

JULY 2026 – PREVENTION GROUPS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 12:00 p.m. *Culture Club-Tocabe* <i>Meet at Dickenson</i>	2 No Groups	3
6 2:00 p.m. Documentary & Discussion	7 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	8 12:00 p.m. Now You're Cooking: Cheeseburger Sliders 2:00 p.m. Board Games	9 10:30 a.m. *Elitch Gardens -Meet at Elitch's 2000 Elitch Circle	10
13 10:00 a.m. *Treehouse Adventures- Meet at Dickenson 3:00p.m.-4:30 p.m. Voz y Corazón Suicide Prevention Art Group	14 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	15 12:00 p.m. *TopGolf* <i>Meet at Dickenson</i>	16 2:00 Now You're Cooking: Fettuccine Alfredo 4:00 Board Games	17
20 3:00 p.m.-4:30 p.m. Voz y Corazón Suicide Prevention Art Group	21 1:00 p.m. Bingo! Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	22 1:00 p.m. *Dave and Busters* <i>Meet at Dave and Busters 2000 S Colorado Blvd</i>	23 2:00 Now You're Cooking: Strawberry Cheesecake Quesadillas 4:00 Board Games	24
27 9:30 a.m. *Denver Zoo- Meet at The Denver Zoo 3:00 p.m.-4:30 p.m. Voz y Corazón Suicide Prevention Art Group	28 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	29 12:00 p.m. *Pirates Cove* <i>Meet at Dickenson</i>	30 2:00 Now You're Cooking: Lemon Blueberry Cheesecake Dump Cake 4:00 Board Games	31

JULY 2026 – THERAPY GROUPS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 3:30 – 4:30 p.m. *Summer Walking Group*– Meet at Eisenhower Rec Center 4300 E. Dartmouth Ave 4:00–4:45 p.m. Coffee Talk	2	3
6	7 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	8 3:30 – 4:30 p.m. *Summer Walking Group*– Meet at Eisenhower Rec Center 4300 E. Dartmouth Ave 4:00–4:45 p.m. Coffee Talk	9	10
13	14 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	15 3:30 – 4:30 p.m. *Summer Walking Group*– Meet at Eisenhower Rec Center 4300 E. Dartmouth Ave 4:00–4:45 p.m. Coffee Talk	16	17
20	21 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	22 3:30 – 4:30 p.m. *Summer Walking Group*– Meet at Eisenhower Rec Center 4300 E. Dartmouth Ave 4:00–4:45 p.m. Coffee Talk	23	24
27	28 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	29 3:30 – 4:30 p.m. *Summer Walking Group*– Meet at Eisenhower Rec Center 4300 E. Dartmouth Ave 4:00–4:45 p.m. Coffee Talk	30	31

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 free and open to the public (ages 15 – 26) unless otherwise noted in their descriptions.
- 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.
- **Bingo!:** Will you be the winner of some Bingo Bucks???? Come test your luck and be ready to call out BINGO!

Now You're Cooking!

- **Cheeseburger Sliders:** Bite sized cheeseburgers (or hamburgers) made with ground beef, seasoning, and cheese on a Hawaiian roll. A delicious mix of savory, tangy, and creamy flavors.
- **Fettucine Alfredo:** Join us in learning how to make homemade Alfredo sauce on fettucine noodles. There will be chicken available as well as a vegetarian option
- **Strawberry Cheesecake Quesadillas:** Quesadilla but in the dessert form! Imagine a quesadilla filled with strawberries, cream cheese, and sugar! Yum!!
- **Lemon Blueberry Cheesecake Dump Cake:** Sweet sweet summertime is here and we are ready to make a refreshing summer cake! Time to indulge in a cake filled with blueberries and lemon zest!

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!

Voz y Corazón Suicide Prevention Art Group: Explore the healing power of creativity and community with Voz y Corazón, a free weekly art and support group for young people 15–26 years old. No artistic experience required, just an open mind and a willingness to express yourself! All art materials are provided. Please email megan.bettenberg@wellpower.org prior to joining this group, or with questions/referrals

Virtual Prevention Groups

Documentary and Discussion: Long requested, it's finally time to join your peers and grab the popcorn while we watch a documentary and share our thoughts throughout the film and after it's over. This is virtual. If you would like the Teams link please email emersonprevention@wellpower.org.

Prevention Outings in the Community – RSVP ONLY

Culture Club: Emerson Street is headed to Tocabe to experience Native American cuisine and learn about the culture. This group will focus on tasting foods around the world and the opportunity to learn about various cultures each month. **Meet at 4141 E. Dickenson Pl.**

Elitch Gardens: Are you ready for an adrenaline rush?? Will you ride the roller coasters or chill out at the waterpark? We will be meeting there. Please pack your swim gear, sunscreen, and walking shoes. **Meet at 2000 Elitch Circle**

TopGolf: This group is for beginners all the way to the professionals! Come take a swing at TopGolf as we play various games to help your aim and just to have fun! **Meet at 4141 E. Dickenson Pl.**

Dave and Busters: Join us as we get our game faces on and play some arcade games! How many tickets will you win???? Please note this group starts at 1:00pm and food will not be provided **Meet at Dave and Busters 2000 S Colorado Blvd Denver, CO 80222**

Pirates Cove: Time to soak in the sunshine! Emerson will meet at Dickenson and head to the water park. Please bring your swimsuit, towel, sunscreen, water, snacks or money for food if you would like. **Meet at 4141 E. Dickenson Pl.**

Treehouse Adventures: This is an outdoor ariel ropes and zipline course in the town of Bailey. It features multiple self guided challenge courses through the forest for beginners to experts. There are age, physical, and weight requirements for this group so please check with staff if you have specific questions! **Meet at 4141 E. Dickenson Pl.**

Denver Zoo: Lions, Tigers, and bears oh my! Let's go see all the animals at The Denver Zoo! It will be hot so please bring a water bottle. **Meet at The Denver Zoo 2300 Steele St Denver, CO 80205**

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.

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 Hilary at hillary.hustana@wellpower.org if you would like to join!

