


September, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  <p>To Enroll for Groups Go to our website or call 720-850-7500</p> 				<p>1</p> <p><b>TREM</b> Roxy Davis 1600 York Street – Rm 202</p> <p><b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621</p>

<p>4</p> <p>CLOSED FOR LABOR DAY</p> 	<p>5</p> <p><b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202</p>	<p>6</p> <p><b>Chair Zumba</b> Channa Alles 1600 York Street – Rm 202</p>	<p>7</p> <p><b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202</p>	<p>8</p> <p><b>TREM</b> Roxy Davis 1600 York Street – Rm 202</p>
	<p><b>Imagine You</b> Laura Perez 1600 York Street – Rm 202</p>	<p><b>Empowered Community &amp; Healing Art</b> 1600 York Street – Rm 202</p>	<p><b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b></p>	<p><b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621</p>
	<p><b>Empowering Credit</b> HOST: Ashley Green ID: 860 8047 3882</p>	<p><b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b></p>	<p><b>Shame Resilience</b> Demi Mims Cancelled Today</p>	
		<p><b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108</p>		
		<p><b>Men's TREM</b> HOST: Nikolas Werner ID: 824 7119 3949 &amp; Rm 108</p>		

- **\*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.
- **EMPOWERING CREDIT** - discusses what a budget is, how to build one, how to manage your cash flow & budget.
- **HEALING 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

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b>	<b>12</b>	<b>*Advisory Council - 1pm in 202 13</b>	<b>14</b>	<b>15</b>
<b>IN PERSON</b> <b>TREM</b> Channa Alles 1600 York Street – Rm 202 10:30-Noon	<b>IN PERSON</b> <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202 10:30-Noon	<b>IN PERSON</b> <b>Chair Zumba</b> Channa Alles 1600 York Street – Rm 202 9:30 start	<b>IN PERSON</b> <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202 10:30-Noon	<b>IN PERSON</b> <b>TREM</b> Roxy Davis 1600 York Street – Rm 202 11am-12:30
<b>IN PERSON</b> <b>Walk City Park</b> Meet at agency at noon Noon-1pm	<b>IN PERSON</b> <b>Imagine You</b> Laura Perez 1600 York Street – Rm 202 1-2:30pm	<b>IN PERSON</b> <b>Empowered Community &amp; Healing Art</b> 1600 York Street – Rm 202 10:30-12:30	<b>IN PERSON</b> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 1-3pm	<b>ZOOM</b> <b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621 1:30-3pm
<b>IN PERSON</b> <b>Trauma Narrative</b> Joyce Kennedy 1600 York Street – Rm 108 1:30-3pm		<b>IN PERSON</b> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 10:30-Noon & 1-3pm	<b>IN PERSON &amp; ZOOM</b> <b>Shame Resilience</b> Demi Mims ID: 813 2595 2034 & Rm 202 1:30-3pm	
		<b>IN PERSON</b> <b>The Un-Broken Mind</b> Angelica Mari Cancelled Today 1:30-3pm		
		<b>IN PERSON &amp; ZOOM</b> <b>Men's TREM</b> HOST: Nikolas Werner ID: 824 7119 3949 & Rm 108 5:30-7pm		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>IN PERSON</b> <b>TREM</b> Channa Alles 1600 York Street – Rm 202 10:30-Noon	<b>IN PERSON</b> <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202 10:30-Noon	<b>IN PERSON</b> <b>Chair Zumba</b> Channa Alles 1600 York Street – Rm 202 9:30 start	<b>IN PERSON</b> <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202 10:30-Noon	<b>IN PERSON</b> <b>TREM</b> Roxy Davis 1600 York Street – Rm 202 11am-12:30
<b>IN PERSON</b> <b>Walk City Park</b> Meet at agency at noon Noon-1pm	<b>IN PERSON</b> <b>Imagine You</b> Laura Perez 1600 York Street – Rm 202 1-2:30pm	<b>IN PERSON</b> <b>Empowered Community &amp; Healing Art</b> 1600 York Street – Rm 202 10:30-12:30	<b>IN PERSON</b> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 1-3pm	<b>ZOOM</b> <b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621 1:30-3pm
<b>IN PERSON</b> <b>Trauma Narrative</b> Joyce Kennedy 1600 York Street – Rm 108 1:30-3pm		<b>IN PERSON</b> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 10:30-Noon & 1-3pm	<b>IN PERSON &amp; ZOOM</b> <b>Shame Resilience</b> Demi Mims ID: 813 2595 2034 & Rm 202 1:30-3pm	
		<b>IN PERSON</b> <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108 1:30-3pm		
		<b>IN PERSON &amp; ZOOM</b> <b>Men's TREM</b> HOST: Nikolas Werner ID: 824 7119 3949 & Rm 108 5:30-7pm		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>IN PERSON</b> <b>TREM</b> Channa Alles 1600 York Street – Rm 202 10:30-Noon	<b>IN PERSON</b> <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202 10:30-Noon	<b>IN PERSON</b> <b>Chair Zumba</b> Channa Alles 1600 York Street – Rm 202 9:30 start	<b>IN PERSON</b> <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202 10:30-Noon	<b>IN PERSON</b> <b>TREM</b> Roxy Davis 1600 York Street – Rm 202 11am-12:30
<b>ZOOM</b> <b>The Un-Broken Mind</b> Angelica Mari ID 868 1770 7374 10:30am-12	<b>IN PERSON</b> <b>Imagine You</b> Laura Perez 1600 York Street – Rm 202 1-2:30pm	<b>IN PERSON</b> <b>Empowered Community &amp; Healing Art</b> 1600 York Street – Rm 202 10:30-12:30	<b>IN PERSON</b> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 1-3pm	<b>ZOOM</b> <b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621 1:30-3pm
<b>IN PERSON</b> <b>Walk City Park</b> Meet at agency at noon Noon-1pm		<b>IN PERSON</b> <b>FREE &amp; Confidential HIV, HepC, &amp; STI DROP-IN Testing</b> 10:30-Noon & 1-3pm	<b>IN PERSON &amp; ZOOM</b> <b>Shame Resilience</b> Demi Mims ID: 813 2595 2034 & Rm 202 1:30-3pm	
<b>IN PERSON</b> <b>Trauma Narrative</b> Joyce Kennedy 1600 York Street – Rm 108 1:30-3pm		<b>IN PERSON</b> <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108 1:30-3pm		
		<b>IN PERSON &amp; ZOOM</b> <b>Men's TREM</b> HOST: Nikolas Werner ID: 824 7119 3949 & Rm 108 5:30-7pm		