



Jefferson Center
for mental health



NAVIGATION
"Your roadmap to mental health..."

303.432.5130
navigation@jcmh.org

Support and 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

National Alliance for the Mentally Ill: www.nami.org

- Support, education and advocacy re. Mental Illness
- Colorado: 303-321-3104, www.namicolorado.org
- 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, pamhaynes@aol.com
 - o Arvada
- 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

Project Case: <http://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

- <http://www.empowercolorado.com/>
- Support, education, advocacy and resources for families with children and youth who have social, emotional, or mental health challenges.
- Most groups offer free child care or a children's program
- Littleton: littleton@empowercolorado.com
1st & 3rd Thurs, 7-9pm, Highlands Behavioral Health, 8565 S. Poplar Way
- Thornton: 303-594-4890, adams@empowercolorado.com
3rd Mon, 6-8pm, Rainbow Center, 2140 E 88th Ave

Co-Dependents Anonymous: www.codependents.org

- outreach@coda.org, 602- 277-7991
- 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

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



7/1/2010

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