

APRIL 2024 PREVENTION GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>VIRTUAL: 11:00 a.m. – 12:00 p.m. Education Drop In Hours 5:00 – 6:00 p.m. Education Drop In Hours</p>	<p>2</p> <p>12:00–3:00 p.m. **Education Drop In Hours** DAHLIA CAMPUS GROUPS ★ 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</p>	<p>3</p> <p>12:00 p.m. **Enchanted Grounds Gaming Experience** VIRTUAL 3:00 – 4:00 p.m. Adulting with Psych Rehab</p>	<p>4</p> <p>2:30 – 4:30 p.m. **Mutiny Information Café**</p>	<p>5</p> <p>No Groups</p>
<p>8</p> <p>Winter Retreat VIRTUAL: 11:00 a.m. – 12:00 p.m. Education Drop In Hours 5:00 – 6:00 p.m. Education Drop In Hours</p>	<p>9</p> <p>Winter Retreat 12:00–3:00 p.m. **Education Drop In Hours** 4:00–5:00 p.m. Family & Caregiver Support Group</p>	<p>10</p> <p>Winter Retreat VIRTUAL 3:00 – 4:00 p.m. Adulting with Psych Rehab</p>	<p>11</p> <p>No Groups</p>	<p>12</p> <p>No Groups</p>
<p>15</p> <p>VIRTUAL: 11:00 a.m. – 12:00 p.m. Education Drop In Hours 5:00 – 6:00 p.m. Education Drop In Hours</p>	<p>16</p> <p>12:00–3:00 p.m. **Education Drop In Hours** DAHLIA CAMPUS GROUPS ★ 2:00–5:00 p.m. Board Games and Art 4:00–5:00 p.m. Family & Caregiver Support Group</p>	<p>17</p> <p>12:00 p.m. **Movie Theater Outing** VIRTUAL 3:00 – 4:00 p.m. Adulting with Psych Rehab</p>	<p>18</p> <p>2:30 – 4:30 p.m. **Daboba**</p>	<p>19</p> <p>No Groups</p>
<p>22</p> <p>VIRTUAL: 11:00 a.m. – 12:00 p.m. Education Drop In Hours 5:00 – 6:00 p.m. Education Drop In Hours</p>	<p>23</p> <p>12:00–3:00 p.m. **Education Drop In Hours** DAHLIA CAMPUS GROUPS ★ 2:00–5:00 p.m. Board Games and Art 4:00–5:00 p.m. Family & Caregiver Support Group</p>	<p>24</p> <p>11:00 a.m. **Culture Club at Kona Hawaiian BBQ** VIRTUAL 3:00 – 4:00 p.m. Adulting with Psych Rehab</p>	<p>25</p> <p>2:30 – 4:30 p.m. **The Molecule Effect**</p>	<p>26</p> <p>No Groups</p>
<p>29</p> <p>VIRTUAL: 11:00 a.m. – 12:00 p.m. Education Drop In Hours 5:00 – 6:00 p.m. Education Drop In Hours</p>	<p>30</p> <p>12:00–3:00 p.m. **Education Drop In Hours** DAHLIA CAMPUS GROUPS ★ 2:00–5:00 p.m. Board Games and Art 4:00–5:00 p.m. Family & Caregiver Support Group</p>	<p>May 1</p> <p>12:00 p.m. **Comics & Milkshakes** VIRTUAL 3:00 – 4:00 p.m. Adulting with Psych Rehab</p>	<p>May 2</p> <p>2:30 – 4:30 p.m. **Denver Botanic Gardens**</p>	



APRIL 2024 THERAPY GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 VIRTUAL: 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u>	3 VIRTUAL: 4:30 -5:30 p.m. <u>The Art of Noticing</u>	4 4:30 - 5:30 p.m. <u>**Word Works Community Café**</u>	5
8	9 VIRTUAL: 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u>	10 VIRTUAL: 4:30 -5:30 p.m. <u>The Art of Noticing</u>	11 VIRTUAL: 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>	12
15	16 VIRTUAL: 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u>	17 VIRTUAL: 4:30 -5:30 p.m. <u>The Art of Noticing</u>	18 VIRTUAL: 3:30-4:30 p.m. <u>Share and Care</u> 4:30 - 5:30 p.m. <u>**Word Works Community Café**</u>	19
22	23 VIRTUAL: 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u>	24 VIRTUAL: 4:30 -5:30 p.m. <u>The Art of Noticing</u>	25 VIRTUAL: 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>	26
29	30 VIRTUAL: 4:00-5:45 p.m. <u>Dungeons & Dragons & Feelz</u>	May 1 VIRTUAL: 4:30 -5:30 p.m. <u>The Art of Noticing</u>	May 2 4:30 - 5:30 p.m. <u>**Word Works Community Café**</u>	

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

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.

