

# Support for Family Members & Friends of those with Mental Illness

## Groups at Jefferson Center

### Jefferson Center for Mental Health

(303) 425-0300

<http://www.jcmh.org>

- **Wellness Now!** – Offers an array of classes to support general wellness, including establishing healthy boundaries, forgiveness, and healing. Most classes are open to community members. **For more information, request a Wellness Now Catalog from Navigation, contact Wellness Now at (303) 432-5032, or visit <http://wellnessnow.jcmh.org>.**

## Groups in the Community

### NAMI Family Support Groups

303-321-3104 or 1(888) 566-6264 (toll free)

<http://www.namicolorado.org/>

- Offers an opportunity for family members to get family-to-family support, share their experiences, and promote self-care.
  - **Wheat Ridge - 3<sup>rd</sup> Wednesdays at 7:00PM** at Jefferson Center for Mental Health (4851 Independence Street, Wheat Ridge).
  - **Littleton - 1<sup>st</sup> and 3<sup>rd</sup> Thursdays at 6:30PM** at Red Rocks Fellowship Church (11195 W. Belleview Ave., Littleton). Contact Anne at [starrainbows@msn.com](mailto:starrainbows@msn.com) or Cheri at 303-518-1289 or [cbishopnami@aol.com](mailto:cbishopnami@aol.com).
  - **Denver - 2nd Tuesdays at 7PM** at the Mental Health Center of Denver Recovery Center (4455 E. 12th Ave., Denver). Contact Alison at [namidenver@gmail.com](mailto:namidenver@gmail.com).
  - **Westminster- Last Wednesday at 7:00pm** at 1870 West 122<sup>nd</sup> Ave. Westminster, CO 80234
  - **To find a meeting near you, visit:**  
<http://www.namicolorado.org/EducationSupport/EducationSupportGroups/FamilySupportGroups/tabid/120/Default.aspx>
- NAMI Colorado also provides “**Family to Family**” classes, offering education, skill training, emotional support, and empowerment. This 12 week series is provided at no cost to family members and caregivers of persons living with mental illness. **For more information, please contact Cheri Bishop at 303-518-1289 or [cbishopnami@aol.com](mailto:cbishopnami@aol.com).**

### Empower Colorado (A program of Ability Connection Colorado)

1-866-213-4631

<http://empowercolorado.org/>

- Offers support, education, advocacy and resources to families with children and youth living with a mental illness. Dinner and child care may be available during meetings.
  - **North Support Group (Thornton)**
    - **3rd Thursdays from 6:00PM to 8:00PM** at the Rainbow Center (2140 E. 88th Avenue, Thornton)
    - **Contact Empower Colorado at 866-213-4631 or email [Knrivera@abilityconnectioncolorado.org/empowercolorado](mailto:Knrivera@abilityconnectioncolorado.org/empowercolorado)**

There are several free and low-cost groups in our community that **provide education and support** to family and friends of those with mental illness.

Our resources have been organized into the following categories:

- [Groups at Jefferson Center](#)
- [Groups in the Community](#)
- [Crisis Support](#)
- [Online Resources](#)

*\*Please contact Navigation for additional resources regarding support groups and community resources for individuals with mental health disorders.*

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



- Also provides a 7-week educational workshop “Empowering Families Through the Diagnostic Journey, Family advocacy and support with schools, hospitals and juvenile justice systems, as well as “Sibshop” workshops for “typical” siblings.
- **Current calendar of events is available at:** <https://www.facebook.com/EmpowerColorado>

### Co-Dependents Anonymous (CoDA)

303-592-3936

[www.coloradocoda.org](http://www.coloradocoda.org)

- A CoDA meeting is a group of people who come together around their shared desire for healthy and loving relationships. The meeting uses the Twelve Steps and Twelve Traditions of Co-Dependents Anonymous as the basis for working toward recovery.
  - **Arvada: Thursday, 7:00 - 8:30 p.m.** at Christ the King Church, 6490 Carr St. in the library at the north end of the hallway (at the end of the hallway). First hour regular format - (Open sharing), last 30 minutes step study reading. Contact: Susan (303) 463-5254 or Eric (303) 550-1923.
  - **Denver: Sunday, 6:00-7:30 p.m.** at the South Denver Medical Bldg., 2465 S. Downing, (downstairs in room 103). Separate newcomer meeting available the last Sunday of the month followed by a potluck. Contact Matt S. (720) 323-3422.
  - **Denver: Friday, 12:00-1:00 p.m.** at Saint Andrews Presbyterian Church, 3096 S. Sheridan Blvd. Contact Bonnie B. (303) 988-2036 or Rod D. (541) 961-3358.
  - **Englewood: Saturday, 4:00 - 5:00 p.m.** at The Dragon's Den, 3600 S. Clarkson Street. Contact Stephane (303) 980-9083.
  - **Lakewood: Monday, 7:00 - 8:15 p.m.** at Bear Valley Church, 10001 West Jewell Avenue, Lakewood, CO. (Room 203.) The 4th Monday of each month is a Speaker Meeting. Contact: Allen G. (303) 906-2543 or Debbi A. (720) 202-0590
  - **Lakewood: Wednesday, 12:00 - 1:15 p.m.** at Mile Hi Church of Religious Science, 9079 W. Alameda Ave (Community Center, north side, lower level, in the middle school classroom). Separate newcomer meeting available the second Wednesday of each month. Contact: Rod D. (541) 961-3358.
  - **Thornton: Monday, 6:20 - 7:20 p.m.** at Vibra Hospital of Denver, 8451 Pearl St. Thornton, CO. Contact: Mike J. (720) 201-5217.
  - **For additional meetings and upcoming events, visit:** <http://www.coloradocoda.org/meetings/>

### Robert B. Sutherland Center Seminar Series (at UC Boulder)

(303) 492-5680

<http://rdsfoundation.org/the-rds-center-at-cu/seminar-series/>

- Weekly seminars on topics related to bipolar disorders. Seminars are primarily designed for adults with a bipolar disorder and their family and friends, but are open to anyone in the community.
- **The 2017 seminar series has concluded.** Contact the foundation later this year for information about the 2018 seminars.

### Schizophrenia and Related Disorders Alliance of America (SARDA)

240-423-9432 or 1 (800) 493-2094 (toll-free)

<http://www.sardaa.org/>

- SARDA promotes improvement in the lives of people with schizophrenia-related illnesses and their families by providing support, hope, and awareness to increase recovery.
  - **Family & Friends Toll-free Support Group:** Tuesday – 5 PM (7PM Eastern Time). Call Toll-Free (855) 640-8271, (Entry Code: 88286491#).
  - **Or email** [info@sardaa.org](mailto:info@sardaa.org)



**Sibling Tree**

720-840-3001

[www.siblingtree.org](http://www.siblingtree.org)

- Provides support groups for siblings of those affected by developmental disabilities, Autism, or other special needs conditions.
- Support groups held for both child and adult