

Nov 2022

Emerson St. for Teens & Young Adults
Supporting the mental health and well-being of 15- to 26-year-olds
1610 N. Emerson St. Denver, CO 80218 (1 block north of Colfax)
(303) 504-3988 | EmersonSt@wellpower.org | wellpower.org



Tuesday	Wednesday	Thursday
1 2-3p—Creative Spaces 3-4p—Stronger Together 4-5:30p— Switch it up! 4-5:30p— <u>Dungeons & Dragons & Feelz</u>	2 1:30-3:30p- **Carla Madison Rec Center** 4-5p- <u>Let's Get (Inter) Personal!</u> 5-5:50p-Hoop Group	3 5pm- Dinner & Monstersongs Live Musical Performance
8 2-3p- That's my Jam! 3-4p—Creative Spaces 4-5:30p— Switch it up! 4-5:30p— <u>Dungeons & Dragons & Feelz</u>	9 12p- **Movie Group** 4-5p—Youth Council 4-5p- <u>Let's Get (inter) Personal!</u> 5-5:50p-Hoop Group	10 2-4p- Now you're cooking: Spaghetti braid 4-5-Board Games
15 2-3p- Creative Spaces 3-4p—Improv Group! 4-5:30p—Switch it up! 4-5:30p— <u>Dungeons & Dragons & Feelz</u>	16 No Groups/ Emerson Closed	17 2-5:30p- Harvest Celebration
22 10a-Ice Skating at Apex Center 3-4p- Stronger Together 4-5:30p-Switch it Up!	23 11-12p-Culture Club 1:30-2:20p- **Carla Madison Rec Center** 4-5p- <u>Let's Get (inter) Personal!</u> 5-5:50p-Hoop Group	24 No Groups/ Emerson Closed
29 2-3p-Creative Spaces 3-4p-That's my Jam! 4-5:30p-Swtich it Up!	30 11a-Culture Club/Abyssinia Ethiopian Restaurant 4-5p- <u>Let's Get (inter) Personal!</u>	

Nov 2022 Emerson St. Groups & Activities



Therapeutic Groups:

In Person—Dungeons & Dragons & Feelz: You stand in a cold tomb, dimly lit by torchlight. A cold stale air lingers in the room, cobwebs, and ancient dust cover most of the surfaces. This is a place long forgotten by time. You would feel scared if you were here alone, but you have your friends. Fellow adventurers that have tested themselves against monster and magic! This is a closed group where we practice support, social skills, and discussions of emotions. If you have questions or interest call Matt Lescroart at 303-504-3992 or email at matt.lescroart@wellpower.org

Virtual and In Person -Let's Get (Inter) Personal!

Please join our therapy group that will focus on exploring relational patterns, learning how to set boundaries and practicing healthy communication skills in all areas of life. This group is open to any PWS that are involved in clinical services (therapy or case management) and are between ages 15 and 26.

Wellness Through Social Activities:

Now you're cooking: Spaghetti Braids A delicious braid made from dough and stuffed with marinara sauce, Italian sausage, cheese, and garlic! This is a hearty dish we'll make from scratch, and it's a dish you can share with you friends and family (or just enjoy yourself). Don't miss this delectable group full of fun!

Improv Group: Improvisation, or improv, is a form of live theatre in which the plot, characters and dialogue of a game, scene or story are made up in the moment. Often improvisers will take a suggestion from the audience, or draw on some other source of inspiration to get started. Improv is unique in that if you see a performance, that's it... there will never be another show exactly like it ever done again. Improv is different every time. During this group, we'll make some time to study and practice the amazing art of improv!

That's my Jam: Emerson St. has some sweet new musical instruments including all types of percussion instruments and even a new electric piano! During this group, we'll spend time talking about music, playing the instruments, and will also offer some basic music theory. Join us as we jam out!

Harvest Celebration: Do you like food? We'll be serving up a delicious feast at Emerson, including turkey, mashed potatoes, gravy, stuffing, cranberries, pie, and more! Stop by and enjoy some food with your peers—we'll even provide you with a to-go box (if we've got leftovers) after you've enjoyed the meal and played some games!

In Person—Switch it up! If you aspire to be first place in Mario Kart or throw your friends off the map in super smash bros, this is the group for you! Come play some video games with Emerson St's. new system: the Nintendo Switch!

Stronger Together: Are you interested in volunteering? Emerson St. is creating a group to discuss volunteer work which would be completed and implemented with the Emerson St. community. We'd love to hear from you—let us know if you have ideas, and we'll work together to explore volunteering opportunities.

Wellness Through Movement :

In Person—**Carla Madison Rec Center**

Join us at Carla Madison Rec Center (2401 E Colfax Ave, Denver, CO 80206) to get your work-out for the week in—or play some basketball with your peers—or swim some laps in the pool! Hope to see you there!
Emerson St. will not provide transportation to or from this event, please plan to meet at the gym Facilitated by Erin, Sarah, & Brittany

Please RSVP if you are new to this group to the following email: sarah.shipman@wellpower.org

Hoop Group: Have you ever been interested in flow arts? Have no idea what this means? We can explore and find out together! Come join Emerson Street staff in exploring ways of aligning your mind and body through the art of hula-hooping. Hoops and introductory skills workshop will be provided by staff. All skill levels welcome. No previous experience necessary.

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Wellness Through Education:

Youth Council:

Are you interested in collective action to make Emerson Street a more inclusive and diverse space? Have you been wanting to make sure that you can share your perspectives and experiences so that Emerson street can continue to grow as a community? Please join us for the first ever Emerson Street Youth Council, a place for your voice to be heard. Staff will be present to facilitate the space, but we will be taking a backseat to make sure your ideas are grown and come to life.

Culture Club: Emerson St. has a new group designed to explore different cultures through discussion, research, education, and food! During the first group (on the 23rd), we will meet to discuss different ideas to continue exploration of different cultures at Emerson St. During the second group (on the 30th) we will meet for an hour to learn about Ethiopian Culture, and then we will head to an Abyssinia Restaurant to enjoy Ethiopian food! If you are planning to attend on the 30th you must RSVP to sarah.shipman@wellpower.org by 11/23/2022.

Wellness Through Outings:

****Movie Group****

Do you miss movie groups? We do, we do! During this group, Emerson will head to the Elvis Cinema to see a movie. We'll decide as a group (based on what's playing that week) which movie we will attend. Emerson will pay for the cost of the ticket—if you'd like concessions, please plan to bring your own money. Time of return to Emerson will depend on the movie selected by the group. You must send an email to sarah.shipman@wellpower.org to attend this event.

****Ice Skating at Apex Center****

Have you ever wanted to try ice skating? Or, do you already know how to ice skate? Join us for this outing to Arvada, where we'll rent some skates and hit the rink together. If you'd like to go to the center but don't want to skate, you can also spend the time enjoying a workout during this outing. You must RSVP to evan.klein@wellpower.org by 11/15/2022 to attend this event.

****Dinner & Monstersongs Live Performance****

Don't miss this live musical performance! We will meet at Emerson St. to enjoy some lasagna and garlic bread before we head over to Red Rocks Community College to see Monstersongs-- a great new piece of musical theater filled with different genres of rock songs! It's sure to be a night filled with performance and fun.

Please RSVP to sarah.shipman@wellpower.org to attend this event.

Wellness Through Creativity

In Person—Creative Spaces

Draw, color, write, and express yourself through your chosen art form during this group. We'll make sure to have writing prompts as well as materials needed to create visual art—or bring your own materials! We'll listen to music and share (as much or as little based on your own comfort level) our work with the Emerson St. community and within the group. Facilitated by Sarah S.

Important information:

Groups are open to community members between the ages of 15 & 26, unless underlined.

Underlined groups require clinical involvement.

Individuals will not be allowed into the building until start time, do not arrive more than 15 minutes prior to group.

Please do not come to Emerson St. if you are sick or experiencing any symptoms of illness. All individuals at Emerson St. are required to wear a face mask.

Groups are subject to change based upon current information regarding COVID-19 as well as inclement weather.