

## Groups with WellPower's School-Based Team



### Minecraft Group

**For ages 12-16 and currently enrolled in services.** Join us online for a Minecraft group made for building connections with others and strengthening your social skills.

- Jun 4 - Aug 20, Tuesdays at 11:00 a.m.
- [Molly.Mccarville@wellpower.org](mailto:Molly.Mccarville@wellpower.org) or (303) 504-1796

### Summer Hiking Group

**For ages 10 - 18.** Engage in our therapeutic hiking group that combines the power of nature with mindfulness, mood regulation, and distress tolerance techniques.

- Jun 26 - Aug 7, Wednesdays at 10:00 a.m.
- Transportation included - van leaves at 10:30 a.m. from 1405 Federal Blvd, Denver 80204
- [Kelli.Hubbard@wellpower.org](mailto:Kelli.Hubbard@wellpower.org) or (303) 504-1928

### LGBTQ+ Open Studio Group

**For ages 14-20.** A weekly group that provides a safe space to build community, create art and discuss the ups and downs of life as an LGBTQ+ high school student.

- June 3 - 24, Mondays from 11:00 a.m. - 12:30 p.m. in East Colfax/City Park
- July 10 - 31, Wednesdays from 11 a.m. - 12:30 p.m. in Montbello
- [Rebecca.Cyr@wellpower.org](mailto:Rebecca.Cyr@wellpower.org) or (303) 300-6162, [Maria.Santamaria@wellpower.org](mailto:Maria.Santamaria@wellpower.org) or (303) 300-6333

### Writing Group

**For ages 15-20.** We will meet weekly to explore identity and life role through creative writing.

- Jun 11 - Jul 23, Tuesdays from 1:00 - 2:15 p.m.
- [Celia.Pope@wellpower.org](mailto:Celia.Pope@wellpower.org) or (303) 504-6868, [Maria.Santamaria@wellpower.org](mailto:Maria.Santamaria@wellpower.org) or (303) 300-6333

### Art Group

**For ages 15-20.** We will meet weekly to create art that explores identity and life roles.

- Jun 13 - Jul 25, Thursdays from 11:30 a.m. - 12:45 p.m.
- Located at Dahlia Campus (3401 Eudora St, Denver 80207) in Room 201
- [Celia.Pope@wellpower.org](mailto:Celia.Pope@wellpower.org) or (303) 504-6868, [Maria.Santamaria@wellpower.org](mailto:Maria.Santamaria@wellpower.org) or (303) 300-6333

### Mind-Body Connection Group

**For ages 11-18.** An online group to engage in therapeutic practices and mindful movements that focus on the mind-body connect to enhance mental health and well-being.

- Jun 20 - Jul 25, Thursdays at 11:00 a.m.
- [Malia.Reeder@wellpower.org](mailto:Malia.Reeder@wellpower.org) or (303) 504-1588, [Molly.mccarville@wellpower.org](mailto:Molly.mccarville@wellpower.org) or (303) 504-1796

### Mindfulness Group

**For ages 15-19.** A weekly online group with activities that are focused on mindfulness to improve self-regulation, concentration and being in the present moment.

- Jun 10 - Jul 31, Mondays from 1:00 - 2:15 p.m. or Wednesdays from 11:00 a.m. - 12:15 p.m.
- [Celia.Pope@wellpower.org](mailto:Celia.Pope@wellpower.org) or (303) 504-6868, [Talia.Wolken@wellpower.org](mailto:Talia.Wolken@wellpower.org) or (303) 504-1592