

November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Round Table Discussion @6PM w/Staff	2 Music Is Healing @6PM w/Blair	3 Movie Night @6PM w/Staff	4 Stress Less @6PM w/Laura	5 WHAM @6PM w/Joe M.	6
7	8 Round Table Discussion @6PM w/Staff	9 Proper Rest is Best @6PM w/Blair	10 Game Night @6PM w/Staff	11 Growth & Values @6PM w/Laura	12 WHAM @6PM w/Joe M.	13
14	15 Round Table Discussion @6PM w/Staff	16 Attitude of Gratitude @6PM w/Blair	17 Movie Night @6PM w/Staff	18 Stress Less @6PM w/Laura	19 WHAM @6PM w/Joe M.	20
21	22 Round Table Discussion @6PM w/Staff	23 Music is Healing @6PM w/Blair	24 Game Night @6PM w/Staff	25 Thanksgiving Fun @11am w/Staff	26 Movie Night @6PM w/Staff	27
28	29 Next Month Prep @6PM w/Staff	30 Radical Acceptance @6PM w/Blair				

*****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.**

3176 Abbott Rd, Orchard Park NY. Suite 800

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!

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.

Hybrid Group Link: <https://zoom.us/j/8444220573>

Meeting ID: 844 422 0573

If you have any questions, please reach out to us at: 716-391-5707 ext. 2142

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