



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*

Knowing Your Triggers

Veteran's Corner - By Heidi O.

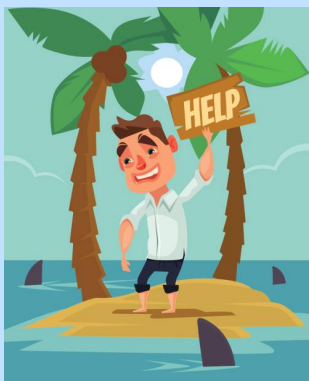
This month's Veteran's Corner is a celebration of Independence Day. However, for many Veterans this can be a traumatic holiday. Some Veterans have triggers around the fourth of July fireworks resembling gun fire or some environmental cue from the war zone. This can create conflict with those with no military experience.



It is important to know your triggers for your mental health. Knowing and managing your triggers is a learned skill that comes with assistance through fellow peers, or counselors. Also, knowing your triggers takes time and a commitment to discover how to manage them.

For those with no military experience, celebrate the holiday, but be empathetic to those Veterans who have triggers around the holiday and may not want to celebrate the holiday. Be empathetic, supportive and understanding of the person. Be creative and find a way to celebrate the holiday in a non triggering way. You may come up with a new tradition for the holiday that is empathetic and non triggering for the Veteran or service member you care about.

Illuminating Pathways Toward... INDEPENDENCE! - by Kate P.



Did you ever notice the agency mission statement at the top of our newsletter? *"Illuminating pathways toward opportunity, possibility, wellness and independence."* Yet you will also hear us talk a lot about *"connecting the disconnected."*

So what gives? How can you be independent AND connected?!? At RSI, we help individuals to find their own answer to this question.

Independence vs. connectedness is what academic folk like to call a *dialectic* - when two seemingly opposite things are BOTH TRUE at the same time. At RSI, we know that it's all about balance. Having help with one part of life may open all kinds of possibilities for other parts of your life. As the saying goes, no person is an island. The key is finding and choosing connections that help you to live the most fulfilling life possible. For example, getting connected with a 1/2 Fare Bus Card allows you to travel anywhere in the city for half the price! For me, getting connected with mental health services gave me more freedom from my symptoms and allowed me to do more of the things I love. So what's *your* connection? What freedoms do *you* want to enjoy? Remember that you can connect with us through out Empowerment Academy @ 327 Elm St., or call (716) 884-5216.

My Wellness Toolkit Playlist by Carolyn B

After taking 3 years off for mental health reasons, I recently decided to go back to school to finish my degree in musicology. A friend of mine advised me to use my wellness tools as often as I can. This month's playlist is songs from my wellness toolbox.



["California"- Joni Mitchell](#)

When I hear the very first note of "California," my stress immediately melts away. I love this song so much that I even bought a dulcimer so I could play it myself. I still need to buy strings for it. Four years later.

["Cum On Feel the Noize"- Quiet Riot](#)

On those mornings when I can't seem to get out of bed, I listen to this song. By the time it is over, I am awake and playing air drums. Don't judge. You've done it at least once in your life.

["Twenty-Four Hours from Tulsa"- Dusty Springfield](#)

Written by my favorite songwriters and sung by my favorite singer, this song is perfection. It brings me back to a very happy moment in my life.

["Kiss Me"- Sixpence None the Richer](#)

Although I firmly believe that 7th grade is something that one survives, I love this song so much that I don't mind the flashback to 7th grade I experience every time I hear it. It is also fun to play on guitar.

["Intermezzo No. 1"- ABBA](#)

ABBA is my favorite band, and this song is an absolutely masterpiece. I love a good instrumental pop song.

["To Sir, With Love"- Lulu](#)

I love this song, but I include it on my list because it is a favorite of the person who regularly talks with me about my wellness toolbox. Shoutout.

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

It is dark but it makes me happy. As my therapist says, "more than one thing is always true."

