


# November 2021

# BestSelf Recovery Community

69 Linwood Ave. Buffalo, NY 14209

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 9 to 4pm	Open 11 to 6 pm	Open 10 to 6 pm	Open 11 to 7 pm	Open 10 to 6 pm	Open 11 to 7pm	Open 9 to 4pm
	1 11am Guided Meditation 1pm Motivational Moment 3pm Recovery Tool Box	2 11am Guided Mediation 12pm Circle of Friends 2pm Positive Perspectives 4pm Smart Recovery	3 11-1pm 1:1 with peer 1pm Tie Dye (Ladies Only) 3pm Recovery Enhancement 5pm- Movie Night	4 10-12 1:1 with peer 12 pm WHAM 2pm Motivational Moment 3pm Goal Setting 4:30pm – AA (open)	5 12pm Yoga w/Kristalee 2pm Positive Perspectives 3pm Midday Matinee 5pm Bingo	6 10am Smart Recovery 1pm AA (open) 3pm Game Choice
7 10am Sunday Morning Meditation 11am Music Therapy 1pm Bills Game	8 11am Guided Meditation 1pm Motivational Moment 3pm Midday Matinee	9 <b>CLOSED FOR PEER WORKFORCE DEVELOPMENT TRAINING 9 to 3pm</b> 1:1 available with peer by appointment 4pm SMART RECOVERY	10 11-1pm 1:1 with peer 1pm Bingo (Ladies Only) 3pm Recovery Enhancement 5pm Bingo	11 10-12 1:1 with peer 12 pm WHAM 2pm Motivational Moment 3pm Goal Setting 4:30pm – AA (open)	12 12pm Mediation 2pm Positive Perspectives 330 Amazing Creations With Kellie 5pm Creative Creations	13 10am Smart Recovery 1pm AA (open) 3pm Healthy Expressions
14 10am Sunday Morning Meditation 11am Music Therapy 1pm Bills Game	15 11am Guided Meditation 1pm Motivational Moment 3pm Recovery Tool Box	16 1030 Planning for Next Month Activities 12pm Circle of Friends 2pm Positive Perspectives 4pm SMART RECOVERY	17 11-1pm 1:1 with peer 1pm Book Folding (Ladies Only) 3pm Recovery Enhancement 5pm Movie Night	18 10-12 1:1 with peer 12 pm WHAM 2pm Motivational Moment 3pm Goal Setting 4:30pm – AA (open)	19 12pm Yoga w/Kristalee 2pm Positive Perspectives 3pm NARCAN TRAINING 5pm Surprise Activity	20 10am Smart Recovery 1pm AA (open) 3pm Game Choice
21 10am Sunday Morning Meditation 11am Music Therapy 1pm Bills Game	22 11am Guided Meditation 1pm Motivational Moment 3pm Midday Matinee	23 11am Guided Mediation 12pm Circle of Friends 2pm Positive Perspectives 4pm SMART RECOVERY	24 11am Volunteer Mtg! 1pm How to Handle the Holidays (Ladies Only) 130pm Art Therapy (Ladies Only) 3pm Recovery Enhancement 5pm Game Night	25  Happy Thanksgiving	26 12pm Mediation 2pm Positive Perspectives 3pm Midday Matinee 5pm Participant Choice	27 10am Smart Recovery 1pm AA (open) 3pm Healthy Expressions
28 10am Sunday Morning Meditation 11am Music Therapy 1pm Bills Game 3pm NA (open)	29 11am Guided Meditation 1pm Motivational Moment 3pm Recovery Tool Box	30 11am Guided Mediation 12pm Circle of Friends 2pm Positive Perspectives 4pm SMART RECOVERY		Center Closed for Thanksgiving		



## 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 Motivational Moment – Activities and discussions to motivate and inspire you on your recovery journey.
- Recovery Toolbox - A workshop that will give you skills to help guide you through your recovery such as mindfulness, meditation, stress management and various DBT skill
- WHAM- Whole Health Action Management
- Guided Meditation – One of our peers leads an intense mediation followed by a discussion related to it.
- Positive Perspectives – Build your charater strengths through positive learning on such topics as courage, humility, wisdom and many more.
- Mid-Day Matinee – Movie and popcorn. What could be more fun!
- Circle of Friends- An informal get together to spend time with other peers in recovery.
- Recovery Enhancement - Interactive activities to improve understanding of wellness and physical, emotional and spiritual skills connected to recovery.



## 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