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| February 2018 Tel. 884-5216 Fax 884-2847 | Empowerment Academy Workshops  Open Monday – Friday for hours please look below | | | 327 Elm Street, Buffalo NY 14203 |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Image result for february | EA Hours  Sun: 9am-1pm  Mon: 9am-5pm  Tues: 9am-5pm  Wed: 9am-9pm  Thu: 9am-9pm  Fri: 9am-9pm  Sat: 9am-1pm | Please Note  \*= Workshop is held in the community and EA will be closed except for appointments and emergencies only | 1.  **EA Closed from 9am-12pm**  1-2pm: Signs of Co-Dependency  7-8pm: Challenging Neg. Thoughts | **2.**  10-12pm: EA Spring Cleaning!  1-2pm: EA Spring Cleaning!  2pm: Writing Workshop  **\*7-9pm: UB Men’s BBall Game** |
| 5.  10-11am: Assertive Comm.  11-12pm: Social Skill Activities  1-2pm: Ted Talk Series | 6.  10-12pm: Underground Railroad Tour  1-2pm: Black History Month Trivia  Image result for black history month | **7.**  10-11am: Relaxation/Mindfulness Activities  11-12pm: Anger Management  1-2pm: Choosing a PCP  \*7-8pm: DBT Skills: Distress Tolerance | **8.**  10-11am: Childhood Stories  11-12pm: Creative Writing Workshop  1-2pm: Tips for Eliminating Debt  7-8pm: Movie Night (Watch & Discuss) | 9.  10-11am: Adult Coloring Group  10-11 am: Peer Support Group  1pm: Quality of Life Group  2pm: Writing Workshop  \*6-8pm: Black History Month Trivia |
| 12. **\*9:45am Guest Speaker**  10-11am: Teambuilding Activities  11-12pm: Goal Setting Workshop  1-2pm: Ted Talk Series | 13. **Mardi Gras-Fat Tuesday**  10-11am: DIY Mardi Gras Mask  11-12pm: Bake a Mardi Gras Mask  1-2pm – Coffee & Conversation | **14. Happy Valentine’s Day!**  10a-11am: Healthy Relationships  11-12pm: Let’s Talk about Sex  1-2pm: Wellness after a Romantic Relationship  **\*7-8pm: UB Women Bball Game** | 15.  10- 11am: Germ Prevention  11-12pm: Winter First Aid Tips  1-2pm: Combatting Mental Hoarding  7-8pm: Managing Depressive Symptoms | 16.  10-12pm: EA Spring Cleaning!  1-2pm: EA Spring Cleaning!  2pm: Writing Workshop    \*6-8pm: Pool Tournament |
| 19.  Happy President’s Day! (EA Open from 10am-2pm) | 20.  **Buffalo Zoo**  **10am-12pm**  **($5.00 – See staff to sign up**)  \*1-2pm - Rock Painting w/ Cinda | 21.  10-11am: Benefits of Socialization  11-12pm: Qualities of a Good Friend  1-2pm: Managing PTSD    \*7-8pm: Understanding Defense Mechanisms | 22.  10-11am: General Health Mgmt. Tips  11-12pm: Healthy Eating Workshop  1-2pm: Managing Anxiety  \*7-8pm: Movie Night (Watch & Discuss) | 23.  10-11pm- Adult Coloring Group  11-12pm: Peer Support Group  1pm: Quality of Life Group  2pm: Writing Workshop  \*6-8pm: Spades Tournament |
| 26.  10-11am: Current Events Workshop  11-12pm: Winter Fun in Buffalo  1-2pm: Ted Talk Series | 27. \***Legislative Day in Albany**  10-11am: Gratitude Exercises  11-12pm: Adult Coloring with a Twist  1-2pm – Coffee & Conversation | 28. **MHA Legal Clinic 9a-11a**  10-11am: Self Exploration: Values  11-12pm: Improving Self-Care  1-2pm: Preventing IP Violence  **\*6-8pm: Monthly Spotlight @ Spot Coffee** | Legislative Day in Albany!  2/27/2018  8am-4pm (Transportation & Food Provided)  ($5 refundable deposit required) | Image result for february |