

## March calendar for Mental Health Empowerment Project's Peer Support Groups

Beyonna Belton <[bbelton@mhepinc.org](mailto:bbelton@mhepinc.org)>








Fri 2/28/2020 2:32 PM

To: Waltenia Taylor ([walteniat@interfaithpartnership.com](mailto:walteniat@interfaithpartnership.com)) <[walteniat@interfaithpartnership.com](mailto:walteniat@interfaithpartnership.com)>

Good Afternoon,

This is our calendar for Peer Support Groups held by MHEP staff at various locations. Please print and distribute to your staff and clients. Feel free to contact me if you have any questions or concerns. Have a great weekend.

# March 2020 - Empowerment Exchange Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><i>Sort Out Your Stress</i> 10:30 am / WC</p> <p><i>Game Group</i> 2:00 pm / ZP</p>	<p>3</p> <p><i>Poetry Group</i> 11:00 am / CPL</p> <p><i>Dual Recovery Support</i> 4:00 pm / CDRC</p> <p><i>Alternatives to Suicide</i> 4:30 pm / EE</p>	<p>4</p> <p><i>Meditation</i> 2:00 pm / LL</p> 	<p>5</p> <p><i>Mood Boosters</i> 11:00 am / Renss. Library</p> <p><i>Women's Network</i> 3:00 pm / ILC</p> <p><i>Life Changes</i> 4:00 pm / ILC</p> <p><i>Hearing Voices</i> 4:00 pm / EE</p> <p><i>Dual Recovery Support</i> 6:00 pm / OC</p>	<p>6</p> <p><i>Men's Network</i> 11:00 am / BB</p> <p><i>Writing</i> 1:00 pm / LL</p> <p><i>Albany Women's Group</i> 3:00 – 5:00 pm / AL</p>
<p>9</p> <p><i>Sort Out Your Stress</i> 10:30 am / WC</p> <p><i>Game Group</i> 2:00 pm / ZP</p>	<p>10</p> <p><i>Poetry Group</i> 11:00 am / CPL</p> <p><i>Dual Recovery Support</i> 4:00 pm / CDRC</p> <p><i>Alternatives to Suicide</i> 4:30 pm / EE</p> 	<p>11</p> <p><i>Meditation</i> 2:00 pm / LL</p>	<p>12</p> <p><i>Mood Boosters</i> 11:00 am / Renss. Library</p> <p><i>Women's Network</i> 3:00 pm / ILC</p> <p><i>Life Changes</i> 4:00 pm / ILC</p> <p><i>Hearing Voices</i> 4:00 pm / EE</p> <p><i>Dual Recovery Support</i> 6:00 pm / OC</p>	<p>13</p> <p><i>Men's Network</i> 11:00 am / BB</p> <p><i>Writing</i> 1:00 pm / LL</p> <p><i>Albany Women's Group</i> 3:00 – 5:00 pm / AL</p> <p><i>Film: Spiderman: Homecoming</i> 5:30 pm / EE / 2h 15m / PG-13</p> 
<p>16</p> <p><i>Sort Out Your Stress</i> 10:30 am / WC</p> <p><i>Game Group</i> 2:00 pm / ZP</p>	<p>17</p> <p><i>Poetry Group</i> 11:00 am / CPL</p> <p><i>Dual Recovery Support</i> 4:00 pm / CDRC</p> <p><i>Alternatives to Suicide</i> 4:30 pm / EE</p>	<p>18</p> <p><i>Meditation</i> 2:00 pm / LL</p>	<p>19</p> <p><i>Mood Boosters</i> 11:00 am / Renss. Library</p> <p><i>Women's Network</i> 3:00 pm / ILC</p> <p><i>Life Changes</i> 4:00 pm / ILC</p> <p><i>Hearing Voices</i> 4:00 pm / EE</p> <p><i>Dual Recovery Support</i> 6:00 pm / OC</p> 	<p>20</p> <p><i>Men's Network</i> 11:00 am / BB</p> <p><i>Writing</i> 1:00 pm / LL</p> <p><i>Albany Women's Group</i> 3:00 – 5:00 pm / AL</p>
<p>23</p> <p><i>Game Group</i> 2:00 pm / ZP</p> 	<p>24</p> <p><i>Poetry Group</i> 11:00 am / CPL</p> <p><i>Dual Recovery Support</i> 4:00 pm / CDRC</p> <p><i>Alternatives to Suicide</i> 4:30 pm / EE</p>	<p>25</p> <p><i>Meditation</i> 2:00 pm / LL</p>	<p>26</p> <p><i>Mood Boosters</i> 11:00 am / Renss. Library</p> <p><i>Women's Network</i> 3:00 pm / ILC</p> <p><i>Life Changes</i> 4:00 pm / ILC</p> <p><i>Hearing Voices</i> 4:00 pm / EE</p> <p><i>Dual Recovery Support</i> 6:00 pm / OC</p>	<p>27</p> <p><i>Men's Network</i> 11:00 am / BB</p> <p><i>Writing</i> 1:00 pm / LL</p> <p><i>Albany Women's Group</i> 3:00 – 5:00 pm / AL</p> <p><i>Film: Yesterday</i> 5:30 pm / EE / 1h 56m / PG-13</p> 
<p>30</p> <p><i>Game Group</i> 2:00 pm / ZP</p>	<p>31</p> <p><i>Poetry Group</i> 11:00 am / CPL</p> <p><i>Dual Recovery Support</i> 4:00 pm / CDRC</p> <p><i>Alternatives to Suicide</i> 4:30 pm / EE</p>			

