



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

MONDAY

4:30pm – 5:30pm
Mindfulness (MS)

5:30pm – 6:30pm
Beating the Blues
()

6:30pm – 7:30pm
Empowered (MS)

7:30pm – 8:30pm
Forming Friendships
(TH)

TUESDAY

4:30pm – 5:30pm
Developing Trust
(TH)

5:30pm – 6:30pm
Spirituality (JS)

6:30pm – 7:30pm
Grief & Loss (JS)

7:30pm – 8:30pm
Fighting Fears ()

WEDNESDAY

4:30pm – 5:30pm
Creatively Coping
(TH)

5:30pm – 6:30pm
Managing Thoughts
(JS)

6:30pm – 7:30pm
Stress Management
(JS)

7:30pm – 8:30pm
Healthy
Relationships (MS)

THURSDAY

4:30pm – 5:30pm
Positive Parenting
(TH)

5:30pm – 6:30pm
Communication
Skills (CK)

6:30pm – 7:30pm
Rejection (CK)

7:30pm – 8:30pm
Attacking Anxiety
(CK)

FRIDAY

4:30pm – 5:30pm
Coping with
Addiction (TH)

5:30pm – 6:30pm
Social Skills (MS)

6:30pm – 7:30pm
Surviving
Separation (TH)

7:30pm – 8:30pm
Coping Skills (MS)



In order to RSVP for our 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 right away!

Reserve your spot!

E-Mail: Clubhouse@ehsny.org
Phone Number: (716) 895-6700 Ext. 4907
Cell Phone: (716) 481-2369
Central Intake: (716) 895-6701

GROUP DESCRIPTIONS

Mindfulness

Learn and practice skills for self awareness through breath, sound, body, story, mind, spirit, etc, to manage life challenges while maintaining positive mental health.

Beating the Blues

Learn to recognize symptoms and practice positive coping skills to manage and challenge unhelpful thoughts which contribute to depressed moods.

Empowered

Learn skills to increase self-esteem, gain insight into personal abilities and learn to use strengths to face life's challenges.

Forming Friendships

Develop skills to create and maintain friendships by learning how to establish boundaries, conflict resolution, and qualities that are valued in friendships.

Spirituality

Identify the influences of spirituality and understand ways in which these beliefs have aided in forming morals and criteria for a meaningful life.

Managing Thoughts

Learn to identify and challenge intrusive thoughts and how to cope with them.

Fighting Fears

Develop and practice skills to make cognitive and behavioral changes to monitor and reduce symptoms of panic and worry.

Creatively Coping

Learn to utilize unique and creative techniques to process thoughts and feelings through difficult situations.

Grief & Loss

Learn, develop, and maintain coping skills for managing grief and loss.

Stress Management

Identify sources of stress and learn the impact it has on overall health. Practice skills to include relaxation to minimize levels of stress.

Healthy Relationships

Establish, Build, and maintain healthy and supportive relationships in the community which will assist in overcoming barriers.

Rejection

Develop skills to cope with the impact that rejection may have on current behavioral health symptoms and the impact of past rejection.

Attacking Anxiety

Identify anxiety triggers and challenge the thoughts and beliefs that lead to distress, and positively manage worrisome situations.

Coping and Relaxation

Learn and practice skills for managing life challenges while maintaining positive mental health, good frustration tolerance and emotional regulation.

Surviving Separation

Identify and address challenges in daily life during the transition from being in a relationship to being independent.

Social Skills

Learn and practice effective listening skills, assertive communication, and how to build and maintain boundaries to improve social interactions.

Coping with Addiction

Learn skills to successfully manage recovery by challenging negative thoughts/behaviors, triggers/cravings, and building positive social supports.

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.

Positive Parenting

Foster a loving, nurturing, and healthy relationships with your children by exploring topics such as trust/privacy, parenting styles, responsibilities, parenting strategies, communication, challenging behaviors, and more.

Coping with Change

Learn self-talk for successful change; assess personal abilities and learn successful problem solving skills.