

RECOVERY HAPPENS

Illuminating pathways toward opportunity, possibility, wellness and independence.



Restoration Society, Inc., 66 Englewood Avenue, Buffalo, NY 14214
www.rsiwny.org (716) 832-2141 Fax (716) 832-0021



PROJECT HOMELESS CONNECT BUFFALO

**Buffalo Convention Center
October 13th, 2022 : 10am-4pm**

A one-day, one-stop community event providing:

- ★ Health screenings and referrals
- ★ Legal advice
- ★ Nutrition tips & tricks
- ★ Haircuts & Hygiene products
- ★ Housing opportunities and assistance
- ★ Benefit assistance
- ★ Connections with many other services!

WE LOOK FORWARD TO SEEING YOU THERE!

What to expect at Project Homeless Connect?

The project partners with local agencies to provide a wide range of free services and referrals including: dental, health, and mental health care, employment readiness counseling, legal services, housing services, benefits assistance, bike tune-ups and more! The event is open to anyone who is low income, homeless, or at risk of becoming so. There will be a free lunch and personal care items as well as giveaways!

How to get there?

The closest public transport stops are: Franklin & Court (Bus) and Lafayette Station (Train)

For More information, check out PHCBuffalo.com



**ID IS NOT
REQUIRED TO
PARTICIPATE**



OCTOBER

BREAST CANCER

AWARENESS MONTH



1 IN 8 WOMEN

in the United States will develop breast cancer in her lifetime.



New York Association of
Psychiatric Rehabilitation Services, Inc.

RSI at the NYAPRS Conference 2022:

NYAPRS announced its new name...

“The Alliance for Rights and Recovery”

“The conference was Great! a lot of information about mental health and recovery was provided. We had a good time and bonded with other peers from across the state. Personally it meant a whole lot to me. It helped me grow mentally and spiritually. Attending the conference gave me an idea of where peer services are headed and how I can be a part of it!”

—Male Roberts



Adam, Sam, Male and Antonio showcased cultural dress in the annual fashion show.

Sarah stole the show as she strutted her stuff in a beautiful beaded dress



We are so proud that our session on *Post-Traumatic Growth: The Peer Response to the Tragedy in Buffalo* was appreciated and will lead into a meeting with Ann Sullivan the commissioner of Mental Health and inform a regional forum for WNY

Sam shared poetry at the open mic and Adam made us all laugh with his stand-up comedy



Veterans Corner - by Heidi Olsen

On August 30, 2022 I had the opportunity to represent RSI and the different programs at a table during the Stand Down in Buffalo, NY.

Three staff from Empowerment Academy had come in the afternoon to assist with the table. 14 Veterans had stopped by the table to ask about our programs, or ask questions related to receiving services.

The Stand Down is an annual event where

Veterans in need can come to one place and receive information about benefits, and services that are available to them.

So what is next for a Veteran initiative by the agency? On Veteran's Day, November 11, 2022 RSI Empowerment Academy will be hosting the first annual Veteran's Day Open House. The purpose of this event beyond celebrating the service of the Veterans in our programs is to give Veterans an opportunity to meet staff, have questions answered, and if possible take the first steps in enrolling in one of RSI's programs. Planning meetings for this event will be held October 7, 2022 and October 21, 2022 at 1 pm at Empowerment Academy. Hope to see you there.



Free Rabies Vaccine Walk-through clinic is scheduled at the Broadway Market on October 8.

You all have received a rejection letter of some sort. Standing at the elevator, holding my interviewer's business card like the hand I needed, I would have clicked my heels together to get home versus continuing the conversation. The difference between not getting this job, of which I held the paperwork to ask for an accommodation, despite having the qualifications, and suffering what's called a "moral injury" from this, may lie in how we integrate an insult, if you will, into our belief system.

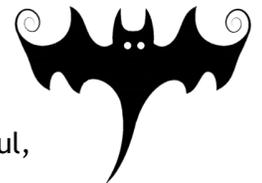
In this article, I digested an Academy of Peer Services webinar called "Grief and Moral Injury: Alleviating Moral Suffering GM 103".

