



YOUTH EMPOWERMENT PROGRAM

OVERVIEW

MISSION

We are a Denver Human Services (DHS) led mentoring initiative promoting constructive community engagement and personal growth among Denver youth and their families. We support youth ages 14-24. Through our supportive workshops that are client-driven and group coaching sessions, we help our participants build networks of support, identify exemplary role models, and develop the skillsets necessary to confidently navigate their late adolescent and early adult years.

The Youth Empowerment Program (YEP) serves youth in various ways, beginning with an emphasis on personal and social development and wellness. The program works closely with the target youth population to promote goal setting and planning, as opposed to unfocused or disruptive behavior.

Beginning operations in February 2022, YEP is still in its initial stages and hopes to draw upon resources from DHS and relevant community-based organizations across the City and County of Denver.

Eligibility

- Participation to YEP is voluntary and free
- Denver residents between the ages of 14-24

PROGRAM OFFERINGS

Personal and social development

We strive to cultivate a culture of excellence by introducing our participants to an array of enrichment activities including:

- Case management
- Community service
- Financial support on a case-by-case basis
- Leadership groups
- Mentorship
- Opportunities including internships and thematic retreats
- Targeted academic and personal support

Wellness

We encourage participants to engage in self-care and adopt healthy coping mechanisms. Along with our community partners, we provide wraparound supports to participants and their families as they aim for success and overcome obstacles. These include:

- Connection to therapeutic services
- Emotional wellness literacy
- Meditation
- S.E.L.F. curriculum, a nonlinear method for addressing complex challenges. This model focuses on Safety,
- Emotions, Loss, and Future, the four fundamental domains of disruption that can occur in a person's life.
- Trauma-informed practices

WANT TO LEARN MORE OR GET INVOLVED?

Contact **Kevin Lwango** at kevin.lwango@denvergov.org or **303-661-7920**