

# NOVEMBER 2024 - PREVENTION GROUPS



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

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <p>4</p>  | <p>5</p> <p><b>2:00 p.m.</b> Open Art Studio &amp; Diamond Painting</p> <p><b>4:00 p.m.</b> Switch It Up! Nintendo Switch Group</p> <p><b>4:30 - 5:45 p.m.</b> Family &amp; Caregiver Support Group - <i>Spanish Language</i></p>              | <p>6</p> <p><b>11:00 a.m.</b> *Denver Thrifting Tour* - Meet at Dickenson</p> <p><b>4:00 - 5:00 p.m.</b> LGBTQ+ Affinity Space</p>   | <p>7</p> <p><b>2:00 p.m.</b> Now You're Cooking: Lasagna Soup</p> <p><b>4:00 p.m.</b> Insurance Info Session</p> | <p>8</p>   |
| <p>11</p> <p><b>11:00 a.m.</b> Word to the Nerd</p> | <p>12</p> <p><b>2:00 p.m.</b> Bingo &amp; Ice Cream</p> <p><b>4:00 p.m.</b> Switch It Up! Nintendo Switch Group</p> <p><b>4:30 - 5:45 p.m.</b> Family &amp; Caregiver Support Group - <i>English Language</i></p>                              | <p>13</p> <p><b>11:30 a.m.</b> *Culture Club at Bon Ami* - Meet at Dickenson</p> <p><b>3:00 - 4:00 p.m.</b> Homework Help (Hybrid)</p> <p><b>4:30 - 5:50 p.m.</b> Voz y Corazón Suicide Prevention Art Group</p>                 | <p>14</p> <p><b>2:00 p.m.</b> Now You're Cooking: Corn Bread Jalapeño Poppers</p>                                | <p>15</p>  |
| <p>18</p>   | <p>19</p> <p><b>2:00 p.m.</b> DIY Light-Up Fairy Lanterns - RSVP by 11/12/24</p> <p><b>4:00 p.m.</b> Switch It Up! Nintendo Switch Group</p> <p><b>4:30 - 5:45 p.m.</b> Family &amp; Caregiver Support Group - <i>Spanish Language</i></p>     | <p>20</p> <p><b>11:00 a.m.</b> *Movie Group* - Meet at Dickenson</p> <p><b>4:30 - 5:50 p.m.</b> Voz y Corazón Suicide Prevention Art Group</p>   | <p>21</p> <p><b>2:00 p.m.</b> Harvest Celebration</p>  | <p>22</p>  |
| <p>25</p>   | <p>26</p> <p><b>1:00 p.m.</b> *Pot-Luck Pottery* - Meet at 2620 S. Colorado Blvd</p> <p><b>4:00 p.m.</b> Switch It Up! Nintendo Switch Group</p> <p><b>4:30 - 5:45 p.m.</b> Family &amp; Caregiver Support Group - <i>English Language</i></p> | <p>27</p> <p><b>11:00 a.m. - 4:00 p.m.</b> Monopoly Marathon, Cookie Decorating, &amp; More!</p> <p><b>3:00 - 4:00 p.m.</b> Homework Help (Hybrid)</p> <p><b>4:30 - 5:50 p.m.</b> Voz y Corazón Suicide Prevention Art Group</p> | <p>28</p> <p style="text-align: center;"><b>WELLPOWER<br/>CLOSED</b></p>   | <p>29</p> <p style="text-align: center;"><b>WELLPOWER<br/>CLOSED</b></p> |

