

# MARCH 2024 PREVENTION GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>No Groups</b>
4 <b>VIRTUAL:</b> 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** <b>DAHLIA CAMPUS GROUPS</b> ★ 3401 Eudora St, Denver CO 80207 2:00–4:00p.m. Board Games and Art 4:00–5:00 p.m. Winter Retreat Planning 4:00–5:00 p.m. Family & Caregiver Support Group	6 12:00 p.m. **Enchanted Grounds Gaming Experience* <b>VIRTUAL</b> 3:00 – 4:00 p.m. Adulting with Psych Rehab	7 2:30 p.m. **Comics & Milkshakes**	8 <b>No Groups</b>
11 <b>VIRTUAL:</b> 11:00 a.m. – 12:00 p.m. Education Drop In Hours 5:00 – 6:00 p.m. Education Drop In Hours	12 12:00–3:00 p.m. **Education Drop In Hours** <b>DAHLIA CAMPUS GROUPS</b> ★ 3401 Eudora St, Denver CO 80207 2:00–3:00p.m. Winter Retreat Planning 3:00–5:00 p.m. Board Games and Art 4:00–5:00 p.m. Family & Caregiver Support Group	13 12:00 p.m. **Bass Pro Shop Scavenger Hunt** <b>VIRTUAL</b> 3:00 – 4:00 p.m. Adulting with Psych Rehab	14 10:00 a.m. **Great Wolf Lodge in Colorado Springs**	15 <b>No Groups</b>
18 <b>VIRTUAL:</b> 11:00 a.m. – 12:00 p.m. Education Drop In Hours 5:00 – 6:00 p.m. Education Drop In Hours	19 12:00–3:00 p.m. **Education Drop In Hours** <b>DAHLIA CAMPUS GROUPS</b> ★ 3401 Eudora St, Denver CO 80207 2:00–3:00p.m. Winter Retreat Planning at Dahlia Campus 3:00–5:00 p.m. Board Games and Art 4:00–5:00 p.m. Family & Caregiver Support Group	20 12:00 p.m. **Movie Theater Outing** <b>VIRTUAL</b> 3:00 – 4:00 p.m. Adulting with Psych Rehab	21 <b>DAHLIA CAMPUS GROUPS</b> ★ 3401 Eudora St, Denver CO 80207 2:00–3:00p.m. Winter Retreat Planning at Dahlia Campus 3:30 p.m. **Celebrate the 80s!**	22 <b>No Groups</b>
25 <b>VIRTUAL:</b> 11:00 a.m. – 12:00 p.m. Education Drop In Hours 5:00 – 6:00 p.m. Education Drop In Hours	26 12:00–3:00 p.m. **Education Drop In Hours** <b>DAHLIA CAMPUS GROUPS</b> ★ 3401 Eudora St, Denver CO 80207 2:00–3:00pm Winter Retreat Planning at Dahlia Campus 3:00–5:00pm Board Games and Art 4:00–5:00 p.m. Family & Caregiver Support Group	27 11:00 a.m. **Culture Club at Spice Room** <b>VIRTUAL</b> 3:00 – 4:00 p.m. Adulting with Psych Rehab	28 5:45 p.m. **Avalanche vs. New York Rangers Game **	29 <b>No Groups</b>

# MARCH 2024 THERAPY GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 4:00-5:45 p.m. <u>Dungeons &amp; Dragons &amp; Feelz</u>	6 VIRTUAL 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> 2:00pm - 3:00 p.m. <u>Case Management Drop In</u> 3:30-4:30 p.m. <u>Share and Care</u> 4:30 - 5:30 p.m. <u>**Word Works Community Café**</u>	8
11	12 11:00 a.m. <u>**Nature Connections**</u> 4:00-5:45 p.m. <u>Dungeons &amp; Dragons &amp; Feelz</u>	13 VIRTUAL 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> 2:00pm - 3:00 p.m. <u>Case Management Drop In</u> 3:30-4:30 p.m. <u>Share and Care</u> 4:30 - 5:30 p.m. <u>**Word Works Community Café**</u>	15
18	19 4:00-5:45 p.m. <u>Dungeons &amp; Dragons &amp; Feelz</u>	20 VIRTUAL 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> 2:00pm - 3:00 p.m. <u>Case Management Drop In</u> 3:30-4:30 p.m. <u>Share and Care</u> 4:30 - 5:30 p.m. <u>**Word Works Community Café**</u>	22
25	26 4:00-5:45 p.m. <u>Dungeons &amp; Dragons &amp; Feelz</u>	27 VIRTUAL 4:30 - 5:30 p.m. <u>The Art of Noticing</u>	28 VIRTUAL: 11.30 a.m.-12:30 p.m. <u>Relationships in Real Life</u> 2:00pm - 3:00 p.m. <u>Case Management Drop In</u> 4:30 - 5:30 p.m. <u>**Word Works Community Café**</u>	29

## 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 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

### Therapy 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).

**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, and to get the link to join virtually contact Briana at [briana.heller@wellpower.org](mailto: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](mailto:roberta.robinson@wellpower.org).

