

# MAY 2026 – PREVENTION GROUPS



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<p>4</p> <p><b>2:00 p.m.</b> Virtual Documentary and Discussion</p>	<p>5</p> <p><b>1:00 p.m.</b> Open Art Studio <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group <b>6:30 p.m.</b> *Hadestown* Meet at the Buell Theater 1350 Curtis Street</p>	<p>6</p> <p><b>12:00 p.m.</b> *Dave and Busters*-- Meet at Dickenson</p>	<p>7</p> <p><b>No Prevention Groups</b></p>	8
<p>11</p> <p><b>10:30 a.m.</b> *Wings over the Rockies*--Meet at Dickenson</p>	<p>12</p> <p><b>4:00 p.m.</b> * Dahlia Fish Fry*-- Meet at Dahlia Campus</p>	<p>13</p> <p><b>12:00 p.m.</b> *Culture Club Istanbul Cafe*-- Meet at Dickenson</p>	<p>14</p> <p><b>2:00 p.m.</b> Now You're Cooking: Banana Bread <b>4:00 p.m.</b> Board Games</p>	20
<p>18</p> <p><b>2:00 p.m.</b> Virtual Uno!</p>	<p>19</p> <p><b>1:00 p.m.</b> Open Art Studio <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group</p>	<p>20</p> <p><b>12:00 p.m.</b> *Hat Making*--Meet at Dickenson</p>	<p>21</p> <p><b>2:00 p.m.</b> Now You're Cooking: Homemade Hummus <b>4:00 p.m.</b> Board Games</p>	27
<p>25</p> <p><b>Emerson St. Closed</b></p>	<p>26</p> <p><b>1:00 p.m.</b> Open Art Studio <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group</p>	<p>27</p> <p><b>12:00 p.m.</b> Now You're Cooking: Hots dogs and Hamburgers <b>2:00 p.m.</b> Jackbox Games</p>	<p>28</p> <p><b>12:00 p.m.</b> *Fan Expo*-- Meet at 700 14<sup>th</sup> Street Denver, CO 80202</p>	

# MAY 2026 - THERAPY GROUPS



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 <b>4:00 - 5:30 p.m.</b> Dungeons & Dragons & Feelz	6 <b>10:00 a.m.-10:45am</b> Coffee Talk- <i>Virtual</i>	7	8
11	12 <b>4:00 - 5:30 p.m.</b> Dungeons & Dragons & Feelz	13 <b>10:00 a.m.-10:45am</b> Coffee Talk- <i>Virtual</i>	14	15
18	19 <b>4:00 - 5:30 p.m.</b> Dungeons & Dragons & Feelz	20 <b>10:00 a.m.-10:45am</b> Coffee Talk- <i>Virtual</i>	21	22
25	26 <b>4:00 - 5:30 p.m.</b> Dungeons & Dragons & Feelz	27 <b>10:00 a.m.-10:45am</b> Coffee Talk- <i>Virtual</i>	28	29

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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!

### **Now You're Cooking!**

- **Banana Bread:** Nothing quite beats the smell of homemade banana bread in the oven... join us as we mix up this quick bread made of mashed bananas, flour, sugar, oil, and eggs
- **Homemade Hummus:** Hummus is a creamy Mediterranean dip made from chickpeas. We will make a couple different variations and will have pita bread and veggies for dipping
- **Hot Dogs and Hamburgers:** Emerson is ready for summer! We will cook up some hot dogs and hamburgers in the kitchen to welcome summer!

**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).

**Documentary and Discussion:** The group will collectively choose a documentary to watch. After watching the film, we'll spend time talking about what we learned together. This group is virtual. If you would like the Teams link please email [emersonprevention@wellpower.org](mailto:emersonprevention@wellpower.org).

## Prevention Outings in the Community - RSVP ONLY

**Culture Club- Istanbul Cafe:** Emerson is headed to Istanbul Cafe where we will explore various Turkish food dishes such as boreks, baklava, and gyros  
**Meet at 4141 E Dickenson Pl.**

**Hadestown at DCPA:** Hadestown is a critically acclaimed Tony-winning musical that reimagines the Greek myth of Orpheus and Eurydice within a post apocalyptic, New Orleans inspired setting. Seats are limited for this outing so please RSVP as soon as possible **Meet at The Buell Theater 1350 Curtis St Denver, CO**

**Dave and Busters:** Ready to get your head in the game and test your skills at various arcade games?? **Meet at 4141 E. Dickenson Pl.**

**Wings Over the Rockies:** Join Emerson for an exciting adventure to learn about the history of aviation. The Wings of the Rockies Museum features over 70 different aircrafts to explore **Meet at 4141 E. Dickenson Pl.**

**Dahlia Fish Fry:** The Dahlia Campus for wellbeing is hosting their annual fish fry. This event is open to the community. Come enjoy some fresh fish and greens from Dahlias own aquaponics farm. Emerson Street will be hosting a booth at this event and you are more then welcome to come sit with us!  
**Meet at Dahlia Campus for Wellbeing 3401 Eudora St**

**Custom hats at Gem Hat Company:** A team of expert hatters will work with you to create a one of a kind cowboy style hat from the shape to accessories. You won't want to miss this exciting outing! **Meet at 4141 E. Dickenson Pl.**

**Fan Expo:** This event is designed for comic fans to come celebrate comics, sci-fi, horror, anime, gaming, and cosplay all in one spot! Emerson will be meeting out front of the convention center on the day of the event. Come dressed up as one of your favorite characters! **Meet at The Convention Center 700 14<sup>th</sup> St**

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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 you therapist or case manager know if you are interested in this group

