



**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**

**LUNCHEON SERVED M-F, 12 - 1 P.M.**

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

**HOLIDAY DINNER, 12/25, 10A.M. - 2 P.M.**



**MONDAY**

**9:30A-10A: MORNING MEETING 6  
10A-11A WORKING ON GOALS  
11P-12P: SAFE COPING SKILLS  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: MYSTERY MONDAY  
(WEATHER/STAFFING PERMITTED)  
3P-4P: WORKING ON GOALS  
5P-6P: DINNER AND CLEAN -UP  
6P-7P GAME GROUP  
8P-9P: CLEAN UP AND CLOSE**

**9:30A-10A: MORNING MEETING 13  
10A-11A WORKING ON GOALS  
11P-12P: COMMITMENT TO RECOVERY  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: MYSTERY MONDAY  
(WEATHER PERMITTED)  
3P-4P: WORKING ON GOALS  
5P-6P: DINNER AND CLEAN -UP  
6P-7P GAME GROUP  
8P-9P: CLEAN UP AND CLOSE**

**9:30A-10A: MORNING MEETING 20  
10A-11A: WORKING ON GOALS  
11A-12P: GRATITUDE  
12P-1P: LUNCH AND CLEAN-UP  
1P-3P: MYSTERY MONDAY (WEATHER PERMITTING)  
3P-4P: WORKING ON GOALS  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE**

**9:30A-10A: MORNING MEETING 27  
11A-12P: GROUNDING SELF  
12P-1P: LUNCH AND CLEAN-UP  
1P-3P: MYSTERY MONDAY  
2P-3P: WELLNESS AND RECOVERY  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE**

**TUESDAY**

**9:30A-10A-MORNING MEETING 7  
10A-11A: WORKING ON GOALS  
11A-12P: HOW TO DEAL WITH STRESS  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: GRIEF RECOVERY  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8-9P: CLEAN UP & CLOSE**

**9:30A - 10A: MORNING MEETING 14  
10A-11A: WORKING ON GOALS  
11AM-12P: FOCUSING SKILLS  
12P-1P: LUNCH AND CLEAN-UP  
1P-2P:WORK ON GOALS  
2P-3P: STARBURST GAME  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8-9P: CLEAN-UP & CLOSE**

**9:30A-10A-MORNING MEETING 21  
11A-12P: ART DECORATIONS  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: HOLIDAY GRIEF  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE**

**9:30A-10A-MORNING MEETING 28  
11A-12P: COPING TRIGGERS  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: GRIEF RECOVERY  
5P-P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSING**

**WEDNESDAY**

**HAPPY NEW YEARS!  
OPEN 10-2**

**9:30A-10A: MORNING MEETING 8  
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**

**9:30A-10A: MORNING MEETING 15  
10A-11A: WORKING ON GOALS  
11A-12P: RESPECTING YOURSELF AND OTHERS  
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**

**9:30A-10A: MORNING MEETING 22  
10A-11A: WORKING ON GOALS  
11A-12P: RESPECTING YOURSELF AND OTHERS  
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**

**9:30A-10A: MORNING MEETING 29  
10A-11A: WORKING ON GOALS  
11A-12P: RESPECTING YOURSELF AND OTHERS  
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**

**9:30A-10A: MORNING MEETING 2  
10A - 11A: WORKING ON GOALS  
11A - 12P: GOAL SETTING  
12P - 1P: LUNCH AND CLEAN -UP  
1P - 2P: WORK ON GOALS  
2P-3P: HEALTHY RELATIONSHIPS  
5P-6P: DINNER AND CLEAN UP  
6P - 7P: GROUP  
8P - 9P: CLEAN UP AND CLOSE**

**9:30-10A: MORNING MEETING 9  
10A - 11A: WORKING ON GOALS  
11A-12P: ASKING FOR HELP  
12P-1P: LUNCH AND CLEAN UP  
1P - 2P: GOAL SETTINGS  
2P-3P: HEALTH AND WELLNESS  
SCATTIGORIES  
3P-4P: WORKING ON GOALS  
5P-6P: DINNER AND CLEAN-UP  
6P - 7P - GAME GROUP  
8P - 9P CLEAN - UP & CLOSE 16**

**9A-10:00A: MORNING MEETING 23  
10A-11A WORKING ON GOALS  
11A-12P: APARTMENT HUNTING HOW TO  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: HYGIEINE GROUP  
3P-4P WORKING ON GOALS  
5P-6P: DINNER AND CLEAN-UP  
6P-7PM GAME GROUP  
8P-9P: CLEAN-UP AND CLOSE**

**9A-10:00A: MORNING MEETING 30  
MEETING 10A-11A WORKING  
ON GOALS 11A-12P: PING  
PONG GAME 12P-1P: LUNCH  
AND CLEAN-UP 2P-3P:  
WELLNESS AND HEALTH  
KARAOKE 3P-4P WORKING ON  
GOALS 5P-6P: DINNER AND  
CLEAN-UP 6P-7PM GAME  
GROUP 8P-9P: CLEAN-UP AND  
CLOSE**

**FRIDAY**

**9:30 - 10AM: MORNING MEETINGS 3  
10A - 11A: WORK ON GOALS  
11A-12P: PTSD WHAT IS IT  
12P - 1P: LUNCH AND CLEAN -UP  
1P - 2P: WORK ON GOALS  
2P-3P: SELF-NURTURING  
3P - 8P: SPADE TOURNAMENT  
5P-6P: DINNER AND CLEAN UP  
8P - 9P: CLEAN UP AND CLOSE**

**9:30 - 10AM: MORNING MEETINGS 10  
10A - 11A: WORK ON GOALS  
11A-12P: LIFE CHOICES GAME  
12P - 1P: LUNCH AND CLEAN -UP  
1P - 2P: WORK ON GOALS  
2P-3P: SETTING BOUNDARIES  
3P - 8P: SPADE TOURNAMENT  
5P-6P: DINNER AND CLEAN UP  
8P - 9P: CLEAN UP AND CLOSE**

**9:30A-10A: MORNING MEETING 17  
10A-11A: WORKING ON GOALS  
11A-12P: EXPLORATION OF PAIN  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: EMOTIONAL JOURNALLING  
3P-8P: SPADES TOURNAMENT  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE**

**9:30A-10A: MORNING MEETING 24  
11A-12PP: COMMUNICATION  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: DEALING WITH EMOTIONS  
3P-8P SPADES TOURNAMENT  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE**

**9:30A-10A: MORNING MEETING 31  
11A-12PP: COMMUNICATION  
12P-1P: LUNCH AND CLEAN-UP  
2P-3P: DEALING WITH EMOTIONS  
3P-8P SPADES TOURNAMENT  
5P-6P: DINNER AND CLEAN-UP  
6P-7P: GAME GROUP  
8P-9P: CLEAN-UP & CLOSE**