

March, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:30-10:30 <b>Resource Café</b> Room 202 <i>Channa</i>	9 - 10:30 <b>TREM</b> Room 108 <i>Michelle &amp; Tasha</i> <b>Tx</b>	9 - 10:30 <b>Relapse Prevention</b> Room 202 <i>Lori B</i> <b>Tx</b>	9am-10:30 <b>Circle of Parents®</b> Room 208 <i>Recovery &amp; Parenting Support</i>	1:30 –3pm Risky Business - <i>Maria</i> Room 108 <i>IDU Support Group-All Genders</i>
10:30 - 12 <b>Self-Esteem</b> *moving to Wed. Room 202 <i>Channa</i> <b>Tx</b>	9:30 - 10:30 <b>Women’s Health</b> Room 202 <i>Channa &amp; Frances</i>	10:30 - 12 <b>TREM</b> *moving to Mondays Room 202 <i>Channa</i> <b>Tx</b>	10:30 - Noon <b>Beyond Violence</b> <i>Sharon</i> Room 202 (Anger Management) <b>Tx</b>	3:30 – 5pm Woman to Woman - <i>Marquitta</i> Room 202 <i>“Women, Sexual Health &amp; Prev.”</i>
1:30 – 3:00 <b>Trauma Narrative</b> Room 108 <i>Joycee</i> <b>Tx</b>	10:30–Noon <b>Peer Specialist Training</b> Room 202 <i>Alyssa</i> <b>*CLOSED GROUP</b>	1:30-3pm <b>*Orientation*</b> Room 202 <i>by appointment only</i>	1:30-3:00 <b>Beyond Trauma</b> Room 202 <i>Brandi</i> <b>Tx</b>	
3:30 – 5pm <b>Drug &amp; Alcohol Education</b> Room 202 <i>Channa</i> <b>Tx</b>	<b>CLOSED at NOON</b>	5:30 – 7pm <b>TREM</b> Room 202 <i>Meghan</i> <b>Tx</b>	3:30 – 4:30 <b>Life Skills</b> Room 202 <i>Reilly</i>	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:30-10:30 <b>Resource Café</b> Room 202 <i>Channa</i>	9 - 10:30 <b>TREM</b> Room 108 <i>Michelle &amp; Tasha</i> <b>Tx</b>	9 - 10:30 <b>Relapse Prevention</b> Room 202 <i>Lori B</i> <b>Tx</b>	9am-10:30 <b>Circle of Parents®</b> Room 208 <i>Recovery &amp; Parenting Support</i>	1:30 –3pm Risky Business - <i>Maria</i> Room 108 <i>IDU Support Group-All Genders</i>
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- **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.circleofparentsco.org](http://www.circleofparentsco.org)
- **Drug & Alcohol Education** is a drug/alcohol treatment group using Strategies for Self-Improvement and Change.
- **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.
- **Self Esteem** is a group focusing on increasing our self-esteem and positive body image.
- **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 an educational support group to provide information, build community, and offer support for women working toward healthy sexuality and relationships in their lives and in the lives of others.


**The Empowerment Program, Inc.**  
 1600 York Street, Denver, CO 80206  
 Phone: 303-320-1989 ♦ fax: 303-320-3987  
 Website: [empowermentprogram.org](http://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  
**\*CLOSED GROUP** = talk with staff to enroll

Revised 2/26/2020

March, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:30-10:30 <b>Resource Café</b> Room 202 <i>Channa</i>	9 - 10:30 <b>TREM</b> Room 108 <i>Michelle &amp; Tasha</i> <b>Tx</b>	9 - 10:30 <b>Relapse Prevention</b> Room 202 <i>Lori B</i> <b>Tx</b>	9am-10:30 <b>Circle of Parents®</b> Room 208 <i>Recovery &amp; Parenting Support</i>	1:30—3pm Risky Business - <i>Maria</i> Room 108 <i>IDU Support Group-All Genders</i>
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	<b>CLOSED at NOON</b>			
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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	<b>CLOSED at NOON</b>			
<b>30</b>	<b>31</b>	<b>April 1</b>	<b>April 2</b>	<b>April 3</b>
 <b>CLOSED</b> Cesar Chavez Day	9 - 10:30 <b>TREM</b> Room 108 <i>Michelle &amp; Tasha</i> <b>Tx</b>	9 - 10:30 <b>Relapse Prevention</b> Room 202 <i>Lori B</i> <b>Tx</b>	9am-10:30 <b>Circle of Parents®</b> Room 208 <i>Recovery &amp; Parenting Support</i>	1:30—3pm Risky Business - <i>Maria</i> Room 108 <i>IDU Support Group-All Genders</i>
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