

Emerson St. for Teens & Young Adults

# MARCH 2023



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p><b>11:00 a.m. - 12:00 p.m.</b> Homework Help  <b>1:30 p.m.</b> Carla Madison</p>	<p>2</p> <p><b>2:00 p.m. - 4:00 p.m.</b> Now You're Cooking: Bang Bang Shrimp Pasta  <b>4:00 p.m. - 5:00 p.m.</b> Board Games</p>	<p>3</p> <p><b>12:00 p.m. - 1:30 p.m.</b> Movement in the Park  <b>2:00 p.m. - 4:00 p.m.</b> Watch party at Emerson</p>
<p>7</p> <p><b>1:00-2:00 p.m.</b> Homework Help  <b>2:00-3:00 p.m.</b> Creative Spaces  <b>3:00-4:00 p.m.</b> That's my Jam!  <b>4:00-5:30p.m.</b> Switch it up!  <b>4:00-5:45p.m.</b> <u>Dungeons &amp; Dragons &amp; Feelz</u></p>	<p>8</p> <p><b>12:00 p.m.</b> Movie Group  <b>4:00 p.m. 5:00 p.m.</b> Youth Council</p>	<p>9</p> <p><b>3:00 p.m. - 5:00 p.m.</b> Quesadilla Bar</p>	<p>10</p> <p><b>No Groups</b></p>
<p>14</p> <p><b>1:00-2:00 p.m.</b> Yoga &amp; meditation  <b>2:00-3:00 p.m.</b> Stronger Together: Art Edition  <b>3:00-4:00 p.m.</b> That's my Jam!  <b>4:00-5:30 p.m.</b> Switch it up!  <b>4:00-5:45 p.m.</b> <u>Dungeons &amp; Dragons &amp; Feelz</u></p>	<p>15</p> <p><b>1:30 p.m.</b> Carla Madison</p>	<p>16</p> <p><b>11:00 a.m. - 12:00 p.m.</b> Improv  <b>2:00 - 4:00 p.m.</b> Now you're cooking: Homemade Chicken Ramen  <b>4:00 - 5:00 p.m.</b> Board Games</p>	<p>17</p> <p><b>10:00 a.m.</b> Ice Skating at Apex  <b>1:30-3:30 p.m.</b> Word to the Nerd</p>
<p>21</p> <p><b>1:00-2:00 p.m.</b> Homework Help  <b>2:00-3:00 p.m.</b> Creative Spaces  <b>3:00-4:00 p.m.</b> That's my Jam!  <b>4:00-5:30 p.m.</b> Switch it up!  <b>4:00-5:45 p.m.</b> <u>Dungeons &amp; Dragons &amp; Feelz</u></p>	<p>22</p> <p><b>1:30 p.m.</b> Butterfly Pavilion</p>	<p>23</p> <p><b>12:30 p.m.</b> Ink Lounge—Make an Emerson St. tee shirt, professionally printed!</p>	<p>24</p> <p><b>No Groups</b></p>
<p>28</p> <p><b>1:00-2:00 p.m.</b> Yoga &amp; meditation  <b>2:00-3:00 p.m.</b> Creative Spaces  <b>3:00-4:00 p.m.</b> That's my Jam!  <b>4:00-5:30 p.m.</b> Switch it up!  <b>4:00-5:45 p.m.</b> <u>Dungeons &amp; Dragons &amp; Feelz</u></p>	<p>29</p> <p><b>11:00 a.m. - 12:00 p.m.</b> Homework Help  <b>1:30 p.m.</b> Carla Madison</p>	<p>30</p> <p><b>2:00 - 3:00 p.m.</b> Improv  <b>3:00-4:00 p.m.</b> Creative Spaces  <b>4:00 - 5:00 p.m.</b> Board Games</p>	<p>31</p> <p><b>9:00 a.m.</b> Tubing at Fraser Hill</p>

## Contact Information

**Address:** 1610 N. Emerson St. Denver, CO 80218 (1 block north of Colfax)

**Phone:** (303) 504-3988

**Email:** [emersonst@wellpower.org](mailto:emersonst@wellpower.org)

## About Classes & Groups

Classes are free & open to the public (ages 15 - 26) unless otherwise noted in their descriptions. No groups are offered on Mondays and Fridays.

### Please note:

- If a group title is **inside a yellow box, it is VIRTUAL**. All other groups are IN-PERSON.
- **\*\*Starred\*\*** = Off-site activity; must RSVP in advance to sign our welcome letter/waiver, provide an emergency contact, & bring an ID.
- Underlined = Therapy groups (i.e. must already see a therapist at WellPower)

## Classes & Groups Descriptions

### Therapeutic Groups:

**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](mailto:matt.lescroart@wellpower.org).

### 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 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. No previous participation required.

