

# April 2025 | BestSelf Recovery Community Center | 69 Linwood Ave Buffalo, NY 14209 | 716-539-5260

\*Groups, dates and times are subject to change - Group participation is your choice\*

Sunday	Monday	Tuesday 10am-6pm	Wednesday 11am-7pm	Thursday 10:30am-6pm	Friday 11am-7pm	Saturday 9am-4pm
		<b>1</b> 10am: Crafts & Baking 11:30am: Morning Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group 2pm Ted Talks 3pm: Coping Skills <b>4:30pm: AA Open Meeting</b> or Positivity Pause	<b>2</b> 11:30am: Morning Mindfulness 12pm: Daily Affirmations 1pm: Poetry Group 2pm: Harm Reduction <b>3pm: NEW Hopeful Thoughts</b> 4pm: <b>Movie Night</b> <b>5:30pm NEW SMART Meeting</b> or Positivity Pause	<b>3</b> 11:30am: Morning Mindfulness 12:30pm: Gratitude Group 1:30pm: Understanding Addiction for Family 3pm: Smoking Cessation <b>4:30pm: AA Open Meeting</b> or Positivity Pause	<b>4</b> 11:30am: Morning Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 4pm: Amazing Creations <b>5pm: NA Meeting</b> or Positivity Pause!	<b>5</b> 9am: Morning Mindfulness <b>10am: CMA Meeting</b> <b>11:15am: SMART Meeting</b> <b>12:30pm Back to Basics Meeting</b> 1pm: AA Open Meeting <b>2:30pm: S.O.S. Meeting</b> or Peer 1 on 1 <b>ANYTIME</b>
<b>6</b>  <b>CLOSED</b>	<b>7</b>  <b>CLOSED</b>	<b>8</b> 10am: Crafts & Baking 11:30am: Morning Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group 2pm Ted Talks 3pm: Coping Skills <b>4:30pm: AA Open Meeting</b> or Positivity Pause	<b>9</b> 11:30am: Morning Mindfulness 12pm: Daily Affirmations 1pm: Poetry Group 2pm: Harm Reduction 3pm: Narcan Training 4pm: <b>Movie Night</b> <b>5:30pm NEW SMART Meeting</b> or Positivity Pause	<b>*WEAR BLUE DAY*</b> <b>CHILD ABUSE PREVENTION DAY!</b> 11:30am: Morning Mindfulness 12:30pm: Gratitude Group 1:30pm: Understanding Addiction for Family 3pm: Smoking Cessation <b>4:30pm: AA Open Meeting</b> or Positivity Pause	<b>11</b> 11:30am: Morning Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 4pm: Amazing Creations <b>5pm: NA Meeting</b> or Positivity Pause!	<b>12</b> 9am: Morning Mindfulness <b>10am: CMA Meeting</b> <b>11:15am: SMART Meeting</b> <b>12:30pm Back to Basics Meeting</b> 1pm: AA Open Meeting <b>2:30pm: S.O.S. Meeting</b> or Peer 1 on 1 <b>ANYTIME</b>
<b>13</b>  <b>CLOSED</b>	<b>14</b>  <b>CLOSED</b> <b>PWF LMM</b> <b>9-3pm</b>	<b>15</b> 10am: Crafts & Baking 11:30am: Morning Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group 2pm Ted Talks 3pm: Coping Skills <b>4:30pm: AA Open Meeting</b> or Positivity Pause	<b>16</b> 11:30am: Morning Mindfulness 12pm: Daily Affirmations 1pm: Poetry Group 2pm: Harm Reduction <b>FREE HAIRCUTS</b> <b>By Haircuts For Those In</b> <b>Need</b> <b>3-7pm</b>	<b>17</b> 11:30am: Morning Mindfulness 12:30pm: Gratitude Group 1:30pm: Understanding Addiction for Family 3pm: Smoking Cessation <b>4:30pm: AA Open Meeting</b> or Positivity Pause	<b>18</b> 11:30am: Morning Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 4pm: Amazing Creations <b>5pm: NA Meeting</b> or Positivity Pause!	<b>19</b> 9am: Morning Mindfulness <b>10am: CMA Meeting</b> <b>11:15am: SMART Meeting</b> <b>12:30pm Back to Basics Meeting</b> 1pm: AA Open Meeting <b>2:30pm: S.O.S. Meeting</b> or Peer 1 on 1 <b>ANYTIME</b>
<b>20</b>  <b>CLOSED</b> 	<b>21</b>  <b>CLOSED</b>	<b>22</b> 10am: Crafts & Baking 11:30am: Morning Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group 2pm Ted Talks 3pm: Coping Skills <b>4:30pm: AA Open Meeting</b> or Positivity Pause	<b>23</b> 11:30am: Morning Mindfulness 12pm: Daily Affirmations 1pm: Poetry Group 2pm: Harm Reduction 3pm: <b>CHEF IT UP!</b> 4pm: <b>Movie Night</b> <b>5:30pm NEW SMART Meeting</b> or Positivity Pause	<b>24</b> <b>National Administrative</b> <b>Professionals Day!</b> 11:30am: Morning Mindfulness 12:30pm: Gratitude Group 1:30pm: Understanding Addiction for Family 3pm: Smoking Cessation <b>4:30pm: AA Open Meeting</b> or Positivity Pause	<b>25</b> 11:30am: Morning Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 4pm: Amazing Creations <b>5pm: NA Meeting</b> or Positivity Pause!	<b>26</b> 9am: Morning Mindfulness <b>10am: CMA Meeting</b> <b>11:15am: SMART Meeting</b> <b>12:30pm Back to Basics Meeting</b> 1pm: AA Open Meeting <b>2:30pm: S.O.S. Meeting</b> or Peer 1 on 1 <b>ANYTIME</b>
<b>27</b>  <b>CLOSED</b>	<b>28</b>  <b>CLOSED</b>	<b>29</b> 10am: Crafts & Baking 11:30am: Morning Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group 2pm Ted Talks 3pm: Coping Skills <b>4:30pm: AA Open Meeting</b> or Positivity Pause	<b>30</b> 11:30am: Morning Mindfulness 12pm: Daily Affirmations 1pm: Poetry Group 2pm: Harm Reduction 3pm: <b>Movie Night</b> <b>5pm RCOC Advisory Board</b> <b>Meeting</b> <b>5:30pm NEW SMART</b> or Positivity Pause			<b>NEW!!</b> <b>JOIN US FOR</b> <b>ART ACCESS</b> <b>ADVENTURES!!</b> <b>DAYS &amp; TIMES</b> <b>TBD</b>

