

May 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 1 | 2 | 3 | 4 | 5 |
| IN PERSON 10:30am-12 TREM Channa Alles Cancelled today | IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202 | IN PERSON 10:30-Noon Women In Community Channa Alles 1600 York Street – Rm 202 | IN PERSON 10:30- Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202 | IN PERSON 11am-12:30 TREM Roxy Davis 1600 York Street – Rm 202 |
| IN PERSON Noon-1pm Walk City Park Cancelled today | IN PERSON 1:30-3pm Imagine You Laura Perez 1600 York Street – Rm 202 | IN PERSON 12:15-1pm Chair Zumba Channa Alles 1600 York Street – Rm 202 | IN PERSON 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | ZOOM 1:30-3pm TREM HOST: Roxy Davis ID: 849 8935 9621 |
| IN PERSON 12:15-1pm Book Club Channa Alles Cancelled today | | IN PERSON 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | | |
| IN PERSON 1:30-3pm Trauma Narrative Joycee Kennedy Cancelled today | | IN PERSON 1:30-3pm Healing Art Carmen Duarte / Laura S 1600 York Street – Rm 202 | | |
| Empowerment is CLOSED for staff training | | IN PERSON & ZOOM 5:30-7pm Men's TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202 | | |
| 8 | 9 | 10 | 11 | 12 |
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| IN PERSON 12:15-1pm Book Club Channa Alles CLOSED GROUP–See Channa | ZOOM 6:30–7:30pm Empowering Credit HOST: Ashley Green ID: 860 8047 3882 | IN PERSON 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | | |
| IN PERSON 1:30-3pm Trauma Narrative Joycee Kennedy 1600 York Street – Rm 108 | | IN PERSON 1:30-3pm Healing Art Carmen Duarte / Laura S 1600 York Street – Rm 202 | | |
| | | IN PERSON & ZOOM 5:30-7pm Men's TREM HOST: Nikolas Werner 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 create fun art, and listen to relaxing music.
- **IMAGINE YOU** involves 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

May 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 15 | 16 | 17 | 18 | 19 |
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| | | <i>IN PERSON</i> Men's TREM & ZOOM HOST: Nikolas Werner 5:30-7pm ID: 824 7119 3949 & Rm 202 | | |
| 22 | 23 | 24 | 25 | 26 |
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| 29 | 30 | 31 | | |
|  CLOSED ~Memorial Day~ | <i>IN PERSON</i> Seeking Safety Channa Alles 10:30-Noon Cancelled today <i>IN PERSON</i> Imagine You Laura Perez 1:30-3pm 1600 York Street – Rm 202 | <i>IN PERSON</i> Women In Community Channa Alles 10:30-Noon Cancelled today <i>IN PERSON</i> Chair Zumba Channa Alles 12:15-1pm Cancelled today <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</i> Men's TREM & ZOOM HOST: Nikolas Werner 5:30-7pm ID: 824 7119 3949 & Rm 202 |  Get Started! |  EMPOWERMENT |