

July 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
		<i>Worried about Gambling?</i> <i>We've partnered with NYCPG to provide problem gambling resources!</i>	11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 4pm: Karaoke 5:30pm: SMART Meeting	11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 4:30pm: AA Open Meeting	11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	CLOSED! 
	(Peer Workforce Only) LMM 9am – 5pm	10am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 4:30pm: AA Open Meeting	11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery <i>*PROBLEM GAMBLING EDITION*</i> 4pm: Karaoke 5:30pm: SMART Meeting	11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 3pm: PTSD *Share & Self Care Workshop* 4:30pm: AA Open Meeting	11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	9:30am: CMA Meeting 10am: ZUMBA w/Nichelle 11:15am: SMART Meeting 12pm: Recovery in Anime 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
	Peer Workforce 9am – 5pm	10am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 4:30pm: AA Open Meeting	11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 4pm: Karaoke 5:30pm: SMART Meeting	11:30am: Mindfulness 1pm: Amazing Creations 1:30pm: Mantra Meditation 2pm: Goodness Griefness 4:30pm: AA Open Meeting	11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	9:30am: CMA Meeting 10am: ZUMBA w/Nichelle 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
	Peer Workforce 9am – 5pm	10am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 4:30pm: AA Open Meeting	11:30am: Mindfulness 2pm: Reimagining Recovery 3pm: Chef it Up! 4pm: Karaoke 5:30pm: SMART Meeting	11:30am: Mindfulness 1pm: Amazing Creations 3pm: Problem Gambling 101 4:30pm: AA Open Meeting	Self Care Day! 11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 3pm: Self Care 101 *LGBTQIA+ CANCELLED* 5pm: NA Meeting	Schizophrenia Awareness Day 9:30am: CMA Meeting 10am: ZUMBA w/Nichelle 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
National Parent's Day 	Peer Workforce 9am – 5pm	10am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 4:30pm: AA Open Meeting	11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 3-5pm: RECOVERY OPEN MIC 5pm: Advisory Board Meeting 5:30pm: SMART Meeting	11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 3pm: Schizophrenia Facts 4:30pm: AA Open Meeting	11:30am: Mindfulness 1pm: Movement Sessions 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	

NEW GROUPS & EVENTS

REIMAGINING RECOVERY

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

PROBLEM GAMBLING RESOURCES

Every day, our peers can provide education, resources, and confidential screenings for those impacted by gambling-related harm.

PTSD *SHARE & SELF CARE*

On 7/9, we welcome Diane from Grit N Grace, who gives us space to share our experiences of PTSD and learn the importance of Self Care.

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.

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.