



# January 2024

## 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 10:30am-6pm	Friday 11am-7pm	Saturday 9am-4pm
<b>Al-Anon Group:</b> For friends and families of alcoholics Wednesday @ 4pm	<b>CLOSED</b> 	10am: Crafts, Baking & Music 11am: Morning Mindfulness 1pm: Gratitude Group 2pm: TED Talks <b>4:30: AA Open Meeting</b> or Positivity Pause	11:30: Morning Mindfulness 12pm Daily Affirmations 1pm: Harm Reduction 2:30pm: Family Healing Circle <b>4pm: Al-Anon Meeting</b> 5pm: Recovery Goals	11am: Morning Mindfulness 12pm: Gratitude Group 1pm: Understanding Addiction for Family 3pm: Cookie Baking Fun <b>4:30: AA Open Meeting</b> or Positivity Pause	1130: Morning Mindfulness 2pm: Music in Recovery 3pm: Amazing Creations 4pm: Qi Gong <b>5pm: NA Meeting</b> 5:30pm: Positivity Pause!	9:30am: Qi Gong 10:30am: <b>GRASP Meeting</b> 11:30: Morning Mindfulness <b>1pm: AA Open Meeting</b> <b>2:30pm: S.O.S. Meeting</b> (Secular Organizations for Sobriety)
<b>10:30am: SMART Meetings</b> 11:30 Morning Mindfulness 1pm: Amazing Creations 1-4pm: Football/Game Time  <b>GO BILLS!!</b>	<b>9-3pm: Learning Moments (Peer Workforce Only)</b> 11am: Morning Mindfulness 1pm: Recovery Goals 3pm: <b>NARCAN Training</b> 3:30pm: <b>Smoking Cessation</b> 5pm: Recovery Life Skills	10: Crafts, Baking & Music 11am: Morning Mindfulness 1pm: Gratitude Group 2pm: TED Talks <b>4:30: AA Open Meeting</b> or Positivity Pause	11:30 Morning Mindfulness 12pm Daily Affirmations 1pm: Harm Reduction 2:30pm: Family Healing Circle <b>4pm: Al-Anon Meeting</b> 5pm: Recovery Goals	11am: Morning Mindfulness 12pm: Gratitude Group 1pm: Understanding Addiction for Family 3pm: Cookie Baking Fun <b>4:30: AA Open Meeting</b> or Positivity Pause	1130: Morning Mindfulness 2pm: Music in Recovery 3pm: Amazing Creations 4pm: Qi Gong <b>5pm: NA Meeting</b> 5:30pm: Positivity Pause!	9:30am: Qi Gong 11:30: Morning Mindfulness <b>1pm: AA Open Meeting</b> <b>2:30pm: S.O.S. Meeting</b> (Secular Organizations for Sobriety)
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28	29	30	31			
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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.
- **NEW! 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!