


January, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<i>December 31</i>	1	2	3	4	
 Empowerment is CLOSED		9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i> 10:30 - 12 TREM <i>Alyssa</i> Room 202 Trauma, Recovery & Empowerment 1:30-3pm *Orientation* Room 202 <i>by appointment only</i> 3:00-4:30 Peer Team Meeting Room 202 <i>(CLOSED)</i> 5:30 - 7pm Women Changing Room 202 <i>Meghan</i>	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management) 1:30-3:00 Beyond Trauma Room 202 <i>Brenda</i>	3:30 - 5pm Women to Women Room 202 <i>Marquitta</i>	
	7	8	9	10	
	10:30 - 12 Self Esteem/Seeking Safety Room 202 <i>Channa</i> 1:00 - 2:30 Respect-Protect! Room 303 <i>Sharon</i> 1:30 - 3:00 Trauma Narrative Room 108 <i>Joycee</i> 1:30 - 3:00 Bodies In Motion Room 202 <i>Meghan</i> 2:30 - 3:30 What's Love Got to Do With It? Room 303 <i>Marquitta (All Genders)</i> 3:30 - 5pm Drug & Alcohol Education Room 202 <i>Channa, Liza, & Tina (PS II)</i> 3:30 - 5pm Risky Business - <i>Maria</i> Room 303 <i>(IDU Support Group - All Genders)</i>	9:30 - 10:30 New Age Health Room 202 <i>Emily (PS II)</i> 10:30-Noon PS Training Room 202 <i>Alyssa</i> 10:30 - 12 Helping Women Recover Room 208 <i>Sharon</i> <i>Closed at Noon</i> *ATM*	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i> 10:30 - 12 TREM <i>Channa</i> Room 202 Trauma, Recovery & Empowerment 1:30-3pm *Orientation* Room 202 <i>by appointment only</i> 3:00-4:30 Peer Team Meeting Room 202 <i>(CLOSED)</i> 5:30 - 7pm Women Changing Room 202 <i>Meghan</i>	9:30 - Noon Healing in Your Environment Room 202 <i>Brenda (CLOSED)</i> 10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management) 1:30-3:00 Beyond Trauma Room 202 <i>Brenda</i>	3:30 - 5pm Women to Women Room 202 <i>Marquitta</i>

- **Beyond Violence** addresses violence prevention and risk reduction for women who are learning to manage their aggression.
- **Beyond Trauma** is a group for women who are ready to examine the reach and impact of trauma on women's lives, helping to integrate traumatic experiences through understanding, mindfulness, and connection.
- **Drug & Alcohol Education** is a drug/alcohol treatment group using Strategies for Self-Improvement and Change.
- **Healing in Your Environment** will provide an opportunity to step outside the walls of Empowerment to explore the city and surrounding natural world, deepening our awareness of how trauma effects the ways in which we interact with our environments.
- **Helping Women Recover** addresses the special concerns and issues of women with substance use disorders. This evidenced-based curriculum integrates theories of women's psychological development, trauma, and addiction.
- **Peer Specialist Training** is an introductory training to becoming a peer specialist.
- **Relapse Prevention** is drug/alcohol treatment group that focuses on building cognitive and behavioral skills.
- **Respect-Protect!** Find out what it means to you! Treat yourself with respect, protect yourself from harm. Learn safe coping skills and stress relief without substances. Know about risks, get tested and be safe.
- **Risky Business** is for people who inject drugs, to reduce the potential harms of a risky lifestyle in a supportive space. *All genders*
- **Seeking Safety / Self Esteem** is an integrated trauma, mental health and drug/alcohol treatment group.
- **Trauma Narrative** is a discussion and writing group for women who have experienced trauma.
- **TREM** is a comprehensive group intervention designed to help women who have experienced trauma
- **What's Love Got to Do With It?** Education about PrEP, taking control of your sexual network and health for healthier living. *All gender*
- **Women Changing** is a group that is designed to challenge old beliefs, distortions, and patterns that are no longer serving us.
- **Women to Women** is a platform for cis & trans women to build a community of support and inclusion.

The Empowerment Program, Inc.

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***Orientation*:** Wednesdays at 1:30 pm
Call 303-320-1989 ext. 238 for an appointment!

BOLDED groups = WEW- Women Empowering Women
PS II = Peer Specialists

Revised 12/20/2018

