

# Empowerment Academy: February '23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1. 10a-11a: Hands of Emotions *Trinton 11a-12p: Social Hour 1p-2p: Spirituality 4 Recovery w Mark 3p-4p: Living with Bipolar w/ Renee 6p-8p: WRAP Workshop w/ Anthony</p>	<p>2. <b>EA will OPEN at 1pm</b> due to a staff training</p> <p>1p-2p: Renee's Group 3p-5p: *WRAP for disasters 7:30p-8:30p: Group w/Anthony</p>	<p>3. <b>10a-11a: Confidentiality w/Renee</b> <b>11a-12p: Game Tournament</b> 11a-3p: Wellness Outing <b>1p-4p: D&amp;D w/ Stephen</b> <b>2p-4p: Peer Career Services</b> <b>Community of Practice</b> 4p-8p: Spades Club</p>
<p>6. <b>10a-11a: *Monday Check In w/Stephen</b> 11a-12p: What is Bipolar Disorder w/ Renee S 1p-2p: Customer Run Group 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>	<p>7. <b>10a-11a: Chess &amp; Checkers Trny</b> <b>10a-11a: Starburst Game *Trinton</b> <b>11a-12p: WRAP Planning</b> <b>1p-3p: Trip Tuesday! (weather permitting)</b> <b>6p-7p: Current Events w/Larry</b></p>	<p>8. <b>10a-11a: Anxiety &amp; Depression w/Renee</b> 10a-11a: <a href="#">Newsletter Meeting</a> <b>11a-12p: Mindfulness w/ Mark</b> 1p-2p: Rachael's Group 3p-4p: Living with Bipolar w/ Renee 7p-8p: WRAP Workshop w/ Anthony</p>	<p>9. <b>10a-12p: PAC Meeting</b> <b>1-2pm- Renee's Group</b> 2p-4p: Kitchen Planning 4pm: *Create emergency plans <b>7:30-8:30- Anthony's Group</b></p>	<p>10. 10a-11a: Friday Check in w/Renee 1p-4p: D&amp;D w/ Stephen 2p-4p: Peer Career Services Community of Practice <b>4p-8p: Spades Tournament</b></p>
<p>13. <b>10a-11a: *Monday Check In w/Stephen</b> 11a-12p: What is Bipolar Disorder w/ Renee S 1p-2p: Customer Run Group 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>	<p>14. 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club <b>1p-3p: Trip Tuesday! (weather permitting)</b> 6p-7p: Newsletter Writing w/Larry</p>	<p>15. 10a-11a: Anxiety &amp; Depression w/Renee 11a-12p: Social Hour w/ Pat 1p-2p: Rachael's Group 3p-4p: Living with Bipolar w/ Renee 7p-8p: WRAP Workshop w/ Anthony</p>	<p>16. 10a-12p: *Winter WRAP Plans 11a-12p: Current events w/EA 1p-3p: Renee's Group 2p-4p: Christmas Dinner Shopping 7:30p-8:30p: Group w/Anthony</p>	<p>17. 10a-11a: *Winter kits prep with Renee 11a-12p: Game Tournament <b>1p-3p: Harm Reduction Webinar</b> <b>1p-4p: D&amp;D w/ Stephen</b> 2p-4p: Peer Career Services Community of Practice 4p-8p: Spades Club &amp; Rules</p>
<p>20. <b>President's Day</b> <b>EA is OPEN 10am - 2pm</b></p>	<p>21. 10a-11a: *Are You Prepared? 11a-12p: Newsletter Club <b>2p-3p: Trip Tuesday! (weather permitting)</b> 6p-7p: Current Events w/Larry</p>	<p>22. 10a-11a: Anxiety &amp; Depression w/Renee 11a-12p: Mindfulness w/ Mark 1p-2p: Rachael's Group 3p-4p: Living with Bipolar w/ Renee 6p-8p: WRAP Workshop w/ Anthony</p>	<p>23. <b>10a-12p: PAC Meeting</b> <b>1-2pm- Renee's Group</b> 2p-3p: *Create emergency plans <b>3p-5p: Art Studio w/Adam</b> <b>7:30-8:30- Anthony's Group</b></p>	<p>24. <i>10a-11a: Friday Check in w/Renee</i> 1p: Karaoke w/Reece <b>1p-4p: D&amp;D w/ Stephen</b> 2p-4p: Peer Career Services <b>Community of Practice</b> <b>4p-8p: Spades Club Tournament</b></p>
<p>27. <b>10a-11a: Monday Check in w/Stephen</b> 11a-12p: What is Bipolar Disorder w/ Renee S 1p-2p: Resource Class with Mal 2p-3p: Spirituality 4 Recovery w Mark 6:30p: Movie Night w/ Anthony</p>	<p>28. 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club <b>1p-3p: Trip Tuesday! (weather permitting)</b> 6p-7p: Newsletter Writing w/Larry</p>	<p><b>Visit or Contact Us!</b> 327 Elm St., Buffalo, NY 14203 Phone: 716-884-5216 ext 498</p> <p><b>OUR HOURS:</b> Mondays-Fridays: 9a-9p Saturdays and Sundays: 9a-1p</p>	<p>Be prepared! Check out our NEW *Winter Preparedness Series*</p>	