["You're the One"- The Vogues](#)

If I need to get out of a bad place, this song can do it. It is exciting and uplifting. It is 2 minutes and 17 seconds of pure happiness.

JULY NEWS



EMPLOYMENT ASSISTANCE IS AVAILABLE

Need Work? Struggling to get back into the job market? We can help you to overcome barriers such as: lack of work history, coping with mental health disabilities at work, learning new tasks, and more!

Call one of our ACE Employment offices today:

Erie County: (716) 884-5216 x 410

Genesee County: (585) 343-9162

JOIN US FOR OUR

31ST ANNUAL DISABILITY PRIDE CELEBRATION



A WEEK-LONG VIRTUAL CELEBRATION HIGHLIGHTING
THE HISTORY OF THE DISABILITY RIGHTS MOVEMENT,
ENTERTAINMENT, PIONEERS IN THE DISABILITY
RIGHTS MOVEMENT, AND MANY OTHER ACTIVITIES.

JULY 26-30, 2021

ON JULY 26, 1990, THE AMERICANS WITH DISABILITIES
ACT (ADA) WAS SIGNED INTO LAW AND DISCRIMINATION
AGAINST PEOPLE WITH DISABILITIES BECAME ILLEGAL.

**"LIKE" US ON FACEBOOK FOR MORE UPDATES:
[WWW.FACEBOOK.COM/DISABILITYPRIDEWNY](https://www.facebook.com/disabilitypridewny)**



COVID-19 ASSISTANCE IS AVAILABLE

Are you facing eviction because of income loss due to Covid-19?
Financial assistance may be available! CALL 211 to see if you qualify
for our Covid-19 Assistance (CALM) program.

BECOME A CERTIFIED PEER!

Join our peer study group, 3-7pm Fridays at
Empowerment Academy (327 Elm Street).

If you love to help people and you have lived experience with a mental health struggle or major
life disruption (such as trauma, homelessness, or incarceration), you may have a rewarding
career waiting for you! To find out more about becoming a Certified Peer Specialist, and to get
assistance with the Academy of Peer Services online classes,
contact Adam at (716) 208-8126 or aselon@rsiwny.org



HAVE YOU HEARD... about Clubhouse Buffalo?



Clubhouse Buffalo @ 66 Englewood

is a safe, inspiring, nurturing place for young adults (age 16–21) who are recovering from a substance use disorder or are at risk for developing one. No diagnosis required!

Activities include: Yoga, Outdoor Activities and Sports, Lounge Area with video games, board games and More, Explore Creativity, Cooking, Movie Nights, Coffee Crawls, Open Mic's, and MORE!!!

Open Monday - Friday: 3:00 pm to 9:00 pm - Phone (716) 832-2141

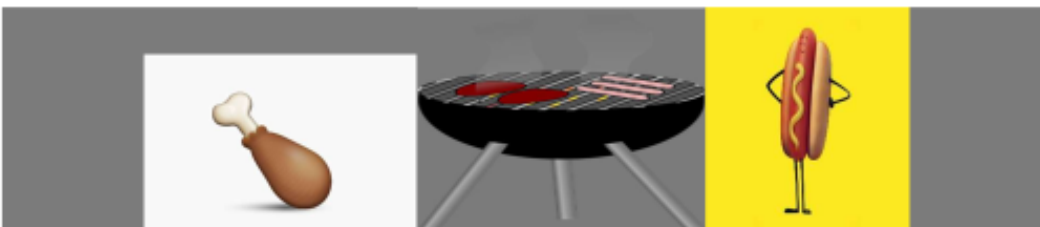
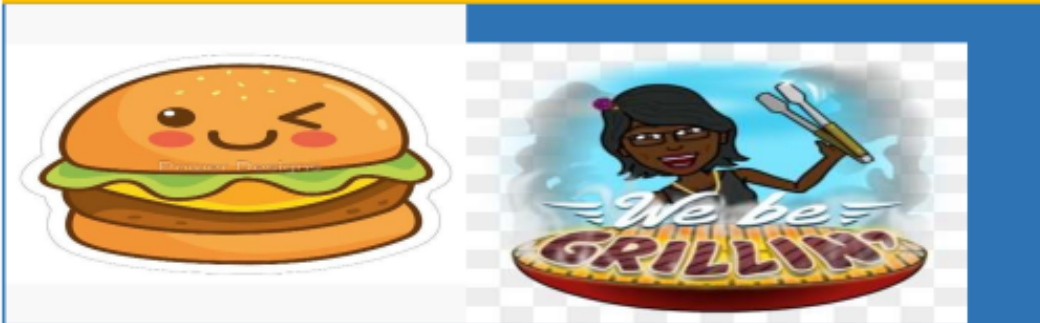


