



# 2021

Clubhouse at Endeavor  
1526 Walden Ave Suite 400  
Cheektowaga, NY 14225

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30p-5:30p Finances and Budgeting	4:30p-5:30p Self-Care	4:30p-5:30p Goal Development	4:30p-5:30p Jumpstart Your Health and Wellbeing	4:30p-5:30p Guilt and Shame	9:30a-10:30a Mindfulness
5:30p-6:30p Social Wellbeing	5:30p-6:30p Spirituality	5:30p-6:30p Art and Stress Reduction	5:30p-6:30p Developing Trust	5:30p-6:30p Understanding my Recovery	Starting in August: 9:30a-10:30a Back to School!
6:30p-7:30p Summer Safety	6:30p-7:30p Managing Thoughts	6:30p-7:30p Grief and Loss	6:30p-7:30p Forgiveness	6:30p-7:30p Social Skills	
7:30p-8:30p Basic Nutritional Skills	7:30p-8:30p Assertiveness	7:30p-8:30p Embracing Change	7:30p-8:30p Attacking Anxieties	7:30p-8:30p Self-Esteem	10:30a-11:30a Family Fun!



In order to RSVP for groups please call 716-895-6700 ext. 4907 with your name, phone number, and what group you are interested in, and a staff member will get back to you to get you signed up!

**Endeavor will be closed July 5<sup>th</sup> and September 6<sup>th</sup>.**

E-Mail: [clubhouse@ehsny.org](mailto:clubhouse@ehsny.org)  
Phone Number: 716-895-6700 Ext. 4907  
Central Intake: 716-895-6701

## Class Descriptions

Finances and Budgeting- The goal of this group is for participants to understand their finances and learn skills to budget properly.

Social Well-Being- The goal of this groups is for participants to understand the importance of developing self-esteem and learn that this is a lifelong process.

Summer Safety- The goal of this group is to discuss activities that you can do during the summer and how to do these activities safely.

Basic Nutritional Skills- The goal of this group is to gain a better understanding of healthy nutrition, shopping, choosing, and preparing food that is healthy and inexpensive.

Self-Care- The goal of this group is to learn self-care skills in order to take care of physical and mental health.

Spirituality- The goal of this group is for participants to understand the possibilities of spirituality and its benefits.

Managing Thoughts- The goal of this group is for participants to recognize the thoughts that they are having and learn the skills to cope with these thoughts.

Assertiveness- The goal of this group is to learn the skills to be assertive in order to have effective communication.

Goal Development- The goal of this group is to learn how to establish life goals and learn the skills needed to achieve these goals.

Art And Stress Reduction- The goal of this group is to utilize creative ways to process thoughts and feelings participants may currently be experiencing.

Grief and Loss- The goal of this group is to develop healthy and effective coping skills for managing symptoms of grief and loss.

Embracing Change- The goal of this group is to make good decisions and manage life changes to overcome barriers.

Jumpstart Your Health and Well-Being- The goal of this group is to learn the skills needed to make healthy changes to your health and well-being.

Developing Trust- The goal of this group is to identify the benefits to having trust, how to develop trust and how to keep someone's trust.

Forgiveness- The goal of this group is to effectively manage and understand the process of forgiveness.

Attacking Anxieties- The goal of this group is to identify anxiety triggers, challenging the thoughts and beliefs that lead to distress, and safely face fearful situations.

Guilt and Shame- The goal of this group is to identify dangers of persistent guilt and shame, and to learn to overcome those thoughts.

Understanding my Recovery- The goal of this group is to discuss alcohol or substance use recovery and process the feelings that come with the recovery process.

Social Skills- The goal of this group is to learn proper listening skills, learn various communication styles, enforce boundaries, and identify red and green flags with friends.

Self-Esteem- The goal of this group is to identify the benefits of having a positive self-esteem and to learn the skills in order to gain and maintain self-esteem.

Mindfulness- The goal of this group is to discover mindful awareness through breath, sound, body, story, mind, spirit, and fusion.

Back to School! - The goal of this group is to discuss the anxiety and behaviors associated with the return to in person schooling. This group will be broken up into separate groups for parents and children.

Family Fun! - The goal of this groups is to build and strengthen family relationships and build effective communication by participating in a weekly activity.