



May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>EMPOWERMENT</p> <p>VISIT OUR WEBSITE!</p>			 <p>PATHWAYS TO WELLNESS</p> <p>EMPOWERMENT</p> <p>Testing & PrEP</p>	

4	5	6	7	8
Room 202 10:30-Noon Budgeteers! Dominique	Offices at 1600 York Street are CLOSED TUESDAY MORNINGS OPEN at 1pm	Room 202 10:30-Noon TREM Roxy Davis	Room 202 10-11:30am Safe & Spicy Zoey Terry	
Room 202 12:00-1pm ZUMBA Jenny Footle		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	
Room 202 1-2:30pm Sass & Soul <i>Budget Hair Care Series</i> Regina Jones		Room 202 1:30-3pm Pathways to Success Job Readiness Mick Mounsey		

- ***PARTICIPANT VOICES ADVISORY COUNCIL** Provides a space to amplify the voices of our participants regarding programs and services at Empowerment. Participants and staff welcome. Meets on the 3rd Thursday
- **BUDGETEERS!** will help you create a plan that outlines how you spend your money and track your income and expenses to become self-sufficient.
- **PATHWAYS TO SUCCESS - JOB READINESS** Get simple, friendly help to prepare for your next job with our Job Readiness group, where we build skills and confidence for finding and keeping a job. You can also book 1-on-1 sessions for career coaching, interview prep, and resume help by reaching out to the front desk or Mick.
- **NO PERFECT LINES** – A recovery art group focused on healing, self-expression, connection, and empowerment through creativity. Meets on the 2nd and 4th Thursday
- **SAFE & SPICY** is designed to provide accessible, engaging, and judgment-free education on essential health and wellness topics. Meets on the 1st Thursday
- **SASS & SOUL** - 5-week DIY Haircare Group Workshop! Learn the secrets to salon-quality grooming at home.
- **SPACE TO STAND** is a peer support group - a safe, non-judgmental space for individuals to explore and strengthen their sense of self-worth, personal rights, and healthy boundaries.
- **TREM for Women – Trauma, Recovery, & Empowerment** is a comprehensive group intervention designed to help people who have experienced trauma and substance addiction.
- **ZUMBA** meets on the 1st Monday of the month! – a Latin-inspired dance fitness class, suitable for all skill levels.

The Empowerment Program, Inc.

1600 York Street, Denver, CO 80206

Phone: 303-320-1989

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
11	12	13	14	15
Room 202 10:30-Noon Budgeteers! Dominique	Offices at 1600 York Street are CLOSED TUESDAY MORNINGS OPEN at 1pm	Room 202 10:30-Noon TREM Roxy Davis	Room 202 10-11:30am No Perfect Lines Mikayla Peña	Room 202 10:30-Noon Space to Stand Chelsea & Dia
IN PERSON Noon Walk the City Meet at agency at noon *weather permitting		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	
		Room 202 1:30-3pm Pathways to Success Job Readiness Mick Mounsey		
18	19	20	21	22
Room 202 10:30-Noon Budgeteers! Dominique	Offices at 1600 York Street are CLOSED TUESDAY MORNINGS OPEN at 1pm	Room 202 10:30-Noon TREM Roxy Davis	Room 202 10-11:30am Participant Voices Council (Advisory Council)	Room 202 10:30-Noon Space to Stand Chelsea & Dia
IN PERSON Noon Walk the City Meet at agency at noon *weather permitting		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	
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25	26	27	28	29
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