## Classes & Groups Descriptions

### Therapy Groups:

#### Family and Caregiver Support Group

Day / Time / Location: Every Tuesday, 4:00pm – 5:00pm, in person at the Wellshire Clinic / Dickenson Site located at: 4141 E Dickenson Place, Denver, CO 80222.

Description: This open, free group provides a space for family members (18+) to connect with others who are supporting a young person experiencing mental health symptoms, including psychosis. Weekly topics differ, but may include psychoeducation, communication skills, community resources, and/or discussion of family wellbeing in a support group setting. Please email [allie.morris@wellpower.org](mailto:allie.morris@wellpower.org) or [dennis.vega@wellpower.org](mailto:dennis.vega@wellpower.org) to join. Currently, the group is run in English. Interpretation services are available, and we hope to start a Spanish group as we gain interest.

**Relationships in Real Life: VIRTUAL** 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 folk 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](mailto:allie.morris@wellpower.org) or Kristyna at [Kristyna.smith@wellpower.org](mailto:Kristyna.smith@wellpower.org).

#### **Case Management Drop In**

Do you need help with any of the following?

- Applying for/renewing benefits such as Medicaid, SNAP, LEAP, etc.
- Learning about different affordable housing options
- Obtaining vital documents
- Getting connected to community resources

(These are some examples we can support with) To join this group, or if you have any questions, please email [caleb.kline@wellpower.org](mailto:caleb.kline@wellpower.org).

## Classes & Groups Descriptions

### Therapy Groups:

#### **\*\*Outings in the Community\*\*:**

**\*\*Nature Connections\*\*:** Meeting place is in front of the Emerson Street building (we are not able to enter the building)

This month, we will head to the Rocky Mountain Arsenal Refuge, located in Commerce City about 25 minutes from Emerson Street. When we arrive, we will explore one of the lakes in the refuge where we reflect on the metaphors found between nature and mental health, and then complete the 11-mile wildlife drive through the park to look for some bison, deer, birds and ground hogs in their natural habitat. We will meet at Emerson at 11:00 am. Email Allie at [allie.morris@wellpower.org](mailto: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!

#### **\*\*Word Works Community Café\*\***

In person at the Blair Caldwell Library at 2401 Welton St, Denver, CO 80205. The group will be held in Colorado Black Chamber of Commerce Foundation Boardroom, which is on your right (then a quick left down a hallway) just after you enter the library. Jim or Allie will wait near the entrance before the group starts. A weekly, drop-in gathering place for creative endeavors of all varieties, with an emphasis on creative writing, poetry and works of the spoken word. This group focuses on utilizing creative writing and expression as a means to explore the complexities of life and make meaning of our experiences. The first half of this group is focused on creating, and the second half of the group is focused on (optional) sharing. Materials will be available for writing and artmaking. Email [jim.schnebly@wellpower.org](mailto:jim.schnebly@wellpower.org) or [allie.morris@wellpower.org](mailto:allie.morris@wellpower.org) with any questions about this group, or to join.

## Classes & Groups Descriptions

### Prevention Groups:

#### Groups at Dahlia Campus

**Important Note:** If you are attending a prevention group with Emerson St. for the first time, please contact Sarah Shipman at (303) 504-3989 or Evan Klein at (303) 504-3984 once you arrive so we can find you. First time attendees must attend one to two “groups for new participants” prior to attending an outing with Emerson St., and all paperwork must be signed (by a parent or guardian if under age 18). Due to our building closure, “groups for new participants” will be noted in dark blue italics and have a gold star next to them.★

#### **Board Games and Art**★

Do you like games? We got ‘em! Do you like art? We’ve got art supplies! Join us at Dahlia campus for a group of mixed activities, whatever suits your fancy. We’ll decide what to do based on a group decision, but no matter the activity we’ll be sure to have fun!

