

# Empowerment Center

## October

### Monday

11:00 AM Check In  
11:30 AM Help Yourself  
1:00 PM Cards for Humanity  
2:00 PM Open Art Studio

### Tuesday

11:00 AM Check In  
11:30 AM Help Yourself  
12:30 PM Express Yourself  
2:00 PM Open Art Studio

### Wednesday

11:00 AM Check In  
11:30 AM Help Yourself  
1:00 PM Mindful Walking  
2:00 PM How to get a head  
2:00 PM Open Art Studio

### Thursday

11:00 AM Check In  
11:30 AM Help Yourself  
12:30PM Lets Color  
2:00 PM Open Art Studio

# Empowerment Center

## October

### Monday

11:00 AM Check In  
11:30 AM Help Yourself  
1:00 PM Cards for Humanity  
2:00 PM Open Art Studio

### Tuesday

11:00 AM Check In  
11:30 AM Help Yourself  
12:30 PM Express Yourself  
2:00 PM Open Art Studio

### Wednesday

11:00 AM Check In  
11:30 AM Help Yourself  
1:00 PM Mindful Walking  
2:00 PM How to get a head  
2:00 PM Open Art Studio

### Thursday

11:00 AM Check In  
11:30 AM Help Yourself  
12:30PM Lets Color  
2:00 PM Open Art Studio