


October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon Women in Motion 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 Storytelling Workshop Jenny Footle 1600 York Street – Rm 202
	IN PERSON 10:30-Noon Step Forward Mick Mounsey 1600 York Street – Rm 108	IN PERSON 10:00-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 Cancelled for October
		IN PERSON 1:30-3pm The Un-Broken Mind Angelica Mari 1600 York Street – Rm 108		
7	8	9	10	11
IN PERSON Noon – 1pm Walk City Park Meet at agency at noon *weather permitting	IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon Women in Motion 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 Storytelling Workshop Jenny Footle 1600 York Street – Rm 202
IN PERSON 1:30-3pm Make Your Vote Count Deb Lawton 1600 York Street – Rm 202	IN PERSON 10:30-Noon Step Forward Mick Mounsey 1600 York Street – Rm 108	IN PERSON 10:00-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 1:30-3pm The Un-Broken Mind Angelica Mari 1600 York Street – Rm 108		

- ***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 2nd 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. (1st & 3rd 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

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
IN PERSON Noon – 1pm Walk City Park Meet at agency at noon *weather permitting	IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon Women in Motion 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 Storytelling Workshop Jenny Footle Cancelled this week
IN PERSON 1:30-3pm Circles Project Restorative Justice CO 1600 York Street – Rm 202	IN PERSON 10:30-Noon Step Forward Mick Mounsey 1600 York Street – Rm 108	IN PERSON 10:00-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 Participant Voices Council 1600 York Street – Rm 202		
		IN PERSON 1:30-3pm The Un-Broken Mind Angelica Mari 1600 York Street – Rm 108		
21	22	23	24	25
IN PERSON Noon – 1pm Walk City Park Meet at agency at noon *weather permitting	IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon Women in Motion 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 Storytelling Workshop Jenny Footle 1600 York Street – Rm 202
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28	29	30	31	
IN PERSON Noon – 1pm Walk City Park Meet at agency at noon *weather permitting	IN PERSON 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202	IN PERSON 10:30-Noon Women in Motion Channa Alles & Laura S 1600 York Street – Rm 202	IN PERSON 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202	 <p style="text-align: center;">EMPOWERMENT</p> <p style="text-align: center;">To Enroll for Groups Go to our website or call 720-850-7500</p>
	IN PERSON 10:30-Noon Step Forward Mick Mounsey 1600 York Street – Rm 108	IN PERSON 10:00-Noon & 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	IN PERSON 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	
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