

August, 2022


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<i>IN PERSON</i> 10:30am-12 TREM Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10am- Noon FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10am-Noon 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 11am-12:30 TREM HOST: Roxy Davis ID: 849 8935 9621 & Rm 202
<i>IN PERSON</i> Noon-1pm Walk City Park Meet at agency at noon	<i>IN PERSON</i> 10:30am-12 Women’s Variety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 12:15 – 1pm Music & Movement Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	<i>ZOOM</i> 3 – 4pm Empowerment Presents First Fridays Only! ID: 812 2815 6678
<i>IN PERSON</i> 1:30-3pm Trauma Narrative Joycee Kennedy 1600 York Street – Rm 108	<i>IN PERSON</i> Noon – 2pm Clothing Closet Open	<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> Noon – 2pm Clothing Closet Open	
<i>ZOOM</i> 3 – 3:30pm Monday Quickies HOST: Darcy Strayer ID: 846 9793 2102		<i>IN PERSON</i> & <i>ZOOM</i> 1:30-3pm Addiction Recovery HOST: Sharon Lynch ID: 870 2725 7391 & Rm 202		
		<i>IN PERSON</i> & <i>ZOOM</i> 5:30-7pm Men’s TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202		
8	9	10	11	12
<i>IN PERSON</i> 10:30am-12 TREM Channa Alles Cancelled THIS WEEK!	<i>IN PERSON</i> 10am-Noon FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles Cancelled THIS WEEK!	<i>IN PERSON</i> 10am-Noon 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 11am-12:30 TREM HOST: Roxy Davis ID: 849 8935 9621 & Rm 202
<i>IN PERSON</i> Noon-1pm Walk City Park Meet at agency at noon	<i>IN PERSON</i> 10:30am-12 Women’s Variety Channa Alles Cancelled THIS WEEK!	<i>IN PERSON</i> 12:15 – 1pm Music & Movement Channa Alles Cancelled THIS WEEK!	<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles Cancelled THIS WEEK!	
<i>IN PERSON</i> 1:30-3pm Trauma Narrative Joycee Kennedy 1600 York Street – Rm 108	<i>IN PERSON</i> Noon – 2pm Clothing Closet Open	<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> Noon – 2pm Clothing Closet Open	
<i>ZOOM</i> 3 – 3:30pm Monday Quickies HOST: Darcy Strayer ID: 846 9793 2102	<i>IN PERSON</i> & <i>ZOOM</i> 6:30–7:30pm Empowering Credit HOST: Ashley Green ID: 860 8047 3882	<i>IN PERSON</i> & <i>ZOOM</i> 1:30-3pm Addiction Recovery HOST: Sharon Lynch ID: 870 2725 7391 & Rm 202		
		<i>IN PERSON</i> & <i>ZOOM</i> 5:30-7pm Men’s TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202		

- **ADDICTION RECOVERY** is a relapse prevention and recovery group using evidenced based curriculum including DBT, CBT and mindfulness along with the 12 steps. Learn how to think and act your way to sobriety, whatever your addiction is.
- **DRUG & ALCOHOL EDUCATION** - This is a treatment group using the Strategies for Self-Improvement and Change curriculum and is appropriate for all. While the material focuses on substance use all material used can help those who want to change any habit.
- **EMPOWERING CREDIT** - discusses what a budget is, how to build one, how to manage your cash flow, how to manage due dates and then introduces a budget. 2nd Tuesday of each month.
- **MONDAY QUICKIES** - get accurate, non-judgmental info on some of the most popular sexual health topics today
- **SEEKING SAFETY** is an evidence-based, present-focused therapy to help people attain safety from trauma, PTSD, and/or substance abuse, without requiring people to delve into the full trauma narrative.
- **TRAUMA NARRATIVE** is a discussion and writing group for women who have experienced trauma.
- **TREM – Trauma, Recovery, & Empowerment** is a comprehensive group intervention designed to help people who have experienced trauma and substance addiction. **Men’s TREM** is specifically for male-identifying participants.
- **Walk City Park** is a group for participants and staff to get out and move!
- **Women’s Variety** is a group that rotates topics such as Women’s Health, Movement, and Geography.

