

September 2020 Empowerment Academy Calendar

ALL workshops are being held **In-Person AND via Phone** (unless otherwise indicated)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11am Depression & Anxiety Group with Joe 11am ACE Orientation (call-in) 1pm Connecting with Others with Renee 3pm Coping with Addiction with Betty	2 10am Zoom help! with Sally 11am What's On Your Mind? With Joe 2pm Staying Healthy with Betty 7pm Depression & Anxiety Group – with Tony	3 10am Benefits 101 with Betty 11am Coping Skills with Joe 1pm WRAP with Renee 3pm Calendar Planning with Sally 7pm What's on your Mind with Erik	4 10am Stay Connected! with Sally 11am Let's Chat! with Joe 3pm Coping with Addiction with Betty 7pm Coping during COVID with Tony
7 Come Join Us for Our Labor Day Holiday Cookout Great food, music & friendly faces!	8 10am Life in 2020 with Renee 11am Depression & Anxiety Group with Joe 1pm Connecting with Others with Renee 3pm Coping with Addiction with Betty	9 10am Zoom help! with Sally 11am What's On Your Mind? With Joe 2pm Staying Healthy with Betty 7pm Depression & Anxiety Group with Tony	10 10am Benefits 101 with Betty 11am Coping Skills with Joe 1pm WRAP with Betty 3pm Calendar Planning with Sally 7pm What's on your Mind with Erik	11 10am WRAP with Betty 11am Let's Chat! with Joe 3pm Coping with Addiction with Betty 7pm Coping during COVID with Erik
14 10am Stay Connected! with Sally 11am Let's Talk! with Joe 2pm Learn How-To TeleHealth! with Renee 7pm Lets Chat with Sametra	15 11am Depression & Anxiety Group with Joe 11am ACE Orientation (call-in) 1pm Connecting with Others with Renee 3pm Coping with Addiction with Betty	16 10am Zoom help! with Sally 11am What's On Your Mind? With Joe 2pm Staying Healthy with Betty 7pm Depression & Anxiety Group with Tony	17 10am Benefits 101 with Betty 11am Coping Skills with Joe 1pm WRAP with Renee 3pm Calendar Planning with Sally 7pm What's on your Mind with Erik	18 10am Stay Connected! with Sally 11am Let's Chat! with Joe 3pm Coping with Addiction with Betty 7pm Coping during COVID with Sametra
21 10am Writing Group with Sally 11am Let's Talk! with Joe 2pm Learn How-To TeleHealth! with Renee 7pm Lets Chat with Sametra	22 11am Depression & Anxiety Group with Joe 1pm Connecting with Others with Renee 2pm Voter Education with Renee 3pm Coping with Addiction w/Betty	23 10am Zoom help! with Sally 11am What's On Your Mind? With Joe 2pm Staying Healthy with Betty 7pm Depression & Anxiety Group with Tony	24 10am Benefits 101 with Betty 11am Coping Skills with Joe 1pm WRAP with Betty 3pm Calendar Planning with Sally 7pm What's on your Mind with Erik	25 10am WRAP with Betty 11am Let's Chat! with Joe 3pm Coping with Addiction with Betty 7pm Coping during COVID with Tony
28 10am Stay Connected! with Sally 11am Let's Talk! with Joe 2pm Learn How-To TeleHealth! with Renee 7pm Lets Chat with Sametra	29 11am Depression & Anxiety Group with Joe 1pm Connecting with Others with Renee 2pm Voter Education with Renee 3pm Coping with Addiction w/Betty	30 10am Zoom help! with Sally 11am What's On Your Mind? With Joe 2pm Staying Healthy with Betty 7pm Depression & Anxiety Group with Tony	Parenting Support Groups: Sunday Sept. 6th & Sept. 21st	Join Us by Phone! Call: 716-884-5216 ext 901 PIN 1234