


June 2017 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	
*Check out the Pride Parade Sunday June 4th @ Noon  (Free) (If any customers would like to attend please let staff know)	Please Note: *= workshop is held in the community and EA will be closed except for appointments and emergencies only	EA Hours Sun:9am-1pm Mon:9am-5pm Tues:9am-5pm Wed: 9am-9pm Thurs:9am-9pm Fri: 9am -9pm Sat: 9am-1pm	1. National Gardening Week 10-11am: What are your Hobbies? 11-12pm: Build Y/O Terrarium activity 1-2pm: You are not Alone Support Group *7-8pm: Recovery Stories	2. 10-11am: Adult Coloring Group 11-12pm: Peer Support Group 1pm: Quality of Life Group 2pm: Writing Workshop *6-8pm: Pool Tournament (Prizes Included)	
5. 10-11am: Benefits 101 11-12pm: Budgeting 101 1-2pm: Ted Talk Series	6. *10am-12pm: Everyone Can Dance (Canalside) 1-2pm: REBT Peer Group 3pm: Staff Meeting	7. *Program Closed for Staff Training 9 till noon* 1-2pm: Social Hour *6-7: DBT: Emotional Regulation	8. 10-10:30am: Healthy Eating Workshop *10:30-12pm: Downtown Country Market (Lafayette Square) 1-2pm: You are Not Alone Support Group *7-8pm: Childhood Stories	9. 10-11am: Adult Coloring Group 11-12pm: Peer Support Group 1pm: Quality of Life Group 2pm: Writing Workshop *6:30-8:30pm: Cheer on Team RSI at the Superhero Race!	
12. 10-11am: Alcohol Education 11-12pm: Drug Education 1-2pm: Creative Writing Group	13. 10-11am: Community Resource Knowledge 11-12pm: Understanding Self & Others 1-2pm: REBT Peer Group 3pm: Staff Meeting	14. Happy Flag Day! 10-11am: Flag Day Art Activities 11-12pm: Thinking about Gratitude *1-3pm: Wednesday Wellness Walk (Naval Park- Canalside) *7-9: Buf Bisons vs. LHV Ironpigs 7:05pm	15. 10-11am: Self-Exploration (Values) 11-12pm: Basic First Aid Tips for the Summer 1-2pm: You are Not Alone Support Group *7-8pm: Dealing with Stress	16. 10-11am: Adult Coloring Group 11-12pm: Peer Support Group 1pm: Quality of Life Group 2pm: Writing Workshop *6-8pm: Spades Tournament	
19. 10-11am: Universal Safety Precautions 11-12pm: Fire Prevention Tips 1-2pm: Ted Talk Series	20. 10-11am: An Honest Look at Self-Sabotage 11-12pm: Challenging Negative Thoughts 1-2pm: REBT Peer Group 3pm: Staff Meeting	21. 1st Day of Summer! *Program Closed for Staff Training 9 to 5 pm* *6-7pm: Creative Problem Solving	22. 10 – 11am: Managing Schizophrenia 11 – 12pm: Managing Anxiety 1-2pm: You are Not Alone Support Group *7-8pm: Eat Good, Feel Good	23. Take Your Dog to Work Day! *10-12pm – Walk Dogs in Delaware Park (or walk yourself!) 1pm: Quality of Life Group 2pm: Writing Workshop *7-9pm Bingo Night (Prizes)	
26. 10-11am: Dual Disorder Education 11-12pm: Managing Addictions 1-2pm: Goal Setting Workshop	27. 10-11am: Wellness after a Romantic Relationship 11-12pm: Letting Go of the Need of to Control 1-2pm: REBT Peer Group 3pm: Staff Meeting	28. 10-11am: Financial Literacy Workshop 11-12pm: Learning to Accept Personal Responsibility *1-3pm: Wednesday Wellness Walk *6-7pm: Finding Your Passions	29. 10-11am: Healthy Boundaries 11-12pm: Healthy Living: HIV/STI Awareness 1-2pm: You are Not Alone Peer Support Group *6-8pm: Monthly Spotlight @ Spot Coffee	30. 10-11am: Adult Coloring Group 11-12pm: Peer Support Group 1pm: Quality of Life Group 2pm: Writing Workshop *7-9pm: BUF Bisons vs. SYR Chiefs 7:05p	