

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>IN PERSON</i> 10:30am-12 <b>TREM</b> Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10am-Noon <i>FREE &amp; Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>ZOOM</i> 10:30-Noon <b>Addiction Recovery</b> HOST: Chelsie Baker ID: 852 2311 5281	<i>IN PERSON</i> 10am-Noon 1pm-3pm <i>FREE &amp; Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>ZOOM</i> 11am-12:30 <b>TREM</b> HOST: Michelle Zucker ID: 849 8935 9621
<i>IN PERSON</i> Noon-1pm <b>Walk City Park</b> Meet at agency at noon	<i>IN PERSON</i> 10:30am-12 <b>Women’s Variety</b> Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> Noon-1:30pm <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202	<i>ZOOM</i> 3 – 4pm <b>Empowerment Presents</b> ID: 812 2815 6678
<i>IN PERSON</i> 1:30-3pm <b>Trauma Narrative</b> Joycee Kennedy 1600 York Street – Rm 108	<i>IN PERSON</i> Noon – 2pm <b>Clothing Closet Open</b>	<i>IN PERSON</i> 12:15 – 1pm <b>Music &amp; Movement</b> Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> Noon – 2pm <b>Clothing Closet Open</b>	
<i>ZOOM</i> 3 – 3:30pm <b>Monday Quickies</b> HOST: Darcy Strayer ID: 846 9793 2102		<i>IN PERSON</i> 1pm-3pm <i>FREE &amp; Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>IN PERSON</i> 5:30-7pm <b>Men’s TREM</b> Nikolas Werner 1600 York Street – Rm 108	
		<i>MARIPOSA</i> 6 – 7pm <b>Grow: “Letting Go of Judgement”</b> HOST: Makayla Chambers CLOSED - Mariposa House		
9	10	11	12	13
<i>IN PERSON</i> 10:30am-12 <b>TREM</b> Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10am-Noon <i>FREE &amp; Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>ZOOM</i> 10:30-Noon <b>Addiction Recovery</b> HOST: Chelsie Baker ID: 852 2311 5281	<i>IN PERSON</i> 10am-Noon 1pm-3pm <i>FREE &amp; Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>IN PERSON</i> & <i>ZOOM</i> 11am-12:30 <b>TREM</b> HOST: Michelle Zucker ID: 849 8935 9621
<i>IN PERSON</i> Noon-1pm <b>Walk City Park</b> Meet at agency at noon	<i>IN PERSON</i> 10:30am-12 <b>Women’s Variety</b> Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> Noon-1:30pm <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202	<i>ZOOM</i> 3 – 4pm <b>Empowerment Presents</b> ID: 812 2815 6678
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<i>ZOOM</i> 3 – 3:30pm <b>Monday Quickies</b> HOST: Darcy Strayer ID: 846 9793 2102	<i>IN PERSON</i> & <i>ZOOM</i> 6:30–7:30pm <b>Empowering Credit</b> HOST: Ashley Green ID: 860 8047 3882	<i>IN PERSON</i> 1pm-3pm <i>FREE &amp; Confidential</i> HIV, HepC, & STI <i>DROP-IN Testing</i>	<i>IN PERSON</i> 5:30-7pm <b>Men’s TREM</b> Nikolas Werner 1600 York Street – Rm 108	
		<i>MARIPOSA</i> 6 – 7pm <b>Progress: “Positive Self-Talk”</b> HOST: Makayla Chambers CLOSED - Mariposa House		

- **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. 2<sup>nd</sup> 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

May, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>IN PERSON</b> <b>TREM</b> Channa Alles 10:30am-12 1600 York Street – Rm 202	<b>IN PERSON</b> <i>FREE &amp; Confidential            HIV, HepC, &amp; STI            DROP-IN Testing</i>	<b>ZOOM</b> <b>Addiction Recovery</b> HOST: Chelsie Baker ID: 852 2311 5281	<b>IN PERSON</b> <i>FREE &amp; Confidential            HIV, HepC, &amp; STI            DROP-IN Testing</i>	<b>IN PERSON</b> <b>TREM</b> HOST: Michelle Zucker ID: 849 8935 9621
<b>IN PERSON</b> <b>Walk City Park</b> Meet at agency at noon	<b>IN PERSON</b> <b>Women’s Variety</b> Channa Alles 10:30am-12 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Seeking Safety</b> Channa Alles 10:30-12 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202	<b>ZOOM</b> <b>Empowerment Presents</b> 3 – 4pm ID: 812 2815 6678
<b>IN PERSON</b> <b>Trauma Narrative</b> Joycee Kennedy 1:30-3pm 1600 York Street – Rm 108	<b>IN PERSON</b> <b>Clothing Closet Open</b>	<b>IN PERSON</b> <b>Music &amp; Movement</b> Channa Alles 12:15 – 1pm 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Clothing Closet Open</b>	
<b>ZOOM</b> <b>Monday Quickies</b> HOST: Darcy Strayer ID: 846 9793 2102		<b>IN PERSON</b> <i>FREE &amp; Confidential            HIV, HepC, &amp; STI            DROP-IN Testing</i>	<b>IN PERSON</b> <b>Men’s TREM</b> Nikolas Werner 1600 York Street – Rm 108	
		<b>MARIPOSA</b> 6 – 7pm <b>Achieve: “Face Your Fears”</b> HOST: <a href="#">Makayla Chambers</a> CLOSED - Mariposa House		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>IN PERSON</b> <b>TREM</b> Channa Alles 10:30am-12 1600 York Street – Rm 202	<b>IN PERSON</b> <i>FREE &amp; Confidential            HIV, HepC, &amp; STI            DROP-IN Testing</i>	<b>ZOOM</b> <b>Addiction Recovery</b> HOST: Chelsie Baker ID: 852 2311 5281	<b>IN PERSON</b> <i>FREE &amp; Confidential            HIV, HepC, &amp; STI            DROP-IN Testing</i>	<b>IN PERSON</b> <b>TREM</b> HOST: Michelle Zucker ID: 849 8935 9621
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		<b>MARIPOSA</b> 6 – 7pm <b>Empower: Journey to Freedom</b> HOST: <a href="#">Makayla Chambers</a> CLOSED - Mariposa House		
<b>30</b>	<b>31</b>			
 <b>CLOSED</b> ~Memorial Day~	<b>IN PERSON</b> <i>FREE &amp; Confidential            HIV, HepC, &amp; STI            DROP-IN Testing</i>		<b>FREE HIV/HepC/STI Testing</b> <i>DROP-IN Testing</i> Tuesdays & Thursdays, 10-Noon Wednesdays & Thursdays, 1-3pm or Call 720-850-7489 for appointment	<b>Enroll for Groups.</b> Go to our website: <a href="http://empowermentprogram.org/get-started">empowermentprogram.org/get-started</a> or call 720-850-7500
	<b>IN PERSON</b> <b>Women’s Variety</b> Channa Alles 10:30am-12 1600 York Street – Rm 202			
	<b>IN PERSON</b> <b>Clothing Closet Open</b>			