




July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Enroll for Groups. Go to our website: empowermentprogram.org/get-started or call 720-850-7500</p>		<p>FREE HIV/HepC/STI Testing <i>DROP-IN Testing</i> Tuesdays & Thursdays, 10-Noon Wednesdays & Thursdays, 1-3pm or Call 720-850-7489 for appointment</p>	<p>1 <i>IN PERSON & ZOOM</i> 11am-12:30 NO TREM TODAY! HOST: Roxy Davis ID: 849 8935 9621</p>
				<p><i>ZOOM</i> 3 – 4pm Empowerment Presents ID: 812 2815 6678</p>
<p>4</p>  <p>CLOSED ~Independence Day~</p>	<p>5</p> <p><i>IN PERSON</i> 10am-Noon FREE & Confidential HIV, HepC, & STI DROP-IN Testing</p> <p><i>IN PERSON</i> 10:30am-12 Women's Variety Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> Noon – 2pm Clothing Closet Open</p> <p><i>IN PERSON & ZOOM</i> 6:30–7:30pm Empowering Credit HOST: Ashley Green ID: 860 8047 3882</p>	<p>6</p> <p><i>1-3pm DROP-IN HIV Testing</i></p> <p><i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> 12:15 – 1pm Music & Movement Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON & ZOOM</i> 1:30-3pm Addiction Recovery HOST: Sharon Lynch ID: 870 2725 7391 & Rm 202</p> <p><i>IN PERSON</i> 5:30-7pm Men's TREM Nikolas Werner 1600 York Street – Rm 108</p> <p>MARIPOSA 6 – 7pm Empower: Journey to Freedom HOST: Makayla Chambers CLOSED - Mariposa House</p>	<p>7</p> <p><i>IN PERSON</i> 10am-Noon 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing</p> <p><i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> Noon – 2pm Clothing Closet Open</p>	<p>8</p> <p><i>IN PERSON & ZOOM</i> 11am-12:30 TREM HOST: Roxy Davis ID: 849 8935 9621</p> <p><i>ZOOM</i> 3 – 4pm Empowerment Presents ID: 812 2815 6678</p>

- **ADDICTION RECOVERY** is a relapse prevention and recovery group using evidenced based curriculum including DBT, CBT and mindfulness along with the 12 steps. Learn how to think and act your way to sobriety, whatever your addiction is.
- **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 budget. 2nd Tuesday of each month.
- **MONDAY QUICKIES** - get accurate, non-judgmental info on some of the most popular sexual health topics today
- **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!
- **Women's Variety** is a group that rotates topics such as Women's Health, Movement, and Geography.

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

July, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11	12	1-3pm DROP-IN HIV Testing 13	14	15
<i>IN PERSON</i> 10:30am-12 TREM Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10am-Noon FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10am-Noon FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1pm-3pm	<i>IN PERSON</i> & ZOOM 11am-12:30 TREM HOST: Roxy Davis Cancelled this week
<i>IN PERSON</i> Noon-1pm Walk City Park Meet at agency at noon	<i>IN PERSON</i> 10:30am-12 Women’s Variety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 12:15 – 1pm Music & Movement Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	ZOOM 3 – 4pm Empowerment Presents ID: 812 2815 6678
<i>IN PERSON</i> 1:30-3pm Trauma Narrative Joycee Kennedy 1600 York Street – Rm 108	<i>IN PERSON</i> Noon – 2pm Clothing Closet Open	<i>IN PERSON</i> & ZOOM 1:30-3pm Addiction Recovery HOST: Sharon- Lynch ID: 870 2725 7391 & Rm 202	<i>IN PERSON</i> Noon – 2pm Clothing Closet Open	
ZOOM 3 – 3:30pm Monday Quickies HOST: Darcy Strayer ID: 846 9793 2102	<i>IN PERSON</i> & ZOOM 6:30–7:30pm Empowering Credit HOST: Ashley Green ID: 860 8047 3882	<i>IN PERSON</i> 5:30-7pm Men’s TREM Nikolas Werner 1600 York Street – Rm 108		
		MARIPOSA 6 – 7pm Empower: Journey to Freedom HOST: Makayla Chambers CLOSED - Mariposa House		
18	19	1-3pm DROP-IN HIV Testing 20	21	22
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