

# APRIL 2026 – PREVENTION GROUPS



**KEY:** Groups in Coral – Virtual or Hybrid  
Groups in Black – In-Person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  <b>No Groups Emerson St. Closed</b>	2  <b>2:00 p.m.</b> Now You're Cooking: Scootcheroos <b>4:00 p.m.</b> Board Games	3
6  <b>2:00 p.m.</b> Spring Retreat Planning/Watch & Learn Frank Lloyd Wright designs	7 <b>1:00 p.m.</b> Shrinky Dink Art/Open Art Studio <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group	8  <b>12:00 p.m.</b> *Mile High Comics & Ice Cream*-- <i>Meet at Dickenson</i>	9  <b>2:00 p.m.</b> Now You're Cooking: Pierogi Lasagna <b>4:00 p.m.</b> Board Games	10
13  <b>9:15 a.m.</b> *DCPA Behind the Scenes Tour*-- <i>Meet at Dickenson</i>	14 <b>1:00 p.m.</b> Kentucky Derby Fascinators/Open Art Studio <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group	15  <b>12:00 p.m.</b> *Denver Art Museum*-- <i>Meet at Dickenson</i>	16  <b>2:00 p.m.</b> Now You're Cooking: Hot Italian Grinders <b>4:00 p.m.</b> Board Games	17
20  <b>2:00 p.m.</b> Virtual Uno & Yahtzee	21 <b>1:00 p.m.</b> Spring Retreat Planning <b>2:00 p.m.</b> Open Art Studio <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group	22  <b>12:00 p.m.</b> *Culture Club* Crane Games & Korean Corn Dogs-- <i>Meet at Dickenson</i>	23  <b>2:00 p.m.</b> Caramel Apple Cinnamon Rolls & Ice Cream <b>4:00 p.m.</b> Board Games	24
27	28 <b>1:00 p.m.</b> Open Art Studio <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group	29  <b>Spring Retreat No Prevention Groups</b>	30  <b>Spring Retreat No Prevention Groups</b>	

# APRIL 2026 - THERAPY GROUPS



**KEY:** Groups in Coral - Virtual or Hybrid  
Groups in Black - In-Person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <i>10:00 a.m.-10:45am Coffee Talk- Virtual</i>	2	3
6	17 <b>4:00 - 5:30 p.m.</b> Dungeons & Dragons & Feelz	8 <i>10:00 a.m.-10:45am Coffee Talk- Virtual</i>	9	10
13	14 <b>4:00 - 5:30 p.m.</b> Dungeons & Dragons & Feelz	15 <i>10:00 a.m.-10:45am Coffee Talk- Virtual</i>	16	17
20	21 <b>4:00 - 5:30 p.m.</b> Dungeons & Dragons & Feelz	22 <i>10:00 a.m.-10:45am Coffee Talk- Virtual</i>	23	24
27	28 <b>4:00 - 5:30 p.m.</b> Dungeons & Dragons & Feelz	29 <i>10:00 a.m.-10:45am Coffee Talk- Virtual</i>	30	

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## Contact Information

**Phone:** (303) 504-3988

**General Questions:** [emersonst@wellpower.org](mailto:emersonst@wellpower.org)

**Prevention Groups and Outings:** [emersonprevention@wellpower.org](mailto:emersonprevention@wellpower.org)

**Address:** 4141 E. Dickenson Pl., Denver, CO 80222

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**About Emerson St.** Emerson St. provides a supportive community for teens and young adults, ages 15 – 26, seeking connection and belonging. This inclusive, welcoming place offers a variety of activities and services that support young people in enhancing their mental health and overall well-being.

### About this Calendar

- All groups listed in **coral** are **virtual** or **hybrid**.
- All groups listed in **black** are **in-person**.
- **\*Starred\*** = Off-site outings. Participants must RSVP in advance, complete paperwork, provide an emergency contact, & bring an ID and Insurance Card.

### About On-Site Prevention Groups:

- On-site groups are held at 4141 E. Dickenson Pl., Denver, CO 80222.
- Prevention groups and outings are open to young people (ages 15 – 26) with Medicaid or BHA funding.
- If you are new to groups, please reach out at least 24 hours in advance to [emersonprevention@wellpower.org](mailto:emersonprevention@wellpower.org) and let us know when to expect you. You will need to complete paperwork and provide an ID and Insurance Card. Per WellPower policy, if you don't have insurance, we will assist you in taking steps to get insurance.

### About Prevention Outings:

- Please send an email to [emersonprevention@wellpower.org](mailto:emersonprevention@wellpower.org) as soon as possible if you would like to attend an outing – you must RSVP no later than 5 days prior to the outing. If you have never attended an Emerson St. group before, you must attend two on-site prevention groups prior to attending an outing and all paperwork must be signed (by a parent or guardian if under age 18).

### About Therapy Groups:

- In order to participate, youth must already be engaged with a therapist or case manager at WellPower.
- Please read group descriptions carefully as some groups are closed to new participants.

