



February 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>  <p style="text-align: center;">Get Started!</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 Noon – 1pm Crochet Menagerie Laura Schneider 1600 York Street – Rm 202	IN PERSON 1-2:30pm Imagine You Laura Perez 1600 York Street – Rm 202
			IN PERSON 1-3pm 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 Shame Resilience Demi Mims 1600 York Street – Rm 202		
5	6	7	8	9
IN PERSON 10:30-Noon TREM Channa Alles 1600 York Street – Rm 202	IN PERSON 10:00 start Chair Zumba 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 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	IN PERSON 11am-12:30 TREM Roxy Davis Cancelled Today
IN PERSON Noon Walk City Park Channa Alles Meet at agency at noon	IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon & 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	IN PERSON Noon – 1pm Crochet Menagerie Laura Schneider 1600 York Street – Rm 202	IN PERSON 1-2:30pm Imagine You Laura Perez 1600 York Street – Rm 202
IN PERSON 1:30-3pm Trauma Narrative Joycee Kennedy 1600 York Street – Rm 108		IN PERSON 1:30-3pm The Un-Broken Mind Angelica Mari 1600 York Street – Rm 108	IN PERSON 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	ZOOM 1:30-3pm TREM HOST: Roxy Davis Cancelled Today
		IN PERSON & ZOOM 5:30-7pm Men's TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 108	IN PERSON 1:30-3pm Shame Resilience Demi Mims Cancelled for Today	


- ***ADVISORY COUNCIL** Meets once a month to discuss the needs of participants, contact Laura Perez for more information.
- **CROCHET MENAGERIE** is for participants who enjoy crocheting. We will be creating stuffies of all kinds!
- **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.
- **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** 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** (formerly **EMPOWERED COMMUNITY**) is a group to help us look at how we get involved in community.

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

February 2024

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IN PERSON Trauma Narrative Joycee Kennedy 1:30-3pm 1600 York Street – Rm 108		IN PERSON *Advisory Council Julie Kiehl & Laura Perez 1-2:30pm 1600 York Street – Rm 202	IN PERSON FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1-3pm	ZOOM TREM HOST: Roxy Davis ID: 849 8935 9621 1:30-3pm
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