


November 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	
	Please Note: *= workshop is held in the community and EA will be closed except for appointments and emergencies only	EA Hours Sun:9am-1pm Mon:9am-5pm Tues:9am-5pm Wed: 9am-9pm Thurs:9am-9pm Fri: 9am -9pm Sat: 9am-1pm	1. Staff Development (EA Closed from 9am-12pm) 1-2pm: Teambuilding Activities 6-8pm: Movie Club	2. 10-11am: Goal Setting Workshop 11-12pm: Therapeutic Journaling 1pm: Social Hour 4-8:30pm: Spades Tournament	
5. 10-11am: Leadership Skills 11-12pm: Challenging Negative Thoughts 1-2pm: Brain Teasers 6-9pm: Socialization Hours	6. Happy Election Day!!! 10-11am: How To Vote 11-12pm: Current Events Workshop 1-4pm: Open Hours to Go Vote 6-9pm: Open Hours to Go Vote (See an EA Staff to Sign-Up)	7. *10am-12pm: Computer Basics (Central Library) 1-2pm: Accepting Personal Responsibility *6-7: Communicating in Tight Spots	8. 10-11am: Talking about Addiction 11-12pm: The Joy of Laughing 1-2pm: Time Management Skills 6-7pm: Relaxation Through Art	9. 10-11am: Fire Prevention Tips 11-12pm: Signs of the Road 1pm: Social Hour 4-8:30pm: Spades Tournament	
12. 10-11am: Managing Anxiety 11-12pm: Qualities of a Good Friend 1-2pm: Calendar Planning 6-9pm: Socialization Hours	13. *10-11:30am: You're In Control (Central Library) 1-2pm: Coffee & Conversation 6-9pm: Socialization Hours	14. *Amherst Little Free Pantry *10am-12pm 1-3pm: Movie Club 6-7pm: Mindfulness Activities	15. 10-11am: Talking about Addiction 11-12pm: Working Through Fear 1-2pm: Preventing Interpersonal Violence 6-8pm: Movie Club	16. *10am-12pm: Buffalo Historical Museum (Free) 1pm: Social Hour 4-8:30pm: Spades Tournament	
19. 10-11am Thanksgiving Day Prep 11-12pm: Thanksgiving Day Prep 1-2pm: Thanksgiving Day Movies 6-9pm: Socialization Hours	20. 10-11am: Thanksgiving Day Prep 11-12pm: Thanksgiving Day Prep 1-2pm: Thanksgiving Day Movies 6-9pm: Socialization Hours	21. 10-11am: Thanksgiving Day Prep 11-12pm: Thanksgiving Day Prep 1-3pm: Thanksgiving Movies Movie Club *6-7pm: Dealing w/ Loss	22. Happy Thanksgiving!!!!!!! (EA Open from 10am-2pm)	23. 10-11am:HealthyLiving(HIV/STI Awareness) 11-12pm: Winter Safety Tips 1pm: Social Hour 4-8:30pm: Spades Tournament	
26. 10-11am: Healthy Living: Germ Prevention 11-12pm: Healthy Living: Nutrition 1-2pm: Brain Teasers 6-9pm: Socialization Hours	27. 10-11am: Christmas Carol Rehearsal 11-12pm: Budgeting Workshop 1-2pm: Coffee & Conversation 6-9pm: Socialization Hours	28. 10-11am: Current Events Workshop 11-12pm: Finding Supports 1-3pm: Movie Club *6-8pm: Monthly Spotlight @ Spot Coffee	29. 10-11am: Christmas Carol Rehearsal 11-12pm: Talking about Forgiveness 1-2pm: Managing Chronic Illness 6-7pm: Coping Skills Workshop	30. 10-11am: Relaxation Skills 11-12pm: Rock Painting *1-3pm: Ice Skating @ Fountain Plaza (Free) 4-8:30pm: Spades Tournament	