# NOVEMBER 2024 - THERAPY GROUPS



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

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY                 |
|---|---|--|---|------------------------|
| 4   | 5<br>4:00 - 5:30 p.m. Dungeons & Dragons & Feelz  | 6<br>3:00 - 4:15 p.m. TREM<br>3:30 - 4:30 p.m. Riled up to Fired up<br>4:30 - 5:30 p.m. The Art of Noticing  | 7<br>2:00 - 3:00 p.m. Case Management Drop In     | 8                      |
| 11  | 12<br>4:00 - 5:30 p.m. Dungeons & Dragons & Feelz | 13<br>3:00 - 4:15 p.m. TREM<br>3:30 - 4:30 p.m. Riled up to Fired up<br>4:30 - 5:30 p.m. The Art of Noticing | 14<br>11:00 - 11:45 a.m. Virtual Meditation Group | 15                     |
| 18<br>3:00 - 3:45 p.m. Virtual Meditation Group | 19<br>4:00 - 5:30 p.m. Dungeons & Dragons & Feelz | 20<br>3:00 - 4:15 p.m. TREM<br>3:30 - 4:30 p.m. Riled up to Fired up<br>4:30 - 5:30 p.m. The Art of Noticing | 21<br>2:00 - 3:00 p.m. Case Management Drop In    | 22                     |
| 25  | 26<br>4:00 - 5:30 p.m. Dungeons & Dragons & Feelz | 27<br>3:00 - 4:15 p.m. TREM<br>3:30 - 4:30 p.m. Riled up to Fired up<br>4:30 - 5:30 p.m. The Art of Noticing | 28<br>WELLPOWER CLOSED                            | 29<br>WELLPOWER CLOSED |

## 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, sign our welcome letter/waiver, provide an emergency contact, & bring an ID.

## 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 fill out some paperwork and will need to supply an ID and your insurance information. Per WellPower policy, if you don't have insurance, we will assist you 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!

- **DIY Light Up Fairy Lanterns:** During this group, we'll make fairy lanterns that light up to keep those dark winter nights glowing! This group involves pre-purchased materials, so please send an **RSVP by 11/12/24** (the week prior) in order to participate.
- **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.
  - **Diamond Painting** kits are pre-purchased; please **RSVP** in advance if you haven't previously attended a diamond painting group.
- **Voz y Corazón Suicide Prevention Art Group:** Explore the healing power of creativity and community with Emerson Street's newest group! Voz y Corazón is 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! Join local Artist, Cal Duran, and Wellpower therapist, Allie Morris, every Wednesday in person. Snacks and all art materials are provided. Please email [allie.morris@wellpower.org](mailto:allie.morris@wellpower.org) prior to joining this group, or with questions/referrals.

**Bingo & Ice Cream — With Prizes!** Show off your ability to master the classic BINGO game during this group! We'll have ice cream for every participant, and every other game will allow winning group members to pick out different prizes to be ordered from a list! They'll be a prize to suit everyone's taste during these groups—don't miss this new and exciting opportunity!

**Homework Help:** Join this hybrid group to get support on your schoolwork from our IPS–Y team and your fellow group members. If you have questions about this group or about the subject you are looking for help with, email [nekeata.lewis@wellpower.org](mailto:nekeata.lewis@wellpower.org) and [dennis.vega@wellpower.org](mailto:dennis.vega@wellpower.org).

**Insurance Info Session:** Join guest star Sam Williams as he walks us through the sometimes challenging world of medical insurance. Bring questions and be prepared to better understand the language of the insurance industry!

**LGBTQ+ Affinity Space:** This group will be a safe place to connect with other members of the LGBTQIA2S+ community. This will be an affinity space where we celebrate the diverse identities of the rainbow community, learn about queer/trans ancestors, and find support in tackling the challenges that affect the community. Want to join? Email [caleb.kline@wellpower.org](mailto:caleb.kline@wellpower.org).

### Now You're Cooking!

- **Lasagna Soup:** As the cold begins to creep in, now is the perfect time to try a new soup recipe. What better way to enjoy a winter soup than with a twist on a classic pasta dish? We'll combine the delicious taste of lasagna and make sure to prepare some garlic bread for dipping during this cooking group. Don't miss it!
- **Cornbread Jalapeño Poppers:** Lots of people love Jalapeño poppers, and lots of folks love cornbread—during this group, we'll combine the two for a delicious twist on this classic appetizer. Jalapeño poppers filled with cornbread batter and topped with grated cheese. This is a great dish to share with your friends and family this season!

**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!

## Groups For Parents/Caregivers:

**Family and Caregiver Support Group:** This open, free group provides a space for family members (18+) to connect with others who are supporting a young person experiencing mental health symptoms, with a focus on understanding symptoms of psychosis. Weekly topics differ, but may include psychoeducation, communication skills, community resources, and/or discussion of family wellbeing in a support group setting. We meet in person, but participants can join us remotely as well. Group is held in **Spanish** on the **first and third weeks of the month**, and in **English** on the **second and fourth weeks of the month**. Please email [allie.morris@wellpower.org](mailto:allie.morris@wellpower.org) prior to joining this group.

