







# October 2021

# BestSelf Recovery Community

69 Linwood Ave. Buffalo, NY 14209 716/424-0021

Open 7 Days a Week: Mon 11am – 5:30pm, Tues. – Fri 10am to 5:30pm, Sat & Sun 9am to Noon

**NOW OPEN SEVEN DAYS A WEEK!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	   <b>Happy Autumn</b>				1 12pm Recovery Capital 2pm Positive Perspectives 3pm Midday Matinee	2 <b>Open @ 9am!</b> <b>Coffee Talk 10am</b>
3 <b>Open @ 9am</b> <b>10am Sunday Morning Meditation</b>	4 <b>OPEN 11AM</b> 11am Guided Meditation 1pm Motivational Moment 3pm Chair Aerobics	5 11am Guided Mediation 12pm Circle of Friends 2pm Positive Perspectives <b>4pm SMART RECOVERY</b>	6 1pm Lighthouse (closed) 2pm Women's Parenting Group 3pm Recovery Enhancement	7 12:30pm Walk & Talk 2pm Motivational Moment 3pm Yoga & Mediation <b>4:30pm – AA (open)</b>	8 <b>12pm Yoga w/Kristalee</b> 2pm Positive Perspectives <b>3pm Jewelry w/Jane!</b>	9 <b>Open @ 9am!</b> <b>Coffee Talk 10am</b>
10 <b>Open @ 9am</b> <b>10am Sunday Morning Meditation</b>	11 <b>OPEN 11AM</b> 11am Guided Meditation 1pm Motivational Moment 3pm Midday Matinee	12 11am Guided Mediation 12pm Circle of Friends 2pm Positive Perspectives <b>4pm SMART RECOVERY</b>	13 1pm Lighthouse (closed) 2pm Line Dancing 3pm Recovery Enhancement	14 12:30pm Walk & Talk 2pm Motivational Moment 3pm Yoga & Mediation <b>4:30pm – AA (open)</b>	15 12pm NARCAN TRAINING 2pm Positive Perspectives <b>3pm Pumpkin Painting w/Jessica</b>	16 <b>Open @ 9am!</b> <b>Coffee Talk 10am</b>
17 <b>Open @ 9am</b> <b>10am Sunday Morning Meditation</b>	18 <b>OPEN 11AM</b> 11am Guided Meditation 1pm Motivational Moment 3pm Chair Aerobics	19 <b>*CLOSED FOR PEER WORKFORCE DEVELOPMENT TRAINING* – 1 on 1 w/peer available by appt.</b> <b>4pm SMART RECOVERY</b>	20 1pm Lighthouse (closed) 2pm Women's Parenting Group 3pm Recovery Enhancement	21 12:30pm Walk & Talk 2pm Motivational Moment 3pm Yoga & Mediation <b>4:30pm – AA (open)</b>	22 <b>12pm Yoga w/Kristalee</b> 2pm Positive Perspectives <b>3pm Art Activity</b>	23 <b>Open @ 9am!</b> <b>Coffee Talk 10am</b>
24 <b>Open @ 9am</b> <b>10am Sunday Morning Meditation</b>	25 <b>OPEN 11AM</b> 11am Guided Meditation 1pm Motivational Moment 3pm Midday Matinee	26 11am Guided Mediation 12pm Circle of Friends 2pm Positive Perspectives <b>4pm SMART RECOVERY</b>	27 11am Volunteer Mtg. 1pm Lighthouse (closed) <b>2pm Karaoke!</b> 3pm Recovery Enhancement	28 12:30pm Walk & Talk 2pm Motivational Moment 3pm Yoga & Mediation <b>4:30pm – AA (open)</b>	29 12pm Recovery Capital 2pm Positive Perspectives <b>3pm Painting w/Jessica</b>	30 <b>Open @ 9am!</b> <b>Coffee Talk 10am</b>
31 <b>Open @ 9am</b> <b>10am Pumpkin Painting</b>		<b>Happy Halloween!</b>		<b>WANT TO HELP PEOPLE? INTERESTED IN BECOMING A PEER?</b>	<b>CHECK OUT THE "BESTSELF PEER WORKFORCE DEVELOPMENT"!</b>	<b>STOP IN AND ASK FOR MORE INFORMATION!</b>



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:

- Coffee Talk – Join us Saturday morning for a hot cup of java and a great conversation!
- A Motivational Moment – Activities and discussions to motivate and inspire you on your recovery journey.
- Line Dancing With Theresa – Get your boogie right on/KARAOKE – Just what the name says!
- Yoga/Aerobics/Meditation - Beginners Yoga and Basic Aerobics classes ended with a guided meditation.
- 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!
- Yoga With Kristalee – An accredited yoga teacher leads all in recovery related self-care, centering and body movement.
- 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