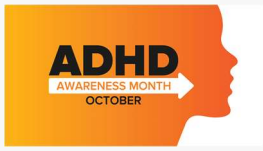
# November 2026 | BestSelf Recovery Community Center | 69 Linwood Ave Buffalo, NY 14209 | 716-539-5260

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

| Sunday<br>CLOSED | Monday<br>CLOSED | Tuesday<br>10am – 6pm | Wednesday<br>11am – 7pm | Thursday<br>10am – 6pm | Friday<br>11am – 7pm | Saturday<br>9am – 4pm |
|---|---|---|---|---|---|---|
| Daylight Savings Ends 1<br>Clocks back 1 hour!<br> | CLOSED 2<br>(Peer Workforce Only)<br>LMM<br>9am – 5pm | **ELECTION DAY** 3<br>10:30am: Baking Fun<br>11:30am: Mindfulness<br>12:30pm: Set Free Meeting<br>1pm: Gratitude Group<br>**2pm: Share & Self Care**<br>4:30pm: AA Open Meeting | 4<br>11:30am: Mindfulness<br>**1pm: Epilepsy Awareness – Stop the Stigma Session**<br>2pm: Reimagining Recovery<br>4pm: Karaoke<br>**5:30pm: SMART Meeting** | 5<br>**10:30am Productivity Hour**<br>11:30am: Mindfulness<br>1pm: Amazing Creations<br>2pm: Mantra Meditation<br>4:30pm: AA Open Meeting | 6<br>11:30am: Mindfulness<br>12pm: Healthy Relationships Workshop *(with Crisis Services)*<br>2pm: Movement<br>**3pm: LGBTQIA+ Support**<br>5pm: NA Meeting | 7<br>9:30am: Morning Mindfulness<br>10am: ZUMBA w/Nichelle<br>**11am: SMART Meeting**<br>1pm: AA Open Meeting<br>**2:30pm: S.O.S. Meeting** |
| National Diabetes 8<br>Month (Day 11/14)<br> | CLOSED 9<br>Peer Workforce<br>9am – 5pm | 10<br>10:30am: Baking Fun<br>11:30am: Mindfulness<br>12:30pm: Set Free Meeting<br>1pm: Gratitude Group<br>**2pm: Share & Self Care**<br>4:30pm: AA Open Meeting | **VETERAN'S DAY** 11<br>11:30am: Mindfulness<br>1pm: Creative Writing<br>2pm: Reimagining Recovery<br>4pm: Karaoke<br>**5:30pm: SMART Meeting** | 12<br>**10:30am Productivity Hour**<br>11:30am: Mindfulness<br>1pm: Self Care group with Diane of Grit N' Grace<br>**3pm: Problem Gambling – Stop the Stigma Session**<br>4:30pm: AA Open Meeting | 13<br>11:30am: Mindfulness<br>1pm: Meth Awareness – Stop the Stigma Session<br>2pm: Music in Recovery<br>**3pm: LGBTQIA+ Support**<br>5pm: NA Meeting | 14<br>9:30am: Morning Mindfulness<br>10am: ZUMBA w/Nichelle<br>**11am: SMART Meeting**<br>1pm: AA Open Meeting<br>**2:30pm: S.O.S. Meeting** |
| National Adoption 15<br>Month (Day 11/21)<br> | CLOSED 16<br>Peer Workforce<br>9am – 5pm | 17<br>10:30am: Baking Fun<br>11:30am: Mindfulness<br>12:30pm: Set Free Meeting<br>1pm: Hepatitis Awareness – Stop the Stigma Session<br>**2pm: Share & Self Care**<br>4:30pm: AA Open Meeting | 18<br>11:30am: Mindfulness<br>1pm: Creative Writing<br>2pm: Reimagining Recovery<br>4pm: Karaoke<br>**5pm: Advisory Board Meeting**<br>**5:30pm: SMART Meeting** | 19<br>**10:30am Productivity Hour**<br>11:30am: Mindfulness<br>1pm: Amazing Creations<br>2pm: Goodness Griefness<br>4:30pm: AA Open Meeting | 20<br>11:30am: Mindfulness<br>12pm: Know Your Rights *(with Neighborhood Legal Services)*<br>2pm: Movement<br>**3pm: LGBTQIA+ Support**<br>5pm: NA Meeting | Survivors of Suicide 21<br>Loss Day (International)<br>9:30am: Morning Mindfulness<br>10am: ZUMBA w/Nichelle<br>**11am: SMART Meeting**<br>1pm: AA Open Meeting<br>**2:30pm: S.O.S. Meeting** |
| Transgender Day 22<br>of Remembrance (11/20)<br> | CLOSED 23<br>Peer Workforce<br>9am – 5pm | 24<br>10:30am: Baking Fun<br>11:30am: Mindfulness<br>12:30pm: Set Free Meeting<br>1pm: Gratitude Group<br>**2pm: Share & Self Care**<br>4:30pm: AA Open Meeting | 25<br>11:30am: Mindfulness<br>Join us 2-5pm for a Thanksgiving Meal!<br>**5:30pm: SMART Meeting** | Thanksgiving 26<br>CLOSED!<br> | 27<br>11:30am: Mindfulness<br>1pm: Movement<br>2pm: Music in Recovery<br>**3pm: LGBTQIA+ Support**<br>5pm: NA Meeting | 28<br>9:30am: Morning Mindfulness<br>10am: ZUMBA w/Nichelle<br>**11am: SMART Meeting**<br>1pm: AA Open Meeting<br>**2:30pm: S.O.S. Meeting** |
| Native American 29<br>Heritage Day (11/27)<br> | CLOSED 30<br>Peer Workforce<br>9am – 5pm | Meth Awareness (11/30)<br> | Ask Us About Problem Gambling Resources!<br>NYCPG<br>New York Council on Problem Gambling | Family Caregivers Month<br> | ***DID YOU KNOW?***<br>We are staffed with Peer Specialists who are available EVERY DAY for 1-on-1 support! | World COPD Day<br> |

# NEW GROUPS & EVENTS

### STOP THE STIGMA SESSIONS

This month, we're featuring new STOP THE STIGMA SESSIONS – including Hepatitis C Awareness with ECMC's Hepatology Clinic and Meth Awareness with Evergreen Health!

### HEALTHY RELATIONSHIPS WORKSHOP on 11/6

Join us with Geannetta from Crisis Services, for the first in a series of workshops that teach us about boundaries and healthy relationships!

### PRODUCTIVITY HOUR

Start every Thursday with an hour of working towards your goals. Make your own agenda—create a budget, build your routine, and more!

**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!
- **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, discuss harm reduction approaches, and learn new coping skills.
- **Chef-It-Up** – Create and cook healthy meals from scratch, then enjoy a meal and conversation together. *Pre-registration required; 6 spots available!*
- **Problem Gambling Programming** – Education, resources, and confidential screenings to support those impacted by gambling-related harm.
- **Mantra Meditation** – Open for beginners, practice this ancient coping skill of mantra chanting to help relax and regulate your nervous system.
- ***NEW* Stop the Stigma Sessions** – Partipants and guest speakers share their knowledge and personal experiences to help combat stigma.
- ***NEW* Productivity Hour** – Start every Thursday morning with an hour set aside to work toward your goals in a quiet and supportive space.
- ***NEW* Share & Self Care** – ice-breaker activities and open discussion, paired with a self-care activity to boost your sense of self AND community!

## 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 sustance use and mental health.
- **Goodness Griefness** – Every third Thursday, this group is dedicated to supporting each other experiencing any and all types of loss.