I watched six parts:

- 1 Introduction, Define Moral Suffering, Sources of Moral Distress
- 2 Vicarious Grief, Covid 19, Moral Injury Examples and Consequences
- 3 Consequences of Moral Injury (Cont'd), Treatment, Similar Conditions
- 4 Beyond Therapeutic Practices, Loss Among Caregivers, Over-Involvement Useful vs. Helpful, Countertransference
- 5 Countertransference (cont'd), Self-Care, Compassionate Satisfaction, a Spiritual Philosophy
- 6 Organizational Strategies and Support, Papadatou's Philosophy, Q and A
- 7 Q and A (cont'd), Closing Remarks

A veteran of 40 years lives and functions, making money playing a lot of golf. And then he stops in his 70's, trying to make sense of the nuclear war and killings. Every society tries to reconcile these cacophonies; however, this doesn't guarantee healing. Sometimes, it makes it worse. One definition of moral injury according to Jonathan Shay (2014) says: it's a betrayal of what's right, by someone who holds legitimate authority (e.g. in military, a leader) in a high-stake situation.

Moral injury differs from moral identity, which says that one's preconscious and earliest behavior gets shaped by mimicry, repetition training, etcetera. In the question-and-answer period, the speaker went into an examination of if there's a scale for moral injury related to sexual trauma and then ended by saying "I don't know." In section 2, we learn that experiences can be reassuring, suspenseful, even transformative; however, when they create chaos or trauma, an individual's belief system can fracture if he/she does not integrate into a new system. A person, once stable, destabilizes, wondering what happened to the belief system he or she thought oriented himself to the world. Moral injury, Another definition says we suffer in a profound form and results in a change of character. Persons or groups are unable, for example mental health customers to justify, process and integrate into a reliable identity and meaning system. We are nonetheless worthy of love. A simple symbolic victory saying "uh" to a person when I do not understand a communication, prompts me to wonder if I cause hurt or help. It's a devastating and ordinary form of human experience to suffer moral injury, versus a label. And as for saying "huh", I can look on the other side that it wasn't "duh."



The Seekers by Tim Malley

The Seekers originated as a group in 1962. When members Keith Potger, Athol Guy and Bruce Woodley originally met at the Melbourne Boys High school which is located in Melbourne, Australia. But it was Athol Guy and Keith Potger who performed as The Escorts, and it was The Escorts who evolved into the Seekers. But in 1963 then lead singer of the Seekers Ken Ray left The Seekers and was replaced by Judith Durham, (right before she joined The Seekers in 1963 Judith Durham was the lead singer of another Melbourne Group that called itself Frank Traynor and The Jazz Preachers. Even back then, Judith Durham was known for her remarkable voice. But sadly Judith Durham passed away on August 5th this year when she succumbed to Bronchitis. She was 79 when she passed away). The rest,

as they say, is history. In 1963 The Seekers signed with The Australian record Label W and G records. Then, in about 1965, The Seekers switched to The EMI Columbia division record Label. The Seekers scored so many hits. Their first big smash hit was "I'll Never Find Another You" (which was written by Tom Springfield who was the brother of the equally legendary Dusty Springfield). "Georgy Girl," which was also written by Tom Springfield and actor Jim Dale, was written in 1966 and was included in the soundtrack for the movie of the same name. In fact *Georgy Girl*, the movie, was released in 1967 and starred James Mason and Lynn Redgrave. Another song I liked that was a big hit for The Seekers was "Morningtown Ride" (the song Morningtown ride was written by Malvina Reynolds the song was released in 1966). But my personal favorite song by The Seekers is "Oh My Lord What a Morning," which was a traditional spiritual that was sung by a lot of different musical artists including Marian Anderson who was a great African-American Opera singer. In 1967 Judith Durham left The Seekers to focus on a solo career, (the other members of the Seekers went their separate ways as well. In fact, in 1968 Keith Potger formed The New Seekers, but then in 1975 the three remaining members of The Seekers, Keith Potger, Athol Guy and Bruce Woodley, re-formed The Seekers with Dutch singer Louisa Wisseling. Then, from 1988-1990, Julie Anthony became the next incarnation of The Seekers, then finally from 1992-2019 Judith Durham rejoined The Seekers (to the relief of their fans). But she eventually found her way back with The Seekers. The Seekers, I mean what can you say? They had it all when it came to musical talent. They had a terrific lead in Judith Durham. They had those distinctive harmonies and a style of music that blended Gospel, Blues, Jazz, and folk and they helped interpret songs that became their own unique interpretations such as their unique interpretation of the Paul Simon-penned song "The 59th Bridge Song." Not only was their rendition of the song "The 59th Bridge Song" an excellent rendition, but it became their song by virtue of their versatility. The End.

