

August 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 CLOSED	Monday CLOSED	Tuesday 10am – 6pm	Wednesday 11am – 7pm	Thursday 10am – 6pm	Friday 11am – 7pm	Saturday 9am – 4pm
<u>Worried about Gambling?</u> We've partnered with NYCPG to provide problem gambling resources!		<u>DID YOU KNOW?</u> We are staffed with Peer Specialists who are available EVERY DAY for 1-on-1 support!		<u>TRYING TO QUIT SMOKING?</u> Ask our peers about scheduling a 1-on-1 session to gain smoking cessation resources!		1 9:15am: Morning Mindfulness 10am: NEW ZUMBA w/Nichelle 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
Observed 8/12 2 	3 Peer Workforce 9am – 5pm	4 10:30am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 2pm: Movement 4:30pm: AA Open Meeting	5 11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 4pm: Karaoke 5:30pm: SMART Meeting	6 11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 4:30pm: AA Open Meeting	7 11:30am: Mindfulness 1pm: Movement 2pm: Music in Recovery **3pm: LGBTQIA+ Support CANCELLED** 5pm: NA Meeting	8 9:15am: Morning Mindfulness 10am: NEW ZUMBA w/Nichelle 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
9 	10 (Peer Workforce Only) LMM 9am – 5pm	11 10:30am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 2pm: Movement 4:30pm: AA Open Meeting	<u>INTERNATIONAL YOUTH DAY!</u> 12 11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 3-6pm: Chef it Up! 4pm: Karaoke 5:30pm: SMART Meeting	13 11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 3pm: Problem Gambling 101 4:30pm: AA Open Meeting	14 11:30am: Mindfulness 1pm: Movement 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	15 9:15am: Morning Mindfulness 10am: NEW ZUMBA w/Nichelle 12pm: Recovery in Anime 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
Observed 8/21 16 	17 Peer Workforce 9am – 5pm	18 10:30am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 2pm: Movement 4:30pm: AA Open Meeting	<u>WORLD HUMANITARIAN DAY!</u> 19 11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery Problem Gambling Edition! 4pm: Karaoke 5:30pm: SMART Meeting	20 11:30am: Mindfulness 1pm: Amazing Creations 1:30pm: Mantra Meditation 2pm: Goodness Griefness 4:30pm: AA Open Meeting	<u>SENIOR CITIZEN'S DAY!</u> 21 11:30am: Mindfulness 1pm: Movement 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	22 9:15am: Morning Mindfulness 10am: NEW ZUMBA w/Nichelle 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
23 	24 Peer Workforce 9am – 5pm	25 10:30am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 2pm: Movement 4:30pm: AA Open Meeting	<u>WOMEN'S EQUALITY DAY!</u> 26 11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 3-5pm: RECOVERY OPEN MIC 5pm: Advisory Board Meeting 5:30pm: SMART Meeting	27 11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 4:30pm: AA Open Meeting	28 11:30am: Mindfulness 1pm: Movement 2pm: Overdose Awareness 3pm: LGBTQIA+ Support 5pm: NA Meeting	29 9:15am: Morning Mindfulness 10am: NEW ZUMBA w/Nichelle 11:15am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
Observed 8/31 30 	<u>OVERDOSE AWARENESS DAY</u> 31 Peer Workforce 9am – 5pm					

NEW GROUPS & EVENTS

OVERDOSE AWARENESS

For Overdose Awareness Day (observed 8/31), we are having Narcan training and a moment of remembrance on 8/28 at 2 p.m.

PROBLEM GAMBLING RESOURCES

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

NATIONAL WELLNESS MONTH

Join us for a variety of groups – like Mindfulness, Movement, Meditation, and Reimagining Recovery – aiming to promote overall wellness!

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.