



Behavioral Health Unit and Seneca Strong Monthly Events

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|---|-----|
| <p>*AIR SS = Allegany Seneca Strong *CIR SS = Cattaraugus Seneca Strong (located at CHWC) *LRJHC = Lionel R. John Health Center *CHWC = Community Health & Wellness Center</p> <p style="text-align: center;">Allegany = Red Cattaraugus = Purple</p> | | | | | | 1 |
| <p>2 Narcotics Anonymous 8-9 p.m. CHWC Grand Room</p> | <p>3 Reiki (by appointment) AIR SS Gakwi:yo:h Farms 9:00 a.m. AIR SS</p> | <p>4 Red Road to Wellbriety 10 a.m. AIR SS Two Ponds (AA) 12-1 p.m. CHWC Language Class 3-4:15 p.m. AIR SS AA Meeting 7:30 p.m. AIR SS</p> | <p>5 DBT Group: 10 a.m.-12 p.m. CHWC Meditation Group 10 a.m. AIR SS Crafts 5 p.m. AIR SS Men's Group 5:30 p.m. AIR SS NA Meeting 7:30 p.m. AIR SS</p> | <p>6 DBT Group 10 a.m. LRJHC AA/NA Meeting 11 a.m. AIR SS Friends of Friends 1-2 p.m. LRJHC Grand Room Women's Group 1:30 p.m. AIR SS Art Journaling 5-7 p.m. AIR SS</p> | <p>7 Rec Room 8-4:30 AIR SS AA Meeting 11 a.m. AIR SS</p> | 8 |
| <p>9 Narcotics Anonymous 8-9 p.m. CHWC Grand Room</p> | <p>10 Reiki (by appointment) AIR SS Gakwi:yo:h Farms 9:00 a.m. AIR SS</p> | <p>11 Red Road to Wellbriety 10 a.m. AIR SS Two Ponds (AA) 12-1 p.m. CHWC Language Class 3-4:15 p.m. AIR SS AA Meeting 7:30 p.m. AIR SS</p> | <p>12 DBT Group: 10 a.m.-12 p.m. CHWC Meditation Group 10 a.m. AIR SS Crafts 5 p.m. AIR SS Men's Group 5:30 p.m. AIR SS NA Meeting 7:30 p.m. AIR SS</p> | <p>13 DBT Group 10 a.m. LRJHC AA/NA Meeting 11 a.m. AIR SS Friends of Friends 1-2 p.m. LRJHC Grand Room Women's Group 1:30 p.m. AIR SS Art Journaling 5-7 p.m. AIR SS</p> | <p>14 Rec Room 8-4:30 AIR SS AA Meeting 11 a.m. AIR SS</p> | 15 |
| <p>16 Narcotics Anonymous 8-9 p.m. CHWC Grand Room</p> | <p>17 Reiki (by appointment) AIR SS Gakwi:yo:h Farms 9:00 a.m. AIR SS MAT Group 2 p.m. CHWC</p> | <p>18 Red Road to Wellbriety 10 a.m. AIR SS Two Ponds (AA) 12-1 p.m. CHWC Language Class 3-4:15 p.m. AIR SS AA Meeting 7:30 p.m. AIR SS</p> | <p>19 DBT Group: 10 a.m.-12 p.m. CHWC Meditation Group 10 a.m. AIR SS Crafts 5 p.m. AIR SS Men's Group 5:30 p.m. AIR SS NA Meeting 7:30 p.m. AIR SS</p> | <p>20 DBT Group 10 a.m. LRJHC AA/NA Meeting 11 a.m. AIR SS Friends of Friends 1-2 p.m. LRJHC Grand Room Women's Group 1:30 p.m. AIR SS Art Journaling 5-7 p.m. AIR SS</p> | <p>21 Rec Room 8-4:30 AIR SS AA Meeting 11 a.m. AIR SS</p> | 22 |
| <p>23 Narcotics Anonymous 8-9 p.m. CHWC Grand Room</p> | <p>24 Reiki (by appointment) AIR SS Gakwi:yo:h Farms 9:00 a.m. AIR SS MAT Group 2 p.m. CHWC Sobriety Dinner 5:30 p.m. AIR SS</p> | <p>25 Red Road to Wellbriety 10 a.m. AIR SS Two Ponds (AA) 12-1 p.m. CHWC Phase I 10 a.m. CHWC Language Class 3-4:15 p.m. AIR SS AA Meeting 7:30 p.m. AIR SS</p> | <p>26 DBT Group: 10 a.m.-12 p.m. CHWC Meditation Group 10 a.m. AIR SS Crafts 5 p.m. AIR SS Men's Group 5:30 p.m. AIR SS NA Meeting 7:30 p.m. AIR SS</p> | <p>27 DBT Group 10 a.m. LRJHC Maintenance Group 10 a.m. CHWC AA/NA Meeting 11 a.m. AIR SS Friends of Friends 1-2 p.m. LRJHC Grand Room Women's Group 1:30 p.m. AIR SS Art Journaling 5-7 p.m. AIR SS</p> | <p>28 Rec Room 8-4:30 AIR SS AA Meeting 11 a.m. AIR SS</p> | 29 |