### Wellness Through Social Activities:

#### Now you're cooking: Homemade Chicken Ramen

Everyone loves a good bowl of hearty Ramen. During this group, we'll combine chicken broth, noodles, vegetables, and eggs to make a delicious bowl of everyone's favorite staple. Don't miss this delicacy.

#### Now you're cooking: Quesadilla Bar

It's a classic dish for a reason—because it's delicious. Melted cheese between two toasted tortillas, topped with sour cream and salsa—what's not to love? Come enjoy laughter with your peers and a tasty treat during this group.

## Classes & Groups Descriptions

### Wellness Through Social Activities:

**Now You're Cooking: Bang Bang Shrimp Pasta:** Bang Bang Shrimp is a fan favorite of many—it's got a refreshingly crispy texture, breaded shrimp and a delicate (yet spicy) taste. This recipe features air fried shrimp tossed in a creamy chili sauce with a nice balance of sweet and spicy. It will be served with a side of pasta to create a filling meal. A group full of fun and a little spice, make sure to attend.

**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.

**Stronger Together - Art Edition:** Emerson is working to create more opportunities to volunteer in the community. Join this special edition of "Stronger Together" in which we will brainstorm and identify new ways to volunteer, and also spend time making art to send to a community picked out by your peers.

**Watch Party:** Emerson St. is welcoming back a long-standing tradition of "Movie Group" Fridays. We'll have popcorn on hand as we pick out a movie to watch—it's sure to be a great way to end your week here at Emerson St.

**Homework Help:** Do you have homework to do? Art to create? Poetry to write? Come get some motivation from your peers to get-er-done.

**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.

## Classes & Groups Descriptions

### Wellness Through Outings:

**Tubing at Fraser Hill:** The historic Fraser Tubing Hill offers fun and excitement for everyone. Fraser Hill has beautiful views as you glide down the hill on a rented tube, and is often referred to as “the best tubing experience in Colorado.”

We will meet at Emerson St. at 9:00 p.m. sharp, then make the 2 hour drive to Fraser Hill. You \*must\* RSVP for this event no later than Friday, March 10. RSVP to [Evan.Klein@wellpower.org](mailto:Evan.Klein@wellpower.org), paperwork will be required to attend this event & all participants must be over the age of 18. Due to the long drive in the mountains, please notify Evan if you have motion sickness issues. Preferred seating in the car cannot be guaranteed, but motion sickness bags will be provided.

**Butterfly Pavilion:** During this outing, we’ll head over to the Butterfly Pavilion to experience all kinds of beauty in the butterfly! You’ll have an opportunity to see them fly, eat, and (if you’re lucky), land on you! You may also have a chance to hold the infamous tarantula, Rosie, during this trip. You must RSVP for this outing to [Sarah.Shipman@wellpower.org](mailto:Sarah.Shipman@wellpower.org) no later than Friday, March 10.

**Ink Lounge:** Have you ever wondered about the process of ink printing on to tee shirts and other materials? During this group, you’ll have the opportunity to make an Emerson St. tee-shirt at a real printing press! All materials will be provided as we make shirts together as a group. You must RSVP for this event to [Sarah.Shipman@wellpower.org](mailto:Sarah.Shipman@wellpower.org) no later than Friday, March 10.

**Movie Theater Outing:** 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](mailto:Sarah.Shipman@wellpower.org) to attend this event.

**Word to the Nerd:** Do you like books? Do you wish you liked books? Do you like music? During this group, Emerson St. will take a group of young people to a used bookstore to pick out a media of your choice. We’ll spend time looking through all types of books and music. After you’ve picked your item from the store, you’ll be able to take it home to peruse. We’ll provide you with a sample of a review, and once you’ve finished the with your chosen media, you will be tasked to bring it back to Emerson for the Emerson St. library with your brief review. Please RSVP to [Sarah.Shipman@wellpower.org](mailto:Sarah.Shipman@wellpower.org) if you wish to attend this group.

## Classes & Groups Descriptions

### Wellness Through Movement:

**Movement in the Park Come** Join us at Cheeseman Park to choose your own type of movement—we'll have yoga flow, walking, and other ways to get your blood flowing during the month of March. Group will meet at Cheeseman Park at 12:30 p.m. near the play ground \*subject to location change dependent upon the weather. Contact [Evan.Klein@wellpower.org](mailto:Evan.Klein@wellpower.org) for questions.

**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\*

### 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](mailto:Evan.Klein@wellpower.org)