

June, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:30 - 12 <b>Seeking Safety/Self Esteem</b> Room 202 <i>Meghan</i> Tx	9:30 - 10:30 <b>Meditation w/Chakra Lesson</b> Room 202 <i>Emily (PSII)</i>	9 - 10:30 <b>Relapse Prevention</b> Room 202 <i>Lori B</i> Tx	10:30 - 12 <b>Beyond Violence</b> <i>Marquitta</i> Room 202 (Anger Management) Tx	1:30 – 3pm Risky Business - <i>Maria</i> Room 108 ( <i>IDU Support Group - All Genders</i> )
1:30 – 3:00 <b>Trauma Narrative</b> Room 108 <i>Joycee</i> Tx	10:30–Noon <b>Peer Specialist Training</b> Room 202 <i>Alyssa</i>	10:30 – 12 <b>TREM</b> Room 202 <i>Channa</i> Tx	1:30-3:00 <b>Beyond Trauma</b> Room 202 <i>Brandi</i> Tx	3:30 – 5pm Women to Women Room 202 <i>Marquitta &amp; Nevaeh</i>
1:30 – 3:00 <b>Adulting 101</b> Room 202 <i>Liza</i>	10:30 - 12 <b>TREM</b> Room 208 <i>Sharon</i> Tx	1:30-3pm <b>*Orientation*</b> Room 202 <i>by appointment only</i>	3:00 – 4:00 Social Networking Sistas Room 108 <i>Nevaeh</i>	
3:30 – 5pm <b>Drug &amp; Alcohol Education</b> Room 202 <i>Channa</i> Tx	<b>CLOSED at NOON</b>			
	ATM	4:00 – 5:00 Peer Team Meeting Room 202 ( <b>CLOSED</b> )		
		5:30 – 7pm <b>TREM</b> Room 202 <i>Meghan</i> Tx		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:30 - 12 <b>Seeking Safety</b> Room 202 <i>Meghan</i> Tx	8:30 - 9:30 <b>Acudetox</b> Room 202 <i>Channa</i>	9 - 10:30 <b>Relapse Prevention</b> Room 202 <i>Lori B</i> Tx	10:30 - 12 <b>Beyond Violence</b> <i>Marquitta</i> Room 202 (Anger Management) Tx	1:30 – 3pm Risky Business - <i>Maria</i> Room 108 ( <i>IDU Support Group - All Genders</i> )
10:30 - 12 <b>Her Story, My Story, Our Story</b> Room 208 <i>Channa</i>	9:30 - 10:30 <b>Meditation w/Chakra Lesson</b> Room 202 <i>Emily (PSII)</i>	10:30 – 12 <b>TREM</b> Room 202 <i>Channa</i> Tx	1:30-3:00 <b>Beyond Trauma</b> Room 202 <i>Brandi</i> Tx	3:30 – 5pm Women to Women Room 202 <i>Marquitta &amp; Nevaeh</i>
1:30 – 3:00 <b>Trauma Narrative</b> Room 108 <i>Joycee</i> Tx	10:30–Noon <b>Peer Specialist Training</b> Room 202 <i>Alyssa</i>	Noon-1pm <b>Sing-A-Long</b> Room 202 <b>WRP Graduation</b>	3:00 – 4:00 Social Networking Sistas Room 108 <i>Nevaeh</i>	
1:30 – 3:00 <b>Adulting 101</b> Room 202 <i>Liza</i>	10:30 - 12 <b>TREM</b> Room 208 <i>Sharon</i> Tx	1:30-3pm <b>*Orientation*</b> Room 202 <i>by appointment only</i>		
3:30 – 5pm <b>Drug &amp; Alcohol Education</b> Room 202 <i>Channa</i> Tx	<b>CLOSED at NOON</b>			
		4:00 – 5:00 Peer Team Meeting Room 202 ( <b>CLOSED</b> )		
		5:30 – 7pm <b>TREM</b> Room 202 <i>Meghan</i> Tx		

- **Adulting 101** is a life skills class dealing with time/stress/money management, self-esteem, and communication skills
- **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** provides 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 we interact with our environments.
- **Her Story, My Story, Our Story** come learn about famous women and write your own story.
- **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.


