

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>IN PERSON</b> 10:30-Noon <b>TREM</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Women in Motion</b> Channa Alles & Laura S 1600 York Street – Rm 202		<b>IN PERSON</b> 11am-12:30 <b>TREM</b> Roxy Davis Cancelled Today
<b>IN PERSON</b> Noon – 1pm <b>Walk City Park</b> Meet at agency at noon *weather permitting	<del>IN PERSON</del> <del>10:30-Noon</del> <b>Step Forward</b> Mick Mounsey Cancelled Today	<b>IN PERSON</b> NO TESTING TODAY! <del>FREE &amp; Confidential</del> <del>HIV, HepC, &amp; STI</del> <del>DROP-IN Testing</del>		<b>IN PERSON</b> 1-2:30pm <b>Imagine You</b> Laura Perez Cancelled Today
		<b>IN PERSON</b> 1:30-3pm <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108		<b>ZOOM</b> 1:30-3pm <b>TREM</b> HOST: Roxy Davis Cancelled Today
		<b>IN PERSON</b> 5:30-7pm <b>Men’s TREM</b> HOST: Nikolas Werner 1600 York Street – Rm 108		<b>IN PERSON</b> 10:30-Noon <b>Step Forward</b> Mick Mounsey MOVED TO TUESDAYS!
8	9	10	11	12
<b>IN PERSON</b> 10:30-Noon <b>TREM</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Women in Motion</b> Channa Alles & Laura S 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 11am-12:30 <b>TREM</b> Roxy Davis 1600 York Street – Rm 202
<b>IN PERSON</b> Noon – 1pm <b>Walk City Park</b> Meet at agency at noon *weather permitting	<del>IN PERSON</del> <del>10:30-Noon</del> <b>Step Forward</b> Mick Mounsey Cancelled Today	<b>IN PERSON</b> 10:30-Noon & 1-3pm <del>FREE &amp; Confidential</del> <del>HIV, HepC, &amp; STI</del> <del>DROP-IN Testing</del>	<b>IN PERSON</b> 1-3pm <del>FREE &amp; Confidential</del> <del>HIV, HepC, &amp; STI</del> <del>DROP-IN Testing</del>	<b>IN PERSON</b> 1-2:30pm <b>Imagine You</b> Laura Perez 1600 York Street – Rm 202
		<b>IN PERSON</b> 1:30-3pm <b>The Un-Broken Mind</b> Angelica Mari 1600 York Street – Rm 108	<b>IN PERSON</b> 1:30-3pm <b>Shame Resilience</b> Demi Mims 1600 York Street – Rm 202	<b>ZOOM</b> 1:30-3pm <b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621
		<b>IN PERSON</b> 5:30-7pm <b>Men’s TREM</b> 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.
- **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 support 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** – 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

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>IN PERSON</b> 10:30-Noon <b>TREM</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Seeking Safety</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Women in Motion</b> Channa Alles & Laura S 1600 York Street – Rm 202	<b>IN PERSON</b> 10:30-Noon <b>Drug &amp; Alcohol Education</b> Channa Alles 1600 York Street – Rm 202	<b>IN PERSON</b> 11am-12:30 <b>TREM</b> Roxy Davis 1600 York Street – Rm 202
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<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
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		<b>IN PERSON</b> 1-2:30pm <b>*ADVISORY COUNCIL</b> Julie Kiehl & Laura Perez 1600 York Street – Rm 202	<b>IN PERSON</b> 1:30-3pm <b>Shame Resilience</b> Demi Mims 1600 York Street – Rm 202	<b>ZOOM</b> 1:30-3pm <b>TREM</b> HOST: Roxy Davis ID: 849 8935 9621
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<b>29</b>	<b>30</b>	<b>31</b>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><b>To Enroll for Groups</b> Go to our website or call <b>720-850-7500</b></p> </div> <div style="text-align: center;">  </div> </div>	
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