



SUPPORT & INFO FOR FAMILY AND FRIENDS OF THOSE WITH MENTAL ILLNESS

Jefferson Center for Mental Health Family Support Group: www.jcmh.org

- Pat O'Connell, Family Peer Mentor: 303-432-5114
- Family Group: 2nd & 4th Tuesdays, 6:30pm, 9808 W. Cedar Ave, Lakewood

There are several free groups in the area that provide education, resources and support to family and friends of those with mental illness.

National Alliance for the Mentally Ill (NAMI): www.nami.org

- Support, education and advocacy re. Mental Illness
- Colorado: 303-321-3104, www.namicolorado.org
- Education Meetings – Free drop in educational meetings designed to provide information about mental illness to anyone in the community (check website for meeting topics)
 - o 1st Wed. of every month from 7-8pm at Jefferson Center for Mental Health, Cedar Building, 9808 West Cedar Ave., Lakewood, CO
- Arvada Family-to-Family Support Group – Free support group for families dealing with mental illness.
 - o 1st Thurs of month from 7-8pm at the Foothills Community Church, 8270 W. 80th Ave, Arvada (in the Fireside room)
 - o Contact: Jennie, 720-227-7207, or Lorraine, 303-456-0660.
- Family-to-Family Education Program - Free, 12-week course for family caregivers of individuals with severe mental illnesses
 - o Jeffco Contact: Pam Haynes at 303-279-7661 or pamhaynes@aol.com
- Colorado Visions Classes - Free educational classes for families and caregivers of children/adolescents living with mental illness
 - o Jeffco Contact: Tammi Snow at 303-321-3104, tsnow@nami.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Project Case: projectcase.org

- Local Contact: Nancy Miller 720-933-1227, projectcase@aol.com
- Education, training and support groups re. suicide prevention and survival
- Devoted to understanding depression and using ASIST skills help those at risk of suicide, as well as supporting those who are left behind by suicide

Empower Colorado

- 1-866-213-4631, www.empowercolorado.com
- Support, education, advocacy and resources to families with children and youth who have social, emotional, or mental health challenges.
- Most groups offer free child care or a children's program
- "Empowering Families Through the Diagnostic Journey" Workshop: 1-866-213-4631 or info@empowercolorado.com

Helps families understand how to get to a diagnosis, how to move forward after the diagnosis is given, learn effective communication, learn to problem solve, build a partnership with schools, navigate systems and step forward.

- Littleton Support Group: littleton@empowercolorado.com
1st & 3rd Thurs, 6-8pm, Arapahoe/Douglas Mental health Executive Office, 155 Inverness Drive West, Englewood, CO 80112
- Thornton Support Group: 303-594-4890, adams@empowercolorado.com
3rd Mon, 6-8pm, Rainbow Center, 2140 E 88th Ave, Thornton, CO

Parents' Night –Federation of Families for Children's Mental Health, Colorado

Chapter: RSVP to Libby at 720-497-7787.

- Group held the 4th Monday of the month, 6:30pm-8pm.
- Applewood Community of Christ Church, 3780 Ward Rd., Wheat Ridge. Childcare available to those who call ahead to RSVP. Refreshments provided.
- Connect with other families and parents who have had similar challenges raising children/youth experiencing social, behavioral, emotional, & mental health issues.

Relatives as Parents Support Group

- Educational support group for kinship care providers (includes grandparents, aunts and uncles, family friends or other relatives raising children). Provides an opportunity to create a support network, learn about subjects related to parenting, and receive assistance around legal and mental health topics.
- 3rd Wednesday of each month from 5:00-7:00pm at Shepard of the Hills Presbyterian Church, Multi-Purpose Room, 11500 W. 20th St., Lakewood.
- Free Childcare and light dinner provided.
- RSVP to Heather Trish at 303-432-5265

Drugs, Alcohol, and Mental Health

- Wednesday 11:00am – 12:00pm: Next 8 week series starts Jan 12th
- Wellness on Wadsworth Office (WOW)
4045 Wadsworth Blvd., Suite 80
Wheat Ridge, CO 80033
- Wellness Education Series: 303-432-5372. Please call ahead to register and confirm dates of series.
- Free: Open to community members and clients as well as their friends and family.
- For more information call Wellness at 303-423-2261.

Co-Dependents Anonymous: 303-592-3936

- Website: www.coloradocoda.org
- Support group for people with a pattern of co-dependence (When one is close to a person with mental illness it is common to become preoccupied with the "ill" person's issues at the expense of ones own needs)
- Uses an adapted version of the A.A. Twelve Step and Traditions
- Meetings available locally and nationally, see website or call number above

Families Anonymous: 303.467.4080

- 2nd Floor Learning Center at Lutheran Medical Center
- 3800 W. 38th Ave, Wheat Ridge, CO (in the Main Lutheran Hospital)
- Support for Families
- Mondays, 7:30-8:30 p.m. Drop in group.
- Call number above for information or to reach the Assessment and Referral Team 24 hours a day.