|  |  |
| --- | --- |
| The ClubhouseFebruary 201866 Englewood Ave, Buffalo, NY 14214 (716)832-2141  |  Hours for Ages 16-23;  Monday to Friday 3 to 9pm, Saturdays 10am to 6pm  |
|  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **The Clubhouse will be open every First and Third Saturday** |  6pm Managing Anger {one group for 16-17 and one group for 18-23\*}7pm Big Talk {\*One group for 16-17 and one for 18-23 group\*}  | 6pm Coffee & Discussion Book Club7pm Solutions Group | 1.5pm Using Tech as a Recovery Resource6pm Game Night bring a friend | 26pm Sober Sisters Dinner Club8pm Guided meditation | 3. 10:00am Coffee Hour {sip and chat}11am Guided meditation11:30 Lunch 2:00pm Ice Skating at Canal side $10 |
| 5. 5pm Music Appreciation 6pm My Brother’s Keeper Dinner Club8pm Managing Stress  | 6. 6pm Managing Anger7pm Big Talk 7pm Regal Movies $7.00 for 16-127  | 7. 6pm Life skills Workshop7pm Solutions Group-NA | 8. 5pm WHAM6pm Game Night bring a friend | 9. 6pm Sober Sisters Dinner Club8pm Guided meditation | 10. Clubhouse Closed |
| 12. 5pm What Is Recovery6pm My Brother’s Keeper Dinner Club8pm Managing Stress |  6pm Managing Anger {one group for 16-17 and one group for 18-23\*}7pm Big Talk {\*One group for 16-17 and one for 18-23 group\*}  | 14. 6pm Coffee & Discussion Book Club7pm Solutions Group | 15. 5pm Using Tech as a Recovery Resource 6pm Game Night bring a friend | 16.**Join Clubhouse Buffalo at****BestSelf Recovery Community for Recovery Jam at 69 Linwood Avenue Staff leaving at 5pm and return at 8:30pm** **Clubhouse will be closed during event** | 17. 10:00am Coffee Hour {sip and chat}11am Guided meditation11:30 Lunch 2:00 Recovery Enhancement |
| 19.**Clubhouse Closed for** **Presidents’ Day**  | 20. 6pm Managing Anger 7pm Big Talk 7pm Let’s Talk Music  | 21. 6pm Life skills Workshop7pm Solutions Group-NA | 22.  5pm WHAM6pm Family and Dinner Game Night bring a friend and or Family | 23. 6pm Sober Sisters Dinner Club8pm Guided meditation | 24. Clubhouse Closed |
| 26.5pm Life Skills workshop 6pm My Brother’s Keeper Dinner Club8pm Zen Coloring  |  6pm Managing Anger {one group for 16-17 and one group for 18-23\*}7pm Big Talk {\*One group for 16-17 and one for 18-23 group\*} Regal Movies $7.00 | 28.6pm Coffee & Discussion Book Club7pm Solutions Group | Meals are FREE!!!!Dinner is served at 6:30pm during the week. On Saturday Lunch is served at 11:30am and dinner at 5:00pm. Please be here one hour before to sign up and participate in prepping.  | What’s Next5 to 7pm on Wednesday’s and 1 to 3pm on Saturdays are dedicated for personal development meetings with a coach. You can set up an appointment outside of these times if you need. | Help with Homework3 to 5pm on Tuesday, Thursday and Saturday is dedicated for help with homework for ages 16 and 17. We may not have all the answers, but we can help you find them |