



January 2022

BestSelf Recovery Community



69 Linwood Ave, Buffalo, NY 14209 - OPEN 7 DAYS A WEEK!

716/424-0021 *Check out our Facebook Page!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 9 am to 4pm	Open 11am to 6pm	Open 10am to 6pm	Open 11am to 7pm	Open 10am to 6pm	Open 11am to 7pm	Open 9am to 4pm 1 *CLOSED*
2 Family Day 10am-1pm Meditation 10am Music & Recovery 11am BILLS GAME 1pm	3 *CENTER CLOSED FOR PEER TRAINING. 1 ON 1 AVAILABLE BY APPOINTMENT*	4 Guided Meditation 11am Circle of Friends 12pm Positive Perspectives 2pm SMART Recovery 4pm	5 1 on 1 with a Peer 11am Recovery Out Loud 1pm Recovery Enhance 3pm Grab Bag 4pm SMART Recovery 5:30	6 Chair Workout 11am Resume 101 12pm Motivational Moment 2pm Cartoons! 3pm AA (OPEN) 4:30	7 Recovery Video 12pm Positive Perspectives 2pm Recovery Out Loud 3pm Inspirational Tattoo 4pm NARCAN TRAINING 5PM	8 SMART Recovery 10am AA (open) 1pm Shout It Out Saturday 2PM
9 Family Day 10am-1pm Meditation 10am Music & Recovery 11am BILLS GAME 1pm	10 Guided Meditation 11am Motivational Moment 1pm Recovery Toolbox 3pm Monday Movie 4pm	11 Guided Meditation 11am Circle of Friends 12pm Positive Perspectives 2pm SMART Recovery 4pm	12 1 on 1 with a Peer 11am Amazing Creations 1pm Recovery Enhance 3pm Grab Bag 4pm SMART Recovery 5:30	13 Chair Workout 11am Cover Letter 101 12PM Motivational Moment 2pm Cartoons! 3pm AA (OPEN) 4:30	14 Resolution Revolution 12pm Positive Perspectives 1pm Diamond Dot Paint 2pm Friday Matinee 4pm	15 SMART Recovery 10am AA (open) 1pm Shout It Out Saturday 2PM
16 Family Day 10am-1pm Meditation 10am Music & Recovery 11am Get Crafty 1pm	17 CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY 	18 Guided Meditation 11am Circle of Friends 12pm Positive Perspectives 2pm SMART Recovery 4pm	19 1 on 1 with a Peer 11am Jewelry With Jane 1pm Recovery Enhance 3pm Grab Bag 4pm SMART Recovery 5:30	20 Chair Workout 11am Interview Skills 12PM Motivational Moment 2pm Cartoons! 3pm AA (OPEN) 4:30	21 Relapse Prevention 12pm Positive Perspectives 2pm Recovery Humor 4pm DISCO BINGO! 5pm	22 SMART Recovery 10am AA (open) 1pm Shout It Out Saturday 2PM
23 Family Day 10am-1pm Meditation 10am Music & Recovery 11am Color Your Heart Out 1pm	24 Guided Meditation 11am Motivational Moment 1pm Recovery Toolbox 3pm Monday Movie 4pm	25 Guided Meditation 11am Circle of Friends 12pm Positive Perspectives 2pm SMART Recovery 4pm	26 1 on 1 with a Peer 11am Inspirational Tattoo 1pm Recovery Enhance 3pm Grab Bag 4pm SMART Recovery 5:30	27 Chair Workout 11am Interview Dress 12PM Motivational Moment 2pm Cartoons! 3pm AA (OPEN) 4:30	28 Recovery Video 12PM Positive Perspectives 2pm Amazing Creations 3:30pm New Year/New You Check In 5pm	29 SMART Recovery 10am AA (open) 1pm Narcarn Training 2:30PM
30 Family Day 10am-1pm Meditation 10am Music & Recovery 11am Get Crafty 1pm	31 Guided Meditation 11am Motivational Moment 1pm Recovery Toolbox 3pm Monday Movie 4pm					



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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:

- Wednesdays 1 – 2:30pm are **RESERVED FOR RESIDENTS OF THE LIGHTHOUSE ONLY**. The rest of the Center is available for other activities.
- January is Career Month every Thursday with workshops on resumes, cover letters, interview skills and how to dress like a pro!
- 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, stress management and various DBT skill
- Guided Meditation – One of our peers leads an intense meditation followed by a discussion related to it.
- Positive Perspectives – Build your character strengths through positive learning on such topics as courage, humility, wisdom and many more.
- Matinee/Movie – 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 Check In: Let's see how you're doing with your brand new year!
- Grab Bag – Participant choice of recovery/fun activity!
- Recovery Out Loud – Embracing your recovery, sharing it as much as you feel comfortable with! The world needs to know recovery works!
- Cartoons – Recovery is not all sober and somber. We can learn a lot about laughing from watching classic cartoons.
- Recovery Humor – Ever want to learn how to tell a joke, sober? This group is just for that.
- Resolution Revolution – Let's learn how to make reasonable New Year's resolutions and how to make them successful.
- Disco Bingo! – You win, you dance! That's how it works.
- Shout It Out Saturday – Get it off your chest, but in a healthy manner! Group yell followed by a civil discussion.

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.

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