

Emerson St. for Teens & Young Adults
AUGUST 2023



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>1:00-3:00 p.m. Creative Spaces 3:00-4:00 p.m. That's my Jam! 4:00-5:30 p.m. Switch it up! 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u></p>	<p>2</p> <p>12:00 p.m. **Movie Group** 4:30 - 5:30 p.m. <u>The Art of Noticing</u></p>	<p>3</p> <p>2:00-4:00 p.m. Easy French Dip Sandwiches 4:00 - 5:00 p.m. Board Games 5:00 - 5:50 p.m. Flow Arts</p>	<p>4</p> <p>No Groups</p>
<p>8</p> <p>10:00 a.m. **Water World** 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u></p>	<p>9</p> <p>2:00-3:00 p.m. Creative Spaces 3:00-4:00 p.m. That's my Jam! 4:00-5:30 p.m. Switch it up! 4:30 - 5:30 p.m. <u>The Art of Noticing</u></p>	<p>10</p> <p>2:00 - 4:00 p.m. Now you're cooking: Cheese Danishes 4:00 - 5:00 p.m. Board Games 5:00 - 5:50 p.m. Flow Arts</p>	<p>11</p> <p>No Groups</p>
<p>15</p> <p>9:00 a.m. ** Beginner's Hiking Group** 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u></p>	<p>16</p> <p>11:00am **Skate City** 4:30-5:30 p.m. <u>The Art of Noticing</u></p>	<p>17</p> <p>2:00 - 4:00 p.m. Now you're cooking: Cool Whip Cookies 4:00 - 5:00 p.m. Board Games</p>	<p>18</p> <p>No Groups</p>
<p>22</p> <p>1:00-3:00 p.m. Creative Spaces 3:00-4:00 p.m. That's my Jam! 4:00-5:30 p.m. Switch it up! 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u></p>	<p>23</p> <p>12:30 p.m. **Monster Mini Golf** 4:30-5:30 p.m. <u>The Art of Noticing</u></p>	<p>24</p> <p>2:00 - 4:00 p.m. Now you're cooking: Elotes on the grill 4:00pm - 5:00 p.m. Loteria 5:00 - 5:50 p.m. Flow Arts</p>	<p>25</p> <p>No Groups</p>
<p>29</p> <p>1:00-3:00 p.m. Creative Spaces 3:00-4:00 p.m. That's my Jam! 4:00-5:30 p.m. Switch it up! 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u></p>	<p>30</p> <p>12:30 p.m. **Denver Museum of Nature & Science** 4:30-5:30 p.m. <u>The Art of Noticing</u></p>	<p>31</p> <p>No Groups: WellPower CLOSED 12:00 - 5:30 p.m.</p>	

Contact Information

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

Phone: (303) 504-3988

Email: emersonst@wellpower.org

Office Hours: 8:30 a.m. – 5:30 p.m.

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.

The Art of Noticing: Have you ever felt like you don't notice what's going on around you or even maybe within your own self? Come join us in the Art of Noticing. In this group, we will teach skills around being present and mindful by connecting to nature, practicing creativity, and being grounded in ourselves and the world around us. For questions about the group, contact Briana at briana.heller@wellpower.org.

Classes & Groups Descriptions

Wellness Through Social Activities:

Now you're cooking: Cheese Danishes During this group, we'll enjoy making and eating a great sweet roll. It's made with crescent roll dough, cream cheese, and different flavors of jellies and jams. It's a sweet treat that will leave your friends and family asking for the recipe!

Now You're Cooking: Elotes on the grill: Back by popular demand! During this group, we'll grill corn on the cob, then slather it with a variety of ingredients, including a creamy mixture consisting of mayo, chili, garlic and Cotija cheese. Yum!

Now you're cooking: Easy French Dip Sandwiches A French dip sandwich, also known as a beef dip, is a hot sandwich consisting of thinly sliced roast beef on a "French roll" or baguette with Swiss cheese and onions. It is also served with a dipping container of beef broth. Don't miss out on this delectable sandwich!

Now you're cooking: Cool Whip Cookies Easy, quick, light, and fluffy—these cookies are a treat you won't want to miss! We'll have three different flavors of cookies during this group, red velvet, chocolate, and lemon. You'll even have enough to take home and share (or keep 'em to yourself if you want!).

