

# MAY 2024 PREVENTION GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p><b>12:00 p.m.</b> **Comics &amp; Milkshakes**</p> <p><b>VIRTUAL</b></p> <p><b>3:00 - 4:00 p.m. Adulting with Psych Rehab</b></p>	<p>2</p> <p><b>2:30 - 4:30 p.m.</b> **Denver Botanic Gardens**</p>	<p>3</p> <p><b>No Groups</b></p>
<p>6</p> <p><b>VIRTUAL:</b></p> <p><b>11:00 a.m. - 12:00 p.m. Education Drop In Hours</b></p> <p><b>5:00 - 6:00 p.m. Education Drop In Hours</b></p>	<p>7</p> <p><b>12:00-3:00 p.m.</b> **Education Drop In Hours**</p> <p><b>DAHLIA CAMPUS GROUPS</b> ★</p> <p><b>2:00-5:00 p.m. Bingo and Ice Cream</b> —with Prizes!</p> <p><b>4:00-5:00 p.m.</b> Family &amp; Caregiver Support Group</p>	<p>8</p> <p><b>2:00 p.m.</b> **Top Golf outings**</p> <p><b>VIRTUAL</b></p> <p><b>3:00 - 4:00 p.m. Adulting with Psych Rehab</b></p>	<p>9</p> <p><b>Cooking groups now hosted at Dickenson Central Office</b> ★</p> <p><b>4141 E Dickenson Pl, Denver, CO, 80222</b></p> <p><b>2:00 p.m.</b> Garlic Bread Meatball Bombs</p>	<p>10</p> <p><b>No Groups</b></p>
<p>13</p> <p><b>VIRTUAL:</b></p> <p><b>11:00 a.m. - 12:00 p.m. Education Drop In Hours</b></p> <p><b>5:00 - 6:00 p.m. Education Drop In Hours</b></p>	<p>14</p> <p><b>12:00-3:00 p.m.</b> **Education Drop In Hours**</p> <p><b>DAHLIA CAMPUS GROUPS</b> ★</p> <p><b>2:00-5:00 p.m. Learn how to make Eternal Roses!</b></p> <p><b>4:00-5:00 p.m.</b> Family &amp; Caregiver Support Group</p>	<p>15</p> <p><b>12:00 p.m.</b> **Movie Theater Outing**</p> <p><b>VIRTUAL</b></p> <p><b>3:00 - 4:00 p.m. Adulting with Psych Rehab</b></p>	<p>16</p> <p><b>Cooking groups now hosted at Dickenson Central Office</b> ★</p> <p><b>4141 E Dickenson Pl, Denver, CO, 80222</b></p> <p><b>2:00 p.m.</b> Peaches n' Cream Stuffed Crescent Rolls</p>	<p>17</p> <p><b>No Groups</b></p>
<p>20</p> <p><b>VIRTUAL:</b></p> <p><b>11:00 a.m. - 12:00 p.m. Education Drop In Hours</b></p> <p><b>5:00 - 6:00 p.m. Education Drop In Hours</b></p>	<p>21</p> <p><b>12:00-3:00 p.m.</b> **Education Drop In Hours**</p> <p><b>DAHLIA CAMPUS GROUPS</b> ★</p> <p><b>2:00-5:00 p.m. Bingo and Ice Cream</b> —with Prizes!</p> <p><b>4:00-5:00 p.m.</b> Family &amp; Caregiver Support Group</p>	<p>22</p> <p><b>11:00 a.m.</b> **Culture Club at Byblos Express Greek &amp; Lebanese</p> <p><b>VIRTUAL</b></p> <p><b>3:00 - 4:00 p.m. Adulting with Psych Rehab</b></p>	<p>23</p> <p><b>Cooking groups now hosted at Dickenson Central Office</b> ★</p> <p><b>4141 E Dickenson Pl, Denver, CO, 80222</b></p> <p><b>2:00 p.m.</b> Evan's going away party</p>	<p>24</p> <p><b>No Groups</b></p>
<p>27</p> <p><b>VIRTUAL:</b></p> <p><b>11:00 a.m. - 12:00 p.m. Education Drop In Hours</b></p> <p><b>5:00 - 6:00 p.m. Education Drop In Hours</b></p>	<p>28</p> <p><b>11:00 a.m.</b> **Color Me Mine Outing**</p> <p><b>12:00-3:00 p.m.</b> **Education Drop In Hours**</p> <p><b>4:00-5:00 p.m.</b> Family &amp; Caregiver Support Group</p>	<p>29</p> <p><b>12:00 p.m.</b> **Bubble Planet Immersive Experience**</p> <p><b>VIRTUAL</b></p> <p><b>3:00 - 4:00 p.m. Adulting with Psych Rehab</b></p>	<p>30</p> <p><b>Cooking groups now hosted at Dickenson Central Office</b> ★</p> <p><b>4141 E Dickenson Pl, Denver, CO, 80222</b></p> <p><b>2:00 p.m.</b> Taco Pasta Salad</p>	<p>31</p> <p><b>No Groups</b></p>

