

October, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
IN PERSON TREM Channa Alles 10:30-Noon 1600 York Street – Rm 202	IN PERSON Seeking Safety Channa Alles 10:30-Noon 1600 York Street – Rm 202	IN PERSON Empowered Comm. & Art Channa Alles & Laura S 10:30-12:30 1600 York Street – Rm 202	IN PERSON Drug & Alcohol Education Channa Alles 10:30-Noon 1600 York Street – Rm 202	IN PERSON TREM Roxy Davis 11am-12:30 1600 York Street – Rm 202
IN PERSON Walk City Park Noon Meet at agency at noon	Imagine You Moved to Fridays	IN PERSON 10:30-Noon & 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	IN PERSON 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	IN PERSON 1-2:30pm Imagine You Laura Perez 1600 York Street – Rm 202
IN PERSON Trauma Narrative Joycee Kennedy 1:30-3pm 1600 York Street – Rm 108		IN PERSON 1:30-3pm The Un-Broken Mind Angelica Mari 1600 York Street – Rm 108	IN PERSON & ZOOM 1:30-3pm Shame Resilience Demi Mims ID: 813 2595 2034 & Rm 202	ZOOM 1:30-3pm TREM HOST: Roxy Davis ID: 849 8935 9621
		IN PERSON & ZOOM 5:30-7pm Men’s TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 108		
9	10	11	12	13
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- ***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.
- **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

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16	17	18	19	20
IN PERSON 10:30-Noon TREM Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-12:30 Empowered Comm. & Art Channa Alles & Laura S 1600 York Street – Rm 202	IN PERSON 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	IN PERSON 11am-12:30 TREM Roxy Davis 1600 York Street – Rm 202
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IN PERSON 1:30-3pm Trauma Narrative Joyce Kennedy Cancelled Today		IN PERSON 1-2:30pm *Advisory Council Laura Perez 1600 York Street – Rm 202	IN PERSON & ZOOM 1:30-3pm ID: 813 2595 2034 & Rm 202 Shame Resilience Demi Mims	ZOOM 1:30-3pm TREM HOST: Roxy Davis ID: 849 8935 9621
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23	24	25	26	27
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30	31	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Get Started!</p> </div> <div style="text-align: center;"> <p>To Enroll for Groups Go to our website or call 720-850-7500</p> </div> <div style="text-align: center;">  </div> </div>		
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