




September, 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
|  | <p>FREE HIV/HepC/STI Testing DROP-IN Testing <i>Wednesdays & Thursdays, 1-3pm</i> or Call 720-850-7489 for appointment</p> <p>Enroll for Groups. Go to our website: empowermentprogram.org/get-started or call 720-850-7500</p> |  | <p>1</p> <p><i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing</p> | <p>2</p> <p><i>IN PERSON & ZOOM</i> 11am-12:30 TREM HOST: Roxy Davis ID: 849 8935 9621 & Rm 202</p> |
| | | | <p><i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202</p> | <p><i>ZOOM</i> 3 – 4pm Empowerment Presents First Fridays Only! ID: 812 2815 6678</p> |
| | | | <p><i>IN PERSON</i> Noon – 2pm Clothing Closet Open</p> | |
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| <p>5</p> <p>CLOSED FOR LABOR DAY</p>  | <p>6</p> <p><i>IN PERSON</i> 10:30am-12 Women’s Variety Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> Noon – 2pm Clothing Closet Open</p> | <p>7</p> <p><i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202</p> <p><i>IN PERSON</i> 12:15 – 1pm Music & Movement Channa Alles Cancelled for September</p> <p><i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing</p> <p><i>IN PERSON & ZOOM</i> 1:30-3pm Addiction Recovery HOST: Sharon Lynch ID: 870 2725 7391 & Rm 202</p> <p><i>IN PERSON & ZOOM</i> 5:30-7pm Men’s TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202</p> | <p>8</p> <p><i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing</p> <p><i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles Cancelled THIS WEEK!</p> <p><i>IN PERSON</i> Noon – 2pm Clothing Closet Open</p> | <p>9</p> <p><i>IN PERSON & ZOOM</i> 11am-12:30 TREM HOST: Roxy Davis ID: 849 8935 9621 & Rm 202</p> |

- **ADDICTION RECOVERY** is a relapse prevention and recovery group using evidenced based curriculum including DBT, CBT and mindfulness along with the 12 steps. Learn how to think and act your way to sobriety, whatever your addiction is.
- **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.
- **EMPOWERING CREDIT** - discusses what a budget is, how to build one, how to manage your cash flow, how to manage due dates and then introduces a budget. 2nd Tuesday of each month.
- **MONDAY QUICKIES** - get accurate, non-judgmental info on some of the most popular sexual health topics today
- **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 people who have experienced trauma and substance addiction. **Men’s TREM** is specifically for male-identifying participants.
- **Walk City Park** is a group for participants and staff to get out and move!
- **Women’s Variety** is a group that rotates topics such as Women’s Health, Movement, and Geography.

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. 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: 720-850-7500

E-MAIL: intake@empowermentprogram.org

WEBSITE: empowermentprogram.org/get-started

September, 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 12 | 13 | 14 | 15 | 16 |
| <i>IN PERSON</i> 10:30am-12 TREM Channa Alles 1600 York Street – Rm 202 | <i>IN PERSON</i> 10:30am-12 Women’s Variety Channa Alles 1600 York Street – Rm 202 | <i>IN PERSON</i> 10:30-Noon Seeking Safety Channa Alles 1600 York Street – Rm 202 | <i>IN PERSON</i> 10:30-Noon Drug & Alcohol Education Channa Alles 1600 York Street – Rm 202 | <i>IN PERSON</i> 11am-12:30 TREM HOST: Roxy Davis Cancelled for today |
| <i>IN PERSON</i> Noon-1pm Walk City Park Meet at agency at noon | <i>IN PERSON</i> Noon – 2pm Clothing Closet Open | <i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | <i>Gathering Place</i> 10:30-11:30 Building Your Sexual Wellness Toolkit 1535 High Street | |
| <i>IN PERSON</i> 1:30-3pm Trauma Narrative Joycee Kennedy 1600 York Street – Rm 108 | <i>IN PERSON & ZOOM</i> 6:30–7:30pm Empowering Credit HOST: Ashley Green ID: 860 8047 3882 | <i>IN PERSON & ZOOM</i> 1:30-3pm Addiction Recovery HOST: Sharon- Lynch ID: 870 2725 7391 & Rm 202 | <i>IN PERSON</i> Noon – 2pm Clothing Closet Open | |
| <i>ZOOM</i> 3 – 3:30pm Monday Quickies HOST: Darcy Strayer ID: 846 9793 2102 | | <i>IN PERSON & ZOOM</i> 5:30-7pm Men’s TREM HOST: Nikolas Werner ID: 824 7119 3949 & Rm 202 | <i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | |
| | | | | |
| 19+ | 20 | 21 | 22 | 23 |
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| | | | | |
| 26 | 27 | 28 | 29 | 30 |
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| <i>IN PERSON</i> 1:30-3pm Trauma Narrative Joycee Kennedy 1600 York Street – Rm 108 | | <i>IN PERSON</i> 1pm-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | <i>IN PERSON</i> Noon – 2pm Clothing Closet Open *LAST DAY October 27 | |
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