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.

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.

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 or 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.

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.

Outings in the Community:

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 or 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 will decide what to do based on a group decision, but no matter what the activity is we will 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 & 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.

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.

Classes & Groups Descriptions

Prevention Groups:

****Outings in the Community**:**

Please send and email to sarah.shipman@wellpower.org and 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.

NEW! Starting in April, Emerson St Participants will meet at the location indicated on the calendar instead of Emerson St for outings scheduled on Thursdays. Check the description for each outing to find the address. Please contact Sarah Shipman at sarah.shipman@wellpower.org or Evan Klein at evan.klein@wellpower.org with questions.

****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!

****Mutiny Information Café**:** Mutiny Information Café is a "one-stop shop" coffee bar, bookstore, and comic book shop. During this group we'll meet at the cafe to enjoy a drink and some snacks, while we spend time browsing and socializing. The shop has new weekly comics and hordes of back issues with new and old to choose from. Mutiny information has an ever-changing bundle of classic key issues, from Marvel, DC, Image, and they are reportedly growing a selection of Manga books and Gunpla kits. **Please note: we will not be providing transportation for this outing. You must arrange your own transportation to and from the café. We will meet at the shop at 2:30pm. The address is 2 S. Broadway, Denver, CO 80209.**

****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 and evan.klein@wellpower.org by Friday, April 12th to attend this event.

Classes & Groups Descriptions

****Outings in the Community**:**

Please send an email to sarah.shipman@wellpower.org and 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.**

****Culture Club at Kona Hawaiian BBQ**:** Emerson Street is headed to Kona Hawaiian BBQ for another culture club outing, this time we'll be able to enjoy a taste of Hawaii. Kona Hawaiian BBQ is a fast casual restaurant known for authentic Hawaiian Plate Lunches and other island specialties. Per their own words: "We aim to combine the culture and 'Aloha' spirit of Hawaii into our restaurants to bring a taste of the islands with exceptional service in an inviting atmosphere." **We will meet at Emerson St and provide transportation to the restaurant. You must send an email to sarah.shipman@wellpower.org and evan.klein@wellpower.org by Friday, April 19th to attend this event.**

****The Molecule Effect**:** The Molecule Effect is an eclectic and welcoming coffeehouse and art space:

"To us, it's about the mixture of hand-selected items based on quality, integrity and all-around deliciousness. We blend this with great staff and the right amount of things we love like art, and our local culture. Add to this our desire for building community and great chemistry is created - that's "The Molecule Effect." **Please note we will not be providing transportation for this outing. You must arrange your own transportation to and from the coffeehouse. We will meet at the Wash Park location at 2:30pm. The address is 300 S. Logan St, Ste 100, Denver, CO 80209.**

****Comics and Milkshakes**:** Join us for an adventure filled with fun! During this group, we will head to Mile High Comics and spend time perusing the selection of comic books. After we have had our fill of art and literature, we will head to Littleman Ice cream for some of the best milk shakes around. Do not miss this exciting expedition exploring some of the most fun & delicious places in Denver! **We will meet at Emerson St and provide transportation for this outing. You must send an email to sarah.shipman@wellpower.org and evan.klein@wellpower.org by Friday, April 26th to attend this event.**

****Denver Botanic Gardens**:** Join us for an outing to the beautiful Denver Botanic Gardens, which present a wide range of gardens and collections on twenty-four acres. The gardens reflect an ever-widening diversity of plants from all corners of the world. We will cover admission costs, and then you can explore the gardens at your leisure. You can feel free to stay as long as you would like, as the gardens will remain open until 7pm.

Please note: We will not provide transportation for this outing. You must arrange your own transportation to and from the gardens. We will meet at the entrance at 2:30pm. The address is 1007 York St, Denver, CO 80206.