



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

MONDAY
4:30pm – 5:30pm Mindfulness (MS)
5:30pm – 6:30pm Beating the Blues (KG)
6:30pm – 7:30pm Empowered (MS)
7:30pm – 8:30pm Forming Friendships (CL)

TUESDAY
4:30pm – 5:30pm My Core Beliefs (MS)
5:30pm – 6:30pm Spirituality (JS)
6:30pm – 7:30pm Managing Thoughts (JS)
7:30pm – 8:30pm Fighting Fears (KG)

WEDNESDAY
4:30pm – 5:30pm Job Interview Skills (JS)
5:30pm – 6:30pm Creatively Coping (MS)
6:30pm – 7:30pm Stress Management (CL)
7:30pm – 8:30pm Healthy Relationships (MS)

THURSDAY
4:30pm – 5:30pm Coping with Change (KG)
5:30pm – 6:30pm Rejection (CL)
6:30pm – 7:30pm Making Cent\$ (KG)
7:30pm – 8:30pm Attacking Anxiety (KG)

FRIDAY
4:30pm – 5:30pm Coping and Relaxation (CL)
5:30pm – 6:30pm Surviving Separation (KG)
6:30pm – 7:30pm Social Skills (MS)
7:30pm – 8:30pm Coping with Addiction (KG)

**Endeavor will be closed November 25<sup>th</sup> & 26<sup>th</sup> and Dec 24<sup>th</sup>**

In order to RSVP for our 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 right away!

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



## Group Descriptions

<p><u>Mindfulness</u> The goal of this group is to discover mindful awareness through breath, sound, body, story, mind, spirit, and fusion.</p>	<p><u>Stress Management</u> The goal of this group is to identify sources of stress and learn the impact that it has on overall health and identify coping skills in order to minimize stress.</p>
<p><u>Beating the Blues</u> The goal of this group is to learn and utilize effective patterns of thinking and behaving to appropriately manage depressive moods.</p>	<p><u>Healthy Relationships</u> The goal of this group is to establish, build, and maintain healthy and supportive relationships in the community which will assist in overcoming obstacles to life role and goals.</p>
<p><u>Empowered</u> The goal of this group is to build self-esteem, self-confidence, self-respect, self-acceptance, and self-awareness.</p>	<p><u>Coping with Change</u> The goal of this group is to make good decisions and manage life changes to overcome barriers.</p>
<p><u>Forming Friendships</u> The goal of this group is to develop skills to make and retain friendships by identify preferred qualities, establishing boundaries, and conflict resolution.</p>	<p><u>Rejection</u> The goal of this group is to assist individuals in accepting rejection as a natural part of life, assist in coping with the impact rejection may have.</p>
<p><u>My Core Beliefs</u> The goal of this group is to address negative beliefs about ourselves in order to increase one's self-esteem.</p>	<p><u>Making Cent\$</u> The goal of this group is for participants to understand their finances and learn skills to budget properly.</p>
<p><u>Spirituality</u> The goal of this group is for participants to understand the possibilities of spirituality and its benefits.</p>	<p><u>Attacking Anxieties</u> The goal of this group is to identify anxiety triggers, challenging the thoughts and beliefs that lead to distress, and safely face fearful situations.</p>
<p><u>Managing Thoughts</u> 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.</p>	<p><u>Coping and Relaxation</u> The goal of this group is to learn and practice skills for managing life challenges, improving frustration tolerance and emotional regulation.</p>
<p><u>Fighting Fears</u> The goal of this group is to individuals who experience anxiety and panic disorders in making cognitive and behavioral changes to both monitor and reduce severity of symptoms that disrupt life functioning.</p>	<p><u>Surviving Separation</u> The goal of this group is to identify and address changes in daily life when going from having a partner to standing on your own.</p>
<p><u>Job Interview Skills</u> The goal of this group is to assist individual in issues related to job searching, applying to a job, accepting a job, and job retention.</p>	<p><u>Social Skills</u> 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.</p>
<p><u>Creatively Coping</u> The goal of this group is to utilize creative ways to process thoughts and feelings participants may currently be expereincing.</p>	<p><u>Coping with Addiction</u> The goal of this group is to discuss alcohol or substance use recovery and process the feelings that come with the recovery process.</p>