# MAY 2024 THERAPY GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>VIRTUAL:</b> 4:30 – 5:30 p.m. <u>The Art of Noticing</u>	2 <b>VIRTUAL:</b> 2:00pm – 3:00 p.m. <u>Case Management Drop In</u> 4:30 – 5:30 p.m. <u>**Word Works Community Café**</u>	3
6	7 <b>VIRTUAL:</b> 4:00–5:45 p.m. <u>Dungeons &amp; Dragons &amp; Feelz</u>	8 <b>VIRTUAL:</b> 4:30 – 5:30 p.m. <u>The Art of Noticing</u>	9 <b>VIRTUAL:</b> 3:30–4:30 p.m. <u>Share and Care</u> 4:30 – 5:30 p.m. <u>**Word Works Community Café**</u>	10
13	14 <b>VIRTUAL:</b> 4:00–5:45 p.m. <u>Dungeons &amp; Dragons &amp; Feelz</u>	15 <b>VIRTUAL:</b> 4:30 – 5:30 p.m. <u>The Art of Noticing</u>	16 <b>VIRTUAL:</b> 2:00pm – 3:00 p.m. <u>Case Management Drop In</u> 4:30 – 5:30 p.m. <u>**Word Works Community Café**</u>	17
20	21 11:00 a.m. Nature Connections <b>VIRTUAL:</b> 4:00–5:45 p.m. <u>Dungeons &amp; Dragons &amp; Feelz Nature Connections</u>	22 <b>VIRTUAL:</b> 4:30 – 5:30 p.m. <u>The Art of Noticing</u>	23 <b>VIRTUAL:</b> 3:30–4:30 p.m. <u>Share and Care</u> 4:30 – 5:30 p.m. <u>**Word Works Community Café**</u>	24
27	28 <b>VIRTUAL:</b> 4:00–5:45 p.m. <u>Dungeons &amp; Dragons &amp; Feelz</u>	29 <b>VIRTUAL:</b> 4:30 – 5:30 p.m. <u>The Art of Noticing</u>	30 <b>VIRTUAL:</b> 2:00pm – 3:00 p.m. <u>Case Management Drop In</u> 4:30 – 5:30 p.m. <u>**Word Works Community Café**</u>	31

## 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:

#### 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).

### \*\*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](mailto:jim.schnebly@wellpower.org) or [allie.morris@wellpower.org](mailto:allie.morris@wellpower.org) with any questions about this group, or to join.

#### \*\*Nature Connections\*\*:

Join us for this monthly nature-based therapy group that focuses on the healing power of nature and connection with others. This month, we will head to Red Rocks for a short (1 mile) hike and reflective nature activities focused on the theme: grounding. Snacks are provided, as well as transportation from Emerson to the group site. Location may change depending on weather conditions . We will meet at the Dahlia Campus located at [3401 Eudora St, Denver, CO 80207](https://www.wellpower.org/locations). 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!

