## 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

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<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>6</td>
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<tr>
<td>11:30–1:30p – Community Volunteer Experience</td>
<td>1:30–3:30p – <strong>Carla Madison Rec Center</strong></td>
<td>11–12p– That’s My Jam</td>
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<tr>
<td>4–5:30p– Switch it Up!</td>
<td>5–5:50p– Flow Arts</td>
<td>4–5p– Board Games</td>
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<tr>
<td>4–5:30p– Dungeons &amp; Dragons &amp; Feelz</td>
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<tbody>
<tr>
<td>11–12p– Yoga &amp; Meditation</td>
<td>11–12p– That’s My Jam</td>
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<tr>
<td>12p– <strong>Movie Group</strong></td>
<td>2–5:30p– Now you’re cooking: Emerson St. Culture Appreciation Day!</td>
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<td>4–5p– Youth Council</td>
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<td>4–5p– Let’s Get (Inter) Personal!</td>
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<tr>
<td>1–3p Snowman Door Hanger Art Tutorial</td>
<td>1pm <strong>Mean Girls Musical</strong></td>
<td>11a–2p Sugar Cookies and Movie Marathon</td>
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<tr>
<td>3–4p Improv Group</td>
<td>4–5p– Let’s Get (Inter) Personal!</td>
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<tr>
<th>27</th>
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<tbody>
<tr>
<td>3–4p Creative Spaces</td>
<td>1:30–3:30p <strong>Carla Madison Rec Center</strong></td>
<td>2–5p Monopoly Marathon &amp; Pizza</td>
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<tr>
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Classes are free & open to the public (ages 15–26) unless otherwise noted in their descriptions. No groups are offered on Mondays and Fridays.

**Starred** = Off-site activity; must RSVP in advance to sign our welcome letter/waiver, provide an emergency contact, & bring an ID.
**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. If you have any questions or are interested, please contact Megan Bettenberg at 303-504-3965 or via email at megan.bettenberg@wellpower.org

**Yoga & Meditation:**

During this group, we’ll spend time practicing stretching and movement, combined with meditation and breathing. We’ll work together to reduce feelings of stress through movement and meditation while creating mind and body awareness. This is a great group for all levels of practice!

**Wellness Through Social Activities:**

**Now you’re cooking: Andes Brownies & Ice Cream:**

Andes mints have long been a favorite treat—and now, we’re expanding that delicious candy into a warm brownie! Join us during this cooking group to get your baking on. We’ll spend time making the dessert and then when it’s ready, we’ll make sure to top it with ice cream and enjoy it as a group while we play games.

**Now you’re cooking: Spaghetti Boats**

A garlic bread boat---filled to the brim with tasty marinara, pasta, pepperoni, sausage and cheese. What’s not to love? Join us for a group filled with delicious aromas and a tasty dish!

**Now you’re cooking: Emerson St. Culture Appreciation Day!**

Emerson St. staff and youth have been busy discussing culture during many of our other groups—so we’ve created a space for everyone to celebrate different aspects of their culture during this unique cooking group! We’ll have time to make dishes celebrating different cultures, and this group will be based on youth feedback—so make sure to email any recipes to sarah.shipman@wellpower.org by December 8th if you’d like them included during this group.

**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!

**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!
Wellness Through Social Activities:

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**Community Volunteer Experience:**
Community Volunteer Opportunity: During this group, individuals who have attended previous "stronger together" groups at Emerson will be serving meals out in the community. If you are interested in volunteering in the community in the future, attend a "stronger together" group to get signed up. Contact sarah.shipman@wellpower.org for more information.

**Sugar Cookies & Movie Marathon:**
Join us at Emerson St. for some delicious treats and a movie! We’ll vote on a movie while we use our creativity to make beautiful (and tasty) treats you can eat all yourself or share with your friends and family!

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 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.

**Mean Girls:**
Emerson St. is headed to DCPA for the last time in 2022! We’ll meet at DCPA at 1:20p sharp for the 2:00p performance of the musical Mean Girls.  *You must RSVP to sarah.shipman@wellpower.org by December 7th to attend this event. Tickets are very limited, so RSVP as soon as possible to secure your seat!*

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
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.

*Spa Day:

The winter season is the perfect time for self-care! During this group, we’ll make bath bombs to delight the senses and sugar scrubs to exfoliate that winter skin. Use it for yourself or give it away, but make sure not to miss this group!

*Snowman Door Hangers Art Tutorial:

Brrrr…it’s cold outside! During this group, we’ll take time for an art tutorial to make snowman door hangers (because it’s a lot warmer activity than making a real snowman!). Don’t miss this fun exploration of art materials during this group!

*Creative Writing:

Bring your creativity to this group and get ready to write! Emerson will provide paper and pens, you provide your thoughts. We’ll have writing prompts for those that would like to use them. At the end of the group, you can share your writing if you’d like!

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

*Flow Arts:

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 and other crafts. Hoops and introductory skills workshop will be provided by staff on days when it is warm enough to go outside. All skill levels welcome. No previous experience necessary. We will meet rain or shine and will go indoors on days when it is just too cold! However, if you are unsure, please feel free to contact one of the group facilitators (Jim at jim.schnebly@wellpower.org) or (Mandy at mandy.simmons@wellpower.org).

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