**October 2020 Empowerment Academy Calendar**

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

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| **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! WithAntonio**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 |