


<b>May 2017</b> Tel. 884-5216 Fax 884-2847	<b>Empowerment Academy Workshops</b> <b>Open Monday – Friday for hours please look below</b>			327 Elm Street, Buffalo NY 14203
Monday	Tuesday	Wednesday	Thursday	Friday
1. <b>Nat’l MH Awareness Month!</b> 10-11am: Challenging stigmas of MH 11-12pm: Create posters for the MH Flash Mob 1-2pm: Ted Talk Series	2. 10-11am- MH Jeopardy Game! 11-12pm-Finish posters for the MH Flash Mob  1-2pm: Peer Support Group	3. <b>*8:30am-12pm: How a Peer Mentor Can Change an Org (Buffalo Psych Center)</b> <b>*1-3pm- Wednesday Wellness Walk: (Cherry Blossom Festival)</b> 6-7pm: Time Management Skills	4. <b>* Mental Health Flash Mob!!! (Central Library) 10am-1pm</b>  *6-7pm: Therapeutic Journaling	5. <b>Happy Cinco de Mayo!</b> 10-11am: Adult Coloring Group 11-12pm: Talking about Teamwork 1-2pm – Quality of Life Group 2pm – Writing Workshop  <b>*7-9pm: Bisons Game</b>
8. 10-11am- Improving Self-Care 11-12pm- The Joy of Laughing 1-2pm: Understanding Non-Verbal Cues	9. <b>*10-12pm: Computer Basics (Central Library)</b> 1-2pm: Peer Support Group	10. <b>*10-12pm: Wednesday Wellness Walk</b> 1-2pm- Responsibilities of Driving *6-7pm: Mindfulness Activities	11. 10-11am:Building Resiliency 11-12pm: Coping Skills Jeopardy 1-2pm: Peer Support Group <b>*5:30-7:30pm: Open Mic Night (Crane Library)</b>	12. 10-11am: Adult Coloring Group 11-12pm: Talking about Teamwork 1pm – Quality of Life Group 2pm – Writing Workshop *6-8pm: Spades Tournament
15. 10-11am: Healthy Living: Weight Mgmt. 11-12pm: Sit & Get Fit 1-2pm: Ted Talk Series	16. <b>Wear Purple for Int’l Peace Day!</b> *10-12pm: Internet Basics (Central Library) 1-2pm: Peer Support Group	17. 10-11am: Musical Expressions 11-12pm: Anti-Bullying Workshop <b>*1-3pm: Wellness Walk (Observation Deck City Hall)</b> <b>*6-8pm: Bisons Game</b>	18. 10- 11am: Managing Depression 11 – 12pm: Challenging Negative Thoughts 1-2pm – Peer Support Group *6-7pm: DBT: Distress Tolerance	19. 10-11am: Adult Coloring Group 11-12pm: Talking about Teamwork 1pm- Quality of Life Group 2 pm- Writing Workshop *6-8pm: Board Game Tournament
22. 10-11 am – What are my Hobbies? 11-12pm- Socialization Vs. Isolation 1-2pm – Eviction Prevention Workshop	23. 10-11am- Managing PTSD 11-12pm- Understanding Defense Mechanisms 1-2pm: Peer Support Group	24. <b>*10-12pm- Wellness Walk</b> 1-2pm– Diversity Tolerance *6-7pm: Creative Expressions	25. 10-11am: Dealing With Loss 11-12pm: Memorial Day Crafts/Decorate EA 1-2pm: Peer Support Group <b>*6-8pm – Monthly Spotlight w/ Guest Speaker (Spot Coffee)</b>	26. 10-11am: Adult Coloring Group 11-12pm: Talking about Teamwork 1pm – Quality of Life Group 2pm - Writing Workshop * Movie Club (Watch & Discuss)
29. <b>Happy Memorial Day!!! (EA open from 10am-2pm)</b> 	30. 10-11am – WRAP Workshop 11-12pm – Intimate Boundaries (Recognizing Sexual Assault & Harassment) 1-2pm: Peer Support Group	31. World No Tobacco Day! 10-11am: Smoking Cessation 11-12pm: DBT Skills: Interpersonal Effectiveness <b>*1-3pm: Wellness Walk (Canalside)</b>  *6-7pm: Dealing w/ Oppression	<u><b>Hours of Operation</b></u> Sun:9a-1p Mon:9a-5p Tues:9a-5p Wed:9a-9p Thur:9a-9p Fri:9a-9p Sat: 9a-1p	<b>Please Note:</b> *= workshop is held in the community and EA will be closed except for appointments and emergencies only

