**October 2020 Empowerment Academy Calendar**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Join Us On-site or**  **by Phone!**  **Call: 716-884-5216**  **ext 901 PIN 1234**  **Mon-Fri 9am-8:30pm**  **Sat & Sun 9am-1pm** | **Parenting Support Groups:**  **October 3rd, 17th & 3b 1st**  **PAC Discussions Daily** | Cartoon Pumpkin with Vines | 1  **10am** Staying Connected with Brandon  **1pm** WRAP with Renee  **2pm** Calendar Planning with Sally  **7pm** What’s on your Mind with Erik | 2  **10am** Stay Connected! with Brandon  **1pm** Connecting with Others with Renee  **2pm** Coping with Addiction with Betty  **7pm** Coping during COVID with Tony |
| **5**  **10am** Stay Connected! With  Antonio  **1pm** Learn How-To TeleHealth! with Renee  **2pm** Coping with Addiction w/Sally  **7pm** Lets Chat with Sametra | **6**  **10am** Staying Connected with Antonio  **1pm** Connecting with Others with Sally  **2pm** Coping with Addiction with Betty  **7pm** What’s on your Mind with Tony | **7**  **10am** Staying Connected with Brandon  **1pm** Benefits with Renee  **2pm** Kitchen Planning with Betty  **7pm** Depression & Anxiety Group with Tony | **8**  **10am** Staying Connected with Brandon  **1pm** WRAP with Betty  **2pm** Calendar Planning with Sally  **7pm** What’s on your Mind with Erik | **9**  **10am** Staying Connected with Brandon  **1pm** Connecting with Others with Renee  **2pm** Coping with Addiction with Betty  **7pm** Coping during COVID with Erik |
| **12**  **10am** Stay Connected! with Antonio  **1pm** Learn How-To TeleHealth! with Renee  **2pm** Coping with Addiction w/Sally  **7pm** Lets Chat with Sametra | **13**  **10am** Staying Connected with Antonio  **11am** ACE Orientation (call-in)  **1pm** Connecting with Others with Sally  **2pm** Coping with Addiction with Betty  **7pm** What’s on your Mind with Tony | **14**  **10am** Staying Connected with Brandon  **1pm** Benefits with Renee  **2pm** Staying Healthy with Betty  **7pm** Depression & Anxiety Group with Tony | **15**  **10am** Staying Connected with Brandon  **1pm** WRAP with Renee  **2pm** Calendar Planning with Sally  **7pm** What’s on your Mind with Erik | **16**  **10am** Stay Connected! with Brandon  **1pm** Connecting with Others with Renee  **2pm** Coping with Addiction with Betty  **7pm** Coping during COVID with Sametra |
| **19**  **10am** Staying Connected with Antonio  **1pm** Learn How-To TeleHealth! with Renee  **2pm** Coping with Addiction w/Sally  **7pm** Lets Chat with Sametra | **20**  **10am** Staying Connected with Antonio  **1pm** Connecting with Others with Sally  **2pm** Voter Education with Renee  **3pm** Coping with Addiction w/Betty  **7pm** What’s on your Mind with Tony | **21**  **10am** Staying Connected with Brandon  **1pm** Benefits with Renee  **2pm** Kitchen Planning with Betty  **7pm** Depression & Anxiety Group with Tony | **22**  **10am** Staying Connected with Brandon  **1pm** WRAP with Betty  **2pm** Calendar Planning with Sally  **7pm** What’s on your Mind with Erik | **23**  **10am** Staying Connected with Brandon  **1pm** Connecting with Others with Renee  **2pm** Coping with Addiction with Betty  **7pm** Coping during COVID with Tony |
| **26**  **10am** Stay Connected! with Antonio  **1pm** Learn How-To TeleHealth! with Renee  **2pm** Coping with Addiction w/Sally  **7pm** Lets Chat with Sametra | **27**  **10am** Staying Connected with Antonio  **1pm** Connecting with Others with Sally  **2pm** Voter Education with Renee  **7pm** What’s on your Mind with Tony | **28**  **10am** Staying Connected with Brandon  **1pm** Benefits with Renee  **2pm** Staying Healthy with Betty  **7pm** Depression & Anxiety Group with Tony | **29**  **10am** Staying Connected with Brandon  **1pm** WRAP with Betty  **2pm** Calendar Planning with Sally  **7pm** What’s on your Mind with Erik | **30**  **10am** Staying Connected with Brandon  **1pm** Connecting with Others with Renee  **2pm** Coping with Addiction with Betty  **7pm** Coping during COVID with Erik |