THE SEEKERS

A WORLD OF OUR OWN
DON'T THINK TWICE IT'S ALRIGHT
THE LEAVING OF LIVERPOOL
THIS LAND IS YOUR LAND
TWO SUMMERS
THE TIMES THEY ARE A CHANGIN'

I'LL NEVER FIND ANOTHER YOU
JUST A CLOSER WALK WITH THEE
SINNER MAN
THE CARNIVAL IS OVER
YOU CAN TELL THE WORLD
OPEN UP THEM PEARLY GATES



!!!HIRING!!!

UPS, FedEx, US Foods are hiring for warehouse workers

KeyBank Center for dishwasher

Amazon for package handler

- Would you like to work, but don't know how to apply?
- Need help updating your resume?
- Need support when applying and working?

Then come to ACE Employment for the help that you need when choosing, getting, and keeping a job!!!

Contact Chazarae Hatten (716) 883-5216 ext: 410 for more information



Join us at Empowerment Academy (327 Elm St.)
or virtually: meet.google.com/tfn-zvjy-abn
Every 2nd & 4th Thursday

10am - 11:30am

*Are you a current or former customer
of Restoration Society Inc.?*



We need YOU to join us
to help envision,
create and sustain
our community and
ensure it reflects our
peer philosophy,
vision, and values!



FREE
Coffee &
Biscotti
for everybody!

for more information contact Adam at 716-208-8126



The Academy of Peer Services (APS)
3rd Term for 2022 is open until
November 18th!

So if your goal is to become a Certified Peer
Specialist in 2022 the time to start is now!

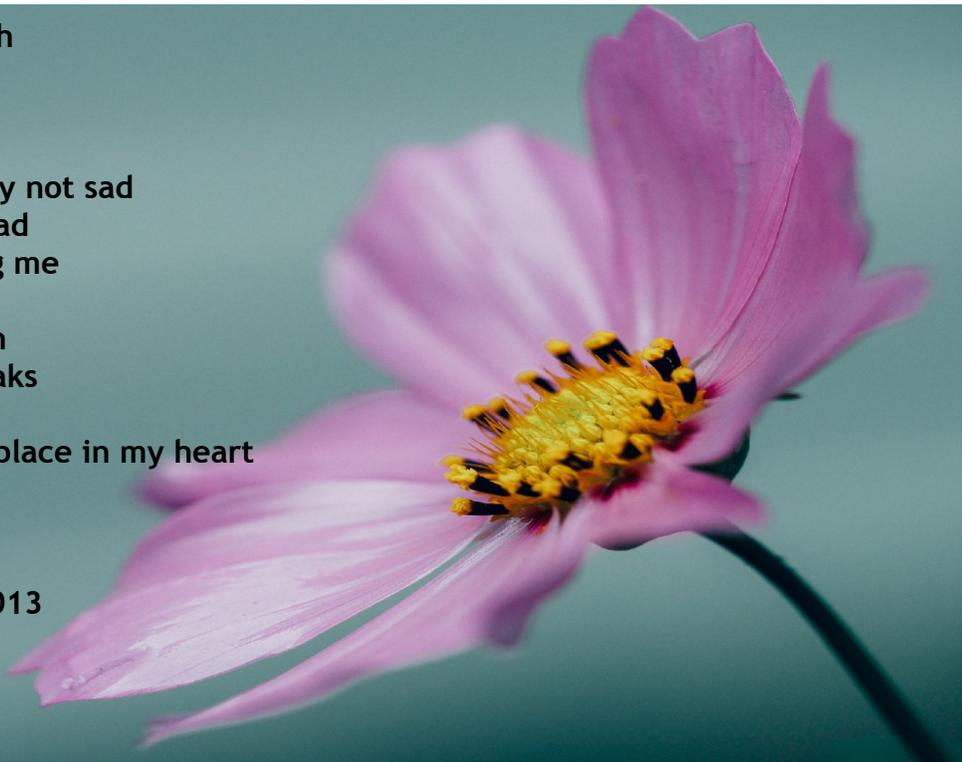
For more information
and to get assistance
starting the required
courses contact
RSI's Peer Services
Coordinator
Adam Selon
at 716-208-8126



