

February, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 28	January 29	January 30	January 31	1
10:30 - 12 Seeking Safety/Self Esteem Room 202 <i>Channa</i>	9:30 - 10:30 New Age Health Room 202 <i>Emily (PS II)</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i>	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management)	3:30 - 5pm Women to Women Room 202 <i>Marquitta & Nevaeh</i>
1:00 - 2:30 Respect-Protect! Room 303 <i>Sharon</i>	10:30-Noon PS Training Room 202 <i>Alyssa</i>	10:30 - 12 TREM <i>Channa</i> Room 202 Trauma, Recovery & Empowerment	1:30-3:00 Beyond Trauma Room 202 <i>Brenda</i>	
1:30 - 3:00 Trauma Narrative Room 108 <i>Joycee</i>	10:30 - 12 Helping Women Recover Room 208 <i>Sharon</i>	1:30-3pm *Orientation* Room 202 <i>by appointment only</i>	3:30 - 5pm Layers of Love Room 202 <i>"Communicating Love"</i>	
1:30 - 3:00 RESOURCE CAFÉ Room 202		3:00-4:30 Peer Team Meeting Room 202 (CLOSED)	<i>*4-course series to understand how to love others and yourself. Meredith & Brenda</i>	
2:30 - 3:30 What's Love Got to Do With It? Room 303 <i>Marquitta (All Genders)</i>		5:30 - 7pm Women Changing Room 202 <i>Meghan</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>)	Closed at Noon			
4	5	6	7	8
10:30 - 12 Seeking Safety/Self Esteem Room 202 <i>Channa</i>	8:30 - 9:30 Acudetox Room 202 <i>Channa</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i>	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management)	3:30 - 5pm Women to Women Room 202 <i>Marquitta & Nevaeh</i>
1:00 - 2:30 Respect-Protect! Room 303 <i>Sharon</i>	9:30 - 10:30 New Age Health Room 202 <i>Emily (PS II)</i>	10:30 - 12 TREM <i>Channa</i> Room 202 Trauma, Recovery & Empowerment	1:30-3:00 Beyond Trauma Room 202 <i>Brenda</i>	
1:30 - 3:00 Trauma Narrative Room 108 <i>Joycee</i>	10:30-Noon PS Training Room 202 <i>Alyssa</i>	1:30-3pm *Orientation* Room 202 <i>by appointment only</i>		
1:30 - 3:00 Bodies In Motion Room 202 <i>Meghan</i>	10:30 - 12 Helping Women Recover Room 208 <i>Sharon</i>	3:00-4:30 Peer Team Meeting Room 202 (CLOSED)		
2:30 - 3:30 What's Love Got to Do With It? Room 303 <i>Marquitta (All Genders)</i>		5:30 - 7pm TREM <i>Meghan</i> Room 202 Trauma, Recovery & Empowerment		
3:30 - 5pm Drug & Alcohol Education Room 202 <i>Channa, Liza, & Tina (PS II)</i>	Closed at Noon			
3:30 - 5pm Risky Business - <i>Maria</i> Room 303 (<i>IDU Support Group - All Genders</i>)	*ATM*			
<ul style="list-style-type: none"> • 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. <i>All genders</i> • 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. <i>All genders</i> • 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. 			<p style="text-align: center;">The Empowerment Program, Inc. 1600 York Street, Denver, CO 80206 Phone: 303-320-1989 ♦ fax: 303-320-3987 Website: empowermentprogram.org</p> <p style="text-align: center;">*Orientation*: Wednesdays at 1:30 pm <i>Call 303-320-1989 ext. 238 for an appointment!</i></p>	
			<p>BOLDED groups = WEW- Women Empowering Women PS II = Peer Specialists</p>	
			<p>Revised 1/29/2019</p>	

February, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11	12	13	14	15
10:30 - 12 Seeking Safety/Self Esteem Room 202 <i>Channa</i>	8:30 – 9:30 Acudetox Room 202 <i>Channa</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i>	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management)	3:30 – 5pm Women to Women Room 202 <i>Marquitta & Nevaeh</i>
