


November, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<i>IN PERSON</i> 10:30am-12 1600 York Street – Rm 202 Women’s Variety Channa Alles	<i>IN PERSON</i> 10:30-Noon 1600 York Street – Rm 202 Seeking Safety Channa Alles	<i>ZOOM</i> 9:30-11am CLOSED GROUP- See Carmen LEAD Psychosocial HOST: Carmen Duarte	<i>IN PERSON</i> 11am-12:30 1600 York Street – Rm 202 TREM Roxy Davis
	<i>IN PERSON</i> 1:30-3pm 1600 York Street – Rm 202 Healing Art Carmen Duarte	<i>IN PERSON</i> 12:15 – 1pm 1600 York Street – Rm 202 Music & Movement Channa Alles	<i>IN PERSON</i> 10:30-Noon 1600 York Street – Rm 202 Drug & Alcohol Education Channa Alles	<i>ZOOM</i> 1:30-3pm HOST: Roxy Davis ID: 849 8935 9621 TREM
		<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	
		<i>IN PERSON & ZOOM</i> 1:30-3pm HOST: Sharon Lynch ID: 870 2725 7391 & Rm 202 Addiction Recovery		
	<i>IN PERSON & ZOOM</i> 5:30-7pm HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202 Men’s TREM			
7	8	9	10	11
<i>IN PERSON</i> 10:30am-12 1600 York Street – Rm 202 TREM Channa Alles	<i>IN PERSON</i> 10:30am-12 1600 York Street – Rm 202 Women’s Variety Channa Alles	<i>IN PERSON</i> 10:30-Noon 1600 York Street – Rm 202 Seeking Safety Channa Alles	<i>ZOOM</i> 9:30-11am CLOSED GROUP- See Carmen LEAD Psychosocial HOST: Carmen Duarte	<i>IN PERSON</i> 11am-12:30 1600 York Street – Rm 202 TREM Roxy Davis
<i>IN PERSON</i> Noon-1pm Meet at agency at noon Walk City Park	<i>IN PERSON & ZOOM</i> 6:30-7:30pm ID: 860 8047 3882 & Rm 202 HOST: Ashley Green Empowering Credit	<i>IN PERSON</i> 12:15 – 1pm 1600 York Street – Rm 202 Music & Movement Channa Alles	<i>IN PERSON</i> 10:30-Noon 1600 York Street – Rm 202 Drug & Alcohol Education Channa Alles	<i>ZOOM</i> 1:30-3pm HOST: Roxy Davis ID: 849 8935 9621 TREM
<i>IN PERSON</i> Noon-1pm CLOSED GROUP-See Channa Book Club Channa Alles	<i>IN PERSON</i> 1:30-3pm 1600 York Street – Rm 202 Healing Art Carmen Duarte	<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	
<i>IN PERSON</i> 1:30-3pm 1600 York Street – Rm 108 Trauma Narrative Joycee Kennedy		<i>IN PERSON & ZOOM</i> 1:30-3pm ID: 870 2725 7391 & Rm 202 HOST: Sharon Lynch Addiction Recovery		
<i>ZOOM</i> 3-3:30pm HOST: Darcy Strayer Cancelled for November Monday Quickies		<i>IN PERSON & ZOOM</i> 5:30-7pm ID: 824 7119 3949 & Rm 202 HOST: Nikolas Werner Men’s TREM		

- **ADDICTION RECOVERY** is a relapse prevention and recovery group using evidenced based curriculum including DBT, CBT and mindfulness along with the 12 steps. Learn how to think and act your way to sobriety, whatever your addiction is.
- **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. 2nd 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 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!
- **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

November, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
<i>IN PERSON</i> 10:30am-12 TREM Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30am-12 Women’s Variety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	<i>ZOOM</i> 9:30-11am LEAD Psychosocial HOST: Carmen Duarte CLOSED GROUP- See Carmen	<i>IN PERSON</i> 11am-12:30 TREM Roxy Davis 1600 York Street – Rm 202
<i>IN PERSON</i> Noon-1pm Walk City Park Meet at agency at noon	<i>IN PERSON</i> 1:30-3pm Healing Art Carmen Duarte 1600 York Street – Rm 202	<i>IN PERSON</i> 12:15 – 1pm Music & Movement Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	<i>ZOOM</i> 1:30-3pm TREM HOST: Roxy Davis ID: 849 8935 9621
<i>IN PERSON</i> Noon-1pm Book Club Channa Alles CLOSED GROUP–See Channa		<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	
<i>IN PERSON</i> 1:30-3pm Trauma Narrative Joycee Kennedy 1600 York Street – Rm 108		<i>IN PERSON</i> 1:30-3pm Addiction Recovery HOST: Sharon- Lynch ID: 870 2725 7391 & Rm 202		
		<i>IN PERSON</i> & <i>ZOOM</i> 5:30-7pm Men’s TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202		
21	22	23	24	25
<i>IN PERSON</i> 10:30am-12 TREM Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30am-12 Women’s Variety Channa Alles 1600 York Street – Rm 202	<i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	<p>The Empowerment Program is CLOSED</p> 	
<i>IN PERSON</i> Noon-1pm Walk City Park Meet at agency at noon	<i>IN PERSON</i> 1:30-3pm Healing Art Carmen Duarte 1600 York Street – Rm 202	<i>IN PERSON</i> 12:15 – 1pm Music & Movement Channa Alles 1600 York Street – Rm 202		
<i>IN PERSON</i> Noon-1pm Book Club Channa Alles CLOSED GROUP–See Channa		<i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing		
<i>IN PERSON</i> 1:30-3pm Trauma Narrative Joycee Kennedy 1600 York Street – Rm 108		<i>IN PERSON</i> & <i>ZOOM</i> 1:30-3pm Addiction Recovery HOST: Sharon- Lynch ID: 870 2725 7391 & Rm 202		
		<i>IN PERSON</i> & <i>ZOOM</i> 5:30-7pm Men’s TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202		
28	29	30	 <p>Enroll for Groups. Go to our website: empowermentprogram.org/get-started or call 720-850-7500</p>  <p>FREE HIV/HepC/STI Testing <i>DROP-IN Testing</i> <i>Wednesdays & Thursdays, 1-3pm</i> or Call 720-850-7489 for appointment</p>	
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