


September, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>FREE & Confidential HIV, HepC, & STI DROP-IN Testing on THURSDAYS 1-3pm</i></p> <p>Or call to make an appointment! 720-766-9514</p>	<p>1</p> <p><i>IN PERSON</i> Relapse Prevention 9 - 10:30am HOST: Lori Boothe 1600 York Street – Rm 202</p>	<p>2</p> <p><i>IN PERSON</i> Drug & Alcohol Education 10:30-Noon HOST: Channa Alles 1600 York Street – Rm 202</p>	<p>3</p> <p><i>ZOOM</i> TREM 11am-12:30 HOST: Michelle Zucker ID: 849 8935 9621</p>
		<p><i>ZOOM</i> Addiction Recovery 10:30-Noon HOST: Liane Rush CLOSED GROUP</p>	<p><i>IN PERSON</i> Beyond Anger & Violence 1:30-3pm HOST: Sharon Lynch 1600 York Street – Rm 202</p>	<p><i>ZOOM</i> Empowerment Presents 3 – 4pm HOST: Leah Dirkse ID: 851 2301 0786</p>
		<p><i>IN PERSON</i> Seeking Safety 11:30-1pm HOST: Channa Alles 1600 York Street – Rm 202</p>		
<p>6</p> <p><i>E-MAIL</i> Self-Esteem 10am HOST: Channa Alles</p>	<p>7</p> <p><i>IN PERSON</i> Life Skills 10:30am-12 HOST: Kathy Quinn 1600 York Street – Rm 108</p>	<p>8</p> <p><i>IN PERSON</i> Relapse Prevention 9 - 10:30am HOST: Lori Boothe 1600 York Street – Rm 202</p>	<p>9</p> <p><i>IN PERSON</i> Drug & Alcohol Education 10:30-Noon HOST: Channa Alles 1600 York Street – Rm 202</p>	<p>10</p> <p><i>ZOOM</i> TREM 11am-12:30 HOST: Michelle Zucker ID: 849 8935 9621</p>
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<p><i>IN PERSON</i> Trauma Narrative 1:30-3pm HOST: Joycee Kennedy 1600 York Street – Rm 108</p>		<p><i>IN PERSON</i> Seeking Safety 11:30-1pm HOST: Channa Alles 1600 York Street – Rm 202</p>		
		<p><i>ZOOM</i> Hump Day Quickies 6 – 6:30pm HOST: Darcy Strayer ID: 831 6628 5079</p>		

All Groups are for enrolled participants. Go to our website: empowermentprogram.org/get-started or call 720-425-6293

- **ADDICTION RECOVERY** is drug/alcohol treatment group that focuses on building skills to help support sober living and provide support in your recovery.
- **BEYOND ANGER & VIOLENCE** is evidence-based therapy for people who are struggling with anger and who are in community setting. Psychoeducation, role playing, mindfulness activities, cognitive behavioral restructuring, and grounding skills for trauma triggers.
- **DRUG & ALCOHOL EDUCATION** - This is a treatment group using the Strategies for Self-Improvement and Change curriculum and is appropriate for all. While the material focuses on substance use all material used can help those who want to change any habit.
- **EMPOWERMENT PRESENTS** - An Educational Series with a different topic discussed each week. \$25 RAFFLE!
- **HUMP DAY QUICKIES** - get accurate, non-judgmental info on some of the most popular sexual health topics today
- **LIFE SKILLS** is a class dealing with time/stress/money management, self-esteem, communication skills, and beyond.
- **RELAPSE PREVENTION** is drug/alcohol treatment group that focuses on building cognitive and behavioral skills using the Journey to Recovery curriculum.
- **SEEKING SAFETY** is an evidence-based, present-focused therapy to help people attain safety from trauma, PTSD, and/or substance abuse, without requiring people to delve into the full trauma narrative.
- **TRAUMA NARRATIVE** is a discussion and writing group for women who have experienced trauma.
- **TREM – Trauma, Recovery, & Empowerment** is a comprehensive group intervention designed to help women who have experienced trauma and substance addiction.

The Empowerment Program, Inc.

1600 York Street, Denver, CO 80206
Phone: 303-320-1989 ♦ fax: 303-320-3987
Website: empowermentprogram.org

***IN PERSON** – Empowerment - 1600 York Street. Please get there 15 minutes prior to group starting. Masks are required at this time.

***ZOOM** – Contact the Host to ensure you have the correct dates and time of group. Please make sure you are in a safe environment.

***E-MAIL** – Weekly group content will be mailed to participants, along with a survey to follow-up and answer discussion points.

***CLOSED GROUP** – Contact the Host

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20	21	22	23	24
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