On days like this its really rough
 but I always act tough
 I hate the pain I always feel
 it reminds me that this is real
 I know you wanna see me happy not sad
 but this always makes me so mad
 Can't you see that this is killing me
 I love you so much
 but God took you in such a rush
 And even though my heart breaks
 and my spirit aches
 You will forever hold a special place in my heart
 I am your work of art

Rest in Peace Mom
 June 25, 1973 - October 22, 2013

- Pamela Young



BATS IN THE BELFRY AT 66 ENGLEWOOD BY CAROLYN BRUNELLE

Several hours prior to discovering the baby squirrel in August (see the September newsletter), we encountered a bat. I was walking away from my desk and saw something swoop down at our peer specialist Heidi. I



immediately knew a bat had come to visit. Being that it is a former church, RSI's office at 66 Englewood is an appealing environment for a bat. It flew around the main office, which is the former church sanctuary *Top right picture*. Then it landed near the air conditioning in the old choir loft *Top left picture*.



With help from data entry clerk Kara and Resource Coordinator Eric, we captured it and released it *Bottom left picture*. It crawled to the edge of the concrete railing and safely flew away *Bottom right picture*. Helping the bat safely escape felt good, but I am pretty sure some of my coworkers think I have bats in my belfry for making such a bold move.



I hope this batty story helped you get into the Halloween spirit.

***WE HID BATS
 THROUGHOUT THE
 NEWSLETTER. HOW MANY
 CAN YOU FIND?***





Who do you have when you have nobody?

By: Peter Perry

What do you do when you have nobody? Some people have at least one family member who loves and cares about them. What if you're not one of

these people?

When growing up most children have playmates and friends that they do various fun things together. What if you're not one of these children? What do you do if no other child wants to play with you?

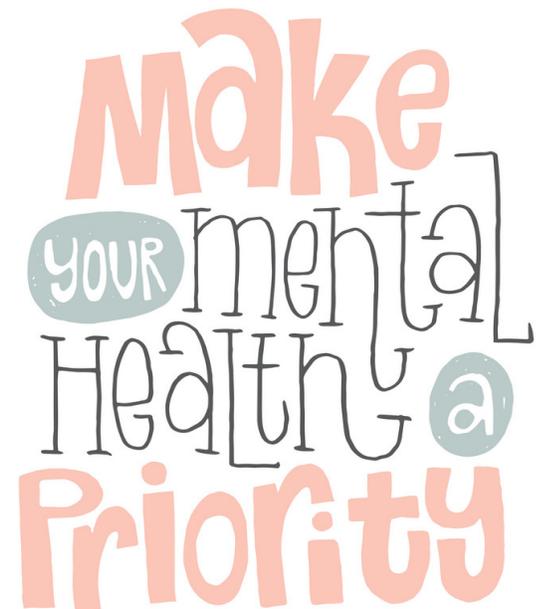
During our teenage years, most kids develop crushes on other boys and girls, some even date and become boyfriend and girlfriend. What if no one expresses any interest in you? What do you do if you have a crush on someone, but you are too shy to express your feelings? And finally, what do you do if you have a crush on someone that most people have told you that it's wrong to feel that way?

In our early adult years, we may make several friends and if we're lucky enough we may even have a "best friend" with whom you can trust to tell your most intimate thoughts and feelings to. What if you have no friends, let alone a best friend? What if you have no one to share your innermost thoughts, feelings, and secrets with? What do you do if you have to keep all of your feelings bottled up on the inside?

