

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Share and Aware Journal/Talk 9am - 10am SOS Meeting 10am -12pm
3	4	5	6	7	8
Closed	Independence Day Closed	Coffee & Conversation 10am - 11am Recovery Enhancement Women focus 11am - 12pm Yoga with Anne 6-7:15pm Cooking 4:15pm - 7:15pm	Coffee & Conversation 10am - 11am Recovery Enhancement Managing Emotions 11am - 12pm Managing Life 101 Self Care Activities 3pm - 4pm	Coffee & Conversation 10am - 11am Recovery Enhancement <i>Setting and Reaching Goals</i> 11am - 12pm <u>Volunteer Orientation</u> <u>2pm - 3pm</u> Open Center - 5pm - 8pm	Share and Aware Journal/Talk 9am - 10am SOS Meeting 10am -12pm
10	11	12	13	14	15
Closed	Coffee & Conversation 10am - 11am Recovery Enhancement "Walk and Talk " 11am - 12pm Yoga with Anne 3:30pm - 4:45pm	Coffee & Conversation 10am - 11am Recovery Enhancement Women focus - 11am-12pm Dr. Bowen Survey 10am-12pm Cooking 4:15pm - 7:15pm Yoga with Anne 6-7:15pm	Coffee & Conversation 10am - 11am Health Fair 10am - 2pm Coffee House 3 - 4pm	Coffee & Conversation 10am - 11am Recovery Enhancement Stress Management 11am - 12pm Celebrate Summer BBQ - Food, Fun, Games 4pm - 6pm	Share and Aware Journal/Talk 9am - 10am SOS Meeting 10am - 12pm
17	18	19	20	21	22
Closed	Coffee & Conversation 10am - 11am Recovery Enhancement "Mindfulness & Meditation" 11am - 12pm Yoga with Anne 3:30pm - 4:45pm	Coffee & Conversation 10am - 11am Recovery Enhancement Women focus/peer skills 11am - 12pm Yoga with Anne 6-7:15pm Cooking 4:15pm - 7:15pm	Coffee & Conversation 10am - 11am Dr. Bowen Survey 10am - 12pm Narcan Training Kenmore Branch Library 12:30 - 1:30pm	Coffee & Conversation 10am - 11am Ice Cream "Social" 4pm - 6pm Recovery Movie Night 6:15 - 8pm	Share and Aware Journal/Talk 9am - 10am SOS Meeting 10am -12pm

24	25	26	27	28	29
Closed	Coffee & Conversation 10am - 11am Buffalo Education And training Ctr 11am - 12pm Dr. Bowen Survey 2 - 4pm	Coffee & Conversation 10am - 11am Recovery Enhancement Financial Fitness 11am - 12pm Cooking 4:15pm - 7:15pm	Coffee & Conversation 10am - 11am Journey of Hope 11am - 12pm Staff Development Center Closed 2-5pm	Coffee & Conversation 10am - 11am Let's Go TIFFT Nature Preserve 2pm - 4pm Friday Feature- Music 6:30-8pm	Share and Aware Journal/Talk 9am - 10am SOS Meeting 10am -12pm
HIGHLIGHTS FOR JULY 2017	<u>Managing Life 101</u> Managing life is a program designed to give participants a process to navigate life more effectively.	<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>Peer Skills Group</u> Interactive sessions to help peers to learn and use healthy communication skills in their daily life and interactions.	<u>Journey of Hope</u> Experiential session that encourages participants to share the events, circumstances and people that have encouraged and supported them in the change process.	<u>Smart Recovery Meeting:</u> SMART Recovery is an alternative program for those interested in dealing with addictions. SMART stands for Self-Management And Recovery Training. Saturdays 10:30am to 12noon	<u>Yoga with Anne</u> Join us for the experience of Yoga at the center. Anne will offer sessions on Tuesday afternoon from 3:30pm to 4:45pm and Wednesday evening from 6pm to 7:15pm. FREE		

CENTER HIGHLIGHTS:

Research Survey: Interested in sharing about your "Recovery Capital" join Dr. Bowen to participate in her research survey July 12th, 20th and 25th

BBQ - Food, fun, Games: Celebrate Summer with us at the BRC, join us for our BBQ on July 14th from 4-6pm. Food, family, peers and recovery fun.

"Ice Cream Social": Join us for summer fun at our "Ice Cream Social" July 21st from 4-6pm. ice cream, fun, and friends at the Recovery Community

Let's Go: July 28 at 2pm we are going to take a walking tour of the Tiffs Nature Preserve on of Buffalo natural treasures.

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.lake-shore.org