## On-Site Prevention Groups - 4141 E. Dickenson Pl., Denver, CO 80222

### Art Groups!

- **Open Art Studio:** 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.
- **Shrinky Dink Art:** Shrinky Dink Art is made from flexible pieces of plastic that you can draw, color, and cut into any design of your choice. We then shrink the art down to form a hard plastic token that can be made into a keychain, earrings, or charms using a handheld heat dryer. Once it is cooled, we finish the piece with resin for a nice glossy finish that can be made into a perfect little gift for your friends or for you to keep!
- **Kentucky Derby Fascinators :** May is right around the corner and so is the Kentucky Derby! During this group, we'll spent time making fancy fascinator head gear using tulle, headbands, and other crafty pieces. Let's get boujee!

### Now You're Cooking!

- **Scotcheroos:** It's time for a midwestern delicacy! Scotcheroos are a no-bake dessert bar made with crispy rice cereal, peanut butter, chocolate chips, and butterscotch chips. They combine the soft, chewy texture of rice krispies treats with the rich, sweet-salty flavor of peanut butter, topped with a smooth layer of melted chocolate and butterscotch. It's a dessert that will treat all the tastebuds!
- **Pierogi Lasagna:** This lasagna is a delicious alternative to typical lasagna. It includes layers of pasta, onion, potato and cheese that all come together to make pure comfort food. It's truly irresistible and perfect for for potlucks, feeding a group, or just sitting down to enjoy by yourself.
- **Hot Italian Grinders:** : This dish starts with Italian sausage cooked with peppers and marinara sauce. We will fill the Italian bread with meat or the vegetarian option provided, cover it with mozzarella cheese and bake it until we get a hot, melted and toasted dish that will undoubtedly fill your belly and keep you warm.
- **Caramel Apple Cinnamon Rolls:** We're going to add some flair to the typical cinnamon roll with a delicious blend of cinnamon, caramel, and apples. Bring your sweet tooth and your appetite as we bake the dish and top it with ice cream. Yum!

**Switch it Up! Nintendo Switch Group:** 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 Nintendo Switch!

**Board Games:** Will it be Clue? Will it be the Game of Life? Will it be Uno, Skip-bo, Monopoly? It's up to you--just bring your A game to compete against Emerson St. staff and peers during this exciting group!

## Virtual Prevention Groups

**Virtual Uno & Yahtzee:** Join us as we play the game of UNO and Yahtzee virtually! We are taking the competition to your computer or phone screen! This is virtual. If you would like the Teams link please email [emersonprevention@wellpower.org](mailto:emersonprevention@wellpower.org).

**Spring Retreat Planning/Watch & Learn Frank Lloyd Wright Documentary:** This group will explore the upcoming Spring retreat, going over the itinerary, expectations, as well as room and van assignments. You must attend either this virtual group or the in-person Spring Retreat Planning in order to be eligible for the Spring Retreat. Email [emersonprevention@wellpower.org](mailto:emersonprevention@wellpower.org) if you are interested in joining this virtual group.

## Prevention Outings in the Community - RSVP ONLY

**Culture Club-Krane Games & Korean Corn Dogs:** Let's explore Korean Culture! We'll start by playing a few rounds at Crane Games, where you'll be sure to walk out with at least one plushie, followed by a delicious cultural cuisine treat at Two-Hands Korean Corn Dogs. Don't miss this outing to explore Korean Culture first-hand with Two-Hands! **Meet at 4141 E Dickenson Pl.**

**Mile High Comics & Ice Cream:** It's been a minute since we've visited the cat at the Mile High Comic Book store. Join us to explore the store, see the cat, and maybe walk out with a book. We'll follow the group with a delicious ice cream treat in Denver. It's time to get in touch with that inner child that loves both comics and ice cream--make sure to join us for this always-fun outing! **Meet at 4141 E. Dickenson Pl.**

**Denver Art Museum:** Emerson St is headed back to the Denver Art Museum to explore art and participate in some of the art experientials offered. We'll also be on a scavenger hunt for any art created by Frank Lloyd Wright to continue our month of April education around the famous architect. **Meet at 4141 E. Dickenson Pl.**

**Spring Retreat:** Emerson St is headed to Colorado Springs for an overnight retreat! We'll stay at a beautiful retro Frank Lloyd Wright home with a hot tub, ping pong table, bean bag toss, outdoor fire place, and a beautiful view of the mountains! We'll take a trolley through Red Rocks, see the Manitou Cliff Dwellings, and even try our hand at Falconry! You must RSVP for this event no later than April 6<sup>th</sup>, and attend at least one planning group to be eligible for this group. Participants need to be over the age of 18 and an active participant in the Emerson St. Prevention Community. Please contact [EmersonPrevention@wellpower.org](mailto:EmersonPrevention@wellpower.org) for questions or to RSVP.

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## 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. Please contact Matt at (303) 504-3992 or email [matt.lescroart@wellpower.org](mailto:matt.lescroart@wellpower.org) if you would like to join our adventure!

**Coffee Talk:** If you have ever found yourself struggling with speaking up, expressing yourself or feeling understood, then we'd love to invite you to join us for Coffee Talk. This is a supportive and interactive group where you'll have the opportunity to work on self-expression, setting boundaries, navigating tough conversations and building stronger connections - with humor, warmth and collaboration - in a low-pressure and supported way. Come as you are, with a warm bevy (or cold, if you're into that) and hang with us. Please let your therapist or case manager know if you are interested in this group