Some adults are fortunate enough to find a significant other with whom they feel can share their lives and can establish some type of family with. What if you are not one of these adults? What if you become a loner because you have been hurt so many times by others, that you shut yourself down completely and give up trying? What do you do if you do meet someone that you are sure is the person you were meant to spend the rest of your life with, only to have it blow up in your face, leaving you with feelings of devastation and aloneness?

As we become a senior citizen, we hope we have a family member or friend who can help us do the things we are no longer able to do for ourselves. What if we are not one of these elderly people who have someone to care for them and end up living the rest of our lives in a nursing home where nobody seems to care?

I guess some of us were meant to go through life alone.





Little by Little

Submitted by Mark F., Employment Specialist

The grind for competitive employment is real. Sometimes, it may seem like there are too many barriers to overcome. I'd like to point out a *Tanzanian proverb* which reads,

"Little by little, a little becomes a lot."

Every step we take in our adventures, no matter how big or small, **amounts to something** in the end. That small step could be setting an alarm to wake you in the morning once a week. After doing this a couple times, setting an alarm multiple days per week. Then seven days a week. Eventually, you may not even need an alarm to wake up at that time. It may take months or years to reach this point – but it will happen eventually. The same principle can be applied to many aspects of preparing for, obtaining, and maintaining competitive employment.

Autumn reminds us to see the beauty in change



EMPLOYMENT

Featured Program: Supported Employment

Diverse range of vocational rehabilitation services that assist customers to choose, get and maintain competitive employment. Choose the right program for your needs.

Rapid Employment is a time limited service that is geared for customers with a clear work goal and substantial work history. Services provided in Genesee, Orleans, and Wyoming counties.

Supported Employment is assistance to get and maintain a competitive job with on-the-job and off-the-job support and assistance. Services provided in Genesee & Orleans Counties.

Services are free, individualized and may include the following:

- Skills Development and Work Readiness Classes
- Resume and Cover Letter Development
- Interview Preparation and Practice
- Job Search, Placement and Support
- Benefits Advisement (by certified benefits advisor)
- On and Off-Site Job Coaching Support Services

Criteria

- 18 years and up,
- Mental health condition,
- Desire to gain competitive employment and
- Active with and referred by ACCES-VR.

** If needed, ACE can assist with linkage to ACCES-VR**



Peer Rising craft from September group. Laughs were had, new friends were made and creativity was flowing. Join Peer Bridger Pamela B. for October's group!



What is Peers Rising? An opportunity for peers to get together, have fun, get involved in the community and meet new people. **Join us!**

Tuesday, October 25th from 6pm – 7:30pm
Genesee ACE Office • RSVP 585.343.9162

220 EAST MAIN STREET • BATAVIA, NEW YORK 14020 • (585) 343-9162

“When You Feel Unloved” By: Peter Perry

Most people feel like they have at least one person who loves them. These people can include your parents, relatives, friends, neighbors, and many others. These loving people do many fun things together and stay in regular contact with each other. They may spend the holidays with each other, go out to dinner and movies, go out for coffee, or simply talk on the phone or text each other.

Most times, when a human being has contact with another human being they feel good about themselves, they feel worthwhile and important because the other person makes time to spend with them. After all, human contact and socializing with others is a basic need for everyone. There are no exceptions to this.

But what about the lonely and isolated people who feel that no one loves or care about and feel unworthy because no one chooses to make time for them? These people are often not invited for holiday dinners or any other type of festive get togethers. What if no one even acknowledges their birthdays?

These people feel lonely, isolated, unimportant, and not worth of anybody’s love. These people consider themselves to be loners and only have any interaction with other people when they are doing the very basics like shopping for food and clothes, going to a doctor’s appointment and other essential things in order to live. But are these people really living or are they just merely existing? Why is this so?

There are many reasons why a person chooses this lifestyle. Many people are afraid to reach out to anyone because there will be no one who will reach back, the main reason I believe a person chooses to remain alone is because they have been hurt too many times by others that they fear to be hurt and rejected again.

