


<b>November 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	
	<b>EA Hours</b> Mon: 9a-5p Tue: 9a-5p Wed: 9a-9p Thur: 9a-9p Fri: 9a-9p Sat & Sun: 9a-1p	1. 10-11am: Goal Setting Workshop 11-12pm: Therapeutic Journaling 1-2pm: Leadership Skills 6-7pm: Challenging Negative Thoughts	2. <b>Come Join us at Project Homeless Connect!!!</b> Buffalo Convention Center 9am-4:30pm 4-5pm: Dance Days w/ Buffalo State 6-7pm: Emotional Resiliency	3. 10-11am: Adult Coloring Group 11-12pm: Peer Support Group 1-2pm: Quality of Life Group 2-3pm: Writing Workshop 6-7pm: Pool Tournament	
6. 10-11am: The Joy of Laughing 11-12pm: Time Mgmt. Skills 1-2pm: Ted Talk Series	7. <b>Happy Election Day!</b> 10-11am: How to Vote/Current Events Workshop 11-12pm: Dance Days w/ Buffalo State 1-2pm: Coffee & Conversation	8. 10-11am: Relaxation Through Art 11-12pm: Managing Anxiety 1-2pm: Tips for Improving Memory/Concentration 7-8pm: Dance Days w/ Buffalo State	9. <b>*10am-12pm: Computer Basics (Central Library)</b> 1-2pm: Managing Dual Disorders 6-7pm: Movie Night	10. 10-11 am: Adult Coloring Group 11-12pm: Peer Support Group 1-2pm: Quality of Life Group 2-3pm: Writing Workshop 6-7pm: Spades Tournament	
13. 10-11am: Working through Fear 11-12pm: Interpersonal Violence Peer Support Group 1-2pm: Ted Talk Series	14. 10-11 am – Dealing W/ Loss 11-12pm: Dance Days w/ Buffalo State 1-2pm: Coffee & Conversation	15. 10-11am: Winter Safety Tips 11-12pm: Germ Prevention 1-2pm: Current Events Workshop 6-7pm: Finding Supports	16. 10- 11am: Budgeting Workshop 11 – 12pm: Talking about Forgiveness 1-2pm: Managing Chronic Illness 6-7pm: Relaxation Skills	17. 10-11am: Adult Coloring Group 11-12pm: Peer Support Group 1-2pm: Quality of Life Group 2-3pm: Writing Workshop 6-7pm: Bingo Tournament	
20. 10-11am: Thanksgiving Day Prep 11-12pm: Thanksgiving Day Prep 1-2pm: Ted Talk Series	21. 10-11am: Thanksgiving Day Prep 11-12pm: Thanksgiving Day Prep 1-2pm - Rock Painting w/ Cinda	22. 10-11am: Thanksgiving Day Prep 11-12pm: Thanksgiving Day Prep 1-2pm– Thanksgiving Day Prep 6-7pm: Coping Skills Workshop	23. <div style="text-align: center;"> <b>Happy Thanksgiving!!!</b>          (EA Open from 10am-2pm)       </div>	24. 10-11am: Adult Coloring Group 11 – 12pm: Peer Support Group 1-2pm: Quality of Life Group 2-3pm: Writing Workshop 6-7pm: Card Games	
27. *10am-12pm: Disaster Preparedness (WNY Red Cross) 1-2pm: Ted Talk Series	28. 10-11am: Christmas Rehearsal 11-12pm: DBT Skills: Mindfulness 1-2pm: Coffee & Conversation	29.* <b>MHA Law Clinic at EA (Walk-Ins from 9am-11am)</b> 10-11am: Dealing w/ Oppression 11-12pm: Creative Problem Solving 1-2pm: What are Your Hobbies? <b>*6-7pm: Monthly Spotlight @ Spot Coffee</b>	30. 10-11am: Christmas Rehearsal 11-12pm: Letting Go of the need to Control 1-2pm- Beating Procrastination 6-7pm: Movie Club	<b>Please Note:</b> *= workshop is held in the community and EA will be closed except for appointments and emergencies only	

