

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Women's Group @6PM w/Jessie	
3	4	5	6	7	8	9
	Knit Chit-Chat @6PM w/Eilise	Mental Wellness @6PM w/Rebecca	Cooking at ClubWest @6PM w/Megan	Artistic Expression @6PM w/Iris	Movement & Meditation @6PM w/Jessie	
10	11	12	13	14	15	16
	Creative Writing @6PM w/Eilise	Movie Night @6PM w/Peers	Intro to Vocational Skills @6PM w/Megan	Artistic Expression @6PM w/Iris	Healthy Living @6PM w/Nurse	
17	18	19	20	21	22	23
	Embracing Your True Self @6PM w/Eilise	Mental Wellness @6PM w/Rebecca	Cooking at ClubWest @6PM w/Megan	Artistic Expression @6PM w/Iris	Movement & Meditation @6PM w/Jessie	
24	25	26	27	28	29	30
	Creative Writing @6PM w/Eilise	Mental Wellness @6PM w/Rebecca	Intro to Vocational Skills @6PM w/Megan	Artistic Expression @6PM w/Iris	Halloween Party @6PM	
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***ATTENTION: ClubWest is happy to announce that we are returning to **IN-PERSON SERVICES**. ClubWest's maximum capacity at this time is limited to **15** individuals Monday through Friday from 4:30pm-10pm and weekends from 8:30am-3pm and 4:30pm-10pm. To reserve a spot, we ask that you call the day of at: (716) 884-0888 EXT: 1830.

430 Niagara Street, Buffalo NY

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 in person. Offerings include; Coping Skills, Life Skills, Meditation, Creativity, Open Discussions and more

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.
- **Game Night-** Because who doesn't love a game night. Trivia, Jeopardy, Wheel of Fortune, Jackbox games come and join the fun (with 2 devices if you have them).
- **Intro to Vocational Skills-** Explore different ways to get back into the workforce.
- **Embracing Your True Self-** Get to know yourself! Explore your strengths, weaknesses, values, and passions and learn to accept them as necessary parts of who you are. We are each different and unique so let's celebrate and embrace that individuality!
- **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.
- **Women's Group-** Women's group is a time to focus specifically on issues that affect women and people that identify as women. In this group we will discover topics that may include relationships, shame, boundaries, and building life skills. ***This group is for women and folks that identify as women only.**
- **Knit Chit Chat-** Come on in and join the knitting circle. Learn the basic steps to knit and have an open discussion. Materials & supplies provided.
- **Cooking at ClubWest-** Bringing back an old favorite with a little more structure. Come learn some creative and crucial life skills with our PRS. ***Limited to 8 spots so speak with Megan to sign up prior.**
- **Mental Wellness-** Explore ways to work on recovering from various mental health issues with understanding, acceptance, and support. We will look at unique coping strategies and ways to focus on healing and moving forward in a positive manner.
- **Creative Writing-** Writing is a great outlet for releasing emotions, processing experiences, and expressing creativity. This is an open forum for those who want to share their own written works, or just participate in the writing process with others.
- **Artistic Expression-** Share a piece of artwork or short written work that has meaning to you. If possible, something of your own!

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

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