

JUNE 2026 – PREVENTION GROUPS



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 12:00 p.m. Amazing Digital Circus Marathon Lunch & Games	3 12:00 p.m. *Olive Me Art Studio*-- <i>Meet at Dickenson</i>	4 No Groups	5
8 11:00 a.m. *The Amazing Digital Circus in theaters!* <i>Meet at Dickenson</i>	9 1:00 p.m. Open Art Studio & Shrinky Dink Art 2:30 p.m. Switch It Up! Nintendo Switch Group 3:30 p.m. Music Group	10 12:00 p.m. *Wood Burning at the Denver Craft Club*-- <i>Meet at Dickenson</i>	11 2:00 p.m. Now You're Cooking: Butterfinger Pie 4:00 p.m. Board Games	12
15 2:00 p.m. Documentary & Discussion	16 1:00 p.m. Open Art Studio featuring Pride crafting 3:00 p.m. Switch It Up! Nintendo Switch Group	17 12:00 p.m. Now You're Cooking: Walking Tacos 2:00 p.m. Pride Jeopardy	18 8:00 a.m. *Colorado Springs Day Adventure--with Falcons!*-- <i>Meet at Dickenson</i>	19
22	23 1:00 p.m. *Pot Luck Pottery* -- <i>Meet at Dickenson</i>	24 12:00 p.m. *Pirates Cove* -- <i>Meet at Dickenson</i>	25 2:00 p.m. Now You're Cooking: Ceviche 4:00 p.m. Board Games	26
29 11:00 a.m. *Fondue Experience at the Melting Pot* <i>Meet at Dickenson</i>	30 1:00 p.m. Open Art Studio 2:30 p.m. Switch It Up! Nintendo Switch Group 3:30 p.m. Music Group			

JUNE 2026 - THERAPY GROUPS



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 3:30 - 4:30 p.m. Summer Walking Group 4:00 - 4:45 p.m. Coffee Talk - <i>Virtual</i>	4	5
8	9 4:00 - 5:30 p.m. Dungeons & Dragons & Feelz	10 3:30 - 4:30 p.m. Summer Walking Group 4:00 - 4:45 p.m. Coffee Talk - <i>Virtual</i>	11	12
15	16 4:00 - 5:30 p.m. Dungeons & Dragons & Feelz	17 3:30 - 4:30 p.m. Summer Walking Group 4:00 - 4:45 p.m. Coffee Talk - <i>Virtual</i>	18	19
22	23 4:00 - 5:30 p.m. Dungeons & Dragons & Feelz	24 3:30 - 4:30 p.m. Summer Walking Group 4:00 - 4:45 p.m. Coffee Talk - <i>Virtual</i>	25	26
28	29 4:00 - 5:30 p.m. Dungeons & Dragons & Feelz	30 3:30 - 4:30 p.m. Summer Walking Group 4:00 - 4:45 p.m. Coffee Talk - <i>Virtual</i>		

Contact Information

Phone: (303) 504-3988

General Questions: emersonst@wellpower.org

Prevention Groups and Outings: emersonprevention@wellpower.org

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

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 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 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!
- **Pride Crafts:** Let's celebrate Pride Month with all the colors and all the art. Join us at Emerson St. while we make wooden art, umbrellas, fans, and more during the month of June.
- **Music Group:** Do you have musical talen you'd like to share with the group? Or maybe some questions our resident musician can asnwer. Bring all your musical ideas to this group while we share thoughts and rythym together.

Now You're Cooking!

- **Walking Tacos:** A "taco in a bag," is a creative twist on the traditional taco that allows you to enjoy all the flavors of a taco while eating on the go or at a gathering. The base is a small snack-sized bag of Doritos, which serves both as a container and a crunchy foundation for all the toppings including the following: seasoned ground beef/vegetarian option, layered with shredded cheese, lettuce, tomatoes, sour cream and salsa. Yum!
- **Butterfinger Pie:** Butterfinger Pie is a rich, creamy, and crunchy no-bake dessert that combines the smooth, nutty flavor of peanut butter with the caramelized chocolate and peanut bits of Butterfinger candy bars, all nestled in a chocolate cookie crust. It's a delicious dessert that will definitely hit that sweet tooth craving.
- **Ceviche:** During this group, we'll spend time chopping and dicing cucumbers, onions, jalapenos, shrimp, tomatoes, limes, and cilantro. We'll combine them all together to make a delicious dish, topped on a crunch tostado with crema, mayo, cheese, and hot sauce. An Emerson St. favorite, we're bringing it back for everyone to enjoy this 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!

