



### VISIT THE EMPOWERMENT ACADEMY

327 ELM STREET, BUFFALO, NY  
14203 (716)-884-5216  
EXT. 498

#### OUR HOURS:

MONDAYS-FRIDAYS: 9A-9P  
SATURDAYS AND SUNDAYS: 9A-1P

LUNCHEON SERVED M-F, 12 - 1 P.M.

DINNER SERVED M-F, 5 - 6 P.M.

HOLIDAY DINNER, 12/25, 10A.M. - 2 P.M.

### UB HEALS CONTINUES THUR NIGHTS THUR DECEMBER!



**MONDAY**

9:30 - 10AM: MORNING MEETINGS **2**  
10A - 11A WORK ON GOALS  
11A-12P: SELF CARE QUESTION & ANSWER  
12P - 1P: LUNCH AND CLEAN -UP  
1P - 3P: MYSTERY MONDAYS (ON HOLD)  
2P-3P: HEALTH AND WELLNESS TRIVIA  
3P-4P: WORKING ON GOALS  
5P-6P: DINNER AND CLEAN UP  
6P - 7P: BINGO  
8P - 9P: CLEAN UP AND CLOSE

9:30A-10A: MORNING MEETING **9**  
10A-11A WORKING ON GOALS  
11P -12P: SAFE COPING SKILLS  
12P - 1P: LUNCH AND CLEAN-UP  
2P-3P: MYSTERY MONDAY (WEATHER PERMITTED)  
3P-4P: WORKING ON GOALS  
5P-6P: DINNER AND CLEAN -UP  
6P-7P GAME GROUP  
8P-9P: CLEAN UP AND CLOSE

9:30A-10A: MORNING MEETING **16**  
10A-11A WORKING ON GOALS  
11P -12P: COMMITMENT TO RECOVERY  
12P - 1P: LUNCH AND CLEAN-UP  
2P-3P: MYSTERY MONDAY (WEATHER PERMITTED)  
3P-4P: WORKING ON GOALS  
5P-6P: DINNER AND CLEAN -UP  
6P-7P GAME GROUP  
8P-9P: CLEAN UP AND CLOSE

9:30A-10A: MORNING MEETING **23**  
10A-11A: WORKING ON GOALS  
11A-12P: GRATITUDE  
12P-1P: LUNCH AND CLEAN-UP  
1P-3P: MYSTERY MONDAY (WEATHER PERMITTING)  
3P-4P: WORKING ON GOALS  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE

9:30A-10A: MORNING MEETING **30**  
11A-12P: GROUNDING SELF  
12P-1P: LUNCH AND CLEAN-UP  
1P-3P: MYSTERY MONDAY  
2P-3P: WELLNESS AND RECOVERY  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE

**TUESDAY**

9:30 - 10AM: MORNING MEETINGS **3**  
11A-12P: TIME MANAGEMENT  
12P - 1P: LUNCH AND CLEAN -UP  
1P - 2P: WORK ON GOALS  
2P-3P: GROUP - BIPOLAR 101  
3P - 4P: WORK ON GOALS  
5P-6P: DINNER AND CLEAN UP  
6P - 7P: GROUP  
8P - 9P: CLEAN UP AND CLOSE

9:30A-10A-MORNING MEETING **10**  
10A- 11A: WORKING ON GOALS  
11A-12P: HOW TO DEAL WITH STRESS  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: GRIEF RECOVERY  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8-9P: CLEAN UP & CLOSE

9:30A - 10A: MORNING MEETING **17**  
10A-11A: WORKING ON GOALS  
11AM-12P: FOCUSING SKILLS  
12P-1P: LUNCH AND CLEAN-UP  
1P-2P: WORK ON GOALS  
2P-3P: STARBURST GAME  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8-9P: CLEAN-UP & CLOSE

9:30A-10A-MORNING MEETING **24**  
11A-12P: ART DECORATIONS  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: HOLIDAY GRIEF  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE

9:30A-10A-MORNING MEETING **31**  
11A-12P: COPING TRIGGERS  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: GRIEF RECOVERY  
5P-P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSING

**WEDNESDAY**

9:30 - 10AM: MORNING MEETINGS **4**  
10A-11A: WORK ON GOALS  
11A-12P: RECOVERY THINKING  
12P - 1P: LUNCH AND CLEAN -UP  
1P - 2P: WORK ON GOALS  
2P-3P: COMMUNITY RESOURCES  
5P-6P: DINNER AND CLEAN UP  
6P - 7P: GROUP  
8P - 9P: CLEAN UP AND CLOSE

9:30A-10A: MORNING MEETING **11**  
10A - 11A: WORKING ON GOALS  
11A-12P: SHARE MEAL IDEAS  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: STAFF MEETING/ CUSTOMER GROUP  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN UP & CLOSE

9:30A-10A: MORNING MEETING **18**  
10A-11A: WORKING ON GOALS  
11A-12P: RESPECTING YOURSELF AND OTHERS  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: STAFF IN MEETING/CUSTOMER GROUP  
3P-4P WORKING ON GOALS  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN -UP & CLOSE

### MERRY CHRISTMAS!!!



**THURSDAY**

MANITORY TRAININGS - 9A-11A **5**  
NO EA SERVICES DURING THIS TIME

12P - 1P: LUNCH AND CLEAN -UP  
1P - 2P: WORK ON GOALS  
2P-3P: HEALTHY RELATIONSHIPS  
5P-6P: DINNER AND CLEAN UP  
6P - 7P: GROUP  
8P - 9P: CLEAN UP AND CLOSE

9:30-10A: MORNING MEETING **12**  
10A - 11A: WORKING ON GOALS  
11A-12P: ASKING FOR HELP  
12P-1P: LUNCH AND CLEAN UP  
1P - 2P: GOAL SETTINGS  
2P-3P: HEALTH AND WELLNESS SCATTIGORIES  
3P-4P: WORKING ON GOALS  
5P-6P: DINNER AND CLEAN-UP  
6P - 7P - GAME GROUP  
8P - 9P CLEAN - UP & CLOSE **19**

9A-10:00A: MORNING MEETING **12**  
10A-11A WORKING ON GOALS  
11A-12P: APARTMENT HUNTING HOW TO  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: HYGIEINE GROUP  
3P-4P WORKING ON GOALS  
5P-6P: DINNER AND CLEAN-UP  
6P-7PM GAME GROUP  
8P-9P: CLEAN-UP AND CLOSE

9A-10:00A: MORNING MEETING **26**  
10A-11A WORKING ON GOALS  
11A-12P: PING PONG GAME  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: WELLNESS AND HEALTH KARAOKE  
3P-4P WORKING ON GOALS  
5P-6P: DINNER AND CLEAN-UP  
6P-7PM GAME GROUP  
8P-9P: CLEAN-UP AND CLOSE

**FRIDAY**

9:30 - 10AM: MORNING MEETINGS **6**  
10A - 11A: WORK ON GOALS  
11A-12P: PTSD WHAT IS IT  
12P - 1P: LUNCH AND CLEAN -UP  
1P - 2P: WORK ON GOALS  
2P-3P: SELF-NURTURING  
3P - 8P: SPADE TOURNAMENT  
5P-6P: DINNER AND CLEAN UP  
8P - 9P: CLEAN UP AND CLOSE

9:30 - 10AM: MORNING MEETINGS **13**  
10A - 11A: WORK ON GOALS  
11A-12P: LIFE CHOICES GAME  
12P - 1P: LUNCH AND CLEAN -UP  
1P - 2P: WORK ON GOALS  
2P-3P: SETTING BOUNDARIES  
3P - 8P: SPADE TOURNAMENT  
5P-6P: DINNER AND CLEAN UP  
8P - 9P: CLEAN UP AND CLOSE

9:30A-10A: MORNING MEETING **20**  
10A-11A: WORKING ON GOALS  
11A-12P: EXPLORATION OF PAIN  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: EMOTIONAL JOURNALLING  
3P-8P: SPADES TOURNAMENT  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE

9:30A-10A: MORNING MEETING **27**  
11A-12P: COMMUNICATION  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: DEALING WITH EMOTIONS  
3P-8P SPADES TOURNAMENT  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE