

The Conflict Center

303-433-4983; <http://conflictcenter.org>; info@conflictcenter.org
4140 Tejon St., Denver, CO 80211

- Works with individuals on conflict management by teaching skills dealing with communication, consequences, negotiation, anger management, conflict management, and assertiveness.
 - Adults and Youth 11-18
 - Adults: 6 week program \$180
 - Youth: 8 week program \$100 (For teens without previous criminal record and are first time offenders)
- Hours of Operation: M-Th: 8:30am-5:30pm, Fr: 8:30am-5:00pm
- To see registration openings go to website above and look at the calendar on the left side of the screen or call the number above

CADREC

(Community Alcohol and Drug Rehabilitation and Education Center)

303-295-2521; <http://www.cadrec.org/>

3315 Gilpin St., Denver, CO 80205

- Adult Group: Tuesdays 4-5:00 p.m.
- This program focuses on managing anger in a more positive manner through a cognitive and behavioral therapy approach. This is a 24week program.
- Sliding scale fee.

Front Range Counseling Center

303-933-5800; www.denverangermanagement.com

Denver Southeast Office, 7200 E. Hampden Ave., Suite 205, Denver, Colorado

Littleton Office, 6901 S. Pierce St., Suite 235, Littleton, Colorado

- Anger management treatment program; individual, group and classes.
 - Must do \$50 intake to get involved
 - Each group class is \$45 each for ten 90 minute sessions; group sessions in Denver are Monday 6:30-8:00 and in Littleton 5:00-6:30
 - Individual sessions 50 minutes for \$110.

National Institute for Change

303-231-0090; www.nichange.com; change@nichange.com

3225 South Wadsworth, Unit T, Lakewood, CO 80227

- Adult sessions are 12-24 weeks depending on intake.
- Group is held from 6pm to 7:30 on Wednesdays, each class is \$30
- Adolescence can go to the Adolescent Non-Substance Abuse group held at 4pm on Wednesdays.
 - This group works on emotional regulation which applies to anger management.
- Also offered, for both adult and adolescent, is a one day 8-hour alternative aggression class which costs \$70.

How will this Help?

By going to anger management group therapy you will learn to recognize the signs when you are getting angry. It will also help you take action to calm down and deal with the situation in a more positive and clear way. Anger management is not about getting rid of anger but rather teaching us how to deal with it in a healthy and more understanding way.



Updated January, 2016



Navigation Services
303-432-5130 • navigation@jcmh.org