



November 2023

BestSelf Recovery Community Center

69 Linwood Ave
Buffalo, NY 14209

716-539-5260

Sunday 9am-4pm	Monday 10am-6pm	Tuesday 10am-6pm	Wednesday 11am-7pm	Thursday 10am-6pm	Friday 11am-7pm	Saturday 9am-4pm
	Al-Anon Group: For friends and families of alcoholics Wednesday @ 4pm	Advisory Board Meeting 10/29 5-6:15pm Please come and make your voice heard!	¹ 1130: Morning Mindfulness 12pm: Harm Reduction 1pm: Game Time!! 2:30: Family Healing Circle 4pm Al-Anon Meeting 5pm Recovery Goals	² 11: Morning Mindfulness 12pm: Men OR Women Mental Health Matters 1:30 pm Understanding Addiction for Family 3pm: Cookie Baking Fun 4:30: AA Open Meeting or Positivity Pause	³ 1130: Morning Mindfulness 2pm: Music in Recovery 3pm Amazing Creations 4pm Qi Gong 5pm NA Meeting 5:30pm: Positivity Pause!	⁴ 9:30am Qi Gong 10:30 GRASP Meeting 12pm Noon Mindfulness 1pm AA Open Meeting 2:30: S.O.S. Meeting (Secular Organizations for Sobriety)
⁵ 10:30: SMART Meeting 1pm: Amazing Creations 12-4pm Community Cooking & FOOTBALL GAME TIME!! GO BILLS!!	⁶ 11: Morning Mindfulness 1pm: Recovery Goals 2pm: NARCAN Training 2:30: Smoking Cessation 4pm: Recovery Life Skills	⁷ 10: Crafts, Baking & Music 11: Mindfulness 1pm: Gratitude Group 2pm: TED Talks 4:30: AA Open Meeting or Positivity Pause	⁸ 1130: Morning Mindfulness 12pm: Daily Affirmations w/ Joe 1pm: Game Time!! 2:30: Family Healing Circle 4pm Al-Anon Meeting 5pm Recovery Goals	⁹ 11: Morning Mindfulness 12pm: Men OR Women Mental Health Matters 1:30pm Understanding Addiction for Family 3pm: Cookie Baking Fun 4:30: AA Open Meeting or Positivity Pause	¹⁰ 1130: Morning Mindfulness 2pm: Music in Recovery 3pm: Amazing Creations 4pm Qi Gong 5pm NA Meeting 5:30pm: Positivity Pause!	¹¹ 9:30am Qi Gong 12pm: Noon Mindfulness 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting (Secular Organizations for Sobriety)
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¹⁹ 10:30: SMART Meeting 1pm: Amazing Creations 12-4pm Community Cooking & FOOTBALL GAME!! GO BILLS!!	²⁰ 9-3pm Learning Moments (Peer Workforce Only) 11: Morning Mindfulness 1pm: Recovery Goals 2pm: NARCAN Training 2:30: Smoking Cessation 4pm: Recovery Life Skills	²¹ 10: Crafts, Baking & Music 11: Morning Mindfulness 4:30: AA Open Meeting or Positivity Pause Thanksgiving Dinner 12-4pm	²² 1130: Morning Mindfulness 12pm: Vision Boards w/Joe 1pm Game Time!! 2:30: Family Healing Circle 3-6:00pm: Chef-It-Up!! 4pm Al-Anon Meeting 5pm Recovery Goals	²³ Happy Thanksgiving!!! (Center is Closed)	²⁴ 1130: Morning Mindfulness 2:00: Music in Recovery 3:00: Amazing Creations 4pm Qi Gong 5pm NA Meeting 5:30pm: Positivity Pause!	²⁵ 9:30: Qi Gong 12pm: Noon Mindfulness 1pm: AA Open Meeting 2:30: S.O.S. Meeting (Secular Organizations for Sobriety)

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Follow us on Facebook @bestselfrecoverycommunity

RECOVERY COMMUNITY @BestSelf provides community support in a safe, non-judgemental setting for anyone in recovery from addiction, and for their family members. The Recovery Community is a non-clinical, peer run environment with peer advocates on staff to support your needs. Participants are encouraged to engage in multiple recovery activities or simply relax. **The RECOVERY COMMUNITY is always looking for volunteers and ideas for groups! Bring us your thoughts and feedback. *Groups, Dates and Times are subject to change***

OUR GROUPS:

- **Cookie Baking Fun!** - We will be baking cookies! 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!)
- **Walk & Talk** - Come & Enjoy Outdoors with us. Let us Walk and Talk in the community to release and refresh together.
- **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 journal (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.
- **Al-Anon Group** – 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 6 spots available!
- **Daily Affirmations** – Shifting perspective towards positive thinking and gratitude.
- **Harm Reduction** – Bringing awareness, reducing stigma & opening conversations on harm reduction and meeting people where they are at to achieve their own version of wellness. Including medication assisted treatment, medicated supported recovery, safe using practices, test strips, Narcan, etc.
- **S.O.S. Meeting** (Secular Organizations for Sobriety) – Seeks to promote sobriety and is not a spin-off of any religious or secular group and encourages the scientific study of addiction.
- **Vision Boards** – Use your creativity to envision your goals, dreams, future and make it a reality with your inspirational vision board!
- **NEW! Men's Mental Health Matters** – We discuss mental health topics that come up in recovery and support one another on the journey. Open to all men!
- **NEW! Women's Mental Health Matters**- We discuss mental health topics that come up in recovery and support one another on the journey. Open to all women!