Amazing Digital Circus Marathon: Emerson is headed to the theater for the premier of the Amazing Digital Circus, but we'll hafta get caught up on all the previous episodes, first! Join us for lunch, games, and a marathon to make sure you're prepared for the following week's outing to the theater.

Pride Jeopardy: This...is...Jeopardy! Emerson St. Style. During this group, we'll celebrate Pride month with a rousing game of Jeopardy, complete with prizes. Come test your knowledge of Pride with your peers during this fun 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.

Prevention Outings in the Community – RSVP ONLY

Olive Me Art Studio: Grab your creative thinking cap and head on over the Olive Me Art Space. Participants will have the opportunity to make a keychain, phone case, or jewelry box decorated with charms and glitter during this experience. **Meet at 4141 E. Dickenson Pl.**

Amazing Digital Circus In Theater: The Amazing Digital Circus: The Last Act” is the long-awaited theatrical release of the surreal, psychological comedy series The Amazing Digital Circus, combining its final two episodes into a 93-minute feature for the first time! If you’re not familiar with the show, make sure to join us on June 4th to get all caught up before the premier. **Meet at 4141 E Dickenson Pl.**

Wood Burning at the Denver Craft Club: Learn the Art of Pyrography during this outing and create a rustic, yet elegant cutting board to be used functionally as a charcuterie board, or simply a beautiful piece of home décor. With guidance from an instructor, each participant will practice and learn how to safely use the wood burning tool to burn their chosen design onto the board, as well as how to finish their piece using the mineral oil. By the end of the class, each person will have burned their chosen design onto a wooden cutting board.. **Meet at 4141 E. Dickenson Pl.**

Colorado Springs Adventure--with Falcons: While we missed falconry at the Spring Retreat, we’re headed back to Colorado Springs to learn the art of falconry and explore the Manitou Cliff Dwellings. You will get the chance to interact with a variety of captive-bred, trained birds, including owls, falcons, and hawks. The day will start early, so we’ll have lunch in between the falconry experience and the cliff dwellings. **Meet at 4141 E. Dickenson Pl.**

Potluck Pottery: Let’s practice painting some pottery at one of Emerson St.’s favorite art experiences in the community! Join us at Dickenson for short walk across the street where we’ll spend the afternoon painting pottery. After it is glazed and fired, we’ll pick up your piece and deliver it to Emerson for you to grab. **Meet at 4141 E Dickenson Pl.**

Pirates Cove: Summertime is finally here! Emerson St. is headed to Pirates cove for some fun in the sun. Whether you are relaxing in the lazy river or enjoying the slides, June is the perfect time to head to one of our favorite places to stay cool in the sun. **Meet at 4141 E. Dickenson Pl.**

Fondue Experience at the Melting Pot: Have you ever wondered about the fondue experience? The Melting Pot is a great spot to try a variety of new things, including melted cheese, cooking meats and other items in a pot, all topped off with a delicious dessert of melted chocolate. This is a cuisine experience that will last for a few hours and provide a full stomach, so come prepared! **Meet at 4141 E. Dickenson Pl.**

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 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.

Summer Walking Group: Together, we'll walk along the scenic High Line Canal Trail while practicing mindful awareness of the connection between body, mind, and nature. Through gentle movement, guided reflection, and shared experience, participants will build emotional resilience, reduce stress, and foster a sense of belonging—all in a calm, outdoor setting. No hiking experience needed—just bring comfortable shoes and an open mind. Please contact hillary.hustana@wellpower.org for any questions.

