

DECEMBER 2023



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|-----------------|
| | | | | 1 No Groups |
| 4 VIRTUAL: 11:00 a.m. - 12:00 p.m. Education Drop In Hours 5:00 - 6:00 p.m. Education Drop In Hours | 5 12:00-3:00 p.m. **Education Drop In Hours** 2:00-3:00 p.m. Creative Spaces 3:00-4:00 p.m. Music Theory 4:00-5:30 p.m. Switch it up! 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u> | 6 11:00 a.m. **Culture Club Korean BBQ** 3:00 - 4:00 p.m. Adulting with Psych Rehab 3:30 - 4:20 p.m. <u>Share and Care</u> 4:30 -5:30 p.m. <u>The Art of Noticing</u> | 7 VIRTUAL: 11.30 a.m.-12:30 p.m. <u>Relationships in Real Life</u> 2:00-4:00 p.m. Now you're cooking: Pigs in a blanket 4:00-5:00 p.m. Board Games | 8 No Groups |
| 11 VIRTUAL: 11:00 a.m. - 12:00 p.m. Education Drop In Hours 5:00 - 6:00 p.m. Education Drop In Hours | 12 11:00 a.m. <u>**Nature Connections**</u> 12:00-3:00 p.m. **Education Drop In Hours** 1:30-4:00 p.m. Winter Painting Tutorial 4:00-5:30 p.m. Switch it up! 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u> | 13 12:00 p.m. **Color Me Mine** 3:00 - 4:00 p.m. Adulting with Psych Rehab 3:30 - 4:20 p.m. <u>Share and Care</u> 4:30 -5:30 p.m. <u>The Art of Noticing</u> | 14 VIRTUAL: 11.30 a.m.-12:30 p.m. <u>Relationships in Real Life</u> 2:00 - 4:00 p.m. Now you're cooking: Calzones 4:00-5:00 p.m. Board Games | 15 No Groups |
| 18 VIRTUAL: 11:00 a.m. - 12:00 p.m. Education Drop In Hours 5:00 - 6:00 p.m. Education Drop In Hours | 19 2:00-4:00 p.m. Candle making 4:00-5:30 p.m. Switch it up! 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u> | 20 12:00 p.m. **Movie Theater Outing** 3:00 - 4:00 p.m. Adulting with Psych Rehab 3:30 - 4:20 p.m. <u>Share and Care</u> 4:30 -5:30 p.m. <u>The Art of Noticing</u> | 21 VIRTUAL: 11.30 a.m.-12:30 p.m. <u>Relationships in Real Life</u> 2:00 - 4:00 p.m. Sugar Cookie Decorating 4:00-5:00 p.m. Board Games | 22 No Groups |
| 25 EMERSON CLOSED | 26 12:00-3:00 p.m. **Education Drop In Hours** 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u> | 27 3:00 - 4:00 p.m. Adulting with Psych Rehab | 28 VIRTUAL: 11.30 a.m.-12:30 p.m. <u>Relationships in Real Life</u> | 29 No Groups |

Contact Information

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

Phone: (303) 504-3988

Email: 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 in **coral font on the monthly calendar (not in the descriptions), 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.

Share and Care: Do you engage in a behavior or have a habit you want to change? Share and Care group is a place where you can SHARE your experiences in changing behaviors that hold you back. You will also have the opportunity to CARE for others on their journey toward positive change. This is an 18 and older group. For questions and to inquire about attending the group please contact Roberta Robinson at 303-504-3995 or roberta.robinson@wellpower.org.

****Nature Connections**:** Join us for our second monthly nature-based therapy group that focuses on the healing power of nature and connection with others. This month, we will head to a local park or trailhead for some reflective and therapeutic activities focused on team building and outdoor skills. Snacks are provided, as well as transportation from Emerson to the group site. Location may change depending on weather conditions. We will meet at Emerson at 11:00 am. Email Allie at allie.morris@wellpower.org or give her a call at 303-504-3996 to join this group, or future Nature Connection Sessions. We hope to see you there!

Classes & Groups Descriptions

Therapeutic Groups:

Relationships in Real Life: A remote group (A link to join will be provided to interested participants). Do you feel lost when it comes to making meaningful friendships and navigating the world of dating? Or even just communicating? If so, Relationships in Real Life is here to support you. This group is dedicated to navigating relationships, improving communication skills, and helping you achieve your relational goals.

