



November, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> IN PERSON 10:30-Noon <b>Empowered Community</b> Channa Alles & Laura S 1600 York Street – Rm 202	<b>2</b> IN PERSON 10:30-Noon <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202	<b>3</b> IN PERSON 11am-12:30 <b>TREM</b> Roxy Davis 1600 York Street – Rm 202
		IN PERSON Noon-1pm <b>Healing Art</b> Channa Alles & Laura S 1600 York Street – Rm 202	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
		IN PERSON 10:30-Noon & 1-3pm <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b>	IN PERSON & ZOOM 1:30-3pm <b>Shame Resilience</b> Demi Mims ID: 813 2595 2034 & Rm 202	<b>ZOOM</b> 1:30-3pm <b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621
		IN PERSON 1:30-3pm <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108		
		IN PERSON & ZOOM 5:30-7pm <b>Men's TREM</b> HOST: Nikolas Werner ID: 824 7119 3949 & Rm 108		
<b>6</b> IN PERSON 10:30-Noon <b>TREM</b> Channa Alles 1600 York Street – Rm 202	<b>7</b> IN PERSON 9:30 start <b>Chair Zumba</b> Channa Alles 1600 York Street – Rm 202	<b>8</b> IN PERSON 10:30-Noon <b>Empowered Community</b> Channa Alles & Laura S 1600 York Street – Rm 202	<b>9</b> IN PERSON 10:30-Noon <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202	
IN PERSON Noon <b>Walk City Park</b> Meet at agency at noon	IN PERSON 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	IN PERSON Noon-1pm <b>Healing Art</b> Channa Alles & Laura S 1600 York Street – Rm 202	IN PERSON 1-3pm <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b>	
IN PERSON 1:30-3pm <b>Trauma Narrative</b> Joyce Kennedy 1600 York Street – Rm 108		IN PERSON 10:30-Noon & 1-3pm <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b>	<del>IN PERSON 1-3pm</del> <b>&amp; ZOOM</b> <del>1:30-3pm</del> <b>Shame Resilience</b> Demi Mims Cancelled Today!	
		IN PERSON 1:30-3pm <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108		
		IN PERSON & ZOOM 5:30-7pm <b>Men's TREM</b> HOST: Nikolas Werner ID: 824 7119 3949 & Rm 108		

- **\*ADVISORY COUNCIL** Meets once a month to discuss the needs of participants, contact Laura Perez for more information.
- **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.
- **EMPOWERED COMMUNITY & HEALING ART** is a group to help us look at how we create community and art.
- **HEALING ART** provides a safe space to create art.
- **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.
- **SHAME RESILIENCE** involves connecting with your authentic self and fostering meaningful relationships with others.
- **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.
- **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.

**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

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>13</b>	<b>14</b>	<b>*Advisory Council 1-2:30 Rm 202 15</b>	<b>16</b>	<b>17</b>
<b>IN PERSON</b> <b>TREM</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Chair Zumba</b> Channa Alles 9:30 start 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Empowered Community</b> Channa Alles & Laura S 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Drug &amp; Alcohol Education</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>TREM</b> Roxy Davis 11am-12:30 1600 York Street – Rm 202
<b>IN PERSON</b> <b>Walk City Park</b> Noon Meet at agency at noon	<b>IN PERSON</b> <b>Seeking Safety</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Healing Art</b> Channa Alles & Laura S Noon-1pm 1600 York Street – Rm 202	<b>IN PERSON</b> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 1-3pm	<b>IN PERSON</b> <b>Imagine You</b> Laura Perez 1-2:30pm 1600 York Street – Rm 202
<b>IN PERSON</b> <b>Trauma Narrative</b> Joycee Kennedy 1:30-3pm 1600 York Street – Rm 108		<b>IN PERSON</b> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 10:30-Noon & 1-3pm	<b>IN PERSON &amp; ZOOM</b> <b>Shame Resilience</b> Demi Mims 1:30-3pm ID: 813 2595 2034 & Rm 202	<b>ZOOM</b> <b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621
		<b>IN PERSON</b> <b>The Un-Broken Mind</b> Angelica Mari 1:30-3pm 1600 York Street – Rm 108		
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<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>IN PERSON</b> <b>TREM</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Chair Zumba</b> Channa Alles 9:30 start 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Empowered Community</b> Channa Alles & Laura S 10:30-Noon 1600 York Street – Rm 202	The Empowerment Program is CLOSED  	
<b>IN PERSON</b> <b>Walk City Park</b> Noon Meet at agency at noon	<b>IN PERSON</b> <b>Seeking Safety</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Healing Art</b> Channa Alles & Laura S Noon-1pm 1600 York Street – Rm 202		
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<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>IN PERSON</b> <b>TREM</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Chair Zumba</b> Channa Alles 9:30 start 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Empowered Community</b> Channa Alles & Laura S 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Drug &amp; Alcohol Education</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	  <b>To Enroll for Groups</b> Go to our website or call <b>720-850-7500</b>
<b>IN PERSON</b> <b>Walk City Park</b> Noon Meet at agency at noon	<b>IN PERSON</b> <b>Seeking Safety</b> Channa Alles 10:30-Noon 1600 York Street – Rm 202	<b>IN PERSON</b> <b>Healing Art</b> Channa Alles & Laura S Noon-1pm 1600 York Street – Rm 202	<b>IN PERSON</b> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 1-3pm	
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