

January 2021





Phone Number: 716-895-6700 ext. 4907

E-Mail: clubhouse@ehsny.org

Clubhouse at Endeavor



1526 Walden Ave Suite 400 Cheektowaga, New York 14225

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3	4	5	6	7	8	9
Independent Living Skills for Adults 4:30pm-5:30pm Women's Support 5:30pm-6:30pm Mindfulness for Young Adults 6:30pm-7:30pm	Vocational Group 4pm-5pm Stress Management 4:30pm-5:30pm Chronic Pain 5:30pm-6:30pm Coping with COVID 6:30-7:30pm Goal Setting 7:30-8:30pm	Independent Living Skills for Young Adults 4:30-5:30pm Art and Stress Reduction 5:30-6:30pm Teens Hour 6:30-7:30pm Mental Health First Aid 7:30-8:30pm	Mindfulness for Adults 4:30-5:30pm Communication Skills for Adolescents 5:30-6:30pm Men's Support 6:30-7:30pm Attacking Anxieties 7:30-8:30pm	Communication Skills for Adults 4:30-5:30pm Healthy Relationships 5:30-6:30pm Grief and Loss 6:30-7:30pm Self-Care 7:30-8:30pm	Get to know the Clubhouse Staff & Program 9-10am Movie Time 10am-12pm	Resource Hour 9-10am Stretch and Relax! 10-11am Family Fun 11am-12pm
10	11	12	13	14	15	16
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17	18	19	20	21	22	23
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24	25	26	27	28	29	30
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Due to the COVID-19 pandemic all groups will be via Zoom, walk-in services will continue to be in person

In order to **RSVP for groups** please call **716-895-6700 ext. 4907** or e-mail clubhouse@ehsny.org with your name, phone number and what group you are interested in and a staff member will get back to you!



Class Descriptions

Independent Living Skills for Adults

Independent living skills are basic activities that people need to live independently. Topics for this group could include; personal hygiene, transportation, shopping, planning and preparing meals, managing a household, finances, etc. This group will be run by Moses.

Women's Support Group

In this group clients will be empowered as women, mothers, daughters, and sisters by learning ways to cope with the pressures of everyday life, receive support with their recovery, and learning the skills that will allow them to recognize their inner strength. This group will be run by Jeanan.

Mindfulness for Young Adults and Adults

In this group, participants will be supported as they work towards implementing mindfulness activities into their everyday lives. Resources will be introduced, activities will be practiced, and check-ins will be completed. This group will be run by Moses.

Vocational Group

In this group, we will discuss the employment process from start to finish highlighting areas of interest for participants. Topics could include but are not limited to job searching, applications, resumes, interviews, employee rights, work incentives, maintaining employment, etc. This group will be run by Leighann.

Chronic Pain

Chronic Pain is known to affect mood, thinking and behavior. Chronic pain is known to negatively impact other conditions in life including sleep issues, fatigue, trouble concentrating, appetite issues and mood changes which all have a negative effect on mental health. In this group, individuals will find support and education regarding chronic pain and illness and coping strategies to benefit their quality of life and make life more enjoyable while dealing with this condition. This group will be run by Leighann

Coping with COVID

This is a group for anyone experiencing anxiety, loneliness, stress, or depression due to the COVID-19 pandemic. During this group, participants can discuss their feelings and learn how to develop healthy coping skills for these feelings. This group will be run by Jeanan.

Goal Setting

During this group, individuals will learn how to set goals in their lives. Group members will work towards setting obtainable goals for their future therefore impacting the individuals' recovery in a positive way. This group will be run by Leighann.

Art and Stress Reduction

In this group clients will learn ways to express themselves through art, music, poems, shape, portraits, and collages which will allow group members to understand themselves and

Class Descriptions

their relationships. Through art the group will be able to show gratitude and empower themselves in a safe manner. In this group there is no failure, judgement and no wrong way to express what you feel. This group will be run by Jeanan.

Teens Hour

During this group teens can bring in different topics to discuss and will have an opportunity to process the topic. Individuals will be able to learn socialization skills, coping skills, motivational skills, etc. This group will be run by Jeanan.

Independent Living Skills for Adolescents

Independent living skills are basic activities that people need to live independently. Topics for this group could include; personal hygiene, transportation, shopping, planning and preparing meals, managing a household, finances, etc. This group will be run by Nicole.

Mental Health First Aid

Mental Health First aid is aimed to take the fear and hesitation out of starting conversations about mental health and substance use problems; by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address mental illnesses or substance use disorders. This group will be run by Julianna.

Communication Skills for Adults and Adolescents

During this group individuals will learn positive communication skills for daily living. Individuals will learn how to communicate with various people that you come in contact with such as friends, family, employers, co-worker, etc. This group will be run by Julianna.

Men's Support

In this group clients will be empowered as men, fathers, sons, and brothers by learning ways to cope with the pressures of everyday life, receive support with their recovery, and learning the skills that will allow them to recognize their inner strength. This group will be run by Moses.

Healthy Relationships

In this group individuals will process and learn the characteristics and benefits of healthy and unhealthy relationships. Individuals will learn the importance of healthy relationships and the skills that could be utilized to develop and maintain a healthy relationship. This group will be run by Nicole

Grief and Loss Group

We are all touched by grief at some point in our life. In this group, participants will hear how others have coped with grief and the group will help you to understand that there is no "expectation" for grieving. This group will be run by Jeanan.

Self-Care Group

During this group participants will discuss self-care and how to incorporate self-care into their daily living. Participants will learn various self-care skills and will learn how to relate it back to positively influencing their recovery. This group will be run by Julianna.

Class Descriptions

Resource Hour

Staff can provide education regarding community resources that will assist you with obtaining housing, benefits, education, insurance, primary care doctors, etc. This group will be run by Moses.

Stretch and Relax!

During this group, individuals will learn stretches that will improve their overall health. Individuals will learn the benefits of stretching and the impact that it has on their mental and physical health. This group will be run by Leighann.

Family Fun Day

Family fun day is an opportunity for you and your children to enjoy a day together participating in a weekly activity. The goal of this group is to reduce stress and build effective communication and bonding skills. This group will be run by Moses.

Movie Day

During this group participants will watch a movie that relates to recovery of mental health or substance use. Participants will be able to reflect back on segments of the movie that they relate to and enhance or develop skills to cope with and assist their recovery. The movie for this month will be Inside Out. This group will be run by Nicole.

Attacking Anxieties

During this group participants will be able to discuss and express their anxieties in a safe space and learn coping skills and tips to manage their anxious feelings. This group will be run by Nicole.

Stress Management

During this group participants will be able to learn: how to manage demands on their time creating stress, to let go of worrisome thoughts, techniques to relax the body and mind for better sleep, to work with difficult situations/people, coping skills for stress, etc. This group will be run by Nicole.