



2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30p-5:30p: Men's Self-Confidence	4:30p-5:30p: Viviendo de Manera Independiente (Independent Living Skills)	4:30p-5:30p: Managing Depression	4:30p-5:30p: Wellness Self-Management	4:30p-5:30p: Resiliency	9:30a-10:30a: Mindfulness
5:30p-6:30p: Healthy Relationships	5:30p-6:30p: Boundaries	5:30p-6:30p: Art and Stress Reduction	5:30p-6:30p: Communication Skills	5:30p-6:30p: Self-Discovery	9:30a-10:30a on 5/1, 5/15, 5/29, 6/12 and 6/26: Resource Hour
6:30p-7:30p: Basic Nutritional Skills	6:30p-7:30p: Coping Skills	6:30p-7:30p: Grief and Loss	6:30pm-7:30pm: Banish the Panic	6:30p-7:30p: Social Skills	10:30a-11:30a: Family Fun!
7:30p-8:30p: Positivity	7:30p-8:30p: Planning for Success	7:30p-8:30p: Women's Self-Confidence	7:30p-8:30p: Attacking Anxieties	7:30p-8:30p: Accepting Rejection	

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 will be closed May 31st

E-Mail: clubhouse@ehsny.org

Phone Number: 716-895-6700 Ext. 4907

Central Intake: 716-895-6701



Group Descriptions

Men's Self-Confidence- The goal of this group is to understand the importance of developing self-esteem and how to be self-confident.

Healthy Relationships- The goal of this groups is to learn skills for developing healthy and supportive relationships.

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.

Positivity- The goal of this group is to set clear goals, have a positive attitude, persevere intelligently, and connect with others who can help.

Viviendo de Manera Independiente (Independent Living Skills)- La meta de este grupo es desarrollar habilidades de comunicación, habilidades nutricionales, desarrollo de presupuesto y habilidades de adaptación que promuevan vivir de manera independiente. The goal of this group is to develop communication skills, nutritional skills, budgeting skills, and adaptive life skills to promote living independently.

Boundaries- The goal of this group is to learn appropriate and healthy ways to set boundaries with parents, spouses, children, friends, coworkers, teachers, and self.

Coping Skills- The goal of this group is to learn and utilize stress management techniques, positive self-talk, mindfulness, and manage negative emotions through various coping skills.

Planning for Success- The goal of this groups is to learn to declutter the mind, improve frustration tolerance, develop positive coping skills and develop assertive communication skills.

Managing Depression- The goal of this group is to learn and utilize effective patterns of thinking and behaving to appropriately manage depressive moods.

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.

Women's Self Confidence- The goal of this group is for participants to develop self-esteem, gain a sense of human worth, improve self-image, engage in social relationships, utilize healthy boundaries, and utilize assertive communication with others.

Wellness Self-Management- The goal of this group is to achieve designated life goals; improve health, increase life satisfaction and personal success.

Communication Skills- The goal of this group is for participants to increase assertiveness skills, understand both verbal and non-verbal communication, learn successful listening skills, and effectively communicate.

Banish the Panic- The goal of this group is the address unhelpful thinking styles, decrease symptoms of anxiety and panic, understand the role of avoidance, and understand how to cope with anxiety provoking situations.

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.

Resiliency- The goal of this group is to build the resiliency to manage life's challenges, stresses, changes, and pressures effectively, and cope with adversity to maintain a balanced state after facing a major disruption in life.

Self-Discovery- The goal of this groups is to increase self-awareness, promote self-esteem, and teach participants how to make positive changes to increase overall wellness.

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.

Accepting Rejection-The goal of this groups is to assist participants in accepting rejection as a natural part of life and to assist in coping with the impact rejection may have.

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

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