

March 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-----------|---|---|---|
| 3 | 4 | 5 | 6 | 7 |
| IN PERSON 1-2:30pm Imagine You Deborah Lawton Room 202 | | IN PERSON 10:30-Noon Women Rising Laura Schneider Room 202 | IN PERSON 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | State Capital 9am – 1pm Global Nonviolence Awareness Day State Capital West Steps |
| | | IN PERSON 10:00-Noon & 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | | IN PERSON 11am-12:30 Step Forward Chelsea Manke 1600 York Street – Rm 108 |
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| | | | | |
| 10 | 11 | 12 | 13 | 14 |
| IN PERSON 1-2:30pm Imagine You Deborah Lawton Room 202 | | IN PERSON 10:30-Noon Women Rising Laura Schneider Room 202 | IN PERSON 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | IN PERSON 11am-12:30 Step Forward Chelsea Manke 1600 York Street – Rm 108 |
| IN PERSON 3-4:30pm NEW TIME! Restorative Justice Circle Circles Project Room 202 | | IN PERSON 10:00-Noon & 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | | |
| | | IN PERSON 1-2:30pm Empowerment Women for Nonviolence Room 202 | | |
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- ***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.
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 Website: empowermentprogram.org



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

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 17 | 18 | 19 | 20 | 21 |
| IN PERSON 1-2:30pm Imagine You Deborah Lawton Room 202 | | IN PERSON 10:30-Noon Women Rising Laura Schneider 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 | IN PERSON 1-3pm FREE & Confidential HIV, HepC, & STI DROP-IN Testing | IN PERSON 11am-12:30 Step Forward Chelsea Manke Room 108 |
| 24 | 25 | 26 | 27 | 28 |
| IN PERSON 1-2:30pm Imagine You Deborah Lawton Room 202 | | IN PERSON 10:30-Noon Women Rising Laura Schneider Room 202 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 11am-12:30 Step Forward Chelsea Manke Room 108 |
| 31 | | | | |
| <p><i>Cesar Chavez Day</i> <i>Our Office is CLOSED</i></p>  |  | | |  |