


October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	<p><i>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing on THURSDAYS 1-3pm</i></p> <p>Or call to make an appointment! 720-766-9514</p>		<p><b>NOTES</b></p>	<p><b>1</b></p> <p><b>ZOOM</b> 11am-12:30</p> <p><b>TREM</b> HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621</p> <p><b>ZOOM</b> 3 – 4pm</p> <p><b>Empowerment Presents</b> HOST: <a href="#">Leah Dirkse</a> ID: 851 2301 0786</p>		
		<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
		<p><i>IN PERSON</i> <b>TREM</b> 10:30am-12 HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> <b>TREM – Art Group</b> 1pm-2:30 HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> <b>Trauma Narrative</b> 1:30-3pm HOST: <a href="#">Joycee Kennedy</a> 1600 York Street – Rm 108</p>	<p><i>IN PERSON</i> <b>Life Skills</b> 10:30am-12 HOST: <a href="#">Kathy Quinn</a> 1600 York Street – Rm 108</p> <p><i>IN PERSON</i> <b>HOT STUFF CLOTHING CLOSET</b> Noon – 2pm</p>	<p><i>IN PERSON</i> <b>Relapse Prevention</b> 9 - 10:30am HOST: <a href="#">Lori Boothe</a> 1600 York Street – Rm 202</p> <p><i>ZOOM</i> <b>Addiction Recovery</b> 10:30-Noon HOST: <a href="#">Liane Rush</a> CLOSED GROUP</p> <p><i>IN PERSON</i> <b>Seeking Safety</b> 11:30-1pm HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p> <p><i>ZOOM</i> <b>Hump Day Quickies</b> 6 – 6:30pm HOST: <a href="#">Darcy Strayer</a> ID: 831 6628 5079</p>	<p><i>IN PERSON</i> <b>Drug &amp; Alcohol Education</b> 10:30-Noon HOST: <a href="#">Channa Alles</a> 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> <b>HOT STUFF CLOTHING CLOSET</b> Noon – 2pm</p> <p><i>IN PERSON</i> <b>Beyond Anger &amp; Violence</b> 1:30-3pm HOST: <a href="#">Sharon Lynch</a> 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 1pm-3pm</p>	<p><b>8</b></p> <p><i>ZOOM</i> <b>TREM</b> 11am-12:30 HOST: <a href="#">Michelle Zucker</a> ID: 849 8935 9621</p> <p><i>ZOOM</i> <b>Empowerment Presents</b> 3 – 4pm HOST: <a href="#">Leah Dirkse</a> ID: 851 2301 0786</p>

**All Groups are for enrolled participants. Go to our website: [empowermentprogram.org/get-started](http://empowermentprogram.org/get-started) or call 720-425-6293**

- **ADDICTION RECOVERY** is drug/alcohol treatment group that focuses on building skills to help support sober living and provide support in your recovery.
- **BEYOND ANGER & VIOLENCE** is evidence-based therapy for people who are struggling with anger and who are in community setting. Psychoeducation, role playing, mindfulness activities, cognitive behavioral restructuring, and grounding skills for trauma triggers.
- **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.
- **EMPOWERMENT PRESENTS** - An Educational Series with a different topic discussed each week. \$25 RAFFLE!
- **HUMP DAY QUICKIES** - get accurate, non-judgmental info on some of the most popular sexual health topics today
- **LIFE SKILLS** is a class dealing with time/stress/money management, self-esteem, communication skills, and beyond.
- **RELAPSE PREVENTION** is drug/alcohol treatment group that focuses on building cognitive and behavioral skills using the Journey to Recovery curriculum.
- **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 women who have experienced trauma and substance addiction.

**The Empowerment Program, Inc.**

1600 York Street, Denver, CO 80206  
Phone: 303-320-1989 ♦ fax: 303-320-3987  
Website: [empowermentprogram.org](http://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: 720-425-6293

E-MAIL: [intake@empowermentprogram.org](mailto:intake@empowermentprogram.org)  
WEBSITE: [empowermentprogram.org/get-started](http://empowermentprogram.org/get-started)

October, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
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<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
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