Clubhouse Buffalo is inviting you to a cook out:

When: FRIDAY JULY 2, 2021

Where: 66 Englewood Ave Buffalo NY 14214

Time: Party Starts, 4pm to 7pm



WE ASSURE YOU, WE'RE OPEN AND WE NEED YOU!



SNACK BAR VOLUNTEERS NEEDED

@Empowerment Academy!

ATTN: EA Customers!

Are you looking for opportunities to increase your work experience, earn professional references, and enjoy the benefits of helping others?

Contact Amanda Kopacz at (716) 884-5216 x 215 or akopacz@rsiwny.org to work at our snack bar

YES, the EA Snack Bar IS OPEN!

Restrictions come and go, but the EA snack bar continues offering the snacks and beverages you love at GREAT prices!

Visit us @ 327 Elm St. M-F 9am-9pm or Sat-Sun 9am-1pm

FREE & Private TelementalHealth Booth!

Empowerment Academy is home to a **FREE** and **PRIVATE** telementalhealth booth! Use our booth to:

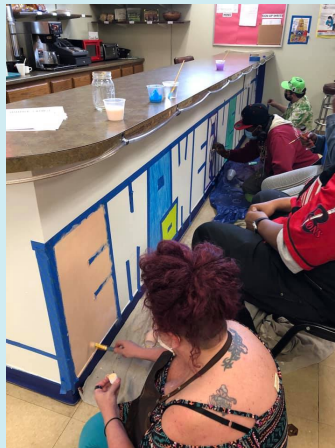
- Get **QUICK** and **EASY** access to mental health diagnosis and treatment.
- Meet virtually with your own telehealth providers.

Don't Fear Technology!
We are here to help you learn it!



RSI's Art Studio

**now @ Empowerment
Academy!**



The Art Studio Team meets
Thursday from 4-6pm at
327 Elm Street
Join our community of artists

SPECIAL EVENT! PAC PICNIC IN THE PARK!
Join us as we celebrate with **FREE FOOD and FUN**
Thursday July 29th, 11am-2pm @ Front Park - 121 Porter Ave, Buffalo, NY

**The
RSI**

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!!

Meetings are held **Every Other Thursday**

10am-11:30am

at **Empowerment Academy (327 Elm St.)**

Peer

*Don't miss this important opportunity to shape
Restoration Society Inc. spaces and services!*

**Advisory
Council
Is Back!!**

Upcoming PAC Meeting Dates:

March 11 th	&	March 25 th
April 8 th	&	April 22 nd
May 6 th	&	May 20 th
June 3 rd	&	June 17 th
July 1 st	&	July 15 th
July 29 th ...1 st Annual PAC Party in the Park!		
August 12 th	&	August 26 th
September 9 th	&	September 23 rd
October 7 th	&	October 21 st
November 4 th	&	November 18 th
December 2 nd	&	December 16 th

For more information contact
Adam Selon, Peer Services Coordinator
716-208-8126 aselon@rsiwny.org