---

## Prevention Outings in the Community - RSVP ONLY

**Culture Club: Bon Ami:** Oui oui, Emerson is headed to try out our taste buds on some French cuisine. We might start the outing by sampling some escargot—and then everyone will get to choose a crepe to try. Don't miss this delectable outing as we learn about cultures around the world through our taste buds! **Meet at 4141 E. Dickenson.**

**Denver Thrifting Tour:** Hey hey—whatdya' say to some thrifting? This group is the perfect time to talk budgeting! On the way to the various thrift stores across Denver, we'll talk budgeting strategies and then get ready to thrift. During this group, you'll have the opportunity to purchase 1 item under an allotted amount, and then your peers and Emerson Staff will vote for the best purchase, considering items like overall value, uniqueness, etc. Don't miss this new group! **Meet at 4141 E. Dickenson.**

**Movie Group:** Emerson is headed to the movie theater! We will meet at Dickenson, then head to the theater together to enjoy a film chosen by yourself and your peers. If you would like to purchase concession items, please bring additional funds. **Meet at 4141 E. Dickenson.**

**Pot-Luck Pottery:** November is a great time to paint some pottery to keep for yourself or to give as a gift! During this group, we'll meet at Pot-Luck Pottery (right down the street from Dickenson) to practice our hand at painting pottery once again. Make sure to put on your creative thinking caps and be prepared to paint a beautiful new piece! **Meet at 2620 S. Colorado Blvd.**

**Word to the Nerd:** Do you like books? Do you wish you liked books? Do you like music? During this group, Emerson St. will take a group of young people to a used bookstore to pick out a media of your choice. We'll spend time looking through all types of books and music. After you've picked your item from the store, you'll be able to take it home to peruse, and then talk about what you've been reading or listening to during our brunch and book discussions! **Meet at 4141 E. Dickenson.**

## Therapy Groups:

**The Art of Noticing:** Have you ever felt like you don't notice what's going on around you or even maybe within your own self? Come join us in the Art of Noticing. In this group, we will teach skills around being present and mindful by connecting to nature, practicing creativity, and being grounded in ourselves and the world around us. For questions about the group, and to get the link to join virtually email [briana.heller@wellpower.org](mailto:briana.heller@wellpower.org).

### **Case Management Drop-In:**

Do you need help with any of the following?

- Applying for/renewing benefits such as Medicaid, SNAP, LEAP, etc.
- Learning about different affordable housing options
- Obtaining vital documents
- Getting connected to community resources

(These are some examples we can support with) To join this virtual group, or if you have any questions, please email [caleb.kline@wellpower.org](mailto:caleb.kline@wellpower.org).

**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. If you would like to join, please contact Mandy at (303) 504-3986 or email [mandy.simmons@wellpower.org](mailto:mandy.simmons@wellpower.org) if you would like to join our adventure!

**Virtual Meditation Group:** Most of us have heard people talk about the benefits of meditation and mindfulness such as increased attention span, decreased physical pain, and enhanced self-awareness. Are you interested in finding out for yourself? Virtual Meditation Group offers structure and guidance to cultivate these skills in a supportive, non-judgmental environment. This 45-minute virtual group will include a guided meditation or visualization and an optional discussion. To receive the link for group, please email [roberta.robinson@wellpower.org](mailto:roberta.robinson@wellpower.org).

**Riled up to Fired up:** Have you ever confronted a big issue and felt like, "this affects so many people-why is no one talking about this?" This virtual group creates space for those "systems-level" frustrations- think climate change, social media, healthcare, etc. This is an open group where you'll learn about a model for approaching systems-level challenges as well as coping skills to increase empowerment and resilience. For more information email [daniela.barrio@wellpower.org](mailto:daniela.barrio@wellpower.org) or [jim.schnebly@wellpower.org](mailto:jim.schnebly@wellpower.org).

**TREM:** TREM is a closed, evidence-based group for women looking for knowledge and skills to deal with life challenges related to trauma. This is a closed group, and is not accepting new group members at this time. If you are interested in future TREM groups, email [allie.morris@wellpower.org](mailto:allie.morris@wellpower.org).

