

January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Knit Chit Chat @6PM w/Eilise	Game Night @6PM w/Staff	Cooking at ClubWest @6PM w/Megan	Movement & Meditation @6PM w/Michael	Thoughts of the Week @6PM w/Jacob & Anthony	
9	10	11	12	13	14	15
	Creative Writing @6PM w/Eilise	Movie Night @6PM w/Staff	Book Club @6PM w/Megan	Movement & Meditation @6PM w/Michael	Thoughts of the Week @6PM w/Jacob	
16	17	18	19	20	21	22
	Knit Chit Chat @6PM w/Eilise	Game Night @6PM w/Staff	Cooking at ClubWest @6PM w/Megan	Movement & Meditation @6PM w/Michael	Thoughts of the Week @6PM w/Jacob & Anthony	
23	24	25	26	27	28	29
	Embracing Your True Self @6PM w/Eilise	ClubWest Check-In @6PM w/Joe & Bobbie	Book Club @6PM w/Megan	Movement & Mediation @6PM w/Michael	Thoughts of the Week @6PM w/Jacob	
30	31					
	Creative Writing @6PM w/Eilise					

***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).
- **Book Club-** Will meet biweekly and reading materials will be provided. The first book will take approximately 1-2 months to complete. The group will read the first chapter of The Glass Castle by Jeannette Walls together and discuss the beginning of the plot. The group will then decide what chapters will be assigned for the next group in order to complete the book in a timely manner. Group facilitator will prepare topics ahead of time for meaningful discussions to take place.
- **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!
- **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.**
- **Thoughts of the Week-** Join us in discussion and share your thoughts about what happened this week.
- **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.

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

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