

OCTOBER 2026 – PREVENTION GROUPS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	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>	1 2:00 p.m. Now You're Cooking: Pumpkin Bars & Pumpkin Chocolate Chip Cookies 4:00 p.m. Board Games	2
5 2:00 p.m. Virtual Documentary & Discussion	6 1:00 p.m. Adopt a Ghost Event! 2:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	7 12:00 p.m. *Molly Brown House* <i>Meet at Dickenson</i>	8 2:00 p.m. Now You're Cooking: Garlic Dill Pickle Pizza 4:00 p.m. Board Games	9
12 12:00 p.m. *Halloween Thrifting Tour* <i>Meet at Dickenson</i>	13 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	14 12:00 p.m. *Magical High Tea* <i>Meet at Dickenson</i>	15 2:00 p.m. Now You're Cooking: Apple Cider Turnovers 4:00 p.m. Board Games	16
19	20 1:00 p.m. Open Art Studio 3:00 p.m. Switch It Up! Nintendo Switch Group	21 12:00 p.m. Now You're Cooking: Lasagna Soup 2:00 p.m. Board Games	22 4:45 p.m. *Haunted History Tours* <i>Meet at Dickenson</i>	23
26 2:00 p.m. Virtual Uno & Yahtzee	27 1:00 p.m. Mini Pumpkin Painting 3:00 p.m. Switch It Up! Nintendo Switch Group	28 12:00 p.m. *Movie Group--Wild Wood--by the creators of Coraline!* <i>Meet at Dickenson</i>	29 1:00 p.m. Emerson St 80's themed Halloween Bash	30

OCTOBER 2026 – THERAPY GROUPS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	30 4:00–5:00 p.m. Sound Lounge	1	2
5	6 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	7 4:00–5:00 p.m. Sound Lounge	8	9
12	13 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	14 4:00–5:00 p.m. Sound Lounge	15	16
19	20 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	21 4:00–5:00 p.m. Sound Lounge	22	23
26	27 4:00 – 5:30 p.m. Dungeons & Dragons & Feelz	28 4:00–5:00 p.m. Sound Lounge	29	30

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 – 29, 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 – 29) 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.
- **Adopt a ghost event!** Have you ever wanted to adopt your very own ghost? Now is your opportunity! You'll be provided with a small glass habitat complete with moss and stones, as well as a glow in the dark ghost figurine. You'll also receive a ghost adoption certificate and care guide, and be able to pick out accessories for your new friends. Take this chance to get in the Halloween "spirit!"
- **Mini Pumpkin Painting:** October is a great month to try your hand at pumpkin painting with a mini twist! During this group, you'll have the opportunity to paint a mini pumpkin or gourd that will be eligible for the pumpkin painting contest at the Annual Emerson St. Halloween party.

Now You're Cooking!

- **Pumpkin Bars & Pumpkin Chocolate Chip Cookies:** Ahhhhh...October. It's time for pumpkin flavored everything! Join us for this fall flavored cooking group for the highly anticipated pumpkin bars and cookies. We'll enjoy them as a group and probably even have some for you to take home and share—or eat on your own time.
- **Garlic & Dill Pickle Pizza:** An award winning recipe is back at Emerson St. The combination might sound a little strange, but we promise it was well-enjoyed when we made it last year! Don't miss this opportunity to try a new twist on the classic pizza.
- **Apple Cider Turnovers:** We've covered the taste of pumpkin, now is the time to make sure we all visit the classic October flavor of apple cider. During this group, we'll make flaky puff pastry triangles filled with spiced apples and a hint of cider, and finish it with a cinnamon glaze. Yum!
- **Lasagna Soup:** As the days grow darker and a bit chillier, it's also the perfect time to enjoy a good soup. During this group, we'll make lasagna soup, a deconstructed version of classic lasagna, simmered into a hearty tomato-based soup with pasta, meat, herbs, and melty cheeses.

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!

Emerson St. 80's themed Halloween Bash: It's back and better than ever! This year, we'll have some of the same classic activities the community has enjoyed in the past, and we'll offer some new activities with a 1980's themed twist! Come dressed as a totally tubular 80's character, or wear your best costume for the costume contest! We'll also have Karaoke available for this highly anticipated, always fun event.

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

Molly Brown House: Emerson St. will be visiting the home that belonged to Margaret “Molly” Brown, the famed Titanic survivor, philanthropist, and activist who became a Colorado legend. Built in 1889, the Queen Anne–style home sits right in the Capitol Hill neighborhood and quickly became a social hub during Brown’s lifetime. Today, it serves as a museum dedicated to her story and Denver’s early history. There are also many stories of the home being haunted, so it will be a great way to kick off spooky season! **Meet at 4141 E. Dickenson Pl.**

Halloween Thrifting Tour: It’s time to get your thrift on! What better time to thrift than during the Halloween season? During this group, we’ll take a tour of a few thrift stores around Denver to make sure you have all your Halloween needs met for the Annual Emerson St. Halloween Bash! Come check out some places with a budget provided by Emerson St—they’ll even be a contest for the best thrifted/budgeted find at our Halloween Party on the 29th.
• **Meet at 4141 E. Dickenson Pl.**

Haunted History Tours: We’re headed to Erie to take part in a haunted history tour. This is a Colorado railbike tour-- special seasonal nighttime departure featuring lantern lighted railbikes, a short historic ghost story and spooky decorations along the route. The dark departures are shorter in length at just over two miles total. We will be pedaling the railbike together as a group. **Meet at 4141 E. Dickenson Pl.**

Magical High Tea: Step into enchantment at during this high tea experience in Denver, where traditional high tea meets mystical charm. It’s the perfect spot for a whimsical brunch tea combined with a personalized crystal reading. **Meet at 4141 E. Dickenson Pl.**

Movie Group–Wild Wood Movie: Wildwood is a stop-motion animated dark fantasy about a young girl venturing into a magical forest to rescue her kidnapped baby brother. From the same people who brought the beloved movie “Coraline,” this movie is sure to hit the heart in a magical way. **Meet at 4141 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!

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!