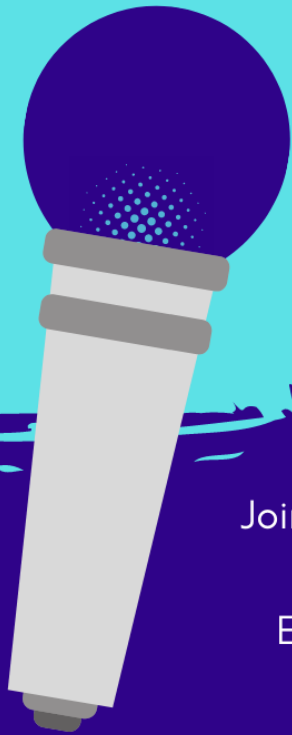


IF YOU SEE SOMETHING - SAY SOMETHING!

Did you know that our Peer Advisory Council is there to take action on the issues that are important to **YOU**? If you see ways that our programs can improve, come to one of our council meetings, or reach out to our Coordinator of Peer Services, Adam Selon, at 716-208-8126 aselon@rsiwny.org

MENTAL HEALTH PEER CONNECTION

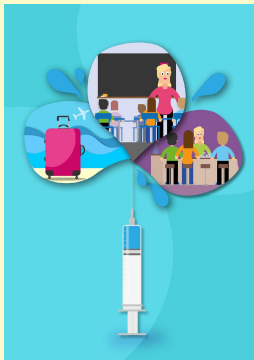
VIRTUAL OPEN MIC



Join us during these tough times to share with one another on a "lighter note."
Express your talents and show your creative self through spoken word, singing, music, dance, acting, and comedy.

THURSDAY NIGHTS 7:00PM TO 8:00PM

TO RSVP, CONTACT LISA MARIA CRUZ AT 716-322-9264



YOUR HEALTH IS IMPORTANT TO US!

While we continue to wear masks and observe social distancing at all of our RSI facilities, we encourage our staff and customers to take advantage of FREE vaccine opportunities for maximum protection against Covid-19.

To find a COVID-19 vaccine near you.

Visit <https://www.vaccines.gov/>

Text your zip code to 438829

Call 1-800-232-0233



June 1 – September 30

FREE FITNESS!

Independent Health and the YMCA are celebrating 10 years of Fitness in the Parks!

Join Independent Health all summer long at parks across Western New York for FREE

outdoor and online fitness classes, led by YMCA certified instructors. All ages and skill levels are encouraged to safely join us in person or at home to get fit, have fun and enjoy the warmer weather. Check their website for more information:

<https://www.independenthealth.com/IntheCommunity/Programs/FitnessintheParks/>



SUMMER CITY FITNESS AT MLK JR. PARK

Saturdays at 10:00 a.m. from June 5 - August 7

Join us at MLK Jr. Park for a calorie-burning Hip Hop workout! Dance along with instructor LaLa from La'Movement.

FREE FITNESS AT CANALSIDE

In-person, free fitness classes are back at Canalside! This safe, summer fitness series is designed for all ages and all fitness levels. For a complete schedule, visit:

<https://www.bcbswny.com/content/wny/member-services/community/event-calendar.html>

TOWN OF TONAWANDA: FITNESS ON THE LAWN

Tuesdays, June 8-August 31 at 6:30PM: ABsolutely Core & Stretch

Saturdays, June 5-September 4 at 9:00AM: Athletic Conditioning

REGISTRATION REQUIRED: <https://www.eventbrite.com/o/town-of-tonawanda-33229983937>



EMERGENCY BROADBAND BENEFIT

WHAT IS IT?

The Emergency Broadband Benefit is a temporary FCC program to help households struggling to afford internet service during the pandemic.

The benefit provides:

- Up to \$50/month discount for broadband services;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible if one member of the household:

- Has an income that is at or below 135% of the Federal Poverty Guide lines or participates in certain government assistance programs;
- Receives benefits under the free and reduced-price school lunch or breakfast program;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

THREE WAYS TO APPLY

1

Contact your preferred participating provider directly to learn about their application process.

