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| February 2018Tel. 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 |
|   Image result for february |  EA Hours  Sun: 9am-1pm Mon: 9am-5pm Tues: 9am-5pm Wed: 9am-9pm Thu: 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  | 1. **EA Closed from 9am-12pm** 1-2pm: Signs of Co-Dependency 7-8pm: Challenging Neg. Thoughts | **2.**10-12pm: EA Spring Cleaning! 1-2pm: EA Spring Cleaning! 2pm: Writing Workshop **\*7-9pm: UB Men’s BBall Game**  |
| 5. 10-11am: Assertive Comm.11-12pm: Social Skill Activities 1-2pm: Ted Talk Series  | 6. 10-12pm: Underground Railroad Tour 1-2pm: Black History Month Trivia  Image result for black history month  | **7.** 10-11am: Relaxation/Mindfulness Activities 11-12pm: Anger Management 1-2pm: Choosing a PCP \*7-8pm: DBT Skills: Distress Tolerance | **8.**10-11am: Childhood Stories 11-12pm: Creative Writing Workshop1-2pm: Tips for Eliminating Debt 7-8pm: Movie Night (Watch & Discuss)  | 9.10-11am: Adult Coloring Group 10-11 am: Peer Support Group 1pm: Quality of Life Group 2pm: Writing Workshop \*6-8pm: Black History Month Trivia  |
| 12. **\*9:45am Guest Speaker** 10-11am: Teambuilding Activities11-12pm: Goal Setting Workshop1-2pm: Ted Talk Series  | 13. **Mardi Gras-Fat Tuesday**  10-11am: DIY Mardi Gras Mask 11-12pm: Bake a Mardi Gras Mask 1-2pm – Coffee & Conversation  | **14. Happy Valentine’s Day!**10a-11am: Healthy Relationships11-12pm: Let’s Talk about Sex1-2pm: Wellness after a Romantic Relationship **\*7-8pm: UB Women Bball Game**  | 15. 10- 11am: Germ Prevention11-12pm: Winter First Aid Tips 1-2pm: Combatting Mental Hoarding7-8pm: Managing Depressive Symptoms  | 16. 10-12pm: EA Spring Cleaning! 1-2pm: EA Spring Cleaning! 2pm: Writing Workshop \*6-8pm: Pool Tournament  |
| 19. Happy President’s Day! (EA Open from 10am-2pm)   | 20. **Buffalo Zoo**  **10am-12pm**  **($5.00 – See staff to sign up**) \*1-2pm - Rock Painting w/ Cinda  | 21. 10-11am: Benefits of Socialization11-12pm: Qualities of a Good Friend1-2pm: Managing PTSD  \*7-8pm: Understanding Defense Mechanisms  | 22. 10-11am: General Health Mgmt. Tips11-12pm: Healthy Eating Workshop 1-2pm: Managing Anxiety \*7-8pm: Movie Night (Watch & Discuss) | 23.10-11pm- Adult Coloring Group 11-12pm: Peer Support Group 1pm: Quality of Life Group 2pm: Writing Workshop \*6-8pm: Spades Tournament  |
| 26.10-11am: Current Events Workshop11-12pm: Winter Fun in Buffalo 1-2pm: Ted Talk Series  | 27. \***Legislative Day in Albany** 10-11am: Gratitude Exercises 11-12pm: Adult Coloring with a Twist 1-2pm – Coffee & Conversation   |  28. **MHA Legal Clinic 9a-11a**10-11am: Self Exploration: Values11-12pm: Improving Self-Care 1-2pm: Preventing IP Violence **\*6-8pm: Monthly Spotlight @ Spot Coffee**  |  Legislative Day in Albany!  2/27/2018 8am-4pm (Transportation & Food Provided)  ($5 refundable deposit required) |  Image result for february |