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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 1	How can you make holidays meaningful without substances? 2	<b>Meditation OPEN ART</b> 3	How do you celebrate milestones that you may achieve? 4	<b>Meditation OPEN GYM</b> 5	<b>Game Night (Board Games, Card Games, (Competitions))</b> 6	 7
<b>66 Englewood Ave Buffalo Ny 14214</b> 8	What are some healthy ways to deal with family expectations or social pressures during this time? 9	<b>14 Mafia B&amp;A Programm</b> 10	How has your friendships changed when you started your recovery journey? 11	<b>Permit Practice/resume building</b> 12	<b>Bowling Night</b> 13	 14
<b>Office# 716/832- 2141 Ext 217 Cell# 716/361- 5672</b> 15	How can you communicate your boundaries effectively with your friends or family members who may not fully understand your recovery journey? 16	<b>Feeding The Less Fortunate</b> 17	How do you stay mentally healthy during these shorter and colder days? 18	<b>Meditation OPEN ART</b> 19	<b>Mufasa @ The Movies</b> 20	 21
<b>Ages 13-21 3pm-8pm Mon-Fri</b> 22	<b>What Are you most thankful for?</b> 23	<b>Create A Gift! (Cards, Ornaments, Picture)</b> 24	 25	<b>Christmas Movies &amp; Hot Cocoa</b> 26	<b>Milk &amp; Cookies Bake Session</b> 27	 28
 29	What lessons has this year taught you about your recovery? 30	 31				

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