



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

HOLIDAYS: 10A-2P

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

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



MONDAY

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9:30A-10A: MORNING MEETING
10A-11A WORKING ON GOALS
11P -12P: CONVERSATION ABOUT MENTAL HEALTH
12P - 1P: LUNCH AND CLEAN-UP
2P-3P: MEDITATION
3P-4P: WORKING ON GOALS
5P-6P: DINNER AND CLEAN -UP
6P-7P GAME GROUP
8P-9P: CLEAN UP AND CLOSE

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9:30A-10A: MORNING MEETING
10A-11A WORKING ON GOALS
11P -12P: CONVERSATION ABOUT MENTAL HEALTH
12P - 1P: LUNCH AND CLEAN-UP
2P-3P: MEDITATION
3P-4P: WORKING ON GOALS
5P-6P: DINNER AND CLEAN -UP
6P-7P GAME GROUP
8P-9P: CLEAN UP AND CLOSE

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9:30A-10A: MORNING MEETING
10A-11A WORKING ON GOALS
11P -12P: SETTING BOUNDARIES
12P - 1P: LUNCH AND CLEAN-UP
2P-3P: SCATTERGORIES (MENTAL HEALTH)
3P-4P: WORKING ON GOALS
5P-6P: DINNER AND CLEAN -UP
6P-7P GAME GROUP
8P-9P: CLEAN UP AND CLOSE

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9:30A-10A: MORNING MEETING
10A-11A: WORKING ON GOALS
11A-12P: AVOIDING NEGATIVE THINKING
12P-1P: LUNCH AND CLEAN-UP
1P-3P: DECISION MAKING
3P-4P: WORKING ON GOALS
5P-6P: DINNER AND CLEAN-UP
6P-7P: GAME GROUP
8P-9P: CLEAN-UP & CLOSE

TUESDAY

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9:30A-10A: MORNING MEETING
10A-11A WORKING ON GOALS
11P -12P: STARBURST GAME
12P - 1P: LUNCH AND CLEAN-UP
2P-3P: ART GROUP
3P-4P: WORKING ON GOALS
5P-6P: DINNER AND CLEAN -UP
6P-7P GAME GROUP
8P-9P: CLEAN UP AND CLOSE

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9:30A-10A-MORNING MEETING
10A - 11A: WORKING ON GOALS
11A-12P: WHAT IS A GOAL?
12P-1P: LUNCH AND CLEAN-UP
2P-3P: ART GROUP
5P-6P: DINNER AND CLEAN-UP
6P-7P: GAME GROUP
8-9P: CLEAN UP & CLOSE

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9:30A - 10A: MORNING MEETING
10A-11A: WORKING ON GOALS
11AM-12P: PRO AND CON LISTS
12P-1P: LUNCH AND CLEAN-UP
1P-2P:WORK ON GOALS
2P-3P: STORY TELLING
5P-6P: DINNER AND CLEAN-UP
6P-7P: GAME GROUP
8-9P: CLEAN-UP & CLOSE

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9:30A-10A-MORNING MEETING
11A-12P: GOAL SETTING
12P-1P: LUNCH AND CLEAN-UP
2P-3P: ASSERTIVENESS VS. AGRESSIVE
5P-6P: DINNER AND CLEAN-UP
6P-7P: GAME GROUP
8P-9P: CLEAN-UP & CLOSE

WEDNESDAY

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9:30A-10A: MORNING MEETING
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

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9:30A-10A: MORNING MEETING
10A - 11A: WORKING ON GOALS
11A-12P: SHARE GROUP 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

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9:30A-10A: MORNING MEETING
10A-11A: WORKING ON GOALS
11A-12P: HEALTHY EATING
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

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9:30A-10A: MORNING MEETING
10A-11A: WORKING ON GOALS
11A-12P: PSTD: WHAT IS IT?
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

THURSDAY

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9:30-10A: MORNING MEETING
10A - 11A: WORKING ON GOALS
11A-12P: HOW TO TAKE CRITICISM
12P-1P: LUNCH AND CLEAN UP
1P - 2P: GOAL SETTINGS
2P-3P: WHAT MIGHT EFFECT YOUR MENTAL HEALTH
3P-4P: WORKING ON GOALS
5P-6:5P: DINNER AND CLEAN-UP
6P - 7P - GAME GROUP
8P - 9P CLEAN - UP & CLOSE

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9:30-10A: MORNING MEETING
10A - 11A: WORKING ON GOALS
11A-12P: GROUNDING TECHIQUES
12P-1P: LUNCH AND CLEAN UP
1P - 2P: WORKING ON GOALS
2P-3P: DEPRESSION/HOPE
3P-4P: WORKING ON GOALS
5P-6:5P: DINNER AND CLEAN-UP
6P - 7P - GAME GROUP
8P - 9P CLEAN - UP & CLOSE

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9:30-10A: MORNING MEETING
10A - 11A: WORKING ON GOALS
11A-12P:STRESS RESPONSES
12P-1P: LUNCH AND CLEAN UP
1P - 2P: WORKING ON GOALS
2P-3P: BUDGETING
3P-4P: WORKING ON GOALS
5P-6:5P: DINNER AND CLEAN-UP
6P - 7P - GAME GROUP
8P - 9P CLEAN - UP & CLOSE

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9:30-10A: MORNING MEETING
10A - 11A: WORKING ON GOALS
11A-12P: EMOTIONAL REACTION TO GREIF
12P-1P: LUNCH AND CLEAN UP
1P - 2P: WORKING ON GOALS
2P-3P: COPING W/ ANXIETY
3P-4P: WORKING ON GOALS
5P-6:P: DINNER AND CLEAN-UP
6P - 7P - GAME GROUP
8P - 9P CLEAN - UP & CLOSE

FRIDAY

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9:30 - 10AM: MORNING MEETINGS
10A - 11A: WORK ON GOALS
11A-12P: LIGHT HOUSE JOURNALING
12P - 1P: LUNCH AND CLEAN -UP
1P - 2P: WORK ON GOALS
2P-3P: POETRY
3:30P - 8P: SPADE CLUB
5P-6P: DINNER AND CLEAN UP
8P - 9P: CLEAN UP AND CLOSE

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9:30 - 10AM: MORNING MEETINGS
10A - 11A: WORK ON GOALS
11A-12P: ANXIETY
12P - 1P: LUNCH AND CLEAN -UP
1P - 2P: WORK ON GOALS
2P-3P: COPING W/ SELF-ESTEEM
3:30P - 8P: SPADE CLUB
5P-6P: DINNER AND CLEAN UP
8P - 9P: CLEAN UP AND CLOSE

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9:30 - 10AM: MORNING MEETINGS
10A - 11A: WORK ON GOALS
11A-12P: GRATITUDE WHAT IS IT
12P - 1P: LUNCH AND CLEAN -UP
1P - 2P: WORK ON GOALS
2P-3P: THE POWER OF HUMAN CONNECTION
3:30P - 8P: SPADE CLUB
5P-6P: DINNER AND CLEAN UP
8P - 9P: CLEAN UP AND CLOSE

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9:30 - 10AM: MORNING MEETING
10A - 11A: WORK ON GOALS
11A-12P: TRIGGERS AND WARNING SIGNS
12P - 1P: LUNCH AND CLEAN -UP
1P - 2P: WORK ON GOALS
2P-3P: ACCOUNTABILITY
3:30P - 8P: SPADE CLUB
5P-6P: DINNER AND CLEAN UP
8P - 9P: CLEAN UP AND CLOSE