

## AUGUST 2026 – PREVENTION GROUPS

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

| MONDAY                                                                                                                         | TUESDAY                                                                                                         | WEDNESDAY                                                                                      | THURSDAY                                                                                                    | FRIDAY    |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------|
| <b>3</b><br><b>2:00 p.m.</b> Documentary & Discussion<br><b>3:00 p.m.–4:30 p.m.</b> Voz y Corazón Suicide Prevention Art Group | <b>4</b><br><b>1:00 p.m.</b> Pixel Art/Open Art Studio<br><b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group  | <b>5</b><br><b>12:00 p.m.</b> Now You're Cooking: Elotes<br><b>2:00 p.m.</b> Board Games       | <b>6</b><br><b>6:00 pm.</b> *Beetlejuice at DCPA<br><i>–Meet at 1301 13th Street, Denver, CO 80204</i>      | <b>7</b>  |
| <b>10</b><br><b>3:00p.m.–4:30 p.m.</b> Voz y Corazón Suicide Prevention Art Group                                              | <b>11</b><br><b>1:00 p.m.</b> Open Art Studio<br><b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group           | <b>12</b><br><b>12:00 p.m.</b> *Van Gogh The Immersive Experience*<br><i>Meet at Dickenson</i> | <b>13</b><br><b>2:00</b> Now You're Cooking: Chocolate Chip Blondies & Ice Cream<br><b>4:00</b> Board Games | <b>14</b> |
| <b>17</b><br><b>2:00 p.m.</b> Virtual Uno & Yahtzee<br><b>3:00 p.m.–4:30 p.m.</b> Voz y Corazón Suicide Prevention Art Group   | <b>18</b><br><b>1:00 p.m.</b> Open Art Studio<br><b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group           | <b>19</b><br><b>No Prevention Groups</b>                                                       | <b>20</b><br><b>2:00</b> Now You're Cooking: Spaghetti & Meatballs<br><b>4:00</b> Board Games               | <b>21</b> |
| <b>24</b><br><b>3:00p.m.–4:30 p.m.</b> Voz y Corazón Suicide Prevention Art Group                                              | <b>25</b><br><b>1:00 p.m.</b> Pixel Art/Open Art Studio<br><b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group | <b>26</b><br><b>12:00 p.m.</b> *Activate*<br><i>Meet at Dickenson</i>                          | <b>27</b><br><b>2:00</b> Now You're Cooking: BLT's<br><b>4:00</b> Board Games                               | <b>28</b> |
| <b>31</b><br><b>11:15a.m.</b> *AlpacaPalooza<br><b>3:00 p.m.–4:30 p.m.</b> Voz y Corazón Suicide Prevention Art Group          |                                                                                                                 |                                                                                                |                                                                                                             |           |

## AUGUST 2026 – THERAPY GROUPS

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

| MONDAY | TUESDAY                                           | WEDNESDAY                      | THURSDAY | FRIDAY |
|--------|---------------------------------------------------|--------------------------------|----------|--------|
| 3      | 4<br>4:00 – 5:30 p.m. Dungeons & Dragons & Feelz  | 5<br>4:00–5 p.m. Sound Lounge  | 6        | 7      |
| 10     | 11<br>4:00 – 5:30 p.m. Dungeons & Dragons & Feelz | 12<br>4:00–5 p.m. Sound Lounge | 13       | 14     |
| 17     | 18<br>4:00 – 5:30 p.m. Dungeons & Dragons & Feelz | 19<br>4:00–5 p.m. Sound Lounge | 20       | 21     |
| 24     | 25<br>4:00 – 5:30 p.m. Dungeons & Dragons & Feelz | 26<br>4:00–5 p.m. Sound Lounge | 27       | 28     |
| 31     |                                                   |                                |          |        |

## 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

**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](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.
- **Pixel Art:** Spend time with us as we create unique wood cube pixel art, perfect for gamers, collectors, and modern decor enthusiasts. Explore geometric mosaics, block video game scenes, and pixel signs during this new group.

### Now You're Cooking!

- **Elotes:** It's always a good time for corn--join Emerson St as we once again make elotes, a traditional Mexican street food that consists of corn on the cob, typically slathered with a mixture of mayonnaise, cotija cheese, chili powder, and lime juice.
- **Spaghetti & Meatballs:** Who doesn't love this classic dish? During this group we'll make the Italian pasta topped with meatballs, parmesan cheese, accompanied by the classic garlic bread.
- **BLT's:** Summer time is great time for a simple bacon, lettuce, and tomato sandwich. During this group, we'll have some summer sides with the classic BLT, along with some new toppings to try, like pickles, onions, and cheese. Yum!
- **Chocolate Chip Blondies:** Chocolate chip blondies--the vanilla counterpart to brownies, yum! These tasty desserts offer a golden, caramel-like hue from brown sugar and a deep butterscotch flavor. Blondies use brown sugar, butter, and vanilla to create a dense, chewy texture that is soft in the middle and slightly crisp on the edges.

**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](mailto: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](mailto:emersonprevention@wellpower.org).  
**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).

**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).

## Prevention Outings in the Community - RSVP ONLY

**Immersive Van Gogh Art Experience:** Have you ever dreamt of stepping into a painting? Now you can with this exhibition that has been touring since 2017 with +5,000,000 visitors. Learn all about Van Gough as you experience his paintings in an immersive environment. **Meet at 4141 E. Dickenson Pl.**

**Beetlejuice at DCPA:** Join us to experience a thrilling musical performance at DCPA once again! Beetlejuice The Musical is a stage adaptation of Tim Burton's 1988 film, reimagined as a gothic, darkly comedic musical with music and lyrics by Eddie Perfect and a book by Scott Brown and Anthony King. Make sure to join us, but please refrain from saying his name 3 times! **Meet at 1301 13th Street, Denver, CO 80204, DCPA box office area**

**Activate:** Enter the game where you become the player in the world's first active gaming facility. Jump, climb, problem-solve and laugh, as you and your Emerson St. peers move between challenges. Each dynamic game room has interactive technology that reacts in real time, ensuring an adrenaline-filled adventure. **Meet at 4141 E. Dickenson Pl.**

**Alpacapoolza:** What would the month of August be without an animal encounter? Meet gentle alpacas and friendly goats in a peaceful ranch setting near Denver. This relaxed, guided experience is designed for genuine interaction, laughter, and unforgettable memories. **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](mailto:matt.lescroart@wellpower.org) if you would like to join our adventure!

**Sound Lounge:** Do you like music and want to spend some time listening to it with others? If you said yes, then Sound Lounge is for you. Each week we'll create space to discuss what we notice when we listen to music - what the beats and lyrics make you feel, what memories and thoughts the songs might bring up, and if the songs made you want to take on the world or just tap your feet with the rhythm. So, come and spend an hour hanging out while we listen to and talk about the music that matters to you.