AL = Howe Library, 105 Schuyler St., Albany (Large Conference Room)  
 BB = Bruegger's Bagels, 55 Congress Street, Troy  
 CPL = Cohoes Public Library, 169 Mohawk St. #2, Cohoes  
 EE = Empowerment Exchange, 2136 Burdett Avenue, Troy

ILC = Independent Living Center, 15 Third Street, Troy  
 LL = Lansingburgh Library, 27 114<sup>th</sup> Street, Lansingburgh, Troy  
 RL = Rensselaer Library, 676 East St. Rensselaer  
 ZP = Zombie Planet, 1238 Central Avenue, Albany



**The Empowerment Exchange of Rensselaer County**

2136 Burdett Avenue Troy, NY 12180

(518) 235-2173

[EmpowermentExchange@mhepinc.org](mailto:EmpowermentExchange@mhepinc.org) [mhepinc.org/empowerment-exchange](http://mhepinc.org/empowerment-exchange) [facebook.com/EmpowermentExchange](https://www.facebook.com/EmpowermentExchange)

The Empowerment Exchange is a peer-based organization dedicated to offering support that will encourage people to find their personal power and to use their own unique voice. As current or former recipients of mental health services, we believe that recovery is possible for everyone. At the heart of our work is the belief that people can reclaim their lives, independence, and hope. The support we offer includes individual and group peer mentoring, advocacy, as well as a peer-run hotline.

**Support Groups:** Healing does not occur in isolation. Join a community of peers through fun, enriching activities and supportive discussions.

**One on One Peer Support:** Meet with a peer support mentor individually to work on specific goals related to your recovery.

**Peer Support Line:** A confidential, nonjudgmental service that offers peer support over the phone 24 hours a day 7 days a week Call **800-643-7462**

Group/Activity	Day/Time	Location
Sort Out Your Stress	Mondays, 11:00 am – 1 pm	Wellness Center of Hudson Valley Community College Siek Building Rm. 270
Game Group	Mondays, 2:00 – 3:00 pm	Zombie Planet, 1238 Central Ave. / Albany, NY
Poetry Group	Tuesdays, 11:00 am – 12:00 pm	Cohoes Public Library, 169 Mohawk St. #2 / Cohoes, NY
Dual Recovery Support	Tuesday, 4:00 pm – 5:00 pm	Capital District Recovery Center, 45 Colvin Ave. / Albany, NY
Alternatives to Suicide	Tuesdays, 4:30 - 5:30 pm	Empowerment Exchange, 2136 Burdett Ave. / Troy, NY
Meditation	Wednesdays, 2:00 - 3:00 pm	Lansingburgh Library, 27 114th St. / Troy, NY
Mood Boosters	Thursdays, 11:00 am - 12:00 pm	Rensselaer Library, 676 East St. / Rensselaer, NY
Women’s Network	Thursdays, 3:00 - 4:00 pm	Independent Living Center, 15 3rd St. / Troy, NY
Hearing Voices	Thursdays, 4:00 - 5:00 pm	Empowerment Exchange, 2136 Burdett Ave. / Troy, NY
Life Changes	Thursdays, 4:00 - 5:00 pm	Independent Living Center, 15 3rd St. / Troy, NY
Dual Recovery Support	Thursdays, 6:00 – 7:00 pm	Oakwood Community Center, 313 10th St. / Troy
Men’s Network	Fridays, 11:00 am - 12:00 pm	Bruegger’s, 55 Congress St. / Troy, NY
Expressive Writing	Fridays, 1:00 - 2:00 pm	Lansingburgh Library, 27 114th St. / Troy, NY
Albany Women’s Group	Fridays, 3:00 – 5:00 pm	Howe Library, 105 Schuyler St. / Albany, NY (Large Conference Room)
Movie Nights	Friday, 3/13, 3/27 5:30 - 8:00 pm	Empowerment Exchange, 2136 Burdett Ave. / Troy, NY

Beyonna Belton  
**Peer Support Advocate**  
Mental Health Empowerment Project  
3 Atrium Drive, Suite 200  
Albany, New York 12205  
518.434.1393 x103  
[www.mhepinc.org](http://www.mhepinc.org)

IMPORTANT NOTICE: This e-mail is meant only for the use of the intended recipient. It may contain confidential information which is legally privileged or otherwise protected by law. If you received this e-mail in error or from someone who was not authorized to send it to you, you are strictly prohibited from reviewing, using, disseminating, distributing or copying the e-mail. PLEASE NOTIFY US IMMEDIATELY OF THE ERROR BY RETURN E-MAIL AND DELETE THIS MESSAGE FROM YOUR SYSTEM. Thank you for your cooperation.