


April 2021 Empowerment Academy Calendar

327 Elm St. Buffalo, NY 14203

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join Us On-site or by Phone! Call: 716-884-5216 Ext. 901 PIN 1234 Mon-Fri: 9am-8:30pm Sat-Sun: 9am-1p</p>	<p>Morning Check-In Meeting EVERY MORNING at 9:30</p>		<p>1 AGENCY STAFF MEETING EA will open at 1pm 1pm Communication Skills with Mike 2pm Humor is Healing with Betty 3pm-5pm RSI Art Studio 7pm – Current Events Check-In</p>	<p>2 10am Coffee & Conversation with Renee 11am Anger Management with Betty 1pm The Art of Listening with Mike 3pm-7pm Academy of Peer Services Classes with Adam 7pm – What's on Your Mind?</p>
<p>5 10am Benefits 101 with Renee 11am Addictions Awareness with Mike 1pm The Blame Game with Amina 2pm Coffee & Conversation with Sally 7pm Board Game Tournament!</p>	<p>6 Grand Re-Opening of EA's Snack Shop!!! 10am Meal Planning with Betty 11am Snack Shop Meeting with Betty 1pm Listening vs Hearing with Mike 2pm Benefits with Betty 7pm Movie Club (Watch & Discuss)</p>	<p>7 World Health Day 10am Advocating for Yourself with Renee 11am Do You Have Medical Care? with Mike 1pm What You Thought You Knew with Amina 2pm Walk It Out with Betty 7pm Coffee & Conversation</p>	<p>8 10am Peer Advisory Council with Adam 1pm Coping Skills with Mike 2pm Anger Management with Betty 3pm-5pm RSI Art Studio with Adam 7pm Current Events Check-In</p>	<p>9 10am Tele-What?! with Renee 11am Achieving Your Goals with Betty 1pm Unconditional Love with Mike 3pm-7pm Academy of Peer Services Classes with Adam 7pm What's on Your Mind?</p>
<p>12 Nat'l Grilled Cheese Day 10am Stay Connected with Sally 11am Relaxation Activities with Sally 1pm The Blame Game with Amina 2pm Coffee & Conversation with Renee 7pm Pool Tournament</p>	<p>13 10am WRAP with Betty 11am Calendar Planning with Sally 1pm Addictions Awareness with Mike 2pm Snack Shop Meeting with Betty 7pm Movie Club (Watch & Discuss)</p>	<p>14 Nat'l Gardening Day 10am Life Skills with Renee 11am Listening 101 with Betty 1pm What You Thought You Knew with Amina 2pm Gardening with Mike 7pm Coffee & Conversation</p>	<p>15 WORLD ART DAY 10am EA Collaboration Meeting with Everyone 11am What Are Your Hobbies? with Mike 1pm Arts Project 2pm Writing Workshop with Betty 3pm-5pm RSI Art Studio with Adam 7pm Current Events Check-In</p>	<p>16 10am Spring Clean Your Mind with Renee 11am Wellness Self-Management with Mike 1pm Self-Care with Betty 3pm-7pm Academy of Peer Services Classes with Adam 7pm What's on Your Mind?</p>
<p>19 10am WRAP with Renee 11am Addictions Awareness with Mike 1pm The Blame Game with Amina 2pm SMART Goals with Sally 7pm Spades Club</p>	<p>20 10am Meal Planning with Betty 11am Dealing with Loss with Sally 1pm Life Skills with Mike 2pm Benefits 101 with Betty 7pm Movie Club (Watch & Discuss)</p>	<p>21 10am Anger Management with Renee 11am Wellness Walk with Betty 1pm What You Thought You Knew with Amina 2pm Life Skills with Betty 7pm Coffee & Conversation</p>	<p>22 10am Peer Advisory Council with Adam 1pm WRAP with Mike 2pm Humor is Healing with Betty 3pm-5pm RSI Art Studio with Adam 7pm Current Events Check-In</p>	<p>23 NAT'L PICNIC DAY 10am Staying Connected with Renee 11am Addictions Awareness with Mike 1pm Forgiving Yourself and Others with Mike 3pm-7pm Academy of Peer Services Classes with Adam 7pm What's on Your Mind?</p>
<p>26 10am Staying Connected with Renee 11am Relaxation Activities with Sally 1pm The Blame Game with Amina 2pm Open Discussion with Sally 7pm Adult Coloring</p>	<p>27 10am Coping Skills with Betty 11am Snack Shop Meeting with Betty 1pm Relaxation Activities with Mike 2pm Benefits with Betty 7pm Movie Club (Watch & Discuss)</p>	<p>28 NAT'L Great Poetry Reading Day 10am Staying Connected with Renee 11am Journal Writing with Mike 1pm What You Thought You Knew with Amina 2pm Anger Management with Mike 7pm Coffee & Conversation</p>	<p>29 10am WRAP with Renee 11am Spring Cleaning Your Mind with Mike 1pm Life Skills with Mike 2pm Humor is Healing with Betty 3pm-5pm RSI Art Studio with Adam 7pm Current Events Check-In</p>	<p>30 10am Wellness Self-Management with Mike 11am Relaxation Activities with Betty 1pm Benefits 101 with Mike 3pm-7pm Academy of Peer Services Classes with Adam 7pm What's on Your Mind?</p>