The Empowerment Program, Inc.
1600 York Street, Denver, CO 80206
Phone: 303-320-1989 ♦ fax: 303-320-3987
Website: empowermentprogram.org

***IN PERSON** – Empowerment - 1600 York Street. Please get there 15 minutes prior to group starting. Masks are required at this time.
***ZOOM** – Contact the Host to ensure you have the correct dates and time of group. Please make sure you are in a safe environment.
*CLOSED GROUP – Contact the Host
TO ENROLL: CALL: 720-850-7500
E-MAIL: intake@empowermentprogram.org
WEBSITE: empowermentprogram.org/get-started

August, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15	16	17	18	19
<i>IN PERSON</i> TREM 10:30am-12 Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> FREE & Confidential 10am-Noon HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> Seeking Safety 10:30-Noon Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> FREE & Confidential 10am-Noon HIV, HepC, & STI 1pm-3pm DROP-IN Testing	<i>IN PERSON</i> TREM 11am-12:30 & ZOOM ID: 849 8935 9621 & Rm 202 HOST: Roxy Davis
<i>IN PERSON</i> Walk City Park Noon-1pm Meet at agency at noon	<i>IN PERSON</i> Women’s Variety 10:30am-12 Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> Music & Movement 12:15 – 1pm Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> Drug & Alcohol Education 10:30-Noon Channa Alles 1600 York Street – Rm 202	
<i>IN PERSON</i> Trauma Narrative 1:30-3pm Joycee Kennedy 1600 York Street – Rm 108	<i>IN PERSON</i> Clothing Closet Open Noon – 2pm	<i>IN PERSON</i> FREE & Confidential 1pm-3pm HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> Clothing Closet Open Noon – 2pm	
<i>ZOOM</i> Monday Quickies 3 – 3:30pm HOST: Darcy Strayer ID: 846 9793 2102		<i>IN PERSON</i> Addiction Recovery & <i>ZOOM</i> 1:30-3pm HOST: Sharon- Lynch ID: 870 2725 7391 & Rm 202		
		<i>IN PERSON</i> Men’s TREM & <i>ZOOM</i> 5:30-7pm HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202		
22	23	24	25	26
<i>IN PERSON</i> TREM 10:30am-12 Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> FREE & Confidential 10am-Noon HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> Seeking Safety 10:30-Noon Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> FREE & Confidential 10am-Noon HIV, HepC, & STI 1pm-3pm DROP-IN Testing	<i>IN PERSON</i> TREM 11am-12:30 & <i>ZOOM</i> ID: 849 8935 9621 & Rm 202 HOST: Roxy Davis Cancelled today
<i>IN PERSON</i> Walk City Park Noon-1pm Meet at agency at noon	<i>IN PERSON</i> Women’s Variety 10:30am-12 Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> Music & Movement 12:15 – 1pm Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> Drug & Alcohol Education 10:30-Noon Channa Alles 1600 York Street – Rm 202	
<i>IN PERSON</i> Trauma Narrative 1:30-3pm Joycee Kennedy 1600 York Street – Rm 108	<i>IN PERSON</i> Clothing Closet Open Noon – 2pm	<i>IN PERSON</i> FREE & Confidential 1pm-3pm HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> Clothing Closet Open Noon – 2pm	
<i>ZOOM</i> Monday Quickies 3 – 3:30pm HOST: Darcy Strayer ID: 846 9793 2102		<i>IN PERSON</i> Addiction Recovery & <i>ZOOM</i> 1:30-3pm HOST: Sharon- Lynch ID: 870 2725 7391 & Rm 202		
		<i>IN PERSON</i> Men’s TREM & <i>ZOOM</i> 5:30-7pm HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202		
29	30	31	<p>FREE HIV/HepC/STI Testing DROP-IN Testing Tuesdays & Thursdays, 10-Noon Wednesdays & Thursdays, 1-3pm or Call 720-850-7489 for appointment</p> 	
<i>IN PERSON</i> TREM 10:30am-12 Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> FREE & Confidential 10am-Noon HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> Seeking Safety 10:30-Noon Channa Alles 1600 York Street – Rm 202		
<i>IN PERSON</i> Walk City Park Noon-1pm Meet at agency at noon	<i>IN PERSON</i> Women’s Variety 10:30am-12 Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> Music & Movement 12:15 – 1pm Channa Alles 1600 York Street – Rm 202		
<i>IN PERSON</i> Trauma Narrative 1:30-3pm Joycee Kennedy 1600 York Street – Rm 108	<i>IN PERSON</i> Clothing Closet Open Noon – 2pm	<i>IN PERSON</i> FREE & Confidential 1pm-3pm HIV, HepC, & STI DROP-IN Testing		
<i>ZOOM</i> Monday Quickies 3 – 3:30pm HOST: Darcy Strayer ID: 846 9793 2102		<i>IN PERSON</i> Addiction Recovery & <i>ZOOM</i> 1:30-3pm HOST: Sharon- Lynch ID: 870 2725 7391 & Rm 202		
		<i>IN PERSON</i> Men’s TREM & <i>ZOOM</i> 5:30-7pm HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202		