

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<i>IN PERSON</i> 10:30am-12 <b>TREM</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30am-12 <b>Women’s Variety</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202	<i>IN PERSON</i> 9 - 10:30am <b>Relapse Prevention</b> HOST: <a href="#">Lori Boothe</a> 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon <b>Drug &amp; Alcohol Education</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202	<i>ZOOM</i> 11am-12:30 <b>TREM</b> HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621
<i>IN PERSON</i> Noon-1pm <b>Walk City Park</b> Meet at agency at noon (Carla Madison if too cold)	<i>IN PERSON</i> Noon – 2pm <b>Clothing Closet Open</b>	<i>ZOOM</i> 10:30-Noon <b>Addiction Recovery</b> HOST: <a href="#">Liane Rush</a> CLOSED GROUP	<i>IN PERSON</i> Noon – 2pm <b>Clothing Closet Open</b>	
<i>IN PERSON</i> 1:30-3pm <b>Trauma Narrative</b> HOST: <a href="#">Joycee Kennedy</a> 1600 York Street – Rm 108	<i>IN PERSON</i> & <i>ZOOM</i> 6:30–7:30pm <b>Empowering Credit</b> HOST: <a href="#">Ashley Green</a> ID: 860 8047 3882	<i>IN PERSON</i> 11am – 12:30 <b>Seeking Safety</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202	<i>IN PERSON</i> 1pm-3pm <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b>	
		<i>ZOOM</i> 6 – 6:30pm <b>Hump Day Quickies</b> HOST: <a href="#">Darcy Strayer</a> ID: 831 6628 5079		
		<i>MARIPOSA</i> 6 – 7pm <b>Grow: “Letting Go of Judgement”</b> HOST: <a href="#">Makayla Chambers</a> CLOSED - Mariposa House		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<i>IN PERSON</i> 10:30am-12 <b>TREM</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30am-12 <b>Women’s Variety</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202	<i>IN PERSON</i> 9 - 10:30am <b>Relapse Prevention</b> HOST: <a href="#">Lori Boothe</a> 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon <b>Drug &amp; Alcohol Education</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202	<i>ZOOM</i> 11am-12:30 <b>TREM</b> HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621
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		<i>ZOOM</i> 6 – 6:30pm <b>Hump Day Quickies</b> HOST: <a href="#">Darcy Strayer</a> ID: 831 6628 5079		
		<i>MARIPOSA</i> 6 – 7pm <b>Progress: “Positive Self-Talk”</b> HOST: <a href="#">Makayla Chambers</a> CLOSED - Mariposa House		

All Groups are for enrolled participants. Go to our website: [empowermentprogram.org/get-started](http://empowermentprogram.org/get-started) or call 720-850-7500

- **ADDICTION RECOVERY** is drug/alcohol treatment group that focuses on building skills to help support sober living and provide support in your recovery.
- **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 specific budget we use for our clients here at KeyBank.
- **HUMP DAY QUICKIES** - get accurate, non-judgmental info on some of the most popular sexual health topics today
- **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.
- **Walk City Park** is a group for participants and staff to get out and move! If the weather is bad, we can walk to Carla Madison Rec.
- **Women’s Variety** is a group that rotates topics such as Women’s Health, Movement, and Worldly matters.

### The Empowerment Program, Inc.

1600 York Street, Denver, CO 80206  
Phone: 303-320-1989 ♦ fax: 303-320-3987  
Website: [empowermentprogram.org](http://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](mailto:intake@empowermentprogram.org)  
WEBSITE: [empowermentprogram.org/get-started](http://empowermentprogram.org/get-started)

January, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
 <p>Martin Luther King Jr Day</p> <p>Empowerment is CLOSED</p>	<p><b>IN PERSON</b> 10:30am-12</p> <p><b>Women's Variety</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p>	<p><b>IN PERSON</b> 9 - 10:30am</p> <p><b>Relapse Prevention</b> HOST: <a href="#">Lori Boothe</a> 1600 York Street – Rm 202</p>	<p><b>IN PERSON</b> 10:30-Noon</p> <p><b>Drug &amp; Alcohol Education</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p>	<p><b>ZOOM</b> 11am-12:30</p> <p><b>TREM</b> HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621</p>	
	<p><b>IN PERSON</b> Noon – 2pm</p> <p><b>Clothing Closet Open</b></p>	<p><b>ZOOM</b> 10:30-Noon</p> <p><b>Addiction Recovery</b> HOST: <a href="#">Liane Rush</a> CLOSED GROUP</p>	<p><b>IN PERSON</b> 11am – 12:30</p> <p><b>Seeking Safety</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p>	<p><b>IN PERSON</b> Noon – 2pm</p> <p><b>Clothing Closet Open</b></p>	
	<p><b>IN PERSON &amp; ZOOM</b> 6:30–7:30pm</p> <p><b>Empowering Credit</b> HOST: <a href="#">Ashley Green</a> ID: 860 8047 3882</p>	<p><b>ZOOM</b> 6 – 6:30pm</p> <p><b>Hump Day Quickies</b> HOST: <a href="#">Darcy Strayer</a> ID: 831 6628 5079</p>	<p><b>FREE &amp; Confidential</b> <b>HIV, HepC, &amp; STI</b> <b>DROP-IN Testing</b></p>		
		<p><b>MARIPOSA</b> 6 – 7pm</p> <p><b>Achieve: "Face Your Fears"</b> HOST: <a href="#">Makayla Chambers</a> CLOSED - Mariposa House</p>			
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<p><b>IN PERSON</b> 10:30am-12</p> <p><b>TREM</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p>	<p><b>IN PERSON</b> 10:30am-12</p> <p><b>Women's Variety</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p>	<p><b>IN PERSON</b> 9 - 10:30am</p> <p><b>Relapse Prevention</b> HOST: <a href="#">Lori Boothe</a> 1600 York Street – Rm 202</p>	<p><b>IN PERSON</b> 10:30-Noon</p> <p><b>Drug &amp; Alcohol Education</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p>	<p><b>ZOOM</b> 11am-12:30</p> <p><b>TREM</b> HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621</p>	
<p><b>IN PERSON</b> Noon-1pm</p> <p><b>Walk City Park</b> Meet at agency at noon (Carla Madison if too cold)</p>	<p><b>IN PERSON</b> Noon – 2pm</p> <p><b>Clothing Closet Open</b></p>	<p><b>ZOOM</b> 10:30-Noon</p> <p><b>Addiction Recovery</b> HOST: <a href="#">Liane Rush</a> CLOSED GROUP</p>	<p><b>IN PERSON</b> Noon – 2pm</p> <p><b>Clothing Closet Open</b></p>		
<p><b>IN PERSON</b> 1:30-3pm</p> <p><b>Trauma Narrative</b> HOST: <a href="#">Joycee Kennedy</a> 1600 York Street – Rm 108</p>	<p><b>IN PERSON &amp; ZOOM</b> 6:30–7:30pm</p> <p><b>Empowering Credit</b> HOST: <a href="#">Ashley Green</a> ID: 860 8047 3882</p>	<p><b>IN PERSON</b> 11am – 12:30</p> <p><b>Seeking Safety</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p>	<p><b>IN PERSON</b> 1pm-3pm</p> <p><b>FREE &amp; Confidential</b> <b>HIV, HepC, &amp; STI</b> <b>DROP-IN Testing</b></p>		
		<p><b>ZOOM</b> 6 – 6:30pm</p> <p><b>Hump Day Quickies</b> HOST: <a href="#">Darcy Strayer</a> ID: 831 6628 5079</p>			
		<p><b>MARIPOSA</b> 6 – 7pm</p> <p><b>Empower: "Journey to Freedom"</b> HOST: <a href="#">Makayla Chambers</a> CLOSED - Mariposa House</p>			
<b>31</b>	<b>Notes</b>	<b>Notes</b>			
<p><b>IN PERSON</b> 10:30am-12</p> <p><b>TREM</b> HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p>			<p><b>FREE &amp; Confidential</b> <b>HIV, HepC, &amp; STI</b> <b>DROP-IN Testing on</b> <b>THURSDAYS 1-3pm</b></p> <p>Or call to make an appointment! 720-766-9514</p>		
<p><b>IN PERSON</b> Noon-1pm</p> <p><b>Walk City Park</b> Meet at agency at noon (Carla Madison if too cold)</p>					
<p><b>IN PERSON</b> 1:30-3pm</p> <p><b>Trauma Narrative</b> HOST: <a href="#">Joycee Kennedy</a> 1600 York Street – Rm 108</p>					