In this group you will:

- Learn the fundamentals of attachment, your own attachment style, and ways you can feel more secure in your relationships.
- Practice effective communication techniques to express yourself and understand others better.
- Explore the importance of boundaries, and how you can confidently communicate them.
- Gain confidence in the ways you connect with others.

We meet virtually on Thursday, from 11:30 a.m. to 12:30 p.m., providing a supportive space for you to learn, share, and grow. Our group is open to all folks at Emerson St. who are receiving clinical services and are eager to foster meaningful relationships. To join this group, or if you have any questions, please email Allie at allie.morris@wellpower.org or Kristyna at Kristyna.smith@wellpower.org.

Wellness Through Social Activities:

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.

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.

Music Theory: Have you ever wanted to learn how to play an instrument, but never had the chance? Or maybe you've had some previous musical training, but you want to brush up on your skills and knowledge. Music theory is the study of how music works, from its basic elements to its complex structures and systems. Join us to learn about the basics of rhythm, time signatures, tempo, and pitch. You'll have the opportunity to apply what you learn and begin the fun and exciting process of playing an instrument. No previous experience required.

Board Games: Join your peers for a rousing game of Uno, Skip-Bo, Dos, Apples to Apples...the possibilities are endless with our large selection of games. Bring your best game to win the title of champion during this group!

Classes & Groups Descriptions

Wellness Through Social Activities:

Important Note: For cooking groups, you must be present & participate in preparation, cooking and clean up to enjoy the dish. We appreciate your cooperation!

Now you're cooking: Pigs in a blankey During this group, we'll try some delicious twists on an old classic. We'll have a variety of hot dogs and sausages, which will be wrapped in different cheeses and crescent rolls, nestled on a bed of chili. We'll also have buns and all the fixins' for to satisfy any cravings!

Now you're cooking: Calzones Back by popular demand: Emerson St. Calzones! During this group, we'll fill dough with cheese, marinara, and all the pizza toppings your stomach craves—including pepperoni, sausage, mushrooms, onions, peppers and maybe even some pineapple.

Sugar Cookie Decorating: During this group, we'll spend time decorating cookies—there will be some to take home, and some to eat on site. Don't miss this fun (and sugar) filled group!

Winter Gnome Painting Tutorial: During this group, Emerson St. will provide a tutorial and all the supplies to complete this fun gnome winter painting:



Candle Making: Looking for a self-care gift or perhaps a gift for someone else? During this group, we'll make wonderful smelling candles in marbled tins, perfect for you or anyone else this December!

Classes & Groups Descriptions

Wellness Through Education:

Adulting with Psych Rehab: As part of the Psych Rehab team, Nekeata and Dennis help folks with their employment and education goals. So if you need help finding/keeping a job, exploring school options, homework help, or anything in between, then you should stop by! If you have any questions, please reach out to Dennis Vega at 303-873-3628 or at dennis.vega@wellpower.org.

Education Drop In Hours:

VIRTUAL: Mondays (weekly): 11:00 a.m. – 12:00 p.m. and 5:00 p.m. – 6:00 p.m.

****Tuesdays (weekly): 12:00 – 3:00 p.m. at Tivoli Student Union on Auraria Campus****

Do you have questions about college, high school, or the GED? Come by the supported education drop in hours for any academic related needs. If you need help figuring out things like financial aid, class selection, campus/community resources, graduation requirements, high school options, study skills, career exploration, or other academic related needs... This is the place for you. Please reach out to Dennis Vega at 303-873-3628 or dennis.vega@wellpower.org to receive the virtual meeting link or to touch base before meeting in person at Tivoli.

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.

****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 sarah.shipman@wellpower.org by Thursday, December 14th to attend this event.

****Culture Club:**** It's back by popular demand! Emerson St. has a group designed to explore different cultures through discussion, research, education, and food! During this group, we'll meet at Emerson St. to discuss the culture and go over the menu. Then, we'll head to the restaurant to enjoy delicious food! You must RSVP to Evan.Klein@wellpower.org by Monday, December 4th in order to attend this event.

****Color Me Mine:**** Back by popular demand: We're headed to Color Me Mine again! During this group, participants will meet at Emerson and then head to a ceramics studio to paint some pottery. This is a great group to express yourself on pottery—you'll paint it, they fire it! Emerson group leaders will then pick up the pieces once they've been fired. You can keep your piece for yourself, or give it as a gift, but the whole experience will be packed with fun and creativity! You must RSVP to sarah.shipman@wellpower.org by Wednesday, December 6th in order to attend this event.