



March, 2023


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>Get Started!</p>	1 <i>IN PERSON</i> Seeking Safety Channa Alles 10:30-Noon 1600 York Street – Rm 202	2 <i>ZOOM</i> LEAD Psychosocial HOST: Carmen Duarte 9:30-11am CLOSED GROUP- See Carmen	3 <i>IN PERSON</i> TREM Roxy Davis 11am-12:30 1600 York Street – Rm 202
		<i>IN PERSON</i> Chair Zumba Channa Alles 12:15-1pm 1600 York Street – Rm 202	<i>IN PERSON</i> Drug & Alcohol Education Channa Alles 10:30-Noon 1600 York Street – Rm 202	<i>ZOOM</i> TREM HOST: Roxy Davis 1:30-3pm ID: 849 8935 9621
		<i>IN PERSON</i> FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1pm-3pm	<i>IN PERSON</i> FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1pm-3pm	
		<i>IN PERSON</i> Healing Art Carmen Duarte / Laura S 1:30-3pm 1600 York Street – Rm 202		
		<i>IN PERSON & ZOOM</i> Men's TREM HOST: Nikolas Werner 5:30-7pm ID: 824 7119 3949 & Rm 202		
6 <i>IN PERSON</i> TREM Channa Alles 10:30am-12 1600 York Street – Rm 202	7 <i>IN PERSON</i> Women In Community Channa Alles 10:30am-12 1600 York Street – Rm 202	8 <i>IN PERSON</i> Seeking Safety Channa Alles 10:30-Noon 1600 York Street – Rm 202	9 <i>ZOOM</i> LEAD Psychosocial HOST: Carmen Duarte 9:30-11am CLOSED GROUP- See Carmen	10 <i>IN PERSON</i> TREM Roxy Davis 11am-12:30 Cancelled for Today
<i>IN PERSON</i> Walk City Park Meet at agency at noon Noon-1pm	<i>IN PERSON</i> Imagine You Laura Perez 1:30-3pm 1600 York Street – Rm 202	<i>IN PERSON</i> Chair Zumba Channa Alles 12:15-1pm 1600 York Street – Rm 202	<i>IN PERSON</i> Drug & Alcohol Education Channa Alles 10:30-Noon 1600 York Street – Rm 202	<i>ZOOM</i> TREM HOST: Roxy Davis 1:30-3pm Cancelled for Today
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<i>IN PERSON</i> Trauma Narrative Joyce Kennedy 1:30-3pm 1600 York Street – Rm 108		<i>IN PERSON</i> Healing Art Carmen Duarte / Laura S 1:30-3pm 1600 York Street – Rm 202		
		<i>IN PERSON & ZOOM</i> Men's TREM HOST: Nikolas Werner 5:30-7pm ID: 824 7119 3949 & Rm 202		

- **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.
- **HEALING ART** provides a safe space to talk, create fun art, and listen to relaxing music.
- **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. Moved to Tuesdays!
- **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 In Community** is a new group to look at how we create community and friends.

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.
- ***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

March, 2023

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13	14	15	16	17
<i>IN PERSON</i> TREM Channa Alles 10:30am-12 1600 York Street – Rm 202	<i>IN PERSON</i> Women In Community Channa Alles 10:30am-12 1600 York Street – Rm 202	<i>IN PERSON</i> Seeking Safety Channa Alles 10:30-Noon 1600 York Street – Rm 202	<i>ZOOM</i> LEAD Psychosocial HOST: Carmen Duarte 9:30-11am CLOSED GROUP- See Carmen	<i>IN PERSON</i> TREM Roxy Davis 11am-12:30 1600 York Street – Rm 202
<i>IN PERSON</i> Walk City Park Meet at agency at noon Noon-1pm	<i>IN PERSON</i> Imagine You Laura Perez 1:30-3pm 1600 York Street – Rm 202	<i>IN PERSON</i> Chair Zumba Channa Alles 12:15-1pm 1600 York Street – Rm 202	<i>IN PERSON</i> Drug & Alcohol Education Channa Alles 10:30-Noon 1600 York Street – Rm 202	<i>ZOOM</i> TREM HOST: Roxy Davis ID: 849 8935 9621 1:30-3pm
<i>IN PERSON</i> Book Club Channa Alles 12:15-1pm CLOSED GROUP-See Channa	<i>ZOOM</i> Empowering Credit HOST: Ashley Green ID: 860 8047 3882 6:30-7:30pm	<i>IN PERSON</i> FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1pm-3pm	<i>IN PERSON</i> FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1pm-3pm	
<i>IN PERSON</i> Trauma Narrative Joycee Kennedy 1:30-3pm 1600 York Street – Rm 108		<i>IN PERSON</i> Healing Art Carmen Duarte / Laura S 1:30-3pm 1600 York Street – Rm 202		
		<i>IN PERSON & ZOOM</i> Men's TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202 5:30-7pm		
20	21	22	23	24
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27	28	29	30	31
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