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.

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.

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.

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:

Please note: Prior to attending an outing with Emerson St., you must have attended 1-2 groups at Emerson within the last month and all paperwork must be signed (by a parent or guardian if under age 18). If you have any questions, please contact Evan.Klein@wellpower.org or Sarah.Shipman@wellpower.org

****Water World**** Summertime is a great time to enjoy Denver's best waterpark: Water World! We will meet at promptly 10:00am at Emerson St. and travel together to the park in Federal Heights. The park is about 70 acres making it one of America's largest water theme parks. In 2021, Amusement Today awarded Water World as the 5th best water park in the industry on their Golden Ticket Awards. As of the 2022 season, the park has 50 attractions including a multitude of water slides, a lazy river, inflatable tube rides, multi-guest inflatable raft rides, two wave pools, and a gondola, which offers access to and from the top of the park. If you are interested in this outing, you must RSVP to sarah.shipman@wellpower.org no later than August 3rd. Spots to this outing are limited and will be reserved on a first-come, first-serve basis.

****Movie Theater Outing****: Do you miss movie groups? We do, we do! During this group, Emerson will head to a movie theater to see a film selected prior to the group. 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 evan.klein@wellpower.org to attend this event.

****Monster Mini Golf**** If you're looking for a frightening amount of fun, look no further than Denver's Monster Mini Golf. The spooks and scares abound but don't worry; it's all in the name of a good time. While other mini golf courses in Denver lack originality, Monster Mini Golf Denver is uniquely its own. No other mini golf courses come close to the thrills and adventures you'll find at Monster Mini Golf. This exciting destination is considered one of the best mini golf courses in Denver because of its distinct design and immersive challenges. For this group, we will meet at Emerson St. promptly at 11:30 and then travel to the golf course together. If you are interested in attending this outing, you must RSVP to Sarah.Shipman@wellpower.org no later than 8/17/23.

****Denver Museum of Nature & Science**** The Denver Museum of Nature and Science is a great place to explore and learn! Join us for this group, where we will meet at the museum (located at 2001 Colorado Boulevard, Denver 80205) at promptly 12:30pm. We may even catch a show at the planetarium! RSVP to sarah.shipman@wellpower.org by 8/24/23 in order to attend.

Classes & Groups Descriptions

****Beginner's Hiking Group**** Join Dennis and Evan for an opportunity to go hiking in the mountains! We will meet at Emerson St at 9:00am and then drive to Meyers Ranch Park, which is located near the towns of Aspen Park and Conifer and is approximately a 45-minute drive (each way) to and from Emerson Street. This hike will be approximately 2 miles with an elevation gain between 200-300 feet. The hike will range between elevations of 7,800 to 8,200 feet. Please be aware, physical activity can be more difficult at higher elevations. Also, UV rays increase with elevation, so it's important to wear sunscreen or clothing to protect your skin. Previous hiking experience might be helpful but isn't required for participation. Please be sure to bring good footwear (i.e., walking or hiking shoes or boots), sunscreen, water, a hat, and multiple layers of clothing (i.e., light jacket or rain gear), as the weather can change quickly in the mountains. You must RSVP to evan.klein@wellpower.org for this event by 8/9/23 to attend. Signed liability waivers will also be required to attend.

****Skate City**** Join us for an outing to Skate City! Skate City is an indoor roller-skating rink in the Denver Metro area. There are multiple locations, and we'll be going to the Arvada location for a 2-hour public skate. We will cover the cost of admission and skate rentals. We'll meet at Emerson Street at 11:00am and then provide transportation to and from the rink. You must RSVP to evan.klein@wellpower.org for this event by 8/10/23 to attend. Signed liability waivers will also be required to attend.

Wellness Through Movement:

Flow Arts: Are you just itching for a return of Emerson Street's hoop group? Have you ever been interested in flow arts? Have no idea what this means? Come join Emerson Street staff in exploring how to feel good in your body by hula-hooping. Other flow arts like poi welcome. Hoops and introductory skills workshop will be provided by staff. All skill levels welcome. No previous experience necessary.