


August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	IN PERSON 9-10am Chair Zumba Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	IN PERSON 11am-12:30 TREM Roxy Davis 1600 York Street – Rm 202
	IN PERSON 1:30-3pm Imagine You Laura Perez 1600 York Street – Rm 202	IN PERSON 10:30-Noon & 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	IN PERSON 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	ZOOM 1:30-3pm TREM HOST: Roxy Davis ID: 849 8935 9621
		IN PERSON 10:30-Noon Women In Community Channa Alles 1600 York Street – Rm 202	IN PERSON & ZOOM 1:30-3pm ID: 813 2595 2034 & Rm 202 Shame Resilience Demi Mims	
		IN PERSON 1:30-3pm Healing Art Laura Schneider 1600 York Street – Rm 202	IN PERSON & ZOOM 3:30-5pm ID: 868 1770 7374 & Rm 202 The Un-Broken Mind Angelica Noteboom	
		IN PERSON & ZOOM 5:30-7pm ID: 824 7119 3949 & Rm 108 Men's TREM HOST: Nikolas Werner		
7	8	9	10	11
IN PERSON 10:30am-12 TREM Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	IN PERSON 9-10am Chair Zumba Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	IN PERSON 11am-12:30 TREM Roxy Davis 1600 York Street – Rm 202
IN PERSON Noon-1pm Walk City Park Meet at agency at noon	IN PERSON 1:30-3pm Imagine You Laura Perez 1600 York Street – Rm 202	IN PERSON 10:30-Noon & 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	IN PERSON 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	ZOOM 1:30-3pm TREM HOST: Roxy Davis ID: 849 8935 9621
IN PERSON 1:30-3pm Trauma Narrative Joyce Kennedy 1600 York Street – Rm 108	ZOOM 6:30–7:30pm Empowering Credit HOST: Ashley Green ID: 860 8047 3882	IN PERSON 10:30-Noon Women In Community Channa Alles 1600 York Street – Rm 202	IN PERSON & ZOOM 1:30-3pm ID: 813 2595 2034 & Rm 202 Shame Resilience Demi Mims	
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- **DRUG & ALCOHOL EDUCATION** - a treatment group using the Strategies for Self-Improvement and Change curriculum. 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 & budget.
- **HEALING ART** provides a safe space to create art.
- **IMAGINE YOU** involves mindfulness, self-care, motivation, and setting healthy boundaries by building skills using S.M.A.R.T. Goals, and weekly activities including arts & crafts. Moved to Tuesdays!
- **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.
- **SHAME RESILIENCE** involves connecting with your authentic self and fostering meaningful relationships with others.
- **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.
- **THE UN-BROKEN MIND** – DBT Skills Group – Dialectical Behavioral Therapy works around developing four major skills: mindfulness, distress tolerance, interpersonal effectiveness, and emotional regulation.
- **Walk City Park** is a group for participants and staff to get out and move! Weather Permitting.
- **Women In Community** is a group to help us look at how we create community and friends.



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.
 ***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 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
IN PERSON TREM Channa Alles 10:30am-12 1600 York Street – Rm 202	IN PERSON Seeking Safety Channa Alles 10:30-Noon 1600 York Street – Rm 202	IN PERSON Chair Zumba Channa Alles 9-10am 1600 York Street – Rm 202	IN PERSON Drug & Alcohol Education Channa Alles 10:30-Noon 1600 York Street – Rm 202	IN PERSON TREM Roxy Davis 11am-12:30 1600 York Street – Rm 202
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		IN PERSON & ZOOM Men’s TREM HOST: Nikolas Werner 5:30-7pm ID: 824 7119 3949 & Rm 108		
21	22	23	24	25
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28	29	30	31	
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To Enroll for Groups
 Go to our website
 or call **720-850-7500**