


September, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	9:30 - 10:15 Women's Health Open Forum Room 208 <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	11:30-1pm Circle of Parents® Room 202 <i>Recovery & Parenting Support</i>
	10:30-Noon Peer Specialist Training Room 202 <i>Alyssa</i>	10:30 - 12 TREM Room 202 <i>Channa</i> Tx	10:30-Noon TREM Room 202 <i>Sharon</i> Tx	1:30 - 3pm Risky Business - <i>Maria</i> Room 108 <i>IDU Support Group-All Genders</i>
	<i>Canceled TREM today</i> MOVED TO THURSDAYS!	1:30-3pm *Orientation* Room 202 <i>by appointment only</i>	1:30-3:00 Beyond Trauma Room 202 <i>Brandi</i> Tx	CANCELED today! <i>Woman to Woman</i> <i>Only 2nd & 4th Fridays</i>
	CLOSED at NOON	5:30 - 7pm TREM Room 202 <i>Meghan</i> Tx	3:30 - 4:30 Adulting 101 Room 202 <i>Liza</i>	
9	10	11	12	13
10:30 - 12 Self-Esteem/Seeking Safety Room 202 <i>Channa</i> Tx	9:30 - 10:15 Women's Health Open Forum Room 208 <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	11:30-1pm Circle of Parents® Room 202 <i>Recovery & Parenting Support</i>
1:30 - 3:00 Trauma Narrative Room 108 <i>Joycee</i> Tx	10:30-Noon Peer Specialist Training Room 202 <i>Alyssa</i>	10:30 - 12 TREM Room 202 <i>Channa</i> Tx	10:30-Noon TREM Room 202 <i>Sharon</i> Tx	1:30 - 3pm Risky Business - <i>Maria</i> Room 108 <i>IDU Support Group-All Genders</i>
3:30 - 5pm Drug & Alcohol Education Room 202 <i>Channa</i> Tx	CLOSED at NOON	11:30-1pm Women's Leadership & Resource Café Room 202	1:30-3:00 Beyond Trauma Room 202 <i>Brandi</i> Tx	3:30 - 5pm Woman to Woman - <i>Marquitta</i> Room 202 <i>"Women, Sexual Health & Prev."</i>
		1:30-2:30 Peer Networking Room 301 <i>Alyssa</i>	3:30 - 4:30 Adulting 101 Room 202 <i>Liza</i>	
		1:30-3pm *Orientation* Room 202 <i>by appointment only</i>		
		5:30 - 7pm TREM 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.
- **Circle of Parents**® provides a safe, supportive, confidential and non-judgmental environment where parents can openly discuss their successes and challenges of parenting. www.circleofparentscsco.org
- **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.
- **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
- **Woman to Woman** 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

Revised 8/28/2019

September, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16	17	18	19	20
10:30 - 12 Self-Esteem/Seeking Safety Room 202 <i>Channa</i> Tx	9:30 - 10:15 Women's Health Open Forum Room 208 <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	
12:30-1:15 340B Medication Discount Prog Room 202 <i>Boca Pharmacy Group Presentation</i>	10:30-Noon Peer Specialist Training Room 202 <i>Alyssa</i>	10:30 -11:30 TREM Room 202 <i>Channa</i> Tx	10:30-Noon TREM Room 202 <i>Sharon</i> Tx	
1:30 - 3:00 Trauma Narrative Room 108 <i>Joycee</i> Tx		1:30-3pm *Orientation* Room 202 <i>by appointment only</i>	1:30-3:00 Beyond Trauma Room 202 <i>Brandi</i> Tx	
3:30 - 5pm Drug & Alcohol Education Room 202 <i>Channa</i> Tx		5:30 - 7pm TREM Room 202 <i>Meghan</i> Tx	3:30 - 4:30 Adulting 101 Room 202 <i>Liza</i>	
	CLOSED at NOON			
23	24	25	26	27
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30	October 1	October 2	October 3	October 4
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