


November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center;"> <b>To Enroll for Groups</b>            Go to our website or call <b>720-850-7500</b> </p>				1

4	5	6	7	8
<b>IN PERSON</b> 1-2:30pm <b>Imagine You</b> Laura Perez 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Women in Motion</b> Channa Alles & Laura S 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202	
<b>IN PERSON</b> Noon – 1pm <b>Walk City Park</b> Meet at agency at noon *weather permitting	<b>IN PERSON</b> 10:30-Noon <b>Step Forward</b> Mick Mounsey 1600 York Street – Rm 108	<b>IN PERSON</b> 10:00-Noon & 1-3pm <b>FREE &amp; Confidential            HIV, HepC, &amp; STI            DROP-IN Testing</b>	<b>IN PERSON</b> 1-3pm <b>FREE &amp; Confidential            HIV, HepC, &amp; STI            DROP-IN Testing</b>	
		<b>IN PERSON</b> 1:30-3pm <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108	<b>IN PERSON</b> 3-4:30pm <b>Crafting with Deb</b> Deborah Lawton 1600 York Street – Rm 202	



- **\*PARTICIPANT VOICES COUNCIL** Meets once a month to provide feedback about services and amplify the voices of our participants. Everyone is welcome
- The **CIRCLES PROJECT** is a collective of people seeking to cultivate community support, accountability, and healing by practicing and teaching restorative justice and transformative justice principles and practices. Restorative Justice of Colorado – every 2<sup>nd</sup> Monday.
- **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.
- **MAKE YOUR VOTE COUNT** – get help registering to vote and learn more about how voting works and why it matters. (1<sup>st</sup> & 3<sup>rd</sup> Monday)
- **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.
- **STEP FORWARD** is a harm reduction group to holistically step forward into a life of recovery through community and self-improvement.
- **STORYTELLING WORKSHOP** helps you better communicate and connect with others in a way that is honoring and reflective of yourself.
- **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



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

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
11	12	13	14	15	
 <p><b>WE WILL BE CLOSED ON VETERANS DAY</b></p>	<b>IN PERSON</b> 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Women in Motion</b> Channa Alles & Laura S 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202		
	<b>IN PERSON</b> 10:30-Noon <b>Step Forward</b> Mick Mounsey 1600 York Street – Rm 108	<b>IN PERSON</b> 10:00-Noon & 1-3pm <b>FREE &amp; Confidential</b> HIV, HepC, & STI <b>DROP-IN Testing</b>	<b>IN PERSON</b> 1:30-3pm <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108	<b>IN PERSON</b> 1-3pm <b>FREE &amp; Confidential</b> HIV, HepC, & STI <b>DROP-IN Testing</b>	
18	19	20	21	22	
<b>IN PERSON</b> 1-2:30pm <b>Imagine You</b> Crafting with Deb 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Women in Motion</b> Channa Alles & Laura S 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202		
<b>IN PERSON</b> Noon – 1pm <b>Walk City Park</b> Meet at agency at noon *weather permitting	<del><b>IN PERSON</b> 10:30-Noon</del> <b>Step Forward</b> Mick Mounsey Cancelled Today	<b>IN PERSON</b> 10:00-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>Participant Voices Council</b> 1600 York Street – Rm 202			
		<b>IN PERSON</b> 1:30-3pm <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108			
25	26	27	28	29	
<b>IN PERSON</b> 1-2:30pm <b>Imagine You</b> Laura Perez 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Women in Motion</b> Channa Alles & Laura S 1600 York Street – Rm 202	<p>The Empowerment Program is CLOSED</p> 		
<b>IN PERSON</b> Noon – 1pm <b>Walk City Park</b> Meet at agency at noon *weather permitting	<b>IN PERSON</b> 10:30-Noon <b>Step Forward</b> Mick Mounsey 1600 York Street – Rm 108	<b>IN PERSON</b> 10:00-Noon & 1-3pm <b>FREE &amp; Confidential</b> HIV, HepC, & STI <b>DROP-IN Testing</b>			
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