

April 2026 | 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 (CLOSED)	Monday (CLOSED)	Tuesday 10am-6pm	Wednesday 11am-7pm	Thursday 10am-6pm	Friday 11am-7pm	Saturday 9am-4pm
		 <p><i>Passover Begins 4/1</i></p>	<p>1</p> <p>11:30am: Mindfulness 1pm: Creative Writing 2:30pm: Harm Reduction 4pm: Karaoke 5:30pm: SMART Meeting</p>	<p>2</p> <p>11:30am: Mindfulness 12:30pm: Amazing Creations 2pm: Coping Skills 4:30pm: AA Open Meeting</p>	<p>3</p> <p><i>Good Friday</i></p> <p>11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting</p>	<p>4</p> <p>9am: Mindfulness 9:30am: CMA Meeting 10am: Zumba 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting</p>
<p><i>Easter Sunday</i> 5</p> 	<p>6</p> <p>Peer Workforce 9am – 5pm</p>	<p>7</p> <p>10am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude 4:30pm: AA Open Meeting</p>	<p>8</p> <p>11:30am: Mindfulness 1pm: Creative Writing 2:30pm: Recovery Stories 4pm: Karaoke 5:30pm: SMART Meeting</p>	<p>9</p> <p>11:30am: Mindfulness 1pm: National Alcohol Screening Day 2pm: Coping Skills – Breathing and Grounding Techniques 3pm: TED Talks 4:30pm: AA Open Meeting</p>	<p>10</p> <p><i>Wear Blue Day</i></p> <p>11:30am: Mindfulness 1pm: Movement Sessions 2pm: LGBTQIA+ Hour of Silence 3pm: LGBTQIA+ Support 5pm: NA Meeting *Wear Blue for Child Abuse Awareness*</p>	<p>11</p> <p>9am: Mindfulness 9:30am: CMA Meeting 10am: Zumba 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting</p>
<p><i>Observed 4/10</i> 12</p> 	<p>13</p> <p>Peer Workforce (only) LMM 9am – 3pm</p>	<p>14</p> <p>10am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude 4:30pm: AA Open Meeting</p>	<p>15</p> <p>11:30am: Mindfulness 1pm: Creative Writing 2:30pm: Counseling Awareness Month—meet BBH counselors! 4pm: Karaoke 5:30pm: SMART Meeting</p>	<p>16</p> <p>11:30am: Mindfulness 12:30pm: Amazing Creations 1pm: Coping Skills – Building and Maintaining Boundaries 2pm: Goodness Griefness 3pm: TED Talks 4:30pm: AA Open Meeting</p>	<p>17</p> <p>11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting</p>	<p>18</p> <p>9am: Mindfulness 9:30am: CMA Meeting 10am: Zumba 11:15am: SMART Meeting 12pm: Recovery in Anime 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting</p>
<p><i>Observed 4/22</i> 19</p> 	<p>20</p> <p>Peer Workforce 9am – 5pm</p>	<p>21</p> <p>10am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude 4:30pm: AA Open Meeting</p>	<p>22</p> <p><i>Earth Day</i></p> <p>11:30am: Mindfulness 1pm: Creative Writing 2-6pm: Chef it Up! 2:30pm: Recovery Stories 4pm: Karaoke 5:30pm: SMART Meeting</p>	<p>23</p> <p>11:30am: Mindfulness 12:30pm: Amazing Creations 2pm: Coping Skills – Mantra Chanting for Beginners! 3pm: TED Talks 4:30pm: AA Open Meeting</p>	<p>24</p> <p>11:30am: Mindfulness 1pm: Movement Sessions 2pm: Prescription Drug Disposal Awareness – safety & stats! 3pm: LGBTQIA+ Support 5pm: NA Meeting</p>	<p>25</p> <p>9am: Mindfulness 9:30am: CMA Meeting 10am: Zumba 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting</p>
<p><i>Observed 4/25</i> 26</p> 	<p>27</p> <p>Peer Workforce 9am – 5pm</p>	<p>28</p> <p>10am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude 2pm: Promoting Autism Awareness and Acceptance 4:30pm: AA Open Meeting</p>	<p>29</p> <p>11:30am: Mindfulness 1pm: National Fentanyl Awareness Day 3-5pm: Recovery Open Mic 5pm: Advisory Board Meeting 5:30pm: SMART Meeting</p>	<p>30</p> <p>11:30am: Mindfulness 12:30pm: Amazing Creations 2pm: Coping Skills – Adapting Trauma w/Imagery Rescripting 3pm: VOLUNTEER MEETING 4:30pm: AA Open Meeting</p>	<p><i>Observed 4/29</i></p> 	<p><i>Observed 4/9</i></p> 
						

NEW GROUPS & events

STRESS AWARENESS MONTH PROGRAMS

Every Thursday, enjoy a specific coping skills group aimed at learning tools to reduce and manage stress. Together, we will learn about how to cope with daily stressors and anxiety.

DEA PRESCRIPTION TAKE-BACK “DAY”

This month, learn more about safe disposal of prescription meds and receive resources and education from our staff. Talk to a peer anytime, or attend our group on 4/24!

4/18 RAD: RECOVERY in ANIME DISCUSSIONS

Anime fans can join us for Recovery-focused discussions, featuring your favorite stories and characters! For SA Awareness month, we will talk about depictions of sexual harassment and assault within Anime media.

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.

PEER-RUN 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!
- **Recovery Goals** – Set personal goals, learning helpful and practical tools to support your recovery.
- **Gratitude Group** – Express gratitude for the big and small gifts of recovery; raise the positive vibes with us!
- **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.
- **Creative Writing** – Express yourself through poetry, journaling, and creative writing to share your journey in recovery.
- **Amazing Creations** – Unleash your creativity with peer-led art activities!
- **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.
- **Movement Sessions** – Gentle, mindful movements designed to enhance flexibility, reduce stress, and support overall well-being.
- **Karaoke** – Pick your favorite song to sing and join us for karaoke, where we will appreciate music and share our voices.
- ***NEW* Recovery Open Mic** – A 2-hour event featuring original stories, music, poetry, and anything that inspires your recovery... Come share with us!
- ***NEW* Recovery in Anime Discussions** – Anime fans can join us for Recovery-focused discussions, featuring your favorite stories and characters.

SELF-HELP GROUPS:

- **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.
- **S.O.S. Meeting** – Secular Organizations for Sobriety meeting for a non-religious approach to sobriety. Encourages the scientific study of addiction.
- **SMART Meeting** – Join a goal-focused recovery group with a 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.
- **LGBTQIA+ Support** – Come together as members of the LGBTQIA+ community to talk about our unique struggles, promoting equality and resilience.
- **Goodness Griefness** – Every third Thursday, this group is dedicated to supporting each other experiencing any and all types of loss.