Loners are mistaken in that if they isolate themselves because they fear being hurt again, they are really being hurt by themselves when they choose not to put themselves out there nor take any chances. Yes, they may get hurt again but they are also closing themselves off to any possibility of finding love, the very thing they have sought after their whole lives.

Wouldn’t it be a shame if happiness and love is out there waiting for them to open themselves to it by remaining and being afraid of coming out of their comfort zone?



Veteran's Day RSI Open House

Friday November 11, 2022

11 am - 3 pm

Location:

327 Elm Street,
Buffalo, NY



Lunch will be provided!!

Discussion on Using Military Experiences in Recovery will be held following lunch. Come meet some of the staff at RSI, and find out what services we offer to Veterans in need.

Client Choice Food Pantry

Monday, Wednesday, and Friday
9 a.m. - 1 p.m.

Tuesday and Thursday
12 p.m. - 4 p.m.



960 Main Street, Buffalo
716-883-9800

1 in 4 is not just a statistic.
It's ME.



Break the silence. Speak about **Pregnancy Loss.**
October 15th is
Pregnancy & Infant Loss Awareness Day



October Playlist: Halloween By Carolyn Brunelle

Halloween is my favorite holiday and horror is my favorite genre. Here are some of my favorite songs related to the best time of the year.

1. [Psycho Prelude- Bernard Herrmann](#)

The anxiety-provoking score to *Psycho* is so effective that it scared me while writing this article. The opening strings sound like knives and fear. It makes my stomach flip every time I listen to it. And I love it.

2. ["Ghostbusters"- Ray Parker Jr.](#)

A classic Halloween favorite.

3. ["Over At the Frankenstein Place"- The Rocky Horror Picture Show](#)

A favorite song from a favorite musical. Halloween isn't Halloween without a little *Rocky Horror*.

4. ["Tiger"- ABBA](#)

I had to stretch my imagination to include ABBA on the Halloween playlist, but "Tiger" actually fits in well. It is about being pursued by a threatening entity, which is the theme of many horror films.

5. ["Red Right Hand"- Nick Cave and the Bad Seeds](#)

I first heard "Red Right Hand" in the *Scream* film series (except they didn't use it in *Scream 4* which still annoys me to this day. They used it in the 2022 reboot, though, proving that redemption is possible). Its eerie instrumentation and ominous lyrics make it perfect for Halloween-time listening.

6. [Danse Macabre- Camille Saint-Saëns](#)

This is my favorite piece of orchestral music. Meaning "Dance of Death," this piece is a musical setting of the French legend in which Death plays the fiddle and summons the dead from their graves on Halloween night. The xylophone represents the rattling bones of dancing skeletons. Fun, isn't it?

7. ["Monster Mash"- Bobby "Boris" Pickett](#)

"Monster Mash" is among the most iconic Halloween songs. If you want to try to answer Dracula's question "whatever happened to my Transylvania Twist," the "Transylvania Twist" is song #8 on the 16-track album.

8. ["You Make Me Feel Like It's Halloween"- Muse](#)

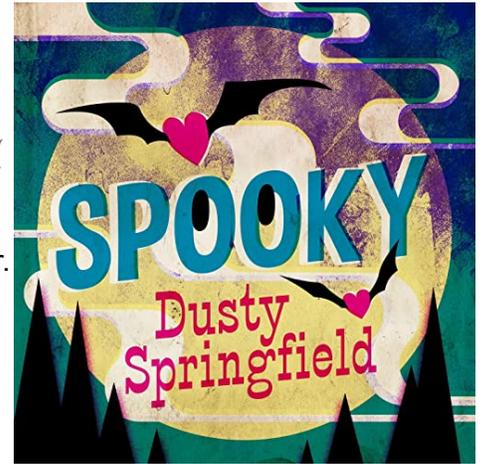
Trigger Warning: The lyrics depict domestic violence, but the music is more interesting than the lyrics. This song is loaded with musical and lyrical references to horror, gothic, and macabre, and the music video emphasizes those qualities. My inner musicologist is fascinated by it. The song features a pipe organ in the style of Bach's *Tocatta and Fugue in D Minor* (you know- the *Phantom of the Opera* type music). It mixes in a metal-style guitar solo and lots of distortion. This song very effectively evokes the sound of Halloween.