## 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). If only 1 group member is present for group, the group will be canceled 15 minutes after the scheduled start time. Due to our building closure, “groups for new participants” will be noted in *dark blue italics and have a gold star next to them.* ★

#### **Bingo & Ice Cream—With Prizes!** ★

Show off your ability to master the classic BINGO game during this group! We'll have ice cream for every participant, and every other game will allow winning group members to pick out different prizes to be ordered from a list! They'll be a prize to suit everyone's taste during these groups—don't miss this new and exciting opportunity!

#### **Learn How to make Eternal Roses:** ★

Learn how to create beautiful silk eternal roses during this group. May is the perfect month to show off your creative skills and create something beautiful for yourself or somebody special in your life, make sure to take advantage of this group opportunity.

**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:

**Family and Caregiver Support Group:** In person at the Wellshire Clinic / Dickenson Site located at: [4141 E Dickenson Place, Denver, CO 80222](https://www.wellpower.org/locations/dickenson).

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.

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

*Please send and email to [sarah.shipman@wellpower.org](mailto:sarah.shipman@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 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. if only 1 group member is present for group, the group will be cancelled 15 minutes after the scheduled start time.*

**\*\*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](mailto:sarah.shipman@wellpower.org) and [evan.klein@wellpower.org](mailto:evan.klein@wellpower.org) by Friday, April 12th 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!

**\*\*Culture Club: Byblos Express Greek & Lebanese \*\*:** The creative cuisine minds behind Byblos Express Greek and & Lebanese restaurants are cousins Yousef (Joe) and Justin Khraim, originally from Jerusalem. They grew up cooking together at family gatherings and moved to the U.S. 14 years ago in search of new opportunities. During this group, Emerson St. participants are offered the chance to sample the delicious food offered in Greek and Lebanese Cultures.

**\*\*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.**

## 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. if only 1 group member is present for group, the group will be cancelled 15 minutes after the scheduled start time.**

**\*\*Bubble Planet Immersive Experience\*\*** Voyage through fantastical, pastel landscapes designed to appeal to all 5 senses during this group. We'll start our journey in the giant bubble, then work our way through the LED room, cloud room, a bubble ocean, bubble bath, balloon getaway, a selfie room, an infinity room, the bubble gateway, the bubble effect, and finish off with a VR experience and an interactive shop. Don't miss this new and exciting group with a recently created Denver attraction!

**\*\*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](mailto:sarah.shipman@wellpower.org) and [evan.klein@wellpower.org](mailto:evan.klein@wellpower.org) by Friday, April 26th to attend this event.

### **NEW! Cooking groups at Dickenson!**

**All Thursday cooking groups will now meet at 4141 E Dickenson Pl, Denver, CO, 80222** ★

**Garlic Bread Meatball Bombs:** ★ During this group, we'll make meatball stuffed dinner rolls with garlic butter, cheese, and a marinara dipping sauce. This will be a great opportunity to show off your cooking skills and learn how to make a dish that will please your palette. Vegetarian options available upon request.

**Peaches n' Cream stuffed crescent rolls:** ★ Who doesn't like a sweet treat? During this cooking experience, group members will have the opportunity to enjoy warm crescent rolls stuffed with a sweet peach filling, topped off with ice cream. Yum!

**Taco Pasta Salad:** ★ A great dish for the summer months, we'll make a pasta salad with seasoned taco filling, cheese, diced tomatoes, jalapenos, lettuce, and the classic Dorothy Lynch dressing! All toppings are optional, and will also include salsa and sour cream.

**Evan's going away party:** ★ During this group, we will celebrate our very own Evan Klein and the work he has done at Emerson St. as both a therapist and prevention specialist. Group participants will have the opportunity to sign and create a unique art piece for Evan. We'll make homemade French fries complete with a "fry bar" and take the time to say good-bye and offer congratulations. WE'LL MISS YOU, EVAN!