**RECOVERY COMMUNITY @ BestSelf** provides a welcoming, non-judgmental space for individuals in recovery and their family members. Our non-clinical, peer-run environment is supported by dedicated peer advocates and volunteers who are here to meet your needs.

Participants are encouraged to engage in various recovery activities or simply relax and connect with others.

We're always looking for volunteers and fresh ideas for groups and activities! Bring us your thoughts and feedback—we'd love to hear from you.

#### OUR GROUPS:

- **Peer 1-on-1 Sessions** – Available anytime for individualized peer support and guidance.
- **Baking Fun!** – Join us for a fun baking session where we'll create all kinds of treats together!
- **Intro to Recovery** – Explore the multiple pathways to Recovery in this introductory session.
- **Recovery Goals** – Set personal goals for the day, week, or month to support your recovery. Track progress and identify areas for growth.
- **Recovery Life Skills** – Develop essential life skills that may have been missed due to life's circumstances.
- **Gratitude Group** – Express gratitude for the big and small gifts of recovery; raise the positive vibes with us!
- **Positivity Pause** – Take a moment to focus on positive perspectives and gratitude.
- **Coping Skills** – Learn and discuss practical tools to handle stressful situations in recovery.
- **Morning Mindfulness** – Start the day with a peer-led meditation and discussion on how mindfulness can support Recovery.
- **Daily Affirmations** – Shift your perspective with positive thinking and gratitude-focused affirmations.
- **Music in Recovery** – Listen to various songs and discuss how music can support (or challenge) your personal Recovery journey.
- **Group Songwriting** – Reflect and collaborate with others to create inspiring group songs.
- **Poetry Group** – Express yourself through poetry and share your journey in recovery.
- **Amazing Creations** – Unleash your creativity with peer-led art activities!
- **TED Talks** – Watch and discuss recovery-focused TED Talks chosen by group vote
- **Understanding Addiction for Family** – A discussion on educating and supporting families impacted by addiction. Invite loved ones to learn more.
- **Chef-It-Up** – Create and cook healthy meals from scratch, then enjoy a meal and conversation together. *Pre-registration required; 6 spots available!*
- **Harm Reduction** – Raise awareness, reduce stigma, and discuss harm reduction approaches, including medication-assisted treatment and safe practices.
- **Smoking Cessation** – Gain support and tools to help you quit smoking in a safe, supportive environment.
- **NA (Narcotics Anonymous) 12-Step Meeting** – A fellowship offering support for those recovering from drug addiction through the 12-Step approach.
- **AA (Alcoholics Anonymous) 12-Step Meeting** – A supportive group using the 12-Step method to help individuals achieve and maintain sobriety from alcohol.
- **S.O.S. Meeting** – Secular Organizations for Sobriety meeting for those seeking a non-religious approach to sobriety. Encourages the scientific study of addiction.
- **SMART Meeting** – Join a goal-focused recovery group to clarify your ideas and focus on SMART goals (Specific, Measurable, Achievable, Realistic, Timely).
- **Set Free Meeting** – A Christian 12-Step, faith-based recovery group. All are welcome..
- **CMA (Crystal Meth Anonymous)** – A fellowship focused on supporting recovery from crystal meth addiction through mutual aid and shared experiences.
- **Back to Basics** - A 12-step fellowship rooted in Islamic principles, offering a self-help meeting for addiction recovery—open to all.
- **Movement Sessions- Qi Gong, Tai Chi, & Chair Yoga** – Gentle, mindful movements and stretches designed to enhance flexibility, reduce stress, and support overall well-being in a relaxing, accessible format.
- **NEW! Art Access Adventures** - ArtAccess.org provides free and discounted entry to cultural and arts events in Buffalo, giving our Recovery Community opportunities to explore, connect, and experience creative expression. We will be in the community for different Art Access Adventures!