


**June 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 11 am – 7pm	Thursday 10am – 6pm	Friday 11am – 7pm	Saturday 9am – 4pm
	1 <b>Peer Workforce</b> 9am – 5pm	2 10am: Baking Fun 11:30am: Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group <b>2pm: Mantra Meditation</b> <b>4:30pm: AA Open Meeting</b>	3 11:30am: Mindfulness 1pm: Creative Writing <b>2pm: Reimagining Recovery</b> 4pm: Karaoke <b>5:30pm: SMART Meeting</b>	4 11:30am: Mindfulness 12:30pm: Amazing Creations <b>2pm: LGBTQIA+ Awareness</b> <b>4:30pm: AA Open Meeting</b>	5 11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery <b>3pm: LGBTQIA+ Support</b> <b>5pm: NA Meeting</b>	6 9:30am: CMA Meeting <b>10am: ZUMBA w/Nichelle</b> 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
(June 8 <sup>th</sup> - 14 <sup>th</sup> ) 	7 8 <b>Peer Workforce</b> 9am – 5pm	9 10am: Baking Fun 11:30am: Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group <b>2pm: Mantra Meditation</b> <b>4:30pm: AA Open Meeting</b>	10 11:30am: Mindfulness 1pm: Creative Writing <b>2pm: Reimagining Recovery</b> <b>*PROBLEM GAMBLING EDITION*</b> 4pm: Karaoke <b>5:30pm: SMART Meeting</b>	11 11:30am: Mindfulness 12:30pm: Amazing Creations <b>2pm: LGBTQIA+ Awareness</b> <b>4:30pm: AA Open Meeting</b>	12 11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery <b>3pm: LGBTQIA+ Support</b> <b>5pm: NA Meeting</b>	13 9:30am: CMA Meeting <b>10am: ZUMBA w/Nichelle</b> 11:15am: SMART Meeting <b>12pm: Recovery in Anime</b> 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
(Celebrated 6/19) 	14 15 <b>(Peer Workforce Only)</b> <b>LMM</b> 9am – 5pm	16 10am: Baking Fun 11:30am: Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group <b>2pm: Mantra Meditation</b> <b>4:30pm: AA Open Meeting</b>	17 <b>Free Haircuts 1-4pm!</b>  <b>BBGS Screening – ALL DAY</b>	18 11:30am: Mindfulness <b>1pm: LGBTQIA+ Awareness</b> <b>2pm: Goodness Griefness</b> <b>3:30pm: Problem Gambling 101</b> <b>4:30pm: AA Open Meeting</b>	19 <b>JUNETEENTH</b> 11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery <b>3pm: LGBTQIA+ Support</b> <b>5pm: NA Meeting</b>	20 9:30am: CMA Meeting <b>10am: ZUMBA w/Nichelle</b> 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
	21 22 <b>Peer Workforce</b> 9am – 5pm	23 10am: Baking Fun 11:30am: Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group <b>2pm: Mantra Meditation</b> <b>4:30pm: AA Open Meeting</b>	24 11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery <b>3-5pm: RECOVERY OPEN MIC</b> <b>5pm: Advisory Board Meeting</b> <b>5:30pm: SMART Meeting</b>	25 11:30am: Mindfulness 12:30pm: Amazing Creations <b>2pm: LGBTQIA+ Awareness</b> <b>3:30pm: Problem Gambling 101</b> <b>*Information &amp; Screening*</b> <b>4:30pm: AA Open Meeting</b>	26 11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery <b>3pm: LGBTQIA+ Support</b> <b>5pm: NA Meeting</b>	27 <b>PTSD Awareness Day</b> 9:30am: CMA Meeting <b>10am: ZUMBA w/Nichelle</b> 11:15am: SMART Meeting <b>12pm: Recovery in Anime</b> 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
	28 29 <b>Peer Workforce</b> 9am – 5pm	30 10am: Baking Fun 11:30am: Mindfulness <b>12:30pm: Set Free Meeting</b> 1pm: Gratitude Group <b>2pm: Mantra Meditation</b> <b>4:30pm: AA Open Meeting</b>		Worried about gambling? <b>We've partnered with NYCPG to provide problem gambling resources!</b>		<b>DID YOU KNOW?</b> <b>We are staffed with Peer Specialists who are available EVERY DAY for 1-on-1 support!</b>

# NEW GROUPS & EVENTS

## Reimagining Recovery

Join us as we explore new ways to enhance our recovery, through learning, sharing, and reimagining!

## LGBTQIA+ Awareness / Support

Read below for descriptions these two Pride-based groups that elevate the Queer voices in our community!

## Sober Pride Party on \_\_\_\_

All are welcome for this celebration of LGBTQIA+ Pride... Join us for a day of snacks, music, games, and prizes!

**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 for the day, week, or month to support your recovery. Track progress and identify areas for growth.
- **Gratitude Group** – Express gratitude for the big and small gifts of recovery; raise the positive vibes with us!
- **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.
- **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 and share your journey in recovery.
- **Movement Sessions: Qi Gong, Tai Chi, & Chair Yoga** – Gentle, mindful movements and stretches to support well-being in a relaxing, accessible format.
- **Zumba w/ Nichelle** – A dance workout that's all about joy, movement, and boosting your wellness in recovery!
- **Karaoke** – Pick your favorite song to sing and join us for karaoke, where we will appreciate music and share our voices.
- **Recovery Open Mic** – A 2-hour event featuring original stories, music, poetry, and anything that inspires your recovery... Come share with us!
- **Reimagining Recovery** – Raise awareness, reduce stigma, and discuss harm reduction approaches, and safe practices.
- **\*NEW\* Recovery in Anime Discussions** – Anime fans can join us for Recovery-focused discussions, featuring your favorite stories and characters.
- **\*NEW\* Mantra Meditation** – Open for beginners, practice this ancient coping skill of mantra chanting to help relax and regulate your nervous system.
- **\*NEW\* Problem Gambling Programming** – Education, resources, and confidential screenings to support those impacted by gambling-related harm.
- **\*NEW\* LGBTQIA+ Awareness** – An open forum for LGBTQIA+ participants to teach the community about their struggles, strengths, and triumphs.

### 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** – A recovery group where LGBTQIA+ community members can seek support and discuss substance use and mental health.
- **Goodness Griefness** – Every third Thursday, this group is dedicated to supporting each other experiencing any and all types of loss.