

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Game Night @6PM w/Staff	4 DBT Skills @6PM w/Laura (Hybrid)	5 Radical Acceptance @6PM w/Blair (Hybrid)	6 Growth & Values @6PM w/Laura (Hybrid)	7 Music is Healing @6PM w/Blair (Hybrid)	8
9	10 Movie Night @6PM w/Staff	11 Social Skills @6PM w/Laura (Hybrid)	12 Coping With Anger @6PM w/Blair (Hybrid)	13 Growth & Values @6PM w/Laura (Hybrid)	14 Music is Healing @6PM w/Blair (Hybrid))	15
16	17 Games and Fun (Open from 9:30am-3pm due to holiday)	18 DBT Skills @6PM w/Laura (Hybrid)	19 Radical Acceptance @6PM w/Blair (Hybrid)	20 Growth & Values @6PM w/Laura (Hybrid)	21 Music is Healing @6PM w/Blair (Hybrid)	22
23	24 Movie Night @6PM w/Staff	25 Social Skills @6PM w/Laura (Hybrid)	26 Coping With Anger @6PM w/Blair (Hybrid)	27 Growth & Values @6PM w/Laura (Hybrid)	28 Music is Healing @6PM w/Blair (Hybrid)	29
30	31 Game Night @6PM w/Staff					

*****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!

Learn more about our groups below:

- **Growth & Values-** In this group, we will work on developing our core values and incorporating them into our daily living.
- **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. We can let go and realize that things may be painful but there are ways to not suffer.
- **DBT Skills-** Review and Learn Dialectical Behavior Therapy skills with interpersonal effectiveness, emotion regulation and mindfulness. Wise Mind, here we come!
- **Social Skills-** Communication can be challenging. In this group we will learn how to communicate more effectively with others. We will practice and learn social skill using role play and other fun activities.
- **Coping with Anger-** In this group, we will work on controlling intense emotions, pausing and not reacting right away when difficult and emotional situations arise.

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) 314-5700 ext.

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