



Jefferson Center  
for mental health



**NAVIGATION**  
"Your roadmap to mental health..."

303.432.5130  
[navigation@jcmh.org](mailto:navigation@jcmh.org)

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## **Schizophrenia Support Groups**

### ***Denver West Mental Health Support:***

- Free support group; 18 + adults with a mood or mental health disorder
- 6:30-8:30pm every Tuesday
- Exempla West Pines, 3400 Lutheran Pkwy, Wheat Ridge, CO; in the Administration Building's board room
- <http://www.denverwestsupportgroup.org/index.html>

### ***NAMI Connection:*** Multiple locations in the metro area

- Weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.
- SW Denver: CO Mental Health Institute – Ft. Logan
  - o 3520 W. Oxford St., Admin Building, Room 108
  - o Thursdays at 7:00pm
  - o Contact Joe Petrovich: 303-949-3862
- Aurora: Community Connections
  - o 10004 E. Colfax Ave., Aurora 80010
  - o Fridays at 6:00pm
  - o Contact Angela: 720-224-2723, [angelabarnaby@yahoo.com](mailto:angelabarnaby@yahoo.com)
- Denver: Capital Heights Presbyterian Church
  - o 1100 Fillmore St. Rm 104, Denver, CO 80206
  - o Saturdays starting July 3, 2010, 12:00-1:30pm
  - o Contact Megan: 303-744-9907, [meganfaber@hotmail.com](mailto:meganfaber@hotmail.com)
- Denver: Mental Health Center of Denver
  - o 4141 E. Dickenson Pl., 2<sup>nd</sup> floor – Training Room, Denver, CO
  - o Tuesdays at 6:30
  - o Contact Jennifer: 303-745-3806, [jalhill@ecentral.com](mailto:jalhill@ecentral.com) or
  - o Nicolas: 720-273-9865, [nicolasramke@yahoo.com](mailto:nicolasramke@yahoo.com)
- Littleton:
  - o ADMHN Bldg., 2<sup>nd</sup> floor, 61 Davies Ave. N, Littleton, CO 80120
  - o Contact June: 303-788-0776, [junemcw@gmail.com](mailto:junemcw@gmail.com) or
  - o Carol: 303-790-1055, [kyvilla@aol.com](mailto:kyvilla@aol.com)

### ***Schizophrenics Anonymous (SA)***

- SA is a six step, self-help, peer support group for people with schizophrenia. The group is run by consumers.
- 10:30am-11:30am every Tuesday at 9808 W. Cedar Ave., Lakewood, CO

- For information call 303-432-5400 to speak to one of the group leaders.
- **For JCMH consumers only.**

***The Hearing Voices Network of Denver:*** (720) 252-1040, [www.denvervoices.org](http://www.denvervoices.org)

- Peer support and encouragement for individuals who experience voice hearing, such as individuals with schizophrenia and bipolar disorder.
- Goal is to provide coping skills and a sense of community.
- Meeting Location: Community Connections, 10004 E. Colfax Ave., Aurora Co
- Meeting Time: Sunday evenings from 6-8 pm.
- Call number above to register. Donations appreciated but not required.
- **This group is currently on hold. Please check website for updates.**

***MentalHelp.net***

- [www.mentalhelp.net](http://www.mentalhelp.net)
- On-line information, support and forums.

***Online Support for Young Adults:***

- <http://strengthofus.org/>
- This website is geared towards young adults, ages 18-26, who are living with mental illness as well as those who want to learn more about mental health or how to support their friends or family members living with a mental illness.
- Young adults with shared interests and concerns, and those seeking information, are able to connect with one another and their local communities. The website enables youth to create a profile and communicate with each other within a safe and secure environment. There is also information and resources available on topics pertaining to mental health and transition-age issues.



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