

December 2021

BestSelf Recovery Community

69 Linwood Ave. Buffalo, NY 14209

Sunday Open 9 to 1pm	Monday Open 11 to 6pm	Tuesday Open 10 to 6pm	Wednesday Open 11 to 7pm	Thursday Open 10 to 6pm	Friday Open 10 to 6pm	Saturday Open 9 to 4pm
Hours are subject to change	*Please visit our Facebook Page for any closures*		1 11am 1:1 with Staff 1pm Ornament Making (ladies only) 3pm Recovery Enhancement 5pm Decorating for the Holiday	2 11am Resume Writing 12pm Parents in recovery 2pm Motivational Moment 3pm Zumba Workout 4:30pm – AA (open)	3 11am Anger Control 12pm Yoga w/Kristalee 2pm Positive Perspectives 3pm How to tell your Story 4pm Narcan	4 10am Smart Recovery 1pm AA (open) 3pm Man Up
5 Family Day 10-1 pm 10am Sunday Morning Meditation 11am Music & recovery 12 pm Holiday Card Making	6 11am Guided Meditation 1pm Motivational Moment 3pm Recovery Toolbox	7 11am Guided Mediation 12pm Circle of Friends 2pm Positive Perspectives 4pm Smart Recovery	8 11am 1:1 with Staff 1pm Card Game Choice (ladiesonly) 3pm Recovery Enhancement 5pm Holiday Movie Night	9 11am Journal Writing 12pm Smoking Cessation 2pm Motivational Moment 3pm Using our resources 4:30pm – AA (open)	10 11am Anger Control 12pm Mediation 2pm Positive Perspectives 3pm Share your story 4:30pm Inspirational Tattoo	11 10am Smart Recovery 1pm AA (open) 3pm Man Up
12 Family Day 10-1 pm 10am Sunday Morning Meditation 11am Music & recovery 12 pm Winter Crafts	13 11am Guided Meditation 1pm Motivational Moment 3pm Recovery Toolbox	14 CLOSED FOR PEER WORKFORCE DEVELOPMENT 9 to 3pm 1:1 available with peer by Appointment 4pm Smart Recovery	15 11 Planning for Next Month Activities 1pm Amazing Creations Book Folding (ladies only) 3pm Recovery Enhancement 5pm Recovery Board Game	16 11am Narcan Training 12pm Parents in recovery 2pm Motivational Moment 3pm Zumba Workout 4:30pm – AA (open)	17 11am Anger Control 12pm Yoga w/Kristalee 2pm Positive Perspectives 3pm How to tell your story 4:30pm Inspirational Tattoo	18 WORKFORCE DEVELOPMENT TRAINING 9 to 3pm 10am Smart Recovery 3pm Man Up
19 Family Day 10-1pm 10am Sunday Morning Meditation 11am Music & recovery 12 pm Holiday Crafts	20 11am Guided Meditation 1pm Motivational Moment 3pm Recovery Toolbox	21 11am Guided Mediation 12pm Circle of Friends 2pm Positive Perspectives 4pm Smart Recovery	22 11am 1:1 with Staff 1pm Holiday Nail Art (Ladies Only) 3pm Recovery Enhancement 4pm Holiday Party	23 11am Journal Writing 12pm Smoking Cessation 2pm Motivational Moment 3pm Holiday Crafting 4:30pm – AA (open)	24 Closing at 5pm 11am Anger Control 12pm Mediation 2pm Positive Perspectives 3pm Share your story	25 Closed
26 Family Day 10-1 pm 10am Sunday Morning Meditation 11am Music & recovery 12 pm Crafts	27 11am Guided Meditation 1pm Motivational Moment 3pm Recovery Toolbox	28 11am Guided Mediation 12pm Circle of Friends 2pm Positive Perspectives 4pm Smart Recovery	29 11am Volunteer Meeting! 12pm Circle of Friends 2pm Positive Perspectives 4pm New Year, New You	30 11am Resume Writing 12pm Parents in recovery 2pm Motivational Moment 3pm Zumba Workout 4:30pm – AA (open)	31 Closing at 5pm 11am Anger Control 12pm Yoga w/Kristalee 2pm Positive Perspectives 3pm Holiday Movie Night	Closed



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
- 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.
- Holiday Movie Night– 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.
- New Year, New You: Help us usher in the New Year. Start the New Year drug and alcohol free, hopeful and excited about your 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