


October 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
2. 10-11am: Family Tree Workshop 11-12pm: Leadership Skills 1-2pm: Ted Talk Series	3. 10-11am: Positive Affirmations 11-12pm: Creative Writing Prompts 1-2pm-Social Hour	4. 10-11am: How Healthy is Your Home? 11-12pm: Fall Fun on a Budget 1-2pm: Impulse Control *6-8pm: Collage Workshop Series (UB)	5. Nat'l Veggies Day 9-10:30am: Staff Training 11-12pm: Healthy Eating Tips 1-2pm: Exercise on a Budget 6-7pm: Managing Depressive Symptoms	6. 10-11am: Adult Coloring Group 11-12pm: Peer Support Group 1-2pm: Quality of Life Group 2-3pm: Writing Workshop 6-8pm: Pool Tournament
9. *Chocolate Factory Tour 10am-12pm Tickets \$2 1-2pm: Ted Talk Series	10. World Mental Health Day 10-11am: Tenant Rights & Responsibilities 11-12pm: Qualities of a Good Friend 1-2pm: Social Hour	10. 10-11am: Budgeting 101 11-12pm: Eviction Prevention Tips 1-2pm: Managing Emotions 3pm Get in the Know About the Medicaid Changes at Central Library 6-7pm: Tenant Rights & Responsibilities	11. 10-11am: Choosing a PCP 11-12pm: Personal Hygiene 1-2pm: Importance of Dental Care 6-8pm: Movie Club Friendship Foundation Comedy Club Fundraiser	12. 10-11am: Adult Coloring Group 11-12pm: Peer Support Group 1-2pm: Quality of Life Group 2-3pm: Writing Workshop 6-8pm: Spades Tournament
16. 10-11am – Relationships 101 11-12pm – Managing Addictive Behaviors 1-2pm: Ted Talk Series	17. *Great Pumpkin Farm (Free) Clarence, NY 10am-12pm 1-2pm: Social Hour	18. 10-11am: Healthy Boundaries 11-12pm: Living Without Substance Use 1-2pm: Impulse Control 6-7pm: Talking about Coping Skills	19. 10- 11am: You are Not Your Diagnosis 11 – 12pm: Recovery Stories 1-2pm: Current Events Workshop 6-8pm: Recovery Stories	20. 10-11am: Adult Coloring Workshop 11-12pm: Peer Support Group 1-2pm: Quality of Life Group 2-3pm: Writing Workshop 6-8pm: Family Feud (MH Edition)
23. 10-11am: Healthy Decision Making 11-12pm: Benefits 101 1-2pm: Ted Talk Series	24. 10-11am: Family Feud (Mental Health Edition) 11-12pm- Fall Craft/Decorate EA for Fall Fest 1-2pm: Social Hour	25. 10-11am: Let's Talk about Sex 11-12pm: Loving Yourself (Self-Esteem Workshop) 1-2pm– Fire Safety Tips 6-7pm: Healthy Decision Making	26. 10-11am: DBT Skills: Mindfulness 11-12pm: Working through Fear 1-2pm – Preventing Interpersonal Violence 6-8pm: Movie Club	27. 10-11am: Adult Coloring Group 11 – 12pm: Peer Support Group 1-2pm: Quality of Life Group 2-3pm: Writing Workshop 6-8pm: Card Games
30. 10-11am: Combatting Perfectionism 11-12pm: The Joy of Laughing 1-2pm: Ted Talk Series	31. 10-11am – Fall Fest Party!!! 11-12pm – WRAP Workshop 1-2pm: Social Hour		<u>EA Hours</u> Sun 9a-1pm Mon 9a-5p Tues 9a-5pm Wed 9a-9p Thu 9a-9p Fri 9a-9p Sat 9a-1p	Please Note: *= workshop is held in the community and EA will be closed except for appointments and emergencies only

