

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
Closed	<i>Happy Holidays</i>			Coffee & Conversation 10am - 11am Recovery Coaching Come Chat with a coach 3pm - 5pm Creative Corner Draw, paint, color, create 6pm - 8pm	Share and Aware Journal/Talk 9am - 10am SMART Recovery Meeting 10am -12pm
4	5	6	7	8	9
Closed	Coffee & Conversation 10am - 11am Recovery Enhancement "Walk and Talk " 11am - 12pm Computer Lab 2pm - 4pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity- visitors) 12:45pm - 2pm Cooking 4:15pm - 7pm	Coffee & Conversation 10:00am - 11am Chat n' Chew 3pm - 4pm	Coffee & Conversation 10:00am - 11am Coffee House 3-4pm North Park Library Center Outreach 6pm - 8pm	Munch Bunch Snack n Chat 9am - 10am SMART Recovery Meeting 10am -12pm
11	12	13	14	15	16
Closed	Coffee & Conversation 10am - 11am Center closes @ 2pm Recovery Center Team Meeting 2pm - 5pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity- visitors) 12:45pm - 2pm Card/Game Night 5pm - 7pm Family & Friends with Stacy 6pm-7pm	Coffee & Conversation 10am - 11am Meditation with William 1pm-2pm Holiday Party Prep 3pm - 5pm	Coffee & Conversation 10am - 11am Holiday Party 4pm - 8pm	Munch Bunch Snack n Chat 9am - 10am SMART Recovery Meeting 10am -12pm
18	19	20	21	22	23
Closed	Coffee & Conversation 10am - 11am Gift Wrapping 2pm - 4pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity) 12:45pm - 2pm Cooking 4:15pm - 7pm	Coffee & Conversation 10am - 11am Recovery Enhancement Finances Workshop 3pm - 4pm	Coffee & Conversation 10am - 11am Let's Go - Canalside 1pm - 3pm Karaoke Night 6pm - 7:30pm	Share and Aware Journal/Talk 9am - 10am SMART Recovery Meeting 10am -12pm

25	26	27	28	29	30
 Christmas	Coffee & Conversation 10am - 11am Recovery Coaching Come Chat with a coach 2pm - 4pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity) 12:45pm - 2pm Family & Friends with Stacy 6pm-7pm	Coffee & Conversation 10am - 11am Meditation with William 1pm-2pm Open Center 3pm - 5pm	Coffee & Conversation 10am - 11am Couponing Activity 2pm - 3pm Splash of Color Paint Night With Jeanna 5pm - 7pm	Munch Bunch Snack n Chat 9am - 10am SMART Recovery Meeting 10am -12pm
HIGHLIGHTS FOR DEC 2017	<u>Meditation</u> Still the body and quiet the mind with Meditation led by William. William will guide participants in a calming meditation during each session.		<u>Recovery Enhancement</u> Interactive activities to improve participants understanding of wellness and the physical, emotional, mental and spiritual activities connected to improved well-being.		<u>Let's Go</u> Outing activities to improve functioning and provide exposure to places of interest including libraries, museum's grocery stores and regional attractions.
	<u>Couponing Activity</u> Experiential session that encourages participants in the use of coupons to save money, time and find values in your weekly shopping.		<u>Peer Skills Group</u> Interactive sessions to help peers to learn and use healthy communication skills in their daily life and interactions.		<u>Friday Feature Series</u> Fun, unique and interesting sessions that highlight individual talents and skills. Designed to help participants build esteem and improved self-awareness.

CENTER HIGHLIGHTS:

Chef it up: We continue with our Wednesday cooking class from 4:15pm to 7pm. Pre-registration required. Call the center to get set up.

Family and Friends in Support of Recovery: Join us for a free Community Discussion group for family and friend impacted by addiction

Holiday Party: Join the fun at our 1st annual Holiday Party **December 15th from 4-8pm**, bring the family, enjoy holiday food and make fond memories!

Meditation Group: Join William on the mat to help reduce stress, calm the mind and find inner peace December 14 & 28th from 1-2 pm.

Gift Wrapping: Tis the season, join us for this fun filled activity and get all your holiday gifts wrapped too.

Let's Go: Come with us as we venture to the Canalside winter wonderland December 22nd from 1-3pm : RSVP with us to set up a ride.

69 Linwood Ave., Buffalo, NY 14209
716-424-0021

Hours: Tuesday & Thursday 10 am to 5 pm, Wednesday & Friday 10 am to 8 pm, Saturday 9 am to 12 noon

www.bestselfwny.org