

SEPTEMBER 2026 – PREVENTION GROUPS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	2 12:00 p.m. *Harry Potter Exhibition* <i>Meet at Dickenson</i>	3 2:00 p.m. Now You're Cooking: Biscuits and Gravy 4:00 p.m. Board Games	4
7 EMERSON ST CLOSED	8 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	9 No Groups– Fall Retreat	10 No groups– Fall Retreat	11
14 2:00 p.m. Documentary & Discussion 3:00p.m.–4:30 p.m. Voz y Corazón Suicide Prevention Art Group	15 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	16 No Groups	17 2:00 p.m. Now You're Cooking: Million Dollar Tortellini 4:00 p.m. Board Games	18
21 9:30 a.m. *Chicken N Pickle* 3:00p.m.–4:30 p.m. Voz y Corazón Suicide Prevention Art Group	22 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	23 12:00 p.m. *Enchanted Grounds Gaming and Coffee* <i>Meet at Dickenson</i>	24 NO GROUPS– EMERSON ST CLOSED 12pm–5pm	25
28 3:00 p.m.–4:30 p.m. Voz y Corazón Suicide Prevention Art Group	29 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	30 12:00 p.m. *Culture Club– Perogies Factory* <i>Meet at Dickenson</i>		

SEPTEMBER 2026 – THERAPY GROUPS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	2 4:00–5:00 p.m. Sound Lounge	3	4
7	8 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	9 4:00–5:00 p.m. Sound Lounge	10	11
14	15 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	16 4:00–5:00 p.m. Sound Lounge	17	18
21	22 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	23 4:00–5:00 p.m. Sound Lounge	24	25
28	29 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	30 4:00–5:00 p.m. Sound Lounge		

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.

Now You're Cooking!

- **Biscuits and Gravy:** This classic Southern breakfast incorporates soft, flakey biscuits smothered with white gravy. We will make vegetarian gravy as well as sausage gravy
- **Million Dollar Tortellini:** Tortellini with the side of a million dollars? We wish! However, this combination of red sauce, cheese, ground beef, and tortellini taste like a million bucks!

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/Music Group: Explore the healing power of creativity and community with Voz y Corazón, a free weekly art/music 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 The Periogies Factory to experience this tasty Polish cuisine. 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.**

Harry Potter Exhibition: Who is ready to explore the wonderful world of Harry Potter? Grab your wands and join Emerson Street as we explore this limited time exhibition featuring everything there is to know about Harry Potter! **Meet at 4141 E. Dickenson Pl.**

Enchanted Grounds Coffee and Board Games: What better way to ring in some fall weather than to cozy up inside with a coffee (or tea) while playing some board games with your peers! Enchanted Grounds offers a variety of games to choose from! **Meet at 4141 E. Dickenson Pl.**

Chicken N Pickle: Have you heard about the latest sport of pickleball?? Maybe you have played before? Join us as we adventure over to Chicken N Pickle to play pickleball and eat lunch after. This group is for all levels to come and enjoy a day out and get some movement in! **Meet at 4141 E. Dickenson Pl**

Fall Retreat: Emerson St is headed to Estes Park for an overnight retreat! We'll stay at famous Stanley Hotel! We'll take a ride on the alpine coaster, horseback riding at Sombero Stables, and a spooky tour of The Stanley Hotel! You must RSVP for this event no later than September 2nd. Participants need to be over the age of 18 and an active participant in the Emerson St. Prevention Community. Please contact EmersonPrevention@wellpower.org for questions or to RSVP.

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!

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. Please email Kristyna at kristyna.smith@wellpower.org if you would like to join!