9. ["Spooky"- Dusty Springfield](#)

I try to fit Dusty Springfield into every playlist, and this is the only Dusty song that works. Enjoy.

10. ["Funeral March of a Marionette"- Charles Gounod](#)

This piece was used as the theme song for the horror television show *Alfred Hitchcock Presents*. I always found it to make for good listening around Halloween time.



Clubhouse Buffalo - October by Mary Dahl



Greetings!

As the new intern at Clubhouse Buffalo, I was invited by Carolyn to write an article for Recovery Happens. I am a master's student in integrative health and healing at The Graduate Institute with a focus on mental wellness, an adventure I took on during the throes of Covid. I retired from UB in 2018 after 35 years in student services, most of that in the capacity of helping students along on their career paths. I also have lived experience as someone labeled with Bipolar Disorder, and spent twenty years in the mainstream mental health system.



I chose Restoration Society, Inc. for my internship site because of all of the organizations I researched in western New York, this was the one I found that was the most focused on recovery. Thank you to Fran for bringing me on board. Clubhouse Buffalo was a natural fit for me because I love working with the teen and young adult population, and believe we have an obligation to offer them help and hope in creating bright futures. Clubhouse Buffalo (like so many places) is undergoing staff involvement with the recent resignation of the manager. While Dave Merlo is working hard at finding a replacement, Yolanda, Bridget and Juan are doing a remarkable job of maintaining the programs and services. I am astounded at what is available for youth here and I'm currently tapping into my network to rebuild the membership, always keeping my motto in mind... "I wish I could show you when you are lonely or in darkness, the astonishing light of your own being." - Hafiz of Shiraz

Our latest exciting program is a free creative arts exploration workshop that we are hosting with Accessible Academics beginning October 5. If you know any budding young artists that may be interested in drawing comics with local artist Max Weiss, please encourage them to sign up at tinyurl.com/4st8rkzc.

I look forward to meeting and interacting with as many people as I can and making a difference during my time here at Restoration Society, Inc.

CREATIVE ARTS
EXPLORATION WORKSHOP

FREE 4 Week Class - Wednesdays 5:30-7:30PM
Making Comics with Max Weiss - Starts October 5th
Exploring Graphic Design with Julian Montague - Starts November 2nd

CLUBHOUSE BUFFALO

OCTOBER

66 Englewood Ave, Buffalo, NY 14214
(716)832-2141 ext. 212, 242, 249, or 217

Hours for ages 13-15
3pm-6pm
Hours for ages 16-21
4pm-8pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 Art Appreciation Talk to Me	4 INDOOR OR OUTDOOR EXERCISE LGBTQA-DINNER 5:30PM	5 Ted Talk-self Esteem Life Skills Workshop (Snack Bar)	6 Peace Hub Movie Night	7 Fun day/Bingo Night!!! <i>Some Highlights</i> 
10 Art Appreciation Talk to Me	11 Homework Help LGBTQA-DINNER 5:30PM	12 Recovery My Way Poetry Night	13 Check In: What Are My Goals 	14 Bring Your Sibling Day Pool and Air Hockey Tournament
17 Art Appreciation Talk to Me	18 Fitness Day LGBTQA-DINNER 5:30PM	19 Accessible Academics Homework Help	20 Our Support Circle Music Appreciation TRAX PROGRAMMING BEGINS!!!	21 FRIGHT WORLD @ DARIEN LAKE ages 16- 21 only!!!!
24 Art Appreciation Talk to Me	25 PUMPKIN SEARCH & Halloween Decor LGBTQA-DINNER 5:30PM	26 Resume and Job Search Feelings Check	27 CHB, HALLOWEEN PARTY & DANCE.	28 Birthday Celebration Fun Day /Bingo Night!!!
31 HALLOWEEN Art Appreciation Talk to Me 	Meals are Free!!! 			28 Dinner Prep will begin at 5pm (we all help) Dinner Served at 5:30 Cleanup at 6:30pm (we all help)



