



May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	 <p style="text-align: center;">To Enroll for Groups Go to our website or call <b>720-850-7500</b></p>	<b>1</b>	<b>2</b>	<b>3</b>	
		IN PERSON 10:30-Noon <b>Women in Motion</b> Channa Alles & Laura S 1600 York Street – Rm 202	IN PERSON 10:30-Noon & 1-3pm <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b>	IN PERSON 1-3pm <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b>	IN PERSON 11am-12:30 <b>TREM</b> Roxy Davis 1600 York Street – Rm 202
		IN PERSON Noon – 1pm <b>Crochet Menagerie</b> Laura Schneider 1600 York Street – Rm 202	IN PERSON 1:30-3pm <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108	IN PERSON 1:30-3pm <b>Shame Resilience</b> Demi Mims 1600 York Street – Rm 202	IN PERSON 1-2:30pm <b>Imagine You</b> Laura Perez 1600 York Street – Rm 202
		IN PERSON 1:30-3pm <b>Men's TREM</b> HOST: <b>Nikolas Werner</b> 1600 York Street – Rm 108			<b>ZOOM</b> 1:30-3pm <b>TREM</b> HOST: <b>Roxy Davis</b> ID: 849 8935 9621
					IN PERSON 3-5pm <b>STEP FORWARD</b> Mick Mounsey 1600 York Street – Rm 202
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
IN PERSON 10:30-Noon <b>TREM</b> Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon <b>Women in Motion</b> Channa Alles & Laura S 1600 York Street – Rm 202	<del>IN PERSON</del> <del>10:30-Noon</del> <b>Drug &amp; Alcohol Education</b> Channa Alles Cancelled for Staff Training!	IN PERSON 11am-12:30 <b>TREM</b> Roxy Davis 1600 York Street – Rm 202	
IN PERSON Noon – 1pm <b>Walk City Park</b> Meet at agency at noon *weather permitting		IN PERSON 10:30-Noon & 1-3pm <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b>	IN PERSON 1-3pm <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b>	IN PERSON 1-2:30pm <b>Imagine You</b> Laura Perez 1600 York Street – Rm 202	
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- **\*ADVISORY COUNCIL** Meets once a month to discuss the needs of participants, contact Laura Perez for more information.
- **CROCHET MENAGERIE** is for participants who enjoy crocheting. We will learn patterns and create stuffies of all kinds!
- **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.
- **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.
- **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.
- **SHAME RESILIENCE** involves connecting with your authentic self and fostering meaningful relationships with others.
- **STEP FORWARD** is a harm reduction support group to holistically step forward into a life of recovery through community and self-improvement.
- **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.
- **THE UN-BROKEN MIND** is a group for anyone who has dealt with chronic stress, ANY trauma, substance use or any other long-term situation where the brain has had to adapt (create response pathways) to “survive”.
- **WALK CITY PARK** is a group for participants and staff to get out and move! Weather Permitting.
- **WOMEN IN MOTION with Gratitude and Joy** is a group to help us connect with our community and show gratitude.

**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 link, date, and time of group. Please make sure you are in a safe environment.

**TO ENROLL:** CALL: 720-850-7500  
E-MAIL: intake@empowermentprogram.org  
WEBSITE: empowermentprogram.org/get-started

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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<b>IN PERSON</b> Noon – 1pm <b>Walk City Park</b> Meet at agency at noon *weather permitting	<b>IN PERSON</b> 1-2:30pm <b>*Advisory Council</b> Julie Kiehl & Laura Perez 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon & 1-3pm <b>FREE &amp; Confidential</b> HIV, HepC, & STI <b>DROP-IN Testing</b>	<b>IN PERSON</b> 1-3pm <b>FREE &amp; Confidential</b> HIV, HepC, & STI <b>DROP-IN Testing</b>	<b>IN PERSON</b> 1-2:30pm <b>Imagine You</b> Laura Perez 1600 York Street – Rm 202
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