


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
 <p>CLOSED FOR LABOR DAY</p>	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 TREM Roxy Davis Cancelled Today
	IN PERSON 10:30-Noon Step Forward Mick Mounsey Canceled for Today	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 1:30-3pm The Un-Broken Mind Angelica Mari 1600 York Street – Rm 108	IN PERSON 1:30-3pm Shame Resilience Demi Mims 1600 York Street – Rm 202	ZOOM 1:30-3pm TREM HOST: Roxy Davis Cancelled Today
		IN PERSON 5:30-7pm Men’s TREM HOST: Nikolas Werner 1600 York Street – Rm 108		
9	10	11	12	13
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-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 TREM Roxy Davis 1600 York Street – Rm 202
IN PERSON Noon – 1pm Walk City Park Meet at agency at noon *weather permitting	IN PERSON 10:30-Noon Step Forward Mick Mounsey 1600 York Street – Rm 108	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 1:30-3pm Circles Project Restorative Justice CO 1600 York Street – Rm 202		IN PERSON 1:30-3pm The Un-Broken Mind Angelica Mari 1600 York Street – Rm 108	IN PERSON 1:30-3pm Shame Resilience Demi Mims 1600 York Street – Rm 202	ZOOM 1:30-3pm TREM HOST: Roxy Davis Cancelled Today
		IN PERSON 5:30-7pm Men’s TREM HOST: Nikolas Werner 1600 York Street – Rm 108		



- ***ADVISORY COUNCIL** Meets once a month to discuss how we can make a difference in our community to promote nonviolence and better the services we provide for our participants. Contact Laura Perez for more information.
- 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.
- **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.
- **STEP FORWARD** is a harm reduction group to holistically step forward into a life of recovery through community and self-improvement.
- **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.
- **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

***ZOOM** groups– Contact the Host to ensure you have the correct link, date, and time of group. Please make sure you are in a safe environment.

TO ENROLL: CALL: 720-850-7500
 E-MAIL: intake@empowermentprogram.org
 WEBSITE: empowermentprogram.org/get-started

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16	17	18	19	20
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 Women in Motion Channa Alles & Laura S 10:30-Noon 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 – 1pm Meet at agency at noon *weather permitting	IN PERSON Step Forward Mick Mounsey 10:30-Noon 1600 York Street – Rm 108	IN PERSON FREE & Confidential HIV, HepC, & STI DROP-IN Testing 10:30-Noon & 1-3pm	IN PERSON FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1-3pm	IN PERSON Imagine You Laura Perez 1-2:30pm 1600 York Street – Rm 202
		IN PERSON *ADVISORY COUNCIL Julie Kiehl & Laura Perez 1-2:30pm 1600 York Street – Rm 202	IN PERSON Shame Resilience Demi Mims 1:30-3pm 1600 York Street – Rm 202	ZOOM 1:30-3pm TREM HOST: Roxy Davis ID: 849 8935 9621
		IN PERSON The Un-Broken Mind Angelica Mari 1:30-3pm 1600 York Street – Rm 108		
		IN PERSON Men’s TREM HOST: Nikolas Werner 5:30-7pm 1600 York Street – Rm 108		
23	24	25	26	27
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 Women in Motion Channa Alles & Laura S 10:30-Noon 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 – 1pm Meet at agency at noon *weather permitting	IN PERSON Step Forward Mick Mounsey 10:30-Noon 1600 York Street – Rm 108	IN PERSON FREE & Confidential HIV, HepC, & STI DROP-IN Testing 10:30-Noon & 1-3pm	IN PERSON FREE & Confidential HIV, HepC, & STI DROP-IN Testing 1-3pm	IN PERSON Imagine You Laura Perez 1-2:30pm 1600 York Street – Rm 202
		IN PERSON The Un-Broken Mind Angelica Mari 1:30-3pm 1600 York Street – Rm 108	IN PERSON Shame Resilience Demi Mims 1:30-3pm 1600 York Street – Rm 202	ZOOM 1:30-3pm TREM HOST: Roxy Davis Cancelled Today
		IN PERSON Men’s TREM HOST: Nikolas Werner 5:30-7pm 1600 York Street – Rm 108		
30				
IN PERSON TREM Channa Alles 10:30-Noon 1600 York Street – Rm 202	<div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <p>To Enroll for Groups Go to our website or call 720-850-7500</p> </div>  </div>			
IN PERSON Walk City Park Noon – 1pm Meet at agency at noon *weather permitting				