


Empowerment Academy: March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Visit or Contact Us! 327 Elm St., Buffalo, NY 14203 Phone: 716-884-5216 ext 498</p> <p>OUR HOURS: Mondays-Fridays: 9a-9p Saturdays and Sundays: 9a-1p</p>	<p>1. 10a-11a: Hands of Emotions *Trinton 11a-12p: Social Hour 1p-2p: Spirituality 4 Recovery w Mark 3p-4p: Living with Bipolar w/ Renee 6p-8p: WRAP Workshop w/ Anthony</p>	<p>2. EA will OPEN at 1pm due to a staff training *customers welcome to participate in training 1p-2p: Renee's Group 3p-5p: *WRAP for disasters 7:30p-8:30p: Group w/Anthony</p>	<p>3. 10a-11a: Confidentiality w/Renee 11a-12p: Game Tournament 11a-3p: Wellness Outing 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club</p>
<p>6. 10a-11a: *Monday Check In w/Stephen 11a-12p: What is Bipolar Disorder w/ Renee S 1p-2p: Customer Run Group 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>	<p>7. 10a-11a: Chess & Checkers Trny 10a-11a: Starburst Game *Trinton 11a-12p: WRAP Planning 1p-3p: Trip Tuesday! (weather permitting) 6p-7p: Current Events w/Larry</p>	<p>8. 10a-11a: Anxiety & Depression w/Renee S 10a-11a: Newsletter Meeting 11a-12p: Mindfulness w/ Mark 1p-2p: Rachael's Group 3p-4p: Living with Bipolar w/ Renee 7p-8p: WRAP Workshop w/ Anthony</p>	<p>9. 10a-12p: PAC Meeting 1-2pm- Renee L's Group 2p-4p: Kitchen Planning 4pm: *Create emergency plans 7:30-8:30- Anthony's Group</p>	<p>10. 10a-11a: Friday Check in w/Renee L 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Tournament</p>
<p>13. 10a-11a: *Monday Check In w/Stephen 11a-12p: Meeting of the Minds w/ Renee S 1p-2p: Customer Run Group 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>	<p>14. 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-3p: Trip Tuesday! (weather permitting) 6p-7p: Newsletter Writing w/Larry</p>	<p>15. 10a-11a: Anxiety & Depression w/Renee S 11a-12p: Social Hour w/ Pat 1p-2p: Rachael's Group 3p-4p: Living with Bipolar w/ Renee 7p-8p: WRAP Workshop w/ Anthony</p>	<p>16. 10a-12p: *Winter WRAP Plans 11a-12p: Current events w/EA 1p-3p: Renee L's Group 2p-4p: Christmas Dinner Shopping 7:30p-8:30p: Group w/Anthony</p>	<p>17. St. Patrick's Day 10a-11a: *Winter kits prep with Renee L 11a-12p: Game Tournament 1p-3p: Spades Trny Rules Review w/ Renee S 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club & Rules</p>
<p>20. 10a-11a: *Monday Check In w/Stephen 11a-12p: What is Bipolar Disorder w/ Renee S 1p-2p: Customer Run Group 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>	<p>21. 10a-11a: *Are You Prepared? 11a-12p: Newsletter Club 2p-3p: Trip Tuesday! (weather permitting) 6p-7p: Current Events w/Larry</p>	<p>22. 10a-11a: Anxiety & Depression w/Renee S 11a-12p: Mindfulness w/ Mark 1p-3p: Cooking Chili 3p-4p: Living with Bipolar w/ Renee 6p-8p: WRAP Workshop w/ Anthony</p>	<p>23. 10a-11p: PAC Meeting 11a-1p: Chili Cook-Off! 2p-3p: *Create emergency plans 3p-5p: Art Studio w/Adam 7:30-8:30- Anthony's Group</p>	<p>24. <i>10a-11a: Friday Check in w/Renee</i> 1p: Karaoke w/Renee 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club Tournament</p>
<p>27. 10a-11a: Monday Check in w/Stephen 11a-12p: What is Bipolar Disorder w/ Renee S 1p-2p: Resource Class with Mal 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>	<p>28. 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-3p: Trip Tuesday! (weather permitting) 6p-7p: Newsletter Writing w/Larry</p>	<p>29. 10a-11a: Anxiety & Depression w/Renee S 11a-12p: Social Hour w/ Pat 1p-2p: Rachael's Group 3p-4p: Living with Bipolar w/ Renee 7p-8p: WRAP Workshop w/ Anthony</p>	<p>30. 10a-12p: *Winter WRAP Plans 11a-12p: Current events w/EA 1p-3p: Renee L's Group 2p-4p: Christmas Dinner Shopping 7:30p-8:30p: Group w/Anthony</p>	<p>31. 10a-11a: Almost Springtime with Renee L 11a-12p: Game Tournament 1p-3p: Harm Reduction Webinar 1p-4p: D&D w/ Stephen 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club & Rules</p>