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| **June 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 |
| [544553EB](https://www.google.com/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiotq7y1InbAhUM5oMKHTMiDC0QjRx6BAgBEAU&url=https://www.soara.org/2016/06/soara-june-activities/&psig=AOvVaw2bDNzxDqEbQrkxSTfmiRLy&ust=1526540555278742) | **EA Hours**  Sun:9am-1pm  Mon:9am-5pm  Tues:9am-5pm  Wed: 9am-9pm  Thurs: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 | **\*Check out the Pride Parade Sunday June 3rd @ Noon\***  **(Free)**  **Rainbow-300px**  **(If any customers would like to attend please let staff know)** | 1.  10-11am: CBT Work  11-12pm: Quality of Life Group  1-2pm: Writing Workshop  **\*6:30-8:30pm: Cheer on Team RSI at**  **the Superhero Race!** |
| 4.  10-11am: Managing Depression  11-12pm: Community Resource  Knowledge  1-2pm: Diversity Tolerance | 5.  **\*10am-12pm: Silver Sneakers**  **Boom (Canalside)**  1-2pm: Coffee & Conversation  (Calendar Planning) | 6. **Nat’l Garden Exercise Day!**  10-11am: What are Your  Hobbies?  11-12pm: Improving Self- Care  **\*1-3pm: Community Garden**  **Walk**  6-7pm: Goal Setting Workshop | 7.  **Staff Development Training**  **9am-11am**  **EA is Closed 9 to 12 pm**  1-2pm: Goal Setting Workshop  6-7pm: Movie Club | 8.  10-11am: CBT Work  11-12pm: Quality of Life Group  1-2pm: Writing Workshop  **6-7pm: Pool Tournament (Prizes**  **Included)** |
| 11.  10-11am: Benefits 101  11-12pm: Budgeting 101  1-2pm:DBT Skills: Emotional  Regulation | 12*.*  10-11am: Adult Coloring w/ a Twist  11-12pm: WRAP Workshop  1-2pm: Coffee & Conversation  (Calendar Planning) | 13.  **\*10-12pm: Wed Wellness Walk**  1-2pm: Creative Writing  Workshop  6-7p: Managing Addictive  Behaviors | 14. **Happy Flag Day!**  10-11am: Flag Day Art Activities  11-12pm: Gratitude Exercises  1-2pm: You Are Not Your Diagnosis  6-7p: CBT Work | 15.  **\*10-12pm: Buffalo History Museum**  **(Free)**  1 – 2pm: Writing Workshop  **\*7-9pm: Buffalo Bisons Game** |
| 18.  10-11am: Childhood Stories  11-12pm: Understanding  Defense Mechanisms  1-2pm: Combatting  Perfectionism | 19.  **\*10-12pm: Silver Sneakers Boom**  **(Canalside)**  1-2pm: Coffee & Conversation  (Calendar Planning) | 20.  10-11am: Finding Supports  11-12pm: Self Exploration  (Values)  **\*1-3pm: Wed Wellness Walk**  6-7: De-stressing Stress | 21. **1st Day of Summer**  10-11am: Summer Germ Prevention  11-12pm: Summer Fun on a Budget  1-2pm: Effective Vs. Ineffective  Communication  6-7pm: Movie Club | 22. **Take Your Dog to Work Day!**  **\*10am-12pm: Walk dogs in Delaware**  **Park (Or Walk Yourself)**  1-2pm: Writing Workshop  6-7pm: Spades Tournament (Prizes  Included) |
| 25.  10-11am: Breaking Up is Hard to  Do  11-12pm: Let’s Talk About Sex  1-2pm: Universal Safety  Precautions | 26.  10-11am: Eat Good Feel Good  **\*11-12pm: Downtown Country**  **Market (Lafayette Square)**  1-2pm: Coffee & Conversation  (Calendar Planning) | 27. **MHA Legal Clinic 9a-11a**  **\*10-12pm: Wednesday Wellness**  **Walk**  1-2pm: Healthy Living: Personal  Hygiene  **\*6-8pm: Monthly Spotlight (Spot**  **Coffee)** | 28.  10-11am: Creative Problem Solving  11-12pm: Managing Anxiety  **\*1-3pm: Buffalo Bisons Game**  6-7pm: Dual Disorder Education | 29.  10-11am: CBT Work  11-12pm: Quality of Life Group  1-2pm: Writing Workshop  **\*7-9pm: Shakespeare in the Park** |