


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<i>E-MAIL</i> <b>Seeking Safety</b> 10am HOST: <a href="#">Channa Alles</a>	<i>E-MAIL</i> <b>Drug &amp; Alcohol Education</b> 10am HOST: <a href="#">Channa Alles</a>	<i>E-MAIL</i> <b>Beyond Anger &amp; Violence</b> 10am HOST: <a href="#">Sharon Lynch</a>	<i>ZOOM</i> <b>Peer Specialist Training</b> 10:30am-12 HOST: <a href="#">Sharon Lynch</a> CLOSED GROUP	<i>ZOOM</i> <b>TREM</b> 11am-12:30 HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621
	<i>ZOOM</i> <b>Peer Specialist Training</b> 10:30am-12 HOST: <a href="#">Sharon Lynch</a> CLOSED GROUP	<i>ZOOM</i> <b>Addiction Recovery</b> 10:30am-12 HOST: <a href="#">Liane Rush</a> CLOSED GROUP	<i>ZOOM</i> <b>Life Skills</b> 3:30-5pm HOST: <a href="#">Deborah Lawton</a> ID: 896 5127 0260	<i>ZOOM</i> <b>Empowerment Presents</b> 3 – 4pm HOST: <a href="#">Leah Dirkse</a> ID: 851 2301 0786
			<i>IN PERSON</i> <b>Drop-In HIV, HepC, &amp; STI Testing</b> 1-4pm	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<i>E-MAIL</i> <b>Seeking Safety</b> 10am HOST: <a href="#">Channa Alles</a>	<i>E-MAIL</i> <b>Drug &amp; Alcohol Education</b> 10am HOST: <a href="#">Channa Alles</a>	<i>E-MAIL</i> <b>Beyond Anger &amp; Violence</b> 10am HOST: <a href="#">Sharon Lynch</a>	<i>ZOOM</i> <b>Peer Specialist Training</b> 10:30am-12 HOST: <a href="#">Sharon Lynch</a> CLOSED GROUP	<i>ZOOM</i> <b>TREM</b> 11am-12:30 HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621
<i>IN PERSON</i> <b>TREM</b> 10:30am-12 HOST: <a href="#">Channa Alles</a> 1600 York Street	<i>ZOOM</i> <b>Peer Specialist Training</b> 10:30am-12 HOST: <a href="#">Sharon Lynch</a> CLOSED GROUP	<i>ZOOM</i> <b>Addiction Recovery</b> 10:30am-12 HOST: <a href="#">Liane Rush</a> CLOSED GROUP	<i>ZOOM</i> <b>Life Skills</b> 3:30-5pm HOST: <a href="#">Deborah Lawton</a> ID: 896 5127 0260	<i>ZOOM</i> <b>Empowerment Presents</b> 3 – 4pm HOST: <a href="#">Leah Dirkse</a> ID: 851 2301 0786
			<i>IN PERSON</i> <b>Drop-In HIV, HepC, &amp; STI Testing</b> 1-4pm	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<i>E-MAIL</i> <b>Seeking Safety</b> 10am HOST: <a href="#">Channa Alles</a>	<i>E-MAIL</i> <b>Drug &amp; Alcohol Education</b> 10am HOST: <a href="#">Channa Alles</a>	<i>E-MAIL</i> <b>Beyond Anger &amp; Violence</b> 10am HOST: <a href="#">Sharon Lynch</a>	<i>ZOOM</i> <b>Peer Specialist Training</b> 10:30am-12 HOST: <a href="#">Sharon Lynch</a> CLOSED GROUP	<i>ZOOM</i> <b>TREM</b> 11am-12:30 HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621
<i>IN PERSON</i> <b>TREM</b> 10:30am-12 HOST: <a href="#">Channa Alles</a> 1600 York Street	<i>ZOOM</i> <b>Peer Specialist Training</b> 10:30am-12 HOST: <a href="#">Sharon Lynch</a> CLOSED GROUP	<i>ZOOM</i> <b>Addiction Recovery</b> 10:30am-12 HOST: <a href="#">Liane Rush</a> CLOSED GROUP	<i>ZOOM</i> <b>Life Skills</b> 3:30-5pm HOST: <a href="#">Deborah Lawton</a> ID: 896 5127 0260	<i>ZOOM</i> <b>Empowerment Presents</b> 3 – 4pm HOST: <a href="#">Leah Dirkse</a> ID: 851 2301 0786
			<i>IN PERSON</i> <b>Drop-In HIV, HepC, &amp; STI Testing</b> 1-4pm	<i>IN PERSON</i> <b>HOT STUFF</b> 1-4pm HIV Testing, Food, Community
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<i>E-MAIL</i> <b>Seeking Safety</b> 10am HOST: <a href="#">Channa Alles</a>	<i>E-MAIL</i> <b>Drug &amp; Alcohol Education</b> 10am HOST: <a href="#">Channa Alles</a>	<i>E-MAIL</i> <b>Beyond Anger &amp; Violence</b> 10am HOST: <a href="#">Sharon Lynch</a>	<i>ZOOM</i> <b>Peer Specialist Training</b> 10:30am-12 HOST: <a href="#">Sharon Lynch</a> CLOSED GROUP	<i>ZOOM</i> <b>TREM</b> 11am-12:30 HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621
<i>IN PERSON</i> <b>TREM</b> 10:30am-12 HOST: <a href="#">Channa Alles</a> 1600 York Street	<i>ZOOM</i> <b>Peer Specialist Training</b> 10:30am-12 HOST: <a href="#">Sharon Lynch</a> CLOSED GROUP	<i>ZOOM</i> <b>Addiction Recovery</b> 10:30am-12 HOST: <a href="#">Liane Rush</a> CLOSED GROUP	<i>ZOOM</i> <b>Life Skills</b> 3:30-5pm HOST: <a href="#">Deborah Lawton</a> ID: 896 5127 0260	<i>ZOOM</i> <b>Empowerment Presents</b> 3 – 4pm HOST: <a href="#">Leah Dirkse</a> ID: 851 2301 0786
<i>IN PERSON</i> <b>Second Dose COVID Vaccine Clinic</b> CLOSED			<i>IN PERSON</i> <b>Drop-In HIV, HepC, &amp; STI Testing</b> 1-4pm	
<b>31</b>				
<i>E-MAIL</i> <b>Seeking Safety</b> 10am HOST: <a href="#">Channa Alles</a>				
<i>IN PERSON</i> <b>TREM</b> 10:30am-12 HOST: <a href="#">Channa Alles</a> 1600 York Street				
			<b>MAY 2021</b>	



# FREE ONSITE HIV, HEPC, & STI Testing

Testing is by APPOINTMENT ONLY! Mondays, Wednesdays, and Fridays

**\*\*DROP-IN Testing on THURSDAYS! 1-3pm\*\***

Call to make an appointment! 720-766-9514

Make an appointment ONLINE: [HERE](#)

The Empowerment Program, Inc. 1600 York Street, Denver, CO 80206 [www.empowermentprogram.org](http://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. COME FOR THE \$25 RAFFLE, STAY FOR THE EDUCATION!
- **LIFE SKILLS** is a class dealing with time/stress/money management, self-esteem, communication skills, and beyond.
- **PEER SPECIALIST TRAINING** is an introductory training to becoming a peer specialist.
- **RELAPSE PREVENTION** is drug/alcohol treatment group that focuses on building cognitive and behavioral skills.
- **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.
- **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.