



August 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
 <p style="text-align: center;">To Enroll for Groups Go to our website or call 720-850-7500</p>						1		2					
						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 1-3pm		FREE & Confidential HIV, HepC, & STI DROP-IN Testing		IN PERSON 1-2:30pm		Imagine You Laura Perez 1600 York Street – Rm 202	
						IN PERSON 1:30-3pm		Shame Resilience Demi Mims 1600 York Street – Rm 202		ZOOM 1:30-3pm		TREM HOST: Roxy Davis ID: 849 8935 9621	
5		6		7		8		9					
IN PERSON 10:30-Noon		TREM Channa Alles 1600 York Street – Rm 202		IN PERSON 10:30-Noon		Seeking Safety Channa Alles 1600 York Street – Rm 202		IN PERSON 10:30-Noon		Women in Motion Channa Alles & Laura S 1600 York Street – Rm 202			
IN PERSON Noon – 1pm		Walk City Park Meet at agency at noon *weather permitting		IN PERSON 10:30-Noon		Step Forward Mick Mounsey 1600 York Street – Rm 108		IN PERSON 10:30-Noon & 1-3pm		FREE & Confidential HIV, HepC, & STI DROP-IN Testing			
				IN PERSON 1:30-3pm		The Un-Broken Mind Angelica Mari Cancelled Today!		IN PERSON 1:30-3pm		Shame Resilience Demi Mims 1600 York Street – Rm 202			
				IN PERSON 5:30-7pm		Men's TREM HOST: Nikolas Werner 1600 York Street – Rm 108				ZOOM 1:30-3pm			
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- **\*ADVISORY COUNCIL** Meets once a month to discuss how we can make a difference in our community to promote nonviolence and better the services we provide for our participants. Contact Laura Perez for more information.
- The **CIRCLES PROJECT** is a collective of people seeking to cultivate community support, accountability, and healing by practicing and teaching restorative justice and transformative justice principles and practices. Restorative Justice of Colorado – every 2<sup>nd</sup> Monday.
- **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.
- **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.
- **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.
- **STEP FORWARD** is a harm reduction group to holistically step forward into a life of recovery through community and self-improvement.
- **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** is a group for anyone who has dealt with chronic stress, ANY trauma, substance use or any other long-term situation where the brain has had to adapt (create response pathways) to “survive”.
- **WALK CITY PARK** is a group for participants and staff to get out and move! Weather Permitting.
- **WOMEN IN MOTION with Gratitude and Joy** is a group to help us connect with our community and show gratitude.

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

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\*ZOOM groups– Contact the Host to ensure you have the correct link, date, and time of group. Please make sure you are in a safe environment.

**TO ENROLL:** CALL: 720-850-7500  
E-MAIL: intake@empowermentprogram.org  
WEBSITE: empowermentprogram.org/get-started

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>IN PERSON</b> <b>TREM</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Seeking Safety</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Women in Motion</b> Channa Alles & Laura S 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Drug &amp; Alcohol Education</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>TREM</b> Roxy Davis 11am-12:30 1600 York Street – Rm 202
<b>IN PERSON</b> <b>Walk City Park</b> Noon – 1pm Meet at agency at noon *weather permitting	<b>IN PERSON</b> <b>Step Forward</b> Mick Mounsey 10:30-Noon 1600 York Street – Rm 108	<b>IN PERSON</b> <b>FREE &amp; Confidential</b> HIV, HepC, & STI DROP-IN Testing 10:30-Noon & 1-3pm	<b>IN PERSON</b> <b>FREE &amp; Confidential</b> HIV, HepC, & STI DROP-IN Testing 1-3pm	<b>IN PERSON</b> <b>Imagine You</b> Laura Perez 1-2:30pm Cancelled Today
<b>IN PERSON</b> <b>Circles Project</b> Restorative Justice CO 1:30-3pm 1600 York Street – Rm 202		<b>IN PERSON</b> <b>The Un-Broken Mind</b> Angelica Mari 1:30-3pm 1600 York Street – Rm 108	<b>IN PERSON</b> <b>Shame Resilience</b> Demi Mims 1:30-3pm 1600 York Street – Rm 202	<b>ZOOM</b> 1:30-3pm <b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621
		<b>IN PERSON</b> <b>Men’s TREM</b> HOST: Nikolas Werner 5:30-7pm 1600 York Street – Rm 108		
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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		<b>IN PERSON</b> <b>*ADVISORY COUNCIL</b> Julie Kiehl & Laura Perez 1-2:30pm 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Shame Resilience</b> Demi Mims 1:30-3pm Cancelled Today!	<b>ZOOM</b> 1:30-3pm <b>TREM</b> HOST: Roxy Davis Cancelled Today
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<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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