

327 Elm Street – 2 <sup>nd</sup> Floor Buffalo NY 14203	<b>Empowerment Academy September 2021 Calendar of Events</b> ALL workshops are being held In-Person & Phone Call: 716-884-5216 Ext. 901 PIN 1234				Hours: M-F: 9a-9p Sat & Sun: 9a-1p
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>The events on this calendar are <b>subject to change</b> due unforeseen circumstances <b>** Please call ahead to confirm!**</b> 884-5216 ext. 498</p>	<p><b>Check It Out!</b> “The Value of...” Series! Mondays at 10am facilitated by Brandon!  AND Staff from all RSI programs will be on-site at EA to speak to!</p>	<p>1 10a-11a: Wellness Walk to Tim Horton’s (bring \$) with Renee 11a-12p: Advocating for Yourself w/ Betty 1-2p: Social Hour w/ Renee 3p-4p: Art Expressions w/ Amina 6p-8p: WRAP Workshop w/ Anthony</p>	<p>2 9a-12p: Staff Training on Motivational Interviewing (EA activities closed until 1p) 1p-2p: Calendar Planning w/Renee 2p-3p: Coffee &amp; Convo w/ Betty 3p-5p: RSI Art Studio w/Adam 7:30p-8:30p: Current Events w/ Anthony</p>	<p>3 **10a-12p: Fitness Friday! Walk at Canalside** w/ Renee 10a-11a: ACE Employment Staff at EA 1p-2p: Coffee &amp; Convo w/ Betty 3p-6p: Academy of Peer Services Classes w/ Adam 4p-8p: Spades Club</p>	
<p>6 <b>Labor Day</b> <b>Empowerment Academy</b> <b>is</b> <b>OPEN</b> <b>10am – 2pm</b></p>	<p>7 10a-12pm Housing Solutions Staff at EA 10a-11a: Newsletter Mtng w/ Larry 1p-4p: Board Games with Betty 6p-7p: Newsletter Writing w/ Dave</p>	<p>8 10a-11a: Mindful Breathing w/ Betty 11a-12p: Coffee &amp; Conversation w/ Renee 1p-2p: Prioritize Yourself w/ Betty 3p-4p: Art Expressions w/ Amina 6p-8pm: Movie Club w/Anthony</p>	<p>9 10a-12p: Peer Advisory Council (PAC) w/ Adam 1-3pm: Fall Crafts w/ Betty 3p-5p: RSI Art Studio w/ Adam 7:30p-8:30p: Current Events w/ Anthony</p>	<p>10 **10a-12p: Fitness Friday! Walk at Tift Farms** w/Betty 11a-12p: What’s On Your Mind w/ Renee 1p-2p: Chair Yoga w/ Renee 3p-6p: Academy of Peer Services Classes w/ Adam 4p-8p: Spades Club</p>	
<p>13 10a-11a: The Value Of... w/ Brandon 11a-12p: Anger Mgmt w/ Dave 1p-2p: Recovery Stories w/ Renee 2p-3p: Blame Game w/ Amina 6:30p: Movie Night w/ Anthony</p>	<p>14 10a-12p: Housing Solutions Staff at EA 10a-11a: Newsletter Mtng w/ Larry 1p-3p: Meal Planning &amp; Kitchen Cleaning w/Betty 6p-7p: Current Events w/ Dave</p>	<p>15 10a-12p: Wellness Walk around Delaware Park w/ Renee 11a-12p: Advocating for Yourself w/ Betty 1p-2p: Social Hour w/ Betty 2p-4p: Art Expressions w/ Amina 6p-8p: WRAP Workshop w/ Anthony</p>	<p>16 10a-12p: Housing Staff at EA 11a-12p: Current Events w/ Renee 1p-3p: Snack Shop Meeting w/ Betty 3p-5p: RSI Art Studio w/ Adam 7:30p-8:30p: Current Events w/Anthony</p>	<p>17 **10a-1p: Fitness Friday! Walk at Niagara Falls** w/ Renee 10a-11a: ACE Employment Staff at EA 1p-2p: Social Hour w/ Betty 3p-6p: Academy of Peer Services Classes w/ Adam 4p-8p: Spades Club</p>	
<p>20 10a-11a: The Value Of... w/ Brandon 11a-12p: Chair Yoga w/ Dave 1p-3p: Chat w/ Amina 6:30p: Movie Night w/ Anthony</p>	<p>21 10a-12p: Housing Solutions Staff at EA 10a-11a: Newsletter Mtng w/ Larry 1p-2p: Coffee &amp; Convo w/ Betty 2p-4p: Pool Tournament w/Betty 6p-8p: Newsletter Writing w/Dave</p>	<p>22 10a-12p: Wellness Walk around town (customer choice!) w/ Betty 11a-12p: Coffee &amp; Convo w/ Renee 1-2p: Healthy Eating w/ Betty 2p-4p: Art Expressions w/ Amina 6-8p: Movie Club w/ Anthony</p>	<p>23 10a-12p: Peer Advisory Council (PAC) w/ Adam 1p-3p: Wellness Self-Management w/ Renee 3p-5p: RSI Art Studio w/ Adam 7:30p-8:30p: Current Events w/ Anthony</p>	<p>24 **10a-2p: Letchworth State Park** w/ Betty 11a-12p: Writing Workshop w/ Renee 1-2p: Social Hour w/ Renee 3p-6p: Academy of Peer Services Classes w/ Adam 4p-8p: Spades Club</p>	
<p>27 10a-11a: The Value Of... w/ Brandon 11a-12p: Chat w/ Renee 1p-2p: Blame Game w/ Amina 2p-3p: Anger Mgmt w/ Dave 6:30p: Movie Night w/ Anthony</p>	<p>28 10a-12pm: Housing Solutions Staff at EA 10a-11a: Newsletter Mtng w/Larry 11-12p: MHA Legal Aid Presentation 1p-2p: Coffee &amp; Convo w/ Betty 2p-4p: Board Games w/ Betty 6p-7p: Current Events w/ Dave</p>	<p>29 10a-11a: Current Events w/ Betty 11-12p: Mindful Breathing w/ Renee 1p-2p: Snack Shop Mtng w/ Betty 2p-4p: Art Expressions w/ Amina 6p-7p: WRAP Workshop w/ Anthony</p>	<p>30 10a-12p: Housing Staff at EA 11a-12p: Current Events w/ Renee 1p-3p: Pool Tournament w/ Betty 3p-5p: RSI Art Studio w/ Adam 7:30p-8:30p: Current Events w/ Anthony</p>	<p><b>Join Us!</b> <b>Morning Meeting:</b> Every morning at 9:30a - See what’s going on each day! <b>Maintenance Unit Meetings:</b> Saturdays at 10a with Anthony <b>Newsletter Meetings:</b> Tuesdays at 10a with Larry <b>Kitchen &amp; Snack Shop Meetings:</b> Occur throughout the month!</p>	

