



February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOTES				
				

3	4	5	6	7
IN PERSON Noon – 1pm Walk City Park Meet at agency at noon *weather permitting	ZERO FARE Transit Day RTD is FREE today!	IN PERSON 10:30-Noon Women Rising <i>Laura Schneider</i> Room 202	IN PERSON 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	IN PERSON 11am-12:30 Step Forward <i>Chelsea Manke</i> 1600 York Street – Rm 108
IN PERSON 1-2:30pm Imagine You <i>Laura Perez</i> Room 202		IN PERSON 10:00-Noon & 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing	IN PERSON 1-2:30pm Private Group Invite Only Rm 202	

- ***EMPOWERMENT WOMEN FOR NONVIOLENCE** meets on the 2nd Wednesday - meaningful discussions to promote nonviolence, with its links to mental, spiritual, and physical health. Participant lead. All are welcome.
- ***PARTICIPANT VOICES ADVISORY COUNCIL** meets on the 3rd Wednesday to provide a space to amplify the voices of our participants regarding programs and services at Empowerment. Participants and staff welcome.
- **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.
- **RESTORATIVE JUSTICE CIRCLE - CIRCLES PROJECT** meets every 2nd Monday -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 CO – Participants and staff welcome.
- **STEP FORWARD** is a harm reduction group to holistically step forward into a life of recovery through community and self-improvement.
- **WALK CITY PARK** is a group for participants and staff to get out and move! Weather Permitting.
- **WOMEN RISING – formerly WOMEN IN MOTION** is a group to help us grow in our sense of self while cultivating community and fellowship.

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

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10		11		12		13		14	
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IN PERSON 1-2:30pm	Imagine You <i>Laura Perez</i> — FINAL Room 202			IN PERSON 10:00-Noon & 1-3pm	FREE & Confidential HIV, HepC, & STI DROP-IN Testing				
IN PERSON 3-4:30pm NEW TIME!	Restorative Justice Circle Circles Project Room 202			IN PERSON 1-2:30pm	Empowerment Women for Nonviolence Room 202				
17		18		19		20		21	
IN PERSON Noon – 1pm	Walk City Park Meet at agency at noon *weather permitting	IN PERSON 11am-12:30	Private Group Invite Only Room 202	IN PERSON 10:30-Noon	Women Rising <i>Laura Schneider</i> Room 202	IN PERSON 1-3pm	FREE & Confidential HIV, HepC, & STI DROP-IN Testing	IN PERSON 11am-12:30	Step Forward <i>Chelsea Manke</i> Room 108
IN PERSON 1-2:30pm	Imagine You <i>Deborah Lawton</i> Room 202			IN PERSON 10:00-Noon & 1-3pm	FREE & Confidential HIV, HepC, & STI DROP-IN Testing				
				IN PERSON 1-2:30pm	Participant Voices Council Room 202				
24		25		26		27		28	
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