2

Go to [GetEmergencyBroadband.org](https://www.GetEmergencyBroadband.org) to submit an application and to find participating providers near you.

3

Complete a mail in application and send it along with proof of eligibility to:

Emergency Broadband Support Center
P.O. Box 7081
London, KY 40742

LEARN MORE



Call 833-511-0311, or



Visit [fcc.gov/broadbandbenefit](https://www.fcc.gov/broadbandbenefit)





OPEN SUBMISSIONS

SEE YOUR WORK HERE!

We want to share YOUR art, writing, events, pictures and recovery stories here! Please send anything you want to see published in our newsletter to newsletter@rsiwny.org.



The Issue of Cognition and

Communication By Dave Meyers

In the battle of maintaining mental health, unique tools may be needed when desperate times call for them. Understanding what tools are needed for specific types of circumstances can make the difference that keeps life from falling apart.

This is especially true when an already complex mental health condition such as schizoaffective is complicated by a physical ailment such as a brain injury. In this circumstance specific tools may be utilized that can simplify the life of the person affected, and allow for functioning to run more smoothly.

One such tool that I have had to utilize is speech therapy due to a cognitive communication disorder caused by my brain injury. [www. Healthline.com](http://www.healthline.com) states that cognitive communication disorders can result in memory issues, problems in problem solving, difficulty speaking, or difficulty listening.

Although I have had my brain injury for nearly 14 years, I find that maintaining my presence in speech therapy once yearly can help to keep me from slipping too far into the maze of disorganization.

Speech therapy is probably better known to be needed for children, but speech therapy for adults can help adults with problems in speech, language, and cognitive communication (www.healthline.com).

Speech therapy was initially needed at the hospital following my physical recuperation, but I went for close to ten years after my hospital discharge before anyone determined that speech therapy was needed again. Yet the main push that made neuropsychological evaluation necessary was acquiring more independent living after 8 years of group home living. The results of this evaluation in turn allowed for a speech therapy script from my neurologist. In turn The neurologist was arranged because of an overnight emergency room visit resulting from dizziness.

The neurologist was originally prescribed for dizziness, yet was utilized for speech therapy due to other conditions evaluated by my neurologist.

Once I was in speech therapy, tools were used such as flash cards to help me form word associations better. Also the organization of objects in my room was heavily emphasized. It was determined that thinking would be made more clear through a more structured environment.

Speech therapy alone was not an automatic cure all to my disorganization and trouble structuring my life. However my skills at cooking, shopping, and organizing my living space dramatically improved.

The speech therapist provided tips for forming a grocery list, and provided quizzes in memory and cognition that I found especially difficult.

However this helped my independence progress to my current situation, a flat in a residential neighborhood. (continues on next page...)

The Issue of Cognition and Communication By Dave Meyers (continued)

These were some very hard times that highlighted the need for speech therapy. At the time of my neuropsychological evaluation in 2016, my concentration, memory and my ability to form complete sentences were in slipshod condition. Some of this may have been affected by my schizoaffective condition, but it was my traumatic brain injury that allowed for a speech therapy script.

Speech therapy at a rehabilitative agency allowed for my speaking to restructure and for a semblance of order to be maintained in my apartment.

However my efforts were not always enough, and on two occasions I was given given rental violations due to my disorganized apartment.

Yet This brings me to how important communication is in care management. Due to conditions brought about by my brain injury, I had a harder time living up to the standards of the treatment apartments. Yet the only way anyone ever understood I needed a neurologist is because I spent a night in the medical emergency room. Yet I had complained Of dizziness for years. If my tbi condition was this serious, then why did no one ever consider that some of my problems could have resulted from

This?

I think if my brain injury would have been considered the transition may have been easier. However my brain injury was forgotten by the psychiatric establishment due to my transfer to a psychiatric ward, and then the state psychiatric hospital following my brief stay in the brain injury rehab unit.

