

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>E-MAIL</i> 10am Self-Esteem HOST: Channa Alles	<i>IN PERSON</i> 10:30am-12 Life Skills HOST: Kathy Quinn 1600 York Street – Rm 108	<i>IN PERSON</i> 9 - 10:30am Relapse Prevention HOST: Lori Boothe 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education HOST: Channa Alles 1600 York Street – Rm 202	<i>ZOOM</i> 11am-12:30 TREM HOST: Michelle Zucker ID: 849 8935 9621
<i>IN PERSON</i> 10:30am-12 TREM HOST: Channa Alles 1600 York Street – Rm 202		<i>ZOOM</i> 10:30-Noon Addiction Recovery HOST: Liane Rush CLOSED GROUP	<i>IN PERSON</i> 3:30-5pm Parents On a Mission HOST: Jazmyn Gray 1600 York Street – Rm 202	<i>ZOOM</i> 3 – 4pm Empowerment Presents HOST: Leah Dirkse ID: 851 2301 0786
<i>IN PERSON</i> 1:30-3pm Trauma Narrative HOST: Joycee Kennedy 1600 York Street – Rm 108		<i>IN PERSON</i> Noon – 1:30 Seeking Safety HOST: Channa Alles 1600 York Street – Rm 202		
		<i>ZOOM</i> 1:30-3pm Beyond Anger & Violence HOST: Sharon Lynch ID: 818 6633 7842		
9	10	11	12	13
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All Groups are for enrolled participants. Go to our website: empowermentprogram.org/get-started or call 720-425-6293

- **ADDICTION RECOVERY** is drug/alcohol treatment group that focuses on building skills to help support sober living and provide support in your recovery.
- **BEYOND ANGER & VIOLENCE** is evidence-based therapy for people who are struggling with anger and who are in community setting. Psychoeducation, role playing, mindfulness activities, cognitive behavioral restructuring, and grounding skills for trauma triggers.
- **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.
- **EMPOWERMENT PRESENTS** - An Educational Series with a different topic discussed each week. \$25 RAFFLE!
- **LIFE SKILLS** is a class dealing with time/stress/money management, self-esteem, communication skills, and beyond.
- **PARENTS ON A MISSION** is to create Family Leadership while working through complex, challenging, and at times dysfunctional relationships giving parents clear instruction on principals that will provide healing, stability, and healthy guidance for happy living.
- **RELAPSE PREVENTION** is drug/alcohol treatment group that focuses on building cognitive and behavioral skills using the Journey to Recovery curriculum.
- **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 women who have experienced trauma and substance addiction.

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.

***E-MAIL** – Weekly group content will be mailed to participants, along with a survey to follow-up and answer discussion points.

***CLOSED GROUP** – Contact the Host

August, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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23	24	25	26	27
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30	31			
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				Revised 7/16/2021