

May, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>April 29</i>	<i>April 30</i>	1	2	3
10:30 - 12 Seeking Safety/Self Esteem Room 202 <i>Channa</i> Tx	10:30–Noon Peer Specialist Training Room 202 <i>Alyssa</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i> Tx	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management) Tx	1:30 –3pm Risky Business - <i>Maria</i> Room 108 (<i>IDU Support Group - All Genders</i>)
1:30 – 3:00 Trauma Narrative Room 108 <i>Joycee</i> Tx	10:30 - 12 TREM Room 208 <i>Sharon</i> Tx	10:30 – 12 TREM Room 202 <i>Channa</i> Tx	1:30-3:00 Beyond Trauma Room 202 <i>Brenda</i> Tx	3:30 – 5pm Women to Women Room 202 <i>Marquitta & Nevaeh</i>
1:30 – 3:00 Women’s Leadership Room 202 <i>Channa</i>	CLOSED at NOON	1:30-3pm *Orientation* Room 202 <i>by appointment only</i>		
3:30 – 5pm Drug & Alcohol Education Room 202 <i>Channa & Liza</i> Tx		4:00 – 5:00 Peer Team Meeting Room 202 (CLOSED)		
	ATM	5:30 – 7pm TREM Room 202 <i>Meghan</i> Tx		
6	7	8	9	10
10:30 - 12 Seeking Safety Room 202 <i>Meghan</i> Tx	9 - 10:00 Meditation w/Chakra Lesson Room 202 <i>Emily (PSII)</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i> Tx	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management) Tx	1:30 –3pm Risky Business - <i>Maria</i> Room 108 (<i>IDU Support Group - All Genders</i>)
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1:30 – 3:00 Women’s Leadership Room 202 <i>Channa</i>	10:30 - 12 TREM Room 208 <i>Sharon</i> Tx	Noon-1pm Cinco de Mayo Celebration Room 202 WRP Graduation	3:00 – 4:00 Social Networking Sistas Room 108 <i>Nevaeh</i>	
3:30 – 5pm Drug & Alcohol Education Room 202 <i>Channa & Liza</i> Tx	CLOSED at NOON	1:30-3pm *Orientation* Room 202 <i>by appointment only</i>		
		4:00 – 5:00 Peer Team Meeting Room 202 (CLOSED)		
		5:30 – 7pm TREM Room 202 <i>Meghan</i> Tx		

The Empowerment Program, Inc.

1600 York Street, Denver, CO 80206

Phone: 303-320-1989 ♦ fax: 303-320-3987

Website: empowermentprogram.org

***Orientation*: Wednesdays at 1:30 pm**

Call 303-320-1989 ext. 238 for an appointment!

BOLDED groups = Women Empowering Women

Tx = Treatment Group

PS II = Peer Specialists

- **Beyond Violence – Anger Management** –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.
- **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.
- **Risky Business** is for people who inject drugs, to reduce the potential harms of a risky lifestyle in a supportive space.
- **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
- **Women to Women** is a platform for cis & trans women to build a community of support and inclusion.
- **Women’s Leadership** is where women learn what makes a good leader and the roles of citizens

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10:30 - 12 Seeking Safety Room 202 <i>Meghan</i> Tx	9 - 10:00 Meditation w/Chakra Lesson Room 202 <i>Emily (PSII)</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i> Tx	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management) Tx	1:30 – 3pm Risky Business - <i>Maria</i> Room 108 (<i>IDU Support Group - All Genders</i>)
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3:30 – 5pm Drug & Alcohol Education Room 202 <i>Channa & Liza</i> Tx	CLOSED at NOON	4:00 – 5:00 Peer Team Meeting Room 202 (CLOSED)		
	ATM	5:30 – 7pm TREM Room 202 <i>Meghan</i> Tx		
20	21	22	23	24
10:30 - 12 Seeking Safety Room 202 <i>Meghan</i> Tx	9 - 10:00 Meditation w/Chakra Lesson Room 202 <i>Emily (PSII)</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i> Tx	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management) Tx	1:30 – 3pm Risky Business - <i>Maria</i> Room 108 (<i>IDU Support Group - All Genders</i>)
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27	28	29	30	31
 CLOSED ~Memorial Day~	9 - 10:00 Meditation w/Chakra Lesson Room 202 <i>Emily (PSII)</i>	9 - 10:30 Relapse Prevention Room 202 <i>Lori B</i> Tx	10:30 - 12 Beyond Violence <i>Marquitta</i> Room 108 (Anger Management) Tx	1:30 – 3pm Risky Business - <i>Maria</i> Room 108 (<i>IDU Support Group - All Genders</i>)
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