Empowerment Academy: October '22



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10a-11a: Monday Check In w/Stephen 11a-12p: Pat's Group 1p-2p: Customer Topic 6:30p: Movie Night w/ Anthony</p>	<p>4 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-3p: Trip Tuesday! 6p-7p: Newsletter Writing w/Larry</p>	<p>5 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Social Hour w/ Renee 1p-2p: Rachael's Group 7p-8p: WRAP Workshop w/ Anthony</p>	<p>6 9a-1p: EA CLOSED (Staff training) 7:30p-8:30p: Group w/Anthony</p>	<p>7 10a-11a: Friday Check in w/Renee 11a-12p: Game Tournament 1p-3p: Wellness Outing 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club</p>
<p>10 10a-11a: Monday Check In w/Stephen 11a-12p: Pat's Group 1p-2p: Customer Run Group 6:30p: Movie Night w/ Anthony</p>	<p>11 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: WRAP Planning 1p-3p: Trip Tuesday! 6p-7p: Current Events w/Larry</p>	<p>12 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Social Hour w/ Renee 1p-2p: Rachael's Group 7p-8p: WRAP Workshop w/ Anthony</p>	<p>13 10a-12p: Peer Advisory Council (PAC) w/ Adam (Free Coffee and Biscotti)*** 1p-2p: Renee's Group 3p-5p: RSI Art Studio w/ Adam*** 7:30p-8:30p: Group w/Anthony</p>	<p>14 10a-11a: Friday Check in w/Renee 11a-12p: Let's learn w/ Christopher 1p: Karaoke w/Renee 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club</p>
<p>17 10a-11a: Monday Check In w/Stephen 11a-12p: Pat's Group 1p-2p: Customer Topic 6:30p: Movie Night w/ Anthony</p>	<p>18 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-3p: Trip Tuesday! 6p-7p: Newsletter Writing w/Larry</p>	<p>19 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Social Hour w/ Renee 1p-2p: Rachael's Group 7p-8p: WRAP Workshop w/ Anthony</p>	<p>20 10a-11a: Kitchen Planning w/ Stephen 11a-12p: Current events w/EA 1p-2p: Renee's Group 7:30p-8:30p: Group w/Anthony</p>	<p>21 10a-11a: Friday Check in w/Renee 11a-12p: Game Tournament 1p-3p: EA Talent Show! 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club</p>
<p>24 10a-11a: Monday Check In w/Stephen 11a-12p: Pat's Group 1p-2p: Customer Run Group 6:30p: Movie Night w/ Anthony</p>	<p>25 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: WRAP Planning 1p-3p: Trip Tuesday! 6p-7p: Current Events w/Larry</p>	<p>26 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Social Hour w/Renee 1p-2p: Rachael's Group 6p-8p: WRAP Workshop w/ Anthony</p>	<p>27 10a-12p: Peer Advisory Council (PAC) w/ Adam (Free Coffee and Biscotti)*** 1p-2p: Renee's Group 3p-5p: RSI Art Studio w/ Adam*** 7:30p-8:30p: Group w/Anthony</p>	<p>28 10a-11a: Friday Check in w/Renee 11a-12p: Game Tournament 1p: Karaoke w/Renee 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club</p>
<p>31 10a-11a: Monday Check in w/Stephen 11a-12p: Pat's Group 1p-2p: Customer Topic 6:30p: Movie Night w/ Anthony</p>	<p>Visit or Contact Us! 327 Elm St. Buffalo, NY 14203 Phone: 716-884-5216</p>	<p>Hours of Operation Mon-Fri 9am-9pm Sat & Sun 9am-1pm</p>	<p>The events on this calendar are subject to change due to unforeseen circumstances. Please call ahead to confirm 716-884-5216 ext. 498</p>	



COME VISIT US AT ANY OF OUR LOCATIONS:

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Harbor House Resource Center & Coordinated Entry Hub

327 Elm Street, 2nd Floor Buffalo, NY 14203

(716) 884-5216

Empowerment Academy, ACE Employment,
HCBS & CORE Services

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To get involved contact:

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