



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<h1>July 2021</h1>		1	2	
				<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education HOST: Channa Alles 1600 York Street – Rm 202	ZOOM 11am-12:30 TREM HOST: Michelle Zucker ID: 849 8935 9621
					ZOOM 3 – 4pm Empowerment Presents HOST: Leah Dirkse ID: 851 2301 0786
5	6	7	8	9	
 CLOSED ~Independence Day~	<i>IN PERSON</i> 10:30am-12 Life Skills HOST: Kathy Quinn 1600 York Street – Rm 202	ZOOM 10:30-Noon Addiction Recovery HOST: Liane Rush CLOSED GROUP	<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education HOST: Channa Alles 1600 York Street – Rm 202	ZOOM 11am-12:30 TREM HOST: Michelle Zucker ID: 849 8935 9621	
		ZOOM 1:30-3pm Beyond Anger & Violence HOST: Sharon Lynch ID: 818 6633 7842	<i>IN PERSON</i> 3:30-5pm Parents On a Mission HOST: Jazmyn Gray 1600 York Street – Rm 202	ZOOM 3 – 4pm Empowerment Presents HOST: Leah Dirkse ID: 851 2301 0786	
12	13	14	15	16	
<i>E-MAIL</i> 10am Self-Esteem HOST: Channa Alles	<i>IN PERSON</i> 10:30am-12 Life Skills HOST: Kathy Quinn 1600 York Street – Rm 202	ZOOM 10:30-Noon Addiction Recovery HOST: Liane Rush CLOSED GROUP	<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education HOST: Channa Alles 1600 York Street – Rm 202	ZOOM 11am-12:30 TREM HOST: Michelle Zucker ID: 849 8935 9621	
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<i>IN PERSON</i> 1:30-3pm Trauma Narrative HOST: Joycee Kennedy 1600 York Street – Rm 108					
19	20	21	22	23	
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26	27	28	29	30	
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The Empowerment Program, Inc.
1600 York Street, Denver, CO 80206
www.empowermentprogram.org

GROUP DESCRIPTIONS

- **BEYOND TRAUMA** is a group for women who are ready to examine the reach and impact of trauma on women's lives, helping to integrate traumatic experiences through understanding, mindfulness, and connection.
- **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.
- **EMPOWERMENT PRESENTS** - An Educational Series with a different topic discussed each week. \$25 RAFFLE!
- **LIFE SKILLS** is a class dealing with time/stress/money management, self-esteem, communication skills, and beyond.
- **PARENTS ON A MISSION** is to create Family Leadership while working through complex, challenging, and at times dysfunctional relationships giving parents clear instruction on principals that will provide healing, stability, and healthy guidance for happy living.
- **RELAPSE PREVENTION** is drug/alcohol treatment group that focuses on building cognitive and behavioral skills.
- **SELF ESTEEM** 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.

***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. Please watch our Welcome Orientation Video for Zoom Group Policies on our [Get Started](#) page.

***E-MAIL** – Weekly group content will be mailed to participants, along with a survey to follow-up and answer discussion points.

***CLOSED GROUP** – Contact the Host