

APRIL

2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Independent Living Skills 4:30p-5:30p	Voc 101 4p-5p	Holistic Health 4:30p-5:30p	Effective Parenting Skills 4:30p-5:30p	Friday Unwind 4:30p-5:30p	Community Resource Hour 9:30a-10:30a
Mindful Eating 5:30p-6:30p	Chronic Pain 5:30p-6:30p	Viviendo de Manera Independiente 5:30p-6:30p	Managing Expectations 5:30p-6:30p	Coping with School During COVID for Students 5:30p-6:30p	2021 Restart 9:30a-10:30a
Overcoming Guilt 5:30p-6:30p	Coping with COVID 6:30p-7:30p	Art and Stress 5:30p-6:30p	Lidiando con COVID 5:30p-6:30p	Spring Forward 5:30p-6:30p	Mindfulness 10:30a-11:30a
Family Fun! 6:30p-7:30p	Stretch and Relax! 7:30p-8:30p	ADHD: Survive and Thrive 6:30p-7:30p	Coping with Transitions 6:30p-7:30p	Social Skills 6:30p-7:30p	Healthy Habits 10:30a-11:30a
		Grief and Loss 7:30p-8:30p	Attacking Anxieties 7:30p-8:30p	Virtual Learning Support for Parents 7:30p-8:30p	



Due to the COVID-19 pandemic all groups will be via call in services

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 is closed April 2nd

E-Mail: clubhouse@ehsny.org
Phone Number: 716-895-6700 ext. 4907
Central Intake: 716-895-6701

Group Descriptions

Independent Living Skills- 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.

Mindful Eating- During this group participants will become mindful of what they are eating by identifying their eating patterns, the foods they are eating, their nutritional needs and concerns that they may have regarding their eating patterns. Participants will address food, weight, and body image concerns in attempt to improve physical and emotional well-being. This group will be run by Stefania.

Overcoming Guilt- Throughout the course of participants mental health and/or substance use recovery there may be feelings of shame and guilt. During this group clients will learn to better understand their guilt and shame and challenge this to improve their overall thoughts and feelings. This group will be run by Jeanan.

Family Fun!- 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 Jeanan.

Voc 101- 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 Meghann.

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 Stefania.

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.

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 Stefania.

Holistic Health- During this group participants will learn how your mental, physical, spiritual and social needs all impact each other. This group will assist participants in improving their mental, physical, spiritual and social health in order to improve their overall well-being. This group will be run by Stefania.

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 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.

Viviendo de Manera Independiente- Las habilidades para vivir de manera independiente son actividades básicas que las personas necesitan para aprender para vivir de forma independiente. Algunos temas que se tocarán en este grupo incluyen: higiene personal, transporte, compras, preparación y organización de menú, manejo del hogar, finanzas, etc. Este grupo estará guiado por Stefania.

ADHD: Survive and Thrive- In this group, participants with ADHD can come together and discuss what their life is like with ADHD. Individuals will learn strategies and coping skills from others and the group facilitator on how to live a happy and successful life while living with ADHD. This group will be run by Nicole.

Grief and Loss- 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.

Effective Parenting Skills- In this group, participants will learn and develop the skills to effectively parent their child. These skills could include, boosting your child’s self-esteem, setting limits, making time for your kids, being a good role model, effective communication, etc. This group will be run by Moses.

Managing Expectations in Your 20's- Specifically for those in their 20's, this group will look at what expectations are placed on them socially, family wise, and expectations that we are not aware of. This group will address how to overcome these expectations, what to say when we are faced with one and how to create your own goals for the near future. Focus will be placed on the role that mental health plays in regard to expectations, coping and self-advocacy skills and how to manage this. This group will be run by Julianna.

Lidiando con COVID- Este es un grupo para aquel que esta experimentando ansiedad, soledad, estres, o depression debido a la pandemia de COVID-19. Durante esta sesion, los participantes podran discutir sus sentimientos y aprenderan a desarrollar habilidades saludables para afrontar estos sentimientos. Este grupo estara guiado por Stefania.

Coping with Transitions- In this group, adolescent participants will discuss what the transition of COVID-19 has been like. Participants will receive support as they discuss the transition of staying at home, schools closing, changing restrictions, etc. Participants will work through these feelings and learn and develop positive coping skills for navigating this transition. This group will be run by Moses.

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.

Friday Unwind- Destress and decompress from the week! Incorporated will be skills focused on supporting mental health and substance use recovery such as breathing exercises, neck and hand massage/pressure points, mindfulness and meditation exercises, healthy venting skills and affirmation creating geared towards assisting participants with their mental health/substance use recovery. This group will be run by Julianna.

Coping with School During COVID for Students- During the transition from in person learning to hybrid or online learning, there have been many mental health and emotional health changes/struggles for students. During this group participants will discuss these struggles in a safe space and will be provided by assistance from peers and staff on how to cope and adapt with these changes. This group will be run by Meghann.

Spring Forward- This group will focus on how to manage depression/depressive symptoms by learning and practicing skills from a variety of approaches, including tips for self-care. Formerly known as Winter Warmth. This group will be run by Julianna.

Social Skills- During this group participants will learn how to develop successful social skills. Participants will learn conversational, friendship, and problem-solving skills. Participants will also learn how to communicate successfully through verbal and non-verbal cues. Participants will discuss how their various social skills influence their mental health/substance use recovery and will learn coping skills to assist with this. This group will be run by Meghann.

Virtual Learning Support for Parents- During the transition from in person learning to hybrid or online learning, parents have likely faced struggles with supporting their children. During this group parents will discuss these struggles in a safe space and will be provided by assistance from other parents and staff on how to cope and adapt with these changes. This group will be run by Moses.

Community 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 or Meghann.

2021 Restart- This group will delve into healthy intentions for the new year. Participants will learn how to make positive, healthy and attainable intentions, how to focus them and ways to keep themselves on track. This group will be run by Julianna or Stefania.

Mindfulness- 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 or Julianna.

Healthy Habits- During this group participants will discuss what healthy or unhealthy habits they believe that they have at this moment. Participants will discuss the skills that they may need to create healthy habits in their lives. Participants will discuss what they would like to have as a healthy habit and will work towards achieving that goal. This group will be run by Meghann or Stefania.