

# JANUARY 2025 – PREVENTION GROUPS



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1  <b>WELLPOWER CLOSED</b>	2  <b>2:00 p.m.</b> Now You're Cooking: Walking Taco Casserole	3
6 <b>2:30 – 4:30 p.m.</b> Art as Activism – RSVP required	7 <b>1:00 p.m.</b> BINGO & Ice Cream <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group <b>4:30 – 5:45 p.m.</b> Family & Caregiver Support Group – <i>Spanish Language</i>	8 <b>11:30 a.m.</b> *Denver Art Museum* – Meet at 100 W. 14th Ave Pkwy <b>4:00 – 5:00 p.m.</b> LGBTQ+ Affinity Space <b>4:30 – 5:50 p.m.</b> Voz y Corazón Suicide Prevention Art Group	9  <b>EMERSON CLOSED FOR TEAM BUILDING</b>	10
13 <b>2:30 – 4:30 p.m.</b> Art as Activism – RSVP required	14 <b>1:00 p.m.</b> Design Your Own T-Shirt <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group <b>4:30 – 5:45 p.m.</b> Family & Caregiver Support Group – <i>English Language</i>	15 <b>11:00 a.m.</b> *Top Golf* – Meet at Dickenson <b>4:30 – 5:50 p.m.</b> Voz y Corazón Suicide Prevention Art Group	16 <b>2:00 p.m.</b> Now You're Cooking: Surprise Vegan Dish with Special Guest Lindsey Harcus	17
20  <b>WELLPOWER CLOSED</b>	21 <b>1:00 p.m.</b> Open Art Studio and Diamond Painting <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Grou <b>4:30 – 5:45 p.m.</b> Family & Caregiver Support Group – <i>Spanish Language</i>	22 <b>11:30 a.m.</b> *National Western Stock Show Pro Rodeo* – Meet at Dickenson <b>4:30 – 5:50 p.m.</b> Voz y Corazón Suicide Prevention Art Group	23 <b>2:00 p.m.</b> Now You're Cooking: Cowboy Casserole	24
27 <b>2:30 – 4:30 p.m.</b> Art as Activism – RSVP required	28 <b>1:00 p.m.</b> BINGO & Ice Cream <b>3:00 p.m.</b> Switch It Up! Nintendo Switch Group <b>4:30 – 5:45 p.m.</b> Family & Caregiver Support Group – <i>English Language</i>	29 <b>11:00 a.m.</b> *Culture Club – Kokoro* – Meet at 2390 S. Colorado Blvd <b>4:30 – 5:50 p.m.</b> Voz y Corazón Suicide Prevention Art Group	30 <b>10:00 a.m.</b> Movie Marathon	31

# JANUARY 2025 – THERAPY GROUPS



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 <b>WELLPOWER CLOSED</b>	2	3
6 <b>3:00 – 3:45 p.m. Virtual Meditation Group</b>	7 <b>4:00 – 5:30 p.m. Dungeons &amp; Dragons &amp; Feelz</b>	8 <b>5:00 – 6:00 p.m. The Art of Noticing</b>	9 <b>EMERSON CLOSED FOR TEAM BUILDING</b>	10
13	14 <b>4:00 – 5:30 p.m. Dungeons &amp; Dragons &amp; Feelz</b>	15 <b>5:00 – 6:00 p.m. The Art of Noticing</b>	16 <b>11:00 – 11:45 a.m. Virtual Meditation Group 2:00 – 3:00 p.m. Case Management Drop In</b>	17
20 <b>WELLPOWER CLOSED</b>	21 <b>4:00 – 5:30 p.m. Dungeons &amp; Dragons &amp; Feelz</b>	22 <b>5:00 – 6:00 p.m. The Art of Noticing</b>	23	24
37	28 <b>4:00 – 5:30 p.m. Dungeons &amp; Dragons &amp; Feelz</b>	29 <b>5:00 – 6:00 p.m. The Art of Noticing</b>	30 <b>11:00 – 11:45 a.m. Virtual Meditation Group 2:00 – 3:00 p.m. Case Management Drop In</b>	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!

- **Art as Activism:** This group combines the creative power of the arts to move us emotionally with the strategic planning of activism necessary to bring about social change. Come make flyers, buttons/pins, magnets, bumper stickers, tee shirts, flags, signs & more for self-expression about shared goals and passions! This will be a virtual group. **You will need to pick up your art kit from Dickenson before 01/06/25 to attend.** Please contact [emersonprevention@wellpower.org](mailto:emersonprevention@wellpower.org) if you would like to participate - and if you can't arrive at 2:30, just let us know.
- **Design Your Own T-Shirt:** Have an idea for a quote or simple picture to be put onto a T-Shirt? During this group, you'll have the opportunity to personalize a T-Shirt for your favorite person or yourself! **Please RSVP no later than 01/07/25 for this group.**
- **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 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! 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 and Ice Cream:** 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.

**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).

**Movie Marathon:** We will spend the day watching a movie series voted on by Emerson participants. Stay tuned for more information on voting. The day will be filled with food and relaxation!

### Now You're Cooking!

- **Cowboy Casserole:** It's rodeo week at Emerson and we are cooking Cowboy Casserole! Tater tots, corn, meat (or no meat), and lots of cheese make up this delicious dish. Round up your friends and come enjoy some food and laughter!
- **Surprise Vegan Dish with Special Guest Lindsey Harcus:** A special guest will be joining cooking group and will lead participants through a surprise vegan dish! Group members will have the opportunity to vote on a dish of choice prior to this group so keep your eye out.
- **Walking Taco Casserole:** Yum, yum, yum...as the old saying goes "I can't make everyone happy...I'm not a taco!" This walking taco casserole is layers of Dorito chips, ground beef, and shredded cheese, topped with lettuce, tomatoes, and olives. It's all the goodness of a taco salad in casserole form—and we'll make sure to provide vegetarian options during this group, too!

**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 - Kokoro:** Culture club is headed to Kokoro Japanese Grill! Learn about Japanese food traditions through rice bowls, sushi, and noodle bowls. Don't miss this delectable outing as we learn about cultures around the world through our tastebuds. **Meet at 2390 S. Colorado Blvd.**

**Denver Art Museum:** Take it back to the past as we check out the featured display of Wild Things - The Art of Maurice Sendak, as well as other displays! Maurice Sendak is known for his children's books including *Where The Wild Things Are*, *In Night Kitchen*, and *Outside Over There*. **Meet at 100 W. 14th Ave Pkwy.**

**National Western Stock Show Pro Rodeo:** Emerson is headed to the Stock Show! We will meet at Dickenson at 11:30 a.m. and staff will transport the group to the National Western Stock Show grounds. We will begin the day exploring the different vendors on campus and then we have tickets to the Pro Rodeo at 1:30 p.m. Interested in joining us? **RSVP by January 7th**. Please note we will be watching a documentary about rodeos following cooking group on January 16th at 4:00 p.m. to learn more about rodeos! **Meet at 4141 E. Dickenson.**

**Top Golf:** January is a great time to go golfing... at Top Golf, that is! Whether you've never golfed before or you're a seasoned golfer, Top Golf is fun for everyone! Top Golf is played outside - However, we will be under the heaters. **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. 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!

**TREM - Now Recruiting for 2025!:** TREM (Trauma Recovery Empowerment Model) is a closed, evidence-based group for women looking for knowledge and skills to deal with life challenges related to trauma. This group will run for 6 months and is an opportunity to learn coping skills and connect with others in a community setting. If you are interested in joining our 2025 group, email [allie.morris@wellpower.org](mailto:allie.morris@wellpower.org)!

**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).