#### **Winter Retreat Planning Group**.★

Back by popular demand! Emerson St. is headed to Winter Park for 3 days and 2 nights, where we will partner with National Sports Center for the Disabled for a skiing/snowboarding adventure. On April 8th, we’ll drive to our Airbnb location, where we’ll enjoy a meal together and get settled in bunk rooms. On April 9th, we’ll hit the slopes at 8am, where each participant will be partnered with a coach to learn how to ski or snowboard. We’ll return in the late afternoon for some downtime, and the next day we will head to Fraser hill for some tubing and then head back to Emerson St. All participants must be 18+. If you are interested in this outing, you *\*must\** attend at least 1 planning group in the month of February, and 2 groups during the month of March. Additional eligibility requirements will apply. Please send an email to *\*both\** [evan.klein@wellpower.org](mailto:evan.klein@wellpower.org) & [sarah.shipman@wellpower.org](mailto:sarah.shipman@wellpower.org) if you have any questions—or just show up to a planning group with questions.

**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](mailto: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](mailto:dennis.vega@wellpower.org) to receive the virtual meeting link or to touch base before meeting in person at Tivoli.

## Classes & Groups Descriptions

### Prevention Groups:

#### **\*\*Outings in the Community\*\*:**

*Please send and email to [sarah.shipman@wellpower.org](mailto:sarah.shipman@wellpower.org) and [evan.klein@wellpower.org](mailto:evan.klein@wellpower.org) if you would like to attend an outing as soon as possible, no later than 5 days prior to the outing. Important Note: If you are attending a prevention group with Emerson St. for the first time, please contact Sarah Shipman at (303) 504-3989 or Evan Klein at (303) 504-3984 once you arrive so we can find you. First time attendees must attend one to two “groups for new participants” prior to attending an outing with Emerson St., and all paperwork must be signed (by a parent or guardian if under age 18). Due to our building closure, “groups for new participants” will be noted in dark blue italics and have a gold star next to them.*

**Comics and Milkshakes:** Join us for an adventure filled with fun! During this group, we'll head to Mile High Comics and spend time perusing the selection of comic books. After we've had our fill of art and literature, we'll head to Littleman Ice cream for some of the best milk shakes around. Don't miss out on this exciting expedition exploring some of the most fun & delicious places in Denver!

**Culture Club: Spice Room:** It's time for a taste of India! During this group, Emerson St. participants will spend time experiencing the culture and cuisine offered at Denver's spice room. The lunch menu of Thali, Biryani, Noodles, Tandoori, Curry and Indian cuisine is handmade from scratch.

**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.

**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!

**Enchanted Grounds:** Get your game on while we enjoy different selections of coffee, sodas, and tea! Enchanted Grounds offers games, puzzles, a small selection of comic books, and an awesome crew of Groundskeepers to help you feel at home. We will meet at Emerson St and drive together to explore a new place for delicious drinks and fabulous games!

**Bass Pro Shop Scavenger Hunt:** Let's explore the Bass Pro Shop! During this group, we'll spend time wandering the shop, and also have a scavenger hunt for added excitement—complete with a prize!

## Classes & Groups Descriptions

### **\*\*Outings in the Community\*\*:**

Please send and email to [sarah.shipman@wellpower.org](mailto:sarah.shipman@wellpower.org) and [evan.klein@wellpower.org](mailto:evan.klein@wellpower.org) if you would like to attend an outing as soon as possible, no later than 5 days prior to the outing. Important Note: If you are attending a prevention group with Emerson St. for the first time, please contact Sarah Shipman at (303) 504-3989 or Evan Klein at (303) 504-3984 once you arrive so we can find you. First time attendees must attend one to two “groups for new participants” prior to attending an outing with Emerson St., and all paperwork must be signed (by a parent or guardian if under age 18). Due to our building closure, “groups for new participants” will be noted in dark blue italics and have a gold star next to them.

**Great Wolf Lodge:** We’re going on an adventure to Colorado Springs! Join us for an outing that will take us away from Denver and into an indoor waterpark adventure! Make sure to RSVP as soon as possible for this outing, as spots will be very limited for this outing.

### **Celebrate the 80s!**

Make sure to don on your favorite 80s gear for this outing. We’ll meet at Emerson and head to “Fifty-two 80’s A Totally Awesome Shop.” Walking into this store is a blast from the past from what has been called the greatest decade. We’ll spend time checking out Atari games, garbage pail kids, and care bears. It will be a totally rad experience!

**Avalanche vs Rangers Game:** During this group, we’ll meet at Emerson and head to see the Avalanche play some hockey again! The last time Emerson saw the Avalanche play, they won the Stanley Cup (like the trophy—not the mugs that are selling out at Target). Let’s bring back that Emerson luck to our home team! GO AVS GO!