1:00 – 2:30 Respect-Protect! Room 303 <i>Sharon</i>	9:30 - 10:30 New Age Health Room 202 <i>Emily (PS II)</i>	10:30 – 12 TREM <i>Channa</i> Room 202 Trauma, Recovery & Empowerment	1:30-3:00 Beyond Trauma Room 202 <i>Brenda</i>	
1:30 – 3:00 Trauma Narrative Room 108 <i>Joycee</i>	10:30–Noon PS Training Room 202 <i>Alyssa</i>	1:30-3pm *Orientation* Room 202 <i>by appointment only</i>	3:30 – 5pm Layers of Love Room 202 <i>“Let’s Talk About Sex”</i>	
1:30 – 3:00 Bodies In Motion Room 202 <i>Meghan</i>	10:30 - 12 Helping Women Recover Room 208 <i>Sharon</i>	3:00-4:30 Peer Team Meeting Room 202 <i>(CLOSED)</i>	*4-course series to understand how to love others and yourself. <i>Meredith & Brenda</i>	
2:30 – 3:30 What’s Love Got to Do With It? Room 303 <i>Marquitta (All Genders)</i>		5:30 – 7pm TREM <i>Meghan</i> Room 202 Trauma, Recovery & Empowerment		
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>	Closed at Noon			
18	19	20	21	22
10:30 - 12 Seeking Safety/Self Esteem Room 202 <i>Channa</i>	8:30 – 9:30 Acudetox Room 202 <i>Channa</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i>	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management)	3:30 – 5pm Women to Women Room 202 <i>Marquitta & Nevaeh</i>
1:00 – 2:30 Respect-Protect! Room 303 <i>Sharon</i>	9:30 – Noon Healing in Your Environment Room 108 <i>Brenda (CLOSED)</i>	10:30 – 12 TREM <i>Channa</i> Room 202 Trauma, Recovery & Empowerment	1:30-3:00 Beyond Trauma Room 202 <i>Brenda</i>	
1:30 – 3:00 Trauma Narrative Room 108 <i>Joycee</i>	9:30 - 10:30 New Age Health Room 202 <i>Emily (PS II)</i>	1:30-3pm *Orientation* Room 202 <i>by appointment only</i>		
1:30 – 3:00 Bodies In Motion Room 202 <i>Meghan</i>	10:30–Noon PS Training Room 202 <i>Alyssa</i>	3:00-4:30 Peer Team Meeting Room 202 <i>(CLOSED)</i>		
2:30 – 3:30 What’s Love Got to Do With It? Room 303 <i>Marquitta (All Genders)</i>	10:30 - 12 Helping Women Recover Room 208 <i>Sharon</i>	5:30 – 7pm TREM <i>Meghan</i> Room 202 Trauma, Recovery & Empowerment		
3:30 – 5pm Drug & Alcohol Education Room 202 <i>Channa, Liza, & Tina (PS II)</i>	Closed at Noon			
3:30 – 5pm Risky Business - <i>Maria</i> Room 303 <i>(IDU Support Group - All Genders)</i>	*ATM*			
25	26	27	28	29
10:30 - 12 Seeking Safety/Self Esteem Room 202 <i>Channa</i>	8:30 – 9:30 Acudetox Room 202 <i>Channa</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i>	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management)	3:30 – 5pm Women to Women Room 202 <i>Marquitta & Nevaeh</i>
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1:30 – 3:00 Trauma Narrative Room 108 <i>Joycee</i>	10:30–Noon PS Training Room 202 <i>Alyssa</i>	1:30-3pm *Orientation* Room 202 <i>by appointment only</i>	3:30 – 5pm Layers of Love Room 202 <i>“Loving Your Body”</i>	
1:30 – 3:00 RESOURCE CAFÉ Room 202	10:30 - 12 Helping Women Recover Room 208 <i>Sharon</i>	3:00-4:30 Peer Team Meeting Room 202 <i>(CLOSED)</i>	*4-course series to understand how to love others and yourself. <i>Meredith & Brenda</i>	
2:30 – 3:30 What’s Love Got to Do With It? Room 303 <i>Marquitta (All Genders)</i>		5:30 – 7pm TREM <i>Meghan</i> Room 202 Trauma, Recovery & Empowerment		
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