

Empowerment Academy: January 2022

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

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 – Saturday New Year's Day EA Open 10a-2p	3 10a-11a: The Value Of... w/ Brandon 11a-12p: Anger Mgmt w/ Dave 2p-3p: Recovery Stories w/ Renee 6:30p: Movie Night w/ Anthony	4 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-2p: WRAP Plans w/Dave 2p-4p: Board Games with Stephen 6p-7p: Newsletter Writing w/ Dave	5 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Dreaming w/ Rachael 2p-3p: Public Speaking w/Stephen 6-8p: Movie Club w/ Anthony	6 9a-12p: Staff Training (Snack bar closed) 1-3pm: Winter Crafts w/ Rachael 3p-5p: RSI Art Studio w/ Adam* 7:30p-8:30p: Current Events w/ Anthony	7 10a-11a: ACE Employment Staff at EA 10a-12a: Pool Tournament (Day One) 1p-2p: Communicating w/Dave 3p-5p: Academy of Peer Services Classes w/ Adam* 4p-8p: Spades Club
2 – Sunday Open 9a-1p					
10 10a-11a: The Value Of... w/ Brandon 11a-12p: Recovery Stories w/ Renee 1p-2p: Crafts with Liz 6:30p: Movie Night w/ Anthony	11 10a-11a: Addiction and Recovery w/ Stephen 1p-2p: Journaling w/Dave 2p-4p: Board Games with Stephen 6p-7p: Current Events w/ Dave	12 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Make Your Own Naan Pizza for lunch w/Stephen 1-2p: Social Hour w/ Renee 6p-8p: WRAP Workshop w/ Anthony	13 10a-12p: Peer Advisory Council (PAC) w/ Adam (Free Coffee and Biscotti)* 2p-4p: OMH Virtual Town Hall 3p-5p: RSI Art Studio w/ Adam*	14 10a-11a: Fitness Friday! w/ Renee 1p-2p: Bullying w/Dave 3p-5p: Academy of Peer Services Classes w/ Adam* 4p-8p: Spades Club	
17 Martin Luther King Jr. Day! EA Open 10a-2p	18 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-2p: WRAP Plans w/Dave 2p-3p: Meal Planning w/ Stephen 6p-7p: Newsletter Writing w/ Dave	19 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Diversity Community Documentary – <i>Lead Me Home</i> 2p-3:30p: Diversity Community Event 6p-8pm: Movie Club w/Anthony	20 10a-11a: Open Group w/Christopher 11a-12p: Newsletter Check-in 1-2pm: Get Creative w/Christopher 3p-5p: RSI Art Studio w/ Adam* 7:30p-8:30p: Current Events w/Anthony	21 10a-11a: ACE Employment Staff at EA 10a-12p: Pool Tournament (Day Two) 1p-2p: Chair Yoga w/ Dave 3p-5p: Academy of Peer Services Classes w/ Adam* 4p-8p: Spades Club	
24 10a-11a: The Value Of... w/ Brandon 11a-12p: Customer Topic w/Christopher 6:30p: Movie Night w/ Anthony	25 10a-11a: Addiction and Recovery w/ Stephen 11a: Talk to a Lawyer for FREE! (MHA) 1p-2p: Journaling w/Dave 2p-4p: Board Games with Stephen 6p-7p: Current Events w/ Dave	26 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Dreaming w/ Rachael 2p-3p: Advocating for Yourself w/ Stephen 6p-8p: WRAP Workshop w/ Anthony	27 10a-12p: Peer Advisory Council (PAC) w/ Adam (Free Coffee and Biscotti)* 2p-4p: OMH Virtual Town Hall 3p-5p: RSI Art Studio w/ Adam* 7:30p-8:30p: Current Events w/ Anthony	28 10a-11p: Stress management w/Dave 11a-12p: Writing Workshop w/ Renee 3p-5p: Academy of Peer Services Classes w/ Adam* 4p-8p: Spades Club	
31 10a-11a: The Value Of... w/ Brandon 11a-12p: Anger Mgmt w/ Dave 2p-3p: Recovery Stories w/ Renee 6:30p: Movie Night w/ Anthony		<p style="text-align: center;">Check It Out! "The Value of..." Series! facilitated by Brandon!</p> <hr style="width: 20%; margin: auto;"/> <p style="text-align: center;">* For these events, please contact Adam directly with questions! 716-208-8126</p>	<p style="text-align: center;">The events on this calendar are subject to change due to unforeseen circumstances</p> <p style="text-align: center;">Please call ahead to confirm 716-884-5216 ext. 498</p>	<p style="text-align: center;">Join Us On-site or by Phone! 327 Elm St. Buffalo, NY 14203 Phone: 716-884-5216 ext. 901 (PIN 1234) Hours of Operation Mon-Fri 9am-8:30pm Sat & Sun 9am-1pm</p>	