



## 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 (now located at CHWC) *LRJHC = Lionel R. John Health Center *CHWC = Community Health &amp; Wellness Center</p>		<p><b>1</b> Closed - Happy New Year!</p>	<p><b>2</b> Energy Healing 9 a.m.-3 p.m. CIR SS Hypnotherapy 9 a.m.-3 p.m. CIR SS DBT Group: 10 a.m.-12 p.m. CHWC Activities Evening 5:30 p.m. AIR SS AA/NA Meeting Transport 6:45 p.m. AIR SS</p>	<p><b>3</b> Women's Group 10 a.m. AIR SS AA Meeting Transport 11 a.m. AIR SS Friends of Friends 1-2 p.m. LRJHC Grand Room DBT Group 4:30 p.m. LRJHC Men's Talking Circle 6-7:30 p.m. AIR SS AA Meeting Transport 7:15 p.m. AIR SS</p>	<p><b>4</b> Meditation Group 10 a.m. AIR SS</p>	<p><b>5</b> Transport to 10 a.m. AA meeting in Jamestown</p>
<p><b>6</b> Narcotics Anonymous 8-9 p.m. CHWC Grand Room</p>	<p><b>7</b> MAT Group 2-3 p.m. CHWC DBT Group 4 p.m. CHWC Reiki (by appointment) AIR SS</p>	<p><b>8</b> Red Road to Wellbriety 10 a.m. AIR SS DBT Group: 10 a.m.-2 p.m. LRJHC Two Ponds (AA) 12-1 p.m. CHWC Rm. 126 Suboxone Group 1-2 p.m. CHWC Men's Talking Circle 5:30-6:30 p.m. CIR SS Transport to AA meeting 7 p.m. AIR SS</p>	<p><b>9</b> Energy Healing by appt. AIR SS Hypnotherapy by appt. AIR SS DBT Group: 10 a.m.-12 p.m. CHWC Activities Evening 5:30 p.m. AIR SS AA/NA Meeting Transport 6:45 p.m. AIR SS</p>	<p><b>10</b> Women's Group 10 a.m. AIR SS Red Road to Wellbriety 10 a.m.-noon CIR SS AA Meeting Transport 11 a.m. AIR SS Friends of Friends 1-2 p.m. LRJHC Grand Room DBT Group 4:30 p.m. LRJHC Men's Talking Circle 6-7:30 p.m. AIR SS AA Meeting Transport 7:15 p.m. AIR SS</p>	<p><b>11</b> Meditation Group 10 a.m. AIR SS</p>	<p><b>12</b> Transport to 10 a.m. AA meeting in Jamestown</p>
<p><b>13</b> Narcotics Anonymous 8-9 p.m. CHWC Grand Room</p>	<p><b>14</b> Reiki (by appointment) AIR SS MAT Group 2-3 p.m. CHWC DBT Group 4 p.m. CHWC</p>	<p><b>15</b> Red Road to Wellbriety 10 a.m. AIR SS DBT Group: 10 a.m.-2 p.m. LRJHC Two Ponds (AA) 12-1 p.m. CHWC Rm. 126 Suboxone Group 1-2 p.m. CHWC Men's Talking Circle 5:30-6:30 p.m. CIR SS Transport to AA meeting 7 p.m. AIR SS</p>	<p><b>16</b> Energy Healing 9 a.m.-3 p.m. CIR SS Hypnotherapy 9 a.m.-3 p.m. CIR SS DBT Group: 10 a.m.-12 p.m. CHWC Tai Chi 12-1 p.m. CIR SS Activities Evening 5:30 p.m. AIR SS AA/NA Meeting Transport 6:45 p.m. AIR SS</p>	<p><b>17</b> Women's Group 10 a.m. AIR SS Red Road to Wellbriety 10 a.m.-noon CIR SS AA Meeting Transport 11 a.m. AIR SS Friends of Friends 1-2 p.m. LRJHC Grand Room DBT Group 4:30 p.m. LRJHC Men's Talking Circle 6-7:30 p.m. AIR SS AA Meeting Transport 7:15 p.m. AIR SS</p>	<p><b>18</b> Meditation Group 10 a.m. AIR SS</p>	<p><b>19</b> Transport to 10 a.m. AA meeting in Jamestown</p>
<p><b>20</b> Narcotics Anonymous 8-9 p.m. CHWC Grand Room</p>	<p><b>21</b> Reiki (by appointment) AIR SS MAT Group 2-3 p.m. CHWC DBT Group 4 p.m. CHWC Sobriety Dinner 5-7:30 p.m. CIR SS</p>	<p><b>22</b> Red Road to Wellbriety 10 a.m. AIR SS DBT Group: 10 a.m.-2 p.m. LRJHC Two Ponds (AA) 12-1 p.m. CHWC Rm. 126 Suboxone Group 1-2 p.m. CHWC Men's Talking Circle 5:30-6:30 p.m. CIR SS Transport to AA meeting 7 p.m. AIR SS</p>	<p><b>23</b> Energy Healing by appt. AIR SS Hypnotherapy by appt. AIR SS DBT Group: 10 a.m.-12 p.m. CHWC Activities Evening 5:30 p.m. AIR SS AA/NA Meeting Transport 6:45 p.m. AIR SS</p>	<p><b>24</b> Women's Group 10 a.m. AIR SS Red Road to Wellbriety 10 a.m.-noon CIR SS AA Meeting Transport 11 a.m. AIR SS Friends of Friends 1-2 p.m. LRJHC Grand Room DBT Group 4:30 p.m. LRJHC Men's Talking Circle 6-7:30 p.m. AIR SS AA Meeting Transport 7:15 p.m. AIR SS</p>	<p><b>25</b> Meditation Group 10 a.m. AIR SS</p>	<p><b>26</b> Transport to 10 a.m. AA meeting in Jamestown</p>
<p><b>27</b> Narcotics Anonymous 8-9 p.m. CHWC Grand Room</p>	<p><b>28</b> Reiki (by appointment) AIR SS MAT Group 2-3 p.m. CHWC DBT Group 4 p.m. CHWC Sobriety Dinner 6 p.m. AIR SS</p>	<p><b>29</b> Red Road to Wellbriety 10 a.m. AIR SS DBT Group: 10 a.m.-2 p.m. LRJHC Two Ponds (AA) 12-1 p.m. CHWC Rm. 126 Suboxone Group 1-2 p.m. CHWC Men's Talking Circle 5:30-6:30 p.m. CIR SS Transport to AA meeting 7 p.m. AIR SS</p>	<p><b>30</b> Energy Healing 9 a.m.-3 p.m. CIR SS Hypnotherapy 9 a.m.-3 p.m. CIR SS DBT Group: 10 a.m.-12 p.m. CHWC Tai Chi 12-1 p.m. CIR SS Activities Evening 5:30 p.m. AIR SS AA/NA Meeting Transport 6:45 p.m. AIR SS</p>	<p><b>31</b> Women's Group 10 a.m. AIR SS Red Road to Wellbriety 10 a.m.-noon CIR SS AA Meeting Transport 11 a.m. AIR SS Friends of Friends 1-2 p.m. LRJHC Grand Room DBT Group 4:30 p.m. LRJHC Men's Talking Circle 6-7:30 p.m. AIR SS AA Meeting Transport 7:15 p.m. AIR SS</p>	<p>Allegany Events are in Blue  Cattaraugus Events are in Green</p>	

**January 2019  
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  
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.

**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