Emerson St. for Teens & Young Adults

NOVEMBER 2026 - PREVENTION GROUPS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 **1:00 p.m.** Open Art Studio **3:00 p.m.** Switch It Up! Nintendo Switch Group	4 **12:00 p.m.** *Potluck Pottery* *Meet at 2620 S Colorado Blvd Denver, CO 80222*	5 **2:00 p.m.** Now You're Cooking: Pizza Skulls **4:00 p.m.** Board Games	6
9 **2:00 p.m.** Virtual Homework Help	10 **1:00 p.m.** Open Art Studio **3:00 p.m.** Switch It Up! Nintendo Switch Group	11 **12:00 p.m.** Movie and Lunch at Dickenson	12 **2:00 p.m.** Harvest Festival (Must RSVP) **4:00 p.m.** Board Games	13
16	17 **1:00 p.m.** Open Art Studio **3:00 p.m.** Switch It Up! Nintendo Switch Group	18 **12:00 p.m.** *Beat The Bomb* *Meet at Dickenson*	19 **2:00 p.m.** Now You're Cooking: Snickerdoodle Apple Cobbler **4:00 p.m.** Board Games	20
23 **11:00 a.m.** *Movie group: Sunrise of the Reaping* *Meet at 2000 S Colorado Blvd- Regal Cinemas*	24 **1:00 p.m.** Open Art Studio **3:00 p.m.** Switch It Up! Nintendo Switch Group	25 **No Groups**	26 **No Groups- Emerson St Closed**	27
30 **2:00 p.m.** Virtual Documentary & Discussion				

Emerson St. for Teens & Young Adults

NOVEMBER 2026 - THERAPY GROUPS

WellPower EMERSON ST.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 **12:00-1:00 p.m.** Rainbow Talk **4:00 - 5:30 p.m.** Dungeons & Dragons & Feelz	4 **4:00-5:00 p.m.** Sound Lounge	5	6
9	10 **12:00-1:00 p.m.** Rainbow Talk **4:00 - 5:30 p.m.** Dungeons & Dragons & Feelz	11 **4:00-5:00 p.m.** Sound Lounge	12	13
16	17 **12:00-1:00 p.m.** Rainbow Talk **4:00 - 5:30 p.m.** Dungeons & Dragons & Feelz	18 **4:00-5:00 p.m.** Sound Lounge	19	20
23	24 **No Groups**	25 **4:00-5:00 p.m.** Sound Lounge	26	27
29	30 **12:00-1:00 p.m.** Rainbow Talk **4:00 - 5:30 p.m.** Dungeons & Dragons & Feelz			

Emerson St. for Teens & Young Adults

NOVEMBER 2026

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.

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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!

- **Pizza Skulls:** Why not continue the Halloween celebrations into November? Come with us to make these spooky personalized pizzas. You will have the chance to customize your own skull pizza with a variety of toppings.
- **Harvest Festival:** Emerson Street is so thankful for all of you! Staff will be taking over the cooking for this group and we are preparing a feast! Come enjoy some turkey, rolls, mashed potatoes, green bean casserole, pies, and so much more! Please RSVP no later than November 9th!
- **Snickerdoodle Apple Cobbler:** Mmhmm… it's smells like Fall at Emerson! This will be your typical apple cobbler but with a snickerdoodle cinnamon flare.

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!

Movie and Lunch: The group will collectively choose a movie to watch during this group and staff will order pizza from Dough Counter! Come hang out and relax!

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**.

Homework Help: Need some extra support on your homework? Or just a space to help you stay motivated to work on your homework? Sarah and Brittany will be available during this time for homework support. This is virtual. If you would like the Teams link please email **emersonprevention@wellpower.org**

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Prevention Outings in the Community - RSVP ONLY

Please note that prevention outings require atleast two participants. If only one person is signed up 24 hours before staff will call you and let you know the group will be cancelled or moved to Emerson Street for an activity.

Potluck Pottery: Choose a pot, a figurine, a cup, a plate...and paint! You just need to bring your creativity. You can make something for yourself to keep or to gift to someone! Emerson staff will pick up your piece the following week for you to take home. **Meet at 2620 S Colorado Blvd Denver, CO 80222 .**

Beat The Bomb: Its time to suit up in hazmat gear, work together as a team to solve the interactive games, and solve the final puzzle before the time runs out or else your group will be blasted with paint! **Meet at 4141 E. Dickenson Pl.**

Movie Group: We will be going to see The Hunger Games: Sunrise of The Reaping. This movie will take you back before Katniss's era and a look into Hamitchs journey through the Hunger Games! **Meet at Regal Cinemas 2000 S. Colorado Blvd**

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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!

Rainbow Talk: Interested in a supportive space? Join facilitators Greyson and Lindsay in a safe and supportive space to discuss whatever is on your mind. This is an open group and no RSVP is required. If you have further questions please email **greyson.schachterle@wellpower.org**