



January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 		<p>1</p> <p><b>CLOSED</b> FOR <b>NEW YEARS</b></p>	<p>2</p> <p>IN PERSON 1-3pm</p> <p>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</p>	<p>3</p> <p>IN PERSON 11am-12:30</p> <p><b>Step Forward</b> Chelsea Manke 1600 York Street – Rm 108</p>
<p>6</p> <p>IN PERSON Noon – 1pm</p> <p><b>Walk City Park</b> Meet at agency at noon *weather permitting</p> <p>IN PERSON 1-2:30pm</p> <p><b>Imagine You</b> Laura Perez 1600 York Street – Rm 202</p>	<p>7</p>	<p>8</p> <p>IN PERSON 10:30-Noon</p> <p><b>Women Rising</b> <i>Day of Gratitude</i> 1600 York Street – Rm 202</p> <p>IN PERSON 10:00-Noon &amp; 1-3pm</p> <p>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</p>	<p>9</p> <p>IN PERSON 1-3pm</p> <p>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</p>	<p>10</p> <p>IN PERSON 11am-12:30</p> <p><b>Step Forward</b> Chelsea Manke 1600 York Street – Rm 108</p>

- **\*PARTICIPANT VOICES ADVISORY COUNCIL** meets on the 3<sup>rd</sup> Wednesday to provide a space to amplify the voices of our participants regarding programs and services at Empowerment. Participants and staff welcome.
- **\*EMPOWERMENT WOMEN FOR NONVIOLENCE** meets on the 4<sup>th</sup> Wednesday - meaningful discussions to promote nonviolence, with its links to mental, spiritual, and physical health. Participant lead. All welcome.
- **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.
- **RESTORATIVE JUSTICE CIRCLE - CIRCLES PROJECT** meets every 2<sup>nd</sup> Monday -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 CO – Participants and staff welcome.
- **STEP FORWARD** is a harm reduction group to holistically step forward into a life of recovery through community and self-improvement.
- **WALK CITY PARK** is a group for participants and staff to get out and move! Weather Permitting.
- **WOMEN RISING – formerly WOMEN IN MOTION** is a group to help us grow in our sense of self while cultivating community and fellowship.


**The Empowerment Program, Inc.**

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



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

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>IN PERSON</b> Noon – 1pm <b>Walk City Park</b> Meet at agency at noon *weather permitting		<b>IN PERSON</b> 10:30-Noon <b>Women Rising</b> <i>BINGO</i> 1600 York Street – Rm 202	<b>IN PERSON</b> 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<b>IN PERSON</b> 11am-12:30 <b>Step Forward</b> Chelsea Manke 1600 York Street – Rm 108
<b>IN PERSON</b> 1-2:30pm <b>Imagine You</b> Laura Perez 1600 York Street – Rm108		<b>IN PERSON</b> 10:00-Noon & 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing		
<b>IN PERSON</b> 3-4:30pm Restorative Justice Circle <b>Circles Project</b> 1600 York Street – Rm 108 NEW TIME!		<b>IN PERSON</b> 1-2:30pm <b>Participant Voices Council</b> 1600 York Street – Rm 202		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
 CLOSED in observance of Martin Luther King Jr Day		<b>IN PERSON</b> 10:30-Noon <b>Women Rising</b> <i>Vision Boards</i> 1600 York Street – Rm 202	<b>IN PERSON</b> 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<b>IN PERSON</b> 11am-12:30 <b>Step Forward</b> Chelsea Manke 1600 York Street – Rm 108
		<b>IN PERSON</b> 10:00-Noon & 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing		
		<b>IN PERSON</b> 1-2:30pm <b>Empowerment Women                      for Nonviolence</b> 1600 York Street – Rm 202		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>IN PERSON</b> Noon – 1pm <b>Walk City Park</b> Meet at agency at noon *weather permitting		<b>IN PERSON</b> 10:30-Noon <b>Women Rising</b> <i>Routines &amp; Habits</i> 1600 York Street – Rm 202	<b>IN PERSON</b> 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<b>IN PERSON</b> 11am-12:30 <b>Step Forward</b> Chelsea Manke 1600 York Street – Rm 108
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