



The Empowerment Program, Inc.

1600 York Street ~ 303-320-1989

JULY 2026 CALENDAR



Wednesday, July 1	TREM for Women – 10:30-Noon
Thursday, July 2	Safe & Spicy – 10-11:30am
Friday, July 3	Offices are CLOSED
Monday, July 6	NO Budgeteers today
	Job Readiness – 1:30-3pm
Tuesday, July 7	Offices open at 1pm
Wednesday, July 8	TREM for Women – 10:30-Noon
Thursday, July 9	No Perfect Lines – 10-11:30am
Friday, July 10	Space to Stand – 10:30-Noon
Monday, July 13	Budgeteers - 10:30-Noon
	Job Readiness – 1:30-3pm
Tuesday, July 14	Offices open at 1pm
Wednesday, July 15	TREM for Women – 10:30-Noon
Thursday, July 16	Participant Voice Council – 10-11:30am
Friday, July 17	Space to Stand – 10:30-Noon
Monday, July 20	Budgeteers - 10:30-Noon
	Job Readiness – 1:30-3pm
Tuesday, July 21	Offices open at 1pm
Wednesday, July 22	TREM for Women – 10:30-Noon
Thursday, July 23	No Perfect Lines – 10-11:30am
Friday, July 24	Space to Stand – 10:30-Noon
Monday, July 27	Budgeteers - 10:30-Noon
	Job Readiness – 1:30-3pm
Tuesday, July 28	Offices open at 1pm
Wednesday, July 29	TREM for Women – 10:30-Noon
Thursday, July 30	
Friday, July 31	Space to Stand – 10:30-Noon

Group Descriptions

- ***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 and 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
- **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 Last Friday of the month! – a Latin-inspired dance fitness class, suitable for all skill levels.

FREE and Confidential HIV, HepC & STI Testing

Wednesdays 10am-Noon & 1-3pm + Thursdays 1-3pm