



June 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><i>MOVED TO THURSDAYS</i> Addiction Recovery HOST: Sharon Lynch 1:30-3 MOVED TO THURSDAYS!</p>	<p><i>IN PERSON</i> FREE & Confidential 10am-Noon HIV, HepC, & STI 1pm-3pm DROP-IN Testing</p>	<p>ZOOM 11am-12:30 TREM HOST: Michelle Zucker ID: 849 8935 9621</p>
		<p><i>IN PERSON</i> Seeking Safety 10:30-Noon Channa Alles 1600 York Street – Rm 202</p>	<p><i>IN PERSON</i> Drug & Alcohol Education 10:30-Noon Channa Alles 1600 York Street – Rm 202</p>	<p>ZOOM 3 – 4pm Empowerment Presents ID: 812 2815 6678</p>
		<p><i>IN PERSON</i> Music & Movement 12:15 – 1pm Channa Alles 1600 York Street – Rm 202</p>	<p><i>IN PERSON</i> Clothing Closet Open Noon – 2pm</p>	
		<p><i>IN PERSON</i> FREE & Confidential 1pm-3pm HIV, HepC, & STI DROP-IN Testing</p>	<p><i>IN PERSON & ZOOM</i> Addiction Recovery 1:30-3pm HOST: Sharon Lynch ID: 852 2311 5281</p>	
		<p>MARIPOSA Empower: Journey to Freedom 6 – 7pm HOST: Makayla Chambers CLOSED - Mariposa House</p>	<p><i>IN PERSON</i> Men’s TREM 5:30-7pm Nikolas Werner 1600 York Street – Rm 108</p>	
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p><i>IN PERSON</i> TREM 10:30am-12 Channa Alles 1600 York Street – Rm 202</p>	<p><i>IN PERSON</i> FREE & Confidential 10am-Noon HIV, HepC, & STI DROP-IN Testing</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 10am-Noon HIV, HepC, & STI 1pm-3pm DROP-IN Testing</p>	<p><i>IN PERSON & ZOOM</i> TREM 11am-12:30 HOST: Michelle Zucker ID: 849 8935 9621</p>
<p><i>IN PERSON</i> Walk City Park Noon-1pm Meet at agency at noon</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> Music & Movement 12:15 – 1pm Channa Alles 1600 York Street – Rm 202</p>	<p><i>IN PERSON</i> Drug & Alcohol Education 10:30-Noon Channa Alles 1600 York Street – Rm 202</p>	<p>ZOOM 3 – 4pm Empowerment Presents ID: 812 2815 6678</p>
<p><i>IN PERSON</i> Trauma Narrative 1:30-3pm Joycee Kennedy 1600 York Street – Rm 108</p>	<p><i>IN PERSON</i> Clothing Closet Open Noon – 2pm</p>	<p><i>IN PERSON</i> FREE & Confidential 1pm-3pm HIV, HepC, & STI DROP-IN Testing</p>	<p><i>IN PERSON</i> Clothing Closet Open Noon – 2pm</p>	
<p>ZOOM 3 – 3:30pm Monday Quickies HOST: Darcy Strayer ID: 846 9793 2102</p>	<p><i>IN PERSON & ZOOM</i> Empowering Credit 6:30-7:30pm HOST: Ashley Green ID: 860 8047 3882</p>	<p>MARIPOSA Empower: Journey to Freedom 6 – 7pm HOST: Makayla Chambers CLOSED - Mariposa House</p>	<p><i>IN PERSON & ZOOM</i> Addiction Recovery 1:30-3pm HOST: Sharon Lynch ID: 852 2311 5281</p>	
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- **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 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 women who have experienced trauma and substance addiction.
- **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

June, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13	14	15	16	17
<i>IN PERSON</i> 10:30am-12 TREM Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10am-Noon <i>FREE & Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10am-Noon 1pm-3pm <i>FREE & Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>IN PERSON</i> 11am-12:30 TREM HOST: Michelle Zucker ID: 849 8935 9621
<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> 1pm-3pm <i>FREE & Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>IN PERSON</i> Noon – 2pm Clothing Closet Open	
ZOOM 3 – 3:30pm Monday Quickies HOST: Darcy Strayer ID: 846 9793 2102		MARIPOSA 6 – 7pm Empower: Journey to Freedom HOST: Makayla Chambers CLOSED - Mariposa House	<i>IN PERSON & ZOOM</i> 1:30-3pm Addiction Recovery HOST: Sharon Lynch ID: 852 2311 5281	
			<i>IN PERSON</i> 5:30-7pm Men’s TREM Nikolas Werner 1600 York Street – Rm 108	
20	21	22	23	24
<p>CLOSED In Celebration Of</p>  <p>JUNE TEENTH FREEDOM DAY</p>	<i>IN PERSON</i> 10am-Noon <i>FREE & Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10am-Noon 1pm-3pm <i>FREE & Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>IN PERSON</i> 11am-12:30 TREM HOST: Michelle Zucker ID: 849 8935 9621
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27	28	29	30	
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<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	
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