### July 2023

**BestSelf Recovery Community Center**  
69 Linwood Ave  
Buffalo, NY  
716-539-5260

<table>
<thead>
<tr>
<th>Sunday 9am-4pm</th>
<th>Monday 10am-6pm</th>
<th>Tuesday 10am-6pm</th>
<th>Wednesday 11am-7pm</th>
<th>Thursday 10am-6pm</th>
<th>Friday 11am-7pm</th>
<th>Saturday 9am-4pm</th>
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</thead>
</table>
| **GRASP GROUP:** Grief After Substance Passing  
1st & 3rd Saturday @ 10:30am | **Al-Anon GROUP:**  
For friends and families of alcoholics  
Wednesday @ 5:30pm | **Happy Fourth of July!**  
Open 10am-2pm | **11: Morning Mindfulness**  
12pm: Recovery Goals  
1:00: Qi Gong  
2:00: NARCAN Training  
2:30: Smoking Cessation  
4:00: Recovery Life Skills | **11: Morning Mindfulness**  
12: Amazing Creations  
1:00 Understanding Addiction for Family  
2:00 Recovery Goals  
3:00: Cookie Baking Fun!  
4:30: **AA Open Meeting**  
Or Ted Talks | **11: Morning Mindfulness**  
2:00: Music in Recovery  
4:00: Qi Gong  
5:00: **NA Meeting**  
5:30: Positivity Pause! | **2:00:** Gratitude Group |
| **2:30: Intro to Recovery** | **3:00:** WHAM!  
2:00: Ted Talks | **4:00:** Gratitude Group  
**5:30: Positivity Pause!**  
**5:00:** **NA Meeting**  
**5:30: Positivity Pause!** | **11: Morning Mindfulness**  
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**2:00:** Gratitude Group |
| **10:30: SMART Meeting**  
11:00: Qi Gong  
14: Walk & Talk, Amazing Creations FUN!  
1:30: Gratitude Group  
2:30: Intro to Recovery | **11: Morning Mindfulness**  
12pm: Recovery Goals  
1:00: Qi Gong  
2:00: NARCAN Training  
2:30: Smoking Cessation  
4:00: Recovery Life Skills | **10: Crafts, Baking & Music**  
11: Mindfulness  
12pm: Volunteer Meeting  
1:00: Drawing in Motion  
2:00: TED Talks  
**Happy Fourth of July!**  
Open 10am-2pm | **11: Morning Mindfulness**  
12pm: **Trauma-Informed Care Session**  
1:00: Life Skills  
2:00: BINGO!!  
2:30: Family Healing Circle  
4:00 Al-Anon Meeting  
4:00 **Gratitude Group**  
**5:30:** Mindfulness  
We will be closed  
2:45-5:15pm  
5:15 **Gratitude Group** | **11: Morning Mindfulness**  
12: Amazing Creations  
1:00 Understanding Addiction for Family  
2:00 Daily Affirmations  
3:00: Cookie Baking Fun!  
4:30: **AA Open Meeting**  
Or Ted Talks | **11: Morning Mindfulness**  
2:00: Music in Recovery  
4:00: Qi Gong  
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5:30: Positivity Pause! | **2:00:** Gratitude Group |
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11: Mindfulness  
12pm: Volunteer Meeting  
1:00: Drawing in Motion  
2:00: TED Talks  | **11: Morning Mindfulness**  
12pm: **De-Escalation Session**  
1pm: Life Skills  
2:00: BINGO!!  
2:00 **TED Talks**  
3:00: WHAM!  
4:30: **AA Open Meeting**  
Or Ted Talks  | **11: Morning Mindfulness**  
12: Amazing Creations  
1:00 Understanding Addiction for Family  
2:00 Daily Affirmations  
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Or Ted Talks | **11: Morning Mindfulness**  
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5:00: **NA Meeting**  
5:30: Positivity Pause! | **2:00:** Gratitude Group |
| **16:30:** SMART Meeting  
11:30: Qi Gong  
14: Walk & Talk, Amazing Creations FUN!  
1:30: Gratitude Group  
2:30: Intro to Recovery | **9-3:** **Learning Moments**  
(Staff Workforce Only)  
**11:** Morning Mindfulness  
1:00: Qi Gong  
2:00: NARCAN Training  
2:30: Smoking Cessation  
4:00: Recovery Life Skills | **10: Crafts, Baking & Music**  
11: Mindfulness  
1pm: Drawing in Motion  
2:00: TED Talks  
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1pm: Life Skills  
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**2:00:** Gratitude Group | **2:00:** Gratitude Group |

**Note:** Meetings and activities may be closed or have different times during holidays and special events. It is recommended to check the website or call for updated information. **July!!**
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**OUR GROUPS:**

- **Cookie Baking Fun!** - We will be baking cookies on Sundays! Come bake cookies with us!!
- **Intro to Recovery** - An introduction to the multiple pathways of Recovery.
- **Music in Recovery** - Participants listen to a variety of songs and discuss the differing ways music may help (or may challenge) one’s personal Recovery.
- **TED Talks** - Participants vote on recovery-related TED Talks to watch & discuss.
- **Morning Mindfulness** - One of our peers leads a meditation followed by a discussion related to it, where we learn how Mindfulness can aid our Recovery.
- **Qi Gong** – Similar to Tai-Chi: Movements, breathing, and meditation used for the purposes of health, spirituality to aid our Recovery. (*No prior experience necessary!)
- **GRASP** – (Grief Recovery After a Substance Passing) For those family members who have lost loved one to addiction, overdose or substance misuse.
- **Recovery Goals** - We set goals for the day, week, or month to aid us in developing our personal recovery; We highlight our progress and our room for improvement.
- **Expressive Writing** - Choose your own style of expressive writing: each person can choose to jounal (BYO), write poems, lyrics, free-association or draw.
- **Amazing Creations** - Peer-led artistic creations!
- **Gratitude Group** – We express gratitude for the small and not-so-small gifts of recovery, come raise the vibration with us!
- **Positivity Pause!** – We take a moment to bring out positive perspectives and gratitude.
- **Recovery Life Skills** - An opportunity for people in Recovery to perfect different life skills they have not yet due to life’s circumstances.
- **SMART Meeting** – Smart, Measurable, Achievable, Realistic & Timely. A recovery group based on your own goals! Clarify your ideas and focus your efforts with us.
- **Family Healing Circle** – Discuss in a safe space our current family situation and where we would like to see improvements. All family members welcome.
- **Understanding Addiction** – We discuss education and support raising awareness to families with addiction, invite loved ones and family.
- **WHAM!** – Whole Health Action Management! Open discussion on our individual recovery journey.
- **AA Open Meeting** - Choose your style of expressive writing: each person can choose to jounal (BYO), write poems, lyrics, free-association or draw.
- **Advisory Board Meeting** - Choose your style of expressive writing: each person can choose to jounal (BYO), write poems, lyrics, free-association or draw.
- **NARCAN Training** - Open discussion on our individual recovery journey.
- **Al-Anon** – Courage to Change. Alcoholics Anonymous Family Group for anyone with family or friends who suffer from Alcohol Use Disorder.
- **Chef-It-Up** – Join us as we cook healthy meals and engage in discussions. Participants must sign up in advance, meals are pre-set. Only 8 spots available!
- **NEW! Drawing in Motion** – Join us as we explore expression through drawing that can aid in our recovery, with different artistic styles & approaches.
- **NEW! Daily Affirmations** – Shifting perspective towards positive thinking and gratitude.