**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

June, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:30 - 12 <b>Seeking Safety</b> Room 202 <i>Meghan</i> Tx	8:30 - 9:30 <b>Acudetox</b> Room 202 <i>Channa</i>	9 - 10:30 <b>Relapse Prevention</b> Room 202 <i>Lori B</i> Tx	10:30 - 12 <b>Beyond Violence</b> <i>Marquitta</i> Room 202 (Anger Management) Tx	1:30 – 3pm Risky Business - <i>Maria</i> Room 108 ( <i>IDU Support Group - All Genders</i> )
10:30 - 12 <b>Her Story, My Story, Our Story</b> Room 208 <i>Channa</i>	9:30 - 10:30 <b>Meditation w/Chakra Lesson</b> Room 202 <i>Emily (PSII)</i>	10:30 – 12 <b>TREM</b> Room 202 <i>Channa</i> Tx	1:30-3:00 <b>Beyond Trauma</b> Room 202 <i>Brandi</i> Tx	3:30 – 5pm Women to Women Room 202 <i>Marquitta &amp; Nevaeh</i>
1:30 – 3:00 <b>Trauma Narrative</b> Room 108 <i>Joycee</i> Tx	10:30–Noon <b>Peer Specialist Training</b> Room 202 <i>Alyssa</i>	1:30-3pm <b>*Orientation*</b> Room 202 <i>by appointment only</i>	3:00 – 4:00 Social Networking Sistas Room 108 <i>Nevaeh</i>	
1:30 – 3:00 <b>Adulting 101</b> Room 202 <i>Liza</i>	10:30 - 12 <b>TREM</b> Room 208 <i>Sharon</i> Tx	4:00 – 5:00 Peer Team Meeting Room 202 ( <b>CLOSED</b> )		
3:30 – 5pm <b>Drug &amp; Alcohol Education</b> Room 202 <i>Channa</i> Tx	<b>CLOSED at NOON</b>	5:30 – 7pm <b>TREM</b> Room 202 <i>Meghan</i> Tx		
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:30 - 12 <b>Seeking Safety</b> Room 202 <i>Meghan</i> Tx	8:30 - 9:30 <b>Acudetox</b> Room 202 <i>Channa</i>	9 - 10:30 <b>Relapse Prevention</b> Room 202 <i>Lori B</i> Tx	10:30 - 12 <b>Beyond Violence</b> <i>Marquitta</i> Room 202 (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 <b>Trauma Narrative</b> Room 108 <i>Joycee</i> Tx	9:30 – Noon Healing in Your Environment Room 108 <i>Brenda</i> ( <b>CLOSED</b> ) Tx	1:30-3pm <b>*Orientation*</b> Room 202 <i>by appointment only</i>	3:00 – 4:00 Social Networking Sistas Room 108 <i>Nevaeh</i>	
1:30 – 3:00 <b>Adulting 101</b> Room 202 <i>Liza</i>	10:30–Noon <b>Peer Specialist Training</b> Room 202 <i>Alyssa</i>	4:00 – 5:00 Peer Team Meeting Room 202 ( <b>CLOSED</b> )		
3:30 – 5pm <b>Drug &amp; Alcohol Education</b> Room 202 <i>Channa</i> Tx	10:30 - 12 <b>TREM</b> Room 208 <i>Sharon</i> Tx	5:30 – 7pm <b>TREM</b> Room 202 <i>Meghan</i> Tx		
	<b>CLOSED at NOON</b>			
<b>July 1</b>	<b>July 2</b>	<b>July 3</b>	<b>July 4</b>	<b>July 5</b>
10:30 - 12 <b>Seeking Safety</b> Room 202 Tx	8:30 - 9:30 <b>Acudetox</b> Room 202 <i>Channa</i>	9 - 10:30 <b>Relapse Prevention</b> Room 202 <i>Lori B</i> Tx	 <b>CLOSED</b> ~Independence Day~	
10:30 - 12 <b>Her Story, My Story, Our Story</b> Room 208 <i>Channa</i>	9:30 - 10:30 <b>Meditation w/Chakra Lesson</b> Room 202 <i>Emily (PSII)</i>	10:30 – 12 <b>TREM</b> Room 202 <i>Channa</i> Tx		
1:30 – 3:00 <b>Trauma Narrative</b> Room 108 <i>Joycee</i> Tx	10:30–Noon <b>Peer Specialist Training</b> Room 202 <i>Alyssa</i>	1:30-3pm <b>*Orientation*</b> Room 202 <i>by appointment only</i>		
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