The reason for this quick shift out of the brain injury rehab unit was the insurance running out. However being given more time for recuperating would have helped things move along so much better. At the very Least better communication from one level of care to another could have ensured that the transition to independence would have been smoother.

Yet as taught by my counselor, gratitude for my present situation helps to offset the mistakes of the past. However I do know that In my situation more is needed than feel good coping skills. Also, I think it is the case that much of what is needed in the mental health system is greater awareness of a whole person, which will allow for smoother transitions and less crisis.

A Written Word by Vincente C.

Perception far beyond reflection, the sensation is the same as that which a planet may experience while in orbit.

In some preconceived path or set projection, an expression of a purpose, a preordained admission, a set course for a predetermined path.

The sense that one Divine hand of mercy and purpose has ordained this one predetermined path to new heights of excellence.

An in-flight movie plays while the Mac-10 thrust proceeds with no Collision.

Complacent on disturbance it sits upon the throne of time making it's thrust of motion gravity free.

Soaring through space and time with speeds that break the sound barrier, the inventory has no sense of order or Supply, emotion or concern is all but nonexistent.

So I Prevail on the flow of the tide of yet unprecedented levels of abundance to lend me clarity of mind with purpose and intent sublime

Redneck Heaven by Tim M.

I live in a small town and there's a tractor muesum located down the street and tonight at the local speedway there having a tractor pull competition.i live in redneck heaven I live in redneck heaven now there's a Sunoco Gas station it's the fixture of the town where everybody in town buys there



BEER,cigarettes and Lotto tickets.i live in redneck heaven iive in redneck heaven.Now when the cars pass by on main Street I see every bumper sticker has a bumper sticker of The NRA and many of the good old boys that live here ride around in there pickup trucks.i live in redneck heaven iive in redneck heaven .I'm not at all proud that the people in my town are so narrow minded but I guess that's what you have to expect when you live in a small town because that's why I live in redneck heaven.i live in redneck heaven .when I'm feeling down and blue there's nobody for me to really talk to hear because everybody is into discussing about the latest news from Outdoor life or Field and Stream or listening to the latest country music that's on the radio or discussing there latest tattos that they proudly display because live in redneck heaven I live in redneck heaven.this place makes me so somber and blue that I have nobody to turn to and I guess that's why feel so down and blue that's why I live in redneck heaven,that's why I live in redneck heaven there's nothing to do here maybe I should say goodbye to redneck heaven goodbye and so long because I live in redneck heaven.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join Us for A 4th of July Cookout!</p> <p>SUNDAY, July 4th 10am-2pm</p>			<p>JULY 2021 Empowerment Academy Calendar</p> <p>327 Elm Street Buffalo, NY 14203</p> <p>ALL workshops are being held In-Person & Phone</p> <p>Mon-Fri: 9am-9pm Sat-Sun: 9am-1p</p> <p>Call: 716-884-5216 Ext. 901 PIN 1234</p>	
			<p>1</p> <p>!! International Joke Day !!</p> <p>9:30-12p: FITs Training for staff (all are welcomed to attend)</p> <p>2pm Joking Around with Sally</p> <p>3pm-5pm RSI Art Studio with Adam</p> <p>7pm Current Events Check-In</p>	<p>2</p> <p>10am Coffee & Conversation with Renee</p> <p>11am Persevering Through w/ Conversation And Photos with Sally</p> <p>1pm The Art of Listening with Mike</p> <p>12pm Sign up for COVID Vaccine</p> <p>3pm-7pm Academy of Peer Services Classes with Adam</p> <p>7pm Spades Club</p>
<p>5</p> <p>!! Pizza Day!!</p> <p>10am Benefits 101 with Renee</p> <p>11am Addictions Awareness Dave</p> <p>1pm-3pm The Blame Game with Amina</p> <p>7pm Coffee and Conversation</p>	<p>6!! National Fried Chicken Day !!</p> <p>10am Meal Planning with Betty</p> <p>11am Snack Shop Meeting with Betty</p> <p>1pm Mathematics with Mike</p> <p>2pm Tell the truth Tuesday with Betty</p> <p>7pm Movie Club (Watch & Discuss)</p>	<p>7</p> <p>10am Advocating for Yourself with Renee</p> <p>11am Do You Have Medical Care? with Mike</p> <p>1pm What You Thought you knew with Amina</p> <p>2pm Planting Flowers with Betty</p> <p>7pm Coffee & Conversation</p>	<p>8</p> <p>10am Peer Advisory Council with Adam</p> <p>1pm Coping Skills with Mike</p> <p>2pm Reading Rainbow with Renee</p> <p>3pm-5pm RSI Art Studio with Adam</p> <p>7pm Current Events Check-In</p>	<p>9</p> <p>10am Tele-What?! with Renee</p> <p>11am Achieving Your Goals with Betty</p> <p>1pm Unconditional Love with Mike</p> <p>3pm-7pm Academy of Peer Services Classes with Adam</p> <p>7pm Spades Club</p>
<p>12</p> <p>10am Stay Connected with Dave</p> <p>11am Humor is Healing with Dave</p> <p>1pm The Blame Game with Amina</p> <p>2pm Movie and Popcorn with Sarah</p> <p>7pm Coffee and Conversation</p>	<p>13 !! National French Fry Day !!</p> <p>10am A book or quote to share with Betty</p> <p>11am Housing Group with Kate</p> <p>1pm Addictions Awareness with Mike</p> <p>2pm Snack Shop Meeting with Betty</p> <p>7pm Movie Club (Watch & Discuss)</p>	<p>14</p> <p>10am Life Skills with Renee</p> <p>11am Listening 101 with Betty</p> <p>1pm What You Thought You Knew with Amina</p> <p>2pm Share your Culture Day Betty</p> <p>7 pm Coffee & Conversation</p>	<p>15</p> <p>10am EA Collaboration Meeting with Renee</p> <p>11am Mathematics with Mike</p> <p>1pm Coffee Bingo with Lindsay</p> <p>2pm Writing Workshop with Betty</p> <p>3pm-5pm RSI Art Studio with Adam</p> <p>7 pm Current Events Check-In</p>	<p>16</p> <p>10am Coffee and Conversation</p> <p>11am Wellness Self-Management with Mike</p> <p>1pm Self-Care with Betty</p> <p>3pm-7pm Academy of Peer Services Classes with Adam</p> <p>7pm Spades Club</p>
<p>19</p> <p>9am-12p Molina Health Insurance Representative</p> <p>10am WRAP with Renee</p> <p>11am Addictions Awareness with Dave</p> <p>1pm -3pm The Blame Game with Amina</p> <p>7pm Coffee and Conversation</p>	<p>20 !! International Chess Day!!</p> <p>10am Smoking Cessation</p> <p>11am Dealing with Loss with Betty</p> <p>1pm Mathematics with Mike</p> <p>2pm Share your culture Day with Betty</p> <p>7pm Movie Club (Watch & Discuss)</p>	<p>21</p> <p>10am Anger Management with Betty</p> <p>11am Wellness Walk with Renee</p> <p>1pm-3pm What You Thought You Knew with Amina</p> <p>7pm Coffee & Conversation</p> <p>**Wear Your Favorite Socks day**</p>	<p>22</p> <p>10am Peer Advisory Council with Adam</p> <p>1pm WRAP with Mike</p> <p>2pm Reading Rainbow with Renee</p> <p>3pm-5pm RSI Art Studio with Adam</p> <p>7pm Current Events Check-In</p>	<p>23</p> <p>10am Staying Connected with Renee</p> <p>11am Addictions Awareness with Mike</p> <p>1pm Forgiving Yourself and Others with Mike</p> <p>3pm-7pm Academy of Peer Services Classes with Adam</p> <p>7pm Spades Club</p>
<p>26</p> <p>9am-12p Molina Health Insurance Representative</p> <p>10am WRAP with Renee</p> <p>11am Addictions Awareness with Dave</p> <p>1pm-3pm The Blame Game with Amina</p> <p>7pm Coffee and Conversation</p>	<p>27</p> <p>10am Meal Planning with Betty</p> <p>11am Dealing with Loss with Dave</p> <p>1pm Mathematics with Mike</p> <p>2pm Housing Group n w Kate</p> <p>7pm Movie Club (Watch & Discuss)</p>	<p>28</p> <p>10am Anger Management with Mike</p> <p>11am Wellness Walk with Renee</p> <p>1pm-3pm What you Thought You Knew with Amina</p> <p>7pm Coffee & Conversation</p>	<p>29!! National Intern Day!!</p> <p>11am: Peer Advisory Council's Picnic in the Park</p> <p>*Empowerment Academy will be closed 11am-2pm to attend this event together as a group!</p> <p>3pm-5pm RSI Art Studio with Adam</p> <p>7pm Current Events Check-In</p>	<p>30</p> <p>10am Tele-What?! with Renee</p> <p>11am Achieving Your Goals with Betty</p> <p>1pm Unconditional Love with Mike</p> <p>3pm-7pm Academy of Peer Services Classes with Adam</p> <p>7pm Spades Club</p>


Clubhouse Buffalo

JULY, 2021

66 Englewood Ave, Buffalo, NY 14214

(716) 832-2141 ext. 212, 217 or 249

**For Ages 16-21 years of age
Monday to Friday 3 pm to 9 pm**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 TRAX PROGRAM EBT 	2 CLUB HOUSE COOK OUT 
5 Agency Night 	6 TACO TUESDAY SELF CARE / YOGA 	7 LGBTQA+ Dinner Fitness Day 	8 TRAX PROGRAM Ladies Night 	9 BOYS TO MENT DINNER 
12 Agency Night Bring a family or friend day !!!!!!!!!!!!!!!!!!!!! 	13 TED TALKS / Anger Management 	14 LGBTQA+ Dinner 	15 TRAX PROGRAM Ladies Night 	16 BOYS TO MENT DINNER CANAL SIDE PICNIC 
19 TACO TUESDAY and ART Therapy 	20 TACO TUESDAY / Music Therapy 	21 LGBTQA+ Dinner YOGA 	22 TRAX PROGRAM FINALLY Ladies Night 	23 BOYS TO MENT DINNER BINGO NIGHT!!!!!!!!!!!!!!!!!!!! 
26 TACO TUESDAY and ART Therapy 	27 TACO TUESDAY Recovery Peer Support 	28 LGBTQA+ Dinner Recovery Group 	29 TRAX PROGRAM Ladies Night!!!!!!!!!!!!!!!!!!!! 	30 BOYS TO MEN DINNER NIAWANDA PARK WALK 

OUR LOCATIONS:

66 Englewood Ave, Buffalo, NY 14214

(716) 832-2141

Administration Office, Housing Solutions & Clubhouse Buffalo

241 Genesee Street Buffalo, NY 14204

(716) 842-4184

Harbor House Resource Center & Coordinated Entry Hub

327 Elm Street, 2nd Floor Buffalo, NY 14203

(716) 884-5216

ACE Employment, Empowerment Academy,
HCBS Services, SOAR

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment

Visit us on the web at:

www.rsiwny.org

Facebook

www.facebook.com/Restorationsocietyinc



REDUCE YOUR STRESS:

- Know the **common signs of stress**.
- Talk with **family and friends** by **phone, text, or email**.
- Take breaks from **news stories, including social media**.
- Practice **healthy habits, including exercise**.



Restoration Society, Inc.
66 Englewood Avenue
Buffalo, NY 14214