February 2020
Behavioral Health Unit &
Seneca Strong
Monthly Events

Seneca Strong Program Descriptions

Men's Talking Circle: The purpose of this group is for Men to share in a sacred way openly and honestly to support each other to heal and grow.

Women's Talking Circle: A safe, confidential circle where women can share with each other and offer support in a positive way.

Family Support Group: Meetings are to educate and offer support around co-dependency issues and how our lives are affected by loving someone with an addiction.

Men's Support Group: The purpose of this group is for Men in recovery to share in a sacred way openly and support each other to heal and grow.

Women's Support Group: If you are a woman who is addicted to drugs or alcohol, and/or in recovery we are here to offer support.

NA - Narcotics Anonymous Group Meeting: An independent and autonomous 12 step meeting. It is not affiliated, ran, or connected to Seneca Strong.

Allegany Drop In Center Schedule:
Tuesday-Friday: 8 a.m. - 7 p.m.
Saturday: 4 - 8 p.m.

Seneca Strong Contact Information:
Cattaraugus (CIR)
36 Thomas Indian School Dr.
Irving, NY 14081
716-532-8456

Allegany (AIR)
983 R.C. Hoag Drive
Salamanca, NY 14779
716-945-8413
716-238-6859 on call phone (24 hours)
contact@senecastrong.org

If anyone needs a ride to Seneca Strong for an event or needs to be picked up for meetings on the schedule, please call 945-8413.

Note: Allegany Seneca Strong is located in the old ECLC building by the Lionel R. John Health Center. Cattaraugus Seneca Strong is located at the Community Health and Wellness Center next to the Grand Room.



Behavioral Health Unit Groups and Resource Descriptions

Phase 1: A group focused on providing education and coping skills to manage substance use concerns.

Phase 2: A group currently focused on the Red Road to Wellbriety and how it can be applied to an individual's path towards recovery.

DBT Skills Group: Trains individuals in four major areas: 1) Mindfulness, 2) Emotion Regulation, 3) Interpersonal Effectiveness, and 4) Distress Tolerance.

Substance Abuse Education: A group focused on increasing one's understanding of substance use and its effects on one's wellbeing.

Suboxone Group: A group for individuals who are currently receiving or interested in receiving Suboxone as an assisted treatment to opioid dependence.

MAT Group (Medical Assisted Treatment): This group is for individuals involved in the medication assisted treatment program through the behavioral health unit. This is not an open group, individuals interested in this group should speak with their individual counselor within the unit.

Friends of Friends: This group is for survivors of domestic violence and the focus is on safety, prevention, accountability, diversity/equality, collaboration, education, empowerment, and leadership. For information: Micki Layfield-Ellis, Catt. Community Action, 945-5894, ext. 3258. Hotline#:1-888-945-3970

***Warrior Down:** This is a peer to peer program that is designed to equip Native American/Alaska Natives in recovery to provide recovery support, prevent recidivism and provide community referrals for those re-entering the community from treatment or from various forms of incarceration.

***Narcotics Anonymous:** We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

***Alcoholics Anonymous:** Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

***Al-Anon:** Al-Anon is a peer support group for individuals who have been affected by someone else's drinking. They are parents, children, spouses, partners, brothers, sisters, other family members, friends, employers, employees, and coworkers of alcoholics. No matter what our specific experience has been we share a common bond: we feel our lives have been affected by someone else's drinking.

*= Community Peer Groups, not sponsored by the Seneca Nation Health System

Behavioral Health Unit Prevention Program Contact Information:

Community Health & Wellness Center
36 Thomas Indian School Drive
Irving, NY 14081
716-532-5583

Lionel R. John Health Center
987 R.C. Hoag Drive
Salamanca, NY 14779
716-945-9001