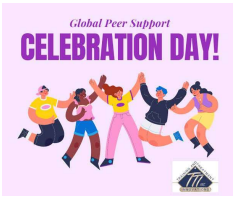
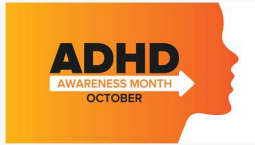


October 2026 | BestSelf Recovery Community Center | 69 Linwood Ave Buffalo, NY 14209 | 716-539-5260

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
Domestic Violence Awareness Month 	<u>DID YOU KNOW?</u> We are staffed with Peer Specialists who are available EVERY DAY for 1-on-1 support!	Global Peer Day 10/15 	Observed 10/10 	1 10:30am Productivity Hour 11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 4:30pm: AA Open Meeting	2 11:30am: Mindfulness 12pm: Healthy Relationships Workshop! 1pm: Movement 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	3 9:30am: Morning Mindfulness 10am: ZUMBA w/Nichelle 11am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
Mental Illness Awareness Week 4 	CLOSED 5 Peer Workforce 9am – 5pm	6 10:30am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 2pm: Share & Self Care 4:30pm: AA Open Meeting	7 11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 4pm: Karaoke 5:30pm: SMART Meeting	8 10:30am Productivity Hour 11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 3pm: Problem Gambling – Stop the Stigma Session 4:30pm: AA Open Meeting	9 11:30am: Mindfulness 1pm: Movement 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	World Mental Health Day 10 9:30am: Morning Mindfulness 10am: ZUMBA w/Nichelle 11am: SMART Meeting 12pm: World Mental Health Day – Sharing Coping Skills 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
OCD Awareness Week 11 	CLOSED 12 (Peer Workforce Only) LMM 9am – 5pm Indigenous People's Day	13 10:30am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: OCD Awareness - Stop the Stigma Session 2pm: Share & Self Care 4:30pm: AA Open Meeting	14 11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 4pm: Karaoke 5:30pm: SMART Meeting	GLOBAL PEER DAY! 15 **We open at 11 a.m.** 12pm: Mindfulness 1pm: Amazing Creations 2pm: Goodness Griefness 4:30pm: AA Open Meeting	16 11:30am: Mindfulness 1pm: Movement 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	17 9:30am: Morning Mindfulness 10am: ZUMBA w/Nichelle 11am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
ADHD Awareness Month 18 	CLOSED 19 Peer Workforce 9am – 5pm	20 10:30am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Gratitude Group 2pm: Share & Self Care 4:30pm: AA Open Meeting	21 11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 3-6pm: Chef it Up! 4pm: Karaoke 5:30pm: SMART Meeting	22 10:30am Productivity Hour 11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 3pm: Stop the Stigma: Domestic Violence 4:30pm: AA Open Meeting	23 11:30am: Mindfulness 1pm: Movement 2pm: Music in Recovery 3pm: LGBTQIA+ Support 5pm: NA Meeting	24 9:30am: Morning Mindfulness 10am: ZUMBA w/Nichelle 11am: SMART Meeting 1pm: AA Open Meeting 2:30pm: S.O.S. Meeting
Depression Awareness Month 25 	CLOSED 26 Peer Workforce 9am – 5pm	27 10:30am: Baking Fun 11:30am: Mindfulness 12:30pm: Set Free Meeting 1pm: Depression - Stop the Stigma Session 2pm: Share & Self Care 4:30pm: AA Open Meeting	28 11:30am: Mindfulness 1pm: Creative Writing 2pm: Reimagining Recovery 3-5pm: Recovery Open Mic! 5pm: Advisory Board Meeting 5:30pm: SMART Meeting	*CLOSED @ 5 p.m.* 29 10:30am Productivity Hour 11:30am: Mindfulness 1pm: Amazing Creations 2pm: Mantra Meditation 3pm: Shadow Work: Practicing Acceptance 4:30pm: AA Open Meeting	30 11:30am: Mindfulness 1-3pm: Halloween Festivities! 3pm: LGBTQIA+ Support 5pm: NA Meeting	Halloween! 31 (Regular Programming) 

NEW GROUPS & EVENTS

STOP THE STIGMA SESSIONS

This month, we're featuring new STOP THE STIGMA SESSIONS – OCD Awareness (10/13), Domestic Violence Awareness (10/22), and Depression Awareness (10/27).

HEALTHY RELATIONSHIPS WORKSHOP on 10/2

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. Fill out paperwork and applications, create a budget, build your routine, and more! *(Note: Thursdays except 10/15 – we open late!)*

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* 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 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.