.
- **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.
- **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.
- **Radical Acceptance-** Exploring the benefits and understanding that certain things cannot be changed.
- **Attitude of Gratitude-** Discussing the importance of expressing gratitude and the benefits of having a grateful mindset.
- **Next Month Prep-** Assist the staff in creating an experience with your input at the forefront to best suit your needs.
- **Coping with Addiction-** This group is a safe space for those coping with active alcoholism/addiction or in recovery. We will talk about skills to rebound from a relapse and strengthen sobriety. This is a safe space for individuals to seek support through struggles.

**If you have any questions, please reach out to us at: 716-566-1870 ext.1819**