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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 |  **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 Depression11-12pm: 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 10111-12pm: Budgeting 1011-2pm: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 Diagnosis6-7p: 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 Prevention11-12pm: Summer Fun on a Budget 1-2pm: Effective Vs. Ineffective  Communication6-7pm: 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  Do11-12pm: 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 Solving11-12pm: 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**  |