



The Empowerment Program, Inc.
1600 York Street ~ 303-320-1989



SEPTEMBER 2026 CALENDAR

Wednesday	Sept. 2	10:30-Noon	TREM for Women
Thursday	Sept. 3	10-11:30am	Safe & Spicy
Friday	Sept. 4	10:30-Noon	Space to Stand
Monday	Sept. 7	CLOSED for Labor Day!	
Wednesday	Sept. 9	10:30-Noon	TREM for Women
Thursday	Sept. 10	10-11:30am	No Perfect Lines
Friday	Sept. 11	10:30-Noon	Space to Stand
Monday	Sept. 14	10:30-Noon	Budgeteers
Monday	Sept. 14	1:30-3pm	Job Readiness
Wednesday	Sept. 16	10:30-Noon	TREM for Women
Thursday	Sept. 17	10-11:30am	Participant Voice Council
Friday	Sept. 18	10:30-Noon	Space to Stand
Monday	Sept. 21	10:30-Noon	Budgeteers
Monday	Sept. 21	1:30-3pm	Job Readiness
Wednesday	Sept. 23	10:30-Noon	TREM for Women
Thursday	Sept. 24	10-11:30am	No Perfect Lines
Friday	Sept. 25	10:30-Noon	Space to Stand
Monday	Sept. 28	10:30-Noon	Budgeteers
Monday	Sept. 28	1:30-3pm	Job Readiness
Wednesday	Sept. 30	10:30-Noon	TREM for Women

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.

FREE and Confidential HIV, HepC & STI Testing

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

(No testing in the afternoon on the 3rd Wednesday of the month)