


January, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
 Empowerment is CLOSED	<i>IN PERSON</i> 10:30am-12 Women's Variety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30- Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	<i>ZOOM</i> 9:30-11am LEAD Psychosocial HOST: Carmen Duarte CLOSED GROUP- See Carmen	<i>IN PERSON</i> 11am-12:30 TREM Roxy Davis 1600 York Street – Rm 202
	<i>IN PERSON</i> 1:30-3pm Healing Art Carmen Duarte CANCELLED for January	<i>IN PERSON</i> 12:15-1pm Music & Movement CANCELLED for January	<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 1:30-3pm Imagine You (3 of 8) Charmayne & Laura P 1600 York Street – Rm 202
		<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>ZOOM</i> 1:30-3pm TREM HOST: Roxy Davis ID: 849 8935 9621
		<i>IN PERSON</i> & <i>ZOOM</i> 1:30-3pm Addiction Recovery CANCELLED for January		
		<i>IN PERSON</i> & <i>ZOOM</i> 5:30-7pm Men's TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202		
9	10	11	12	13
<i>IN PERSON</i> 10:30am-12 TREM Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30am-12 Women's Variety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	<i>ZOOM</i> 9:30-11am LEAD Psychosocial HOST: Carmen Duarte CLOSED GROUP- See Carmen	<i>IN PERSON</i> 11am-12:30 TREM Roxy Davis 1600 York Street – Rm 202
<i>IN PERSON</i> Noon-1pm Walk City Park Meet at agency at noon	<i>IN PERSON</i> & <i>ZOOM</i> 6:30-7:30pm Empowering Credit HOST: Ashley Green ID: 860 8047 3882 & Rm 202	<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 1:30-3pm Imagine You (4 of 8) Charmayne & Laura P 1600 York Street – Rm 202
<i>IN PERSON</i> Noon-1pm Book Club Channa Alles CLOSED GROUP-See Channa	<i>IN PERSON</i> 1:30-3pm Healing Art Carmen Duarte CANCELLED for January	<i>IN PERSON</i> & <i>ZOOM</i> 5:30-7pm Men's TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202	<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>ZOOM</i> 1:30-3pm TREM HOST: Roxy Davis ID: 849 8935 9621
<i>IN PERSON</i> 1:30-3pm Trauma Narrative Joyce Kennedy 1600 York Street – Rm 108				

- **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, how to manage due dates and then introduces a budget. 2nd Tuesday of each month.
- **IMAGINE YOU** involves a 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.
- **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.
- **Walk City Park** is a group for participants and staff to get out and move! Weather Permitting.
- **Women's Variety** is a group that rotates topics such as Women's Health & Movement.

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.




*CLOSED GROUP – Contact the Host

TO ENROLL: CALL: 720-850-7500

E-MAIL: intake@empowermentprogram.org

WEBSITE: empowermentprogram.org/get-started

January, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
16	17	18	19	20	
 <p>Martin Luther King Jr Day Empowerment is CLOSED</p>	<p><i>IN PERSON</i> Women's Variety Channa Alles 10:30am-12 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> Healing Art Carmen Duarte 1:30-3pm CANCELLED for January</p>	<p><i>IN PERSON</i> Seeking Safety Channa Alles 10:30-Noon 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1pm-3pm</p> <p><i>IN PERSON</i> Men's TREM & ZOOM HOST: Nikolas Werner 5:30-7pm ID: 824 7119 3949 & Rm 202</p>	<p>ZOOM LEAD Psychosocial 9:30-11am HOST: Carmen Duarte CLOSED GROUP- See Carmen</p> <p><i>IN PERSON</i> Drug & Alcohol Education 10:30-Noon Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1pm-3pm</p>	<p><i>IN PERSON</i> TREM 11am-12:30 Roxy Davis Cancelled today</p> <p><i>IN PERSON</i> Imagine You (5 of 8) 1:30-3pm Charmayne & Laura P 1600 York Street – Rm 202</p> <p>ZOOM TREM 1:30-3pm HOST: Roxy Davis Cancelled today</p>	
	23	24	25	26	27
	<p><i>IN PERSON</i> TREM 10:30am-12 Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> Walk City Park Noon-1pm Meet at agency at noon</p> <p><i>IN PERSON</i> Book Club Noon-1pm Channa Alles CLOSED GROUP-See Channa</p> <p><i>IN PERSON</i> Trauma Narrative 1:30-3pm Joycee Kennedy 1600 York Street – Rm 108</p>	<p><i>IN PERSON</i> Women's Variety 10:30am-12 Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> Healing Art 1:30-3pm Carmen Duarte CANCELLED for January</p>	<p><i>IN PERSON</i> Seeking Safety 10:30-Noon Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1pm-3pm</p> <p><i>IN PERSON</i> Men's TREM & ZOOM HOST: Nikolas Werner 5:30-7pm ID: 824 7119 3949 & Rm 202</p>	<p>ZOOM LEAD Psychosocial 9:30-11am HOST: Carmen Duarte CLOSED GROUP- See Carmen</p> <p><i>IN PERSON</i> Drug & Alcohol Education 10:30-Noon Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1pm-3pm</p>	<p><i>IN PERSON</i> TREM 11am-12:30 Roxy Davis Cancelled today</p> <p><i>IN PERSON</i> Imagine You (6 of 8) 1:30-3pm Charmayne & Laura P 1600 York Street – Rm 202</p> <p>ZOOM TREM 1:30-3pm HOST: Roxy Davis Cancelled today</p>
30	31	 <p>Enroll for Groups Go to our website: empowermentprogram.org/get-started or call 720-850-7500</p>		<p>FREE HIV/HepC/STI Testing DROP-IN Testing Wednesdays & Thursdays 1-3pm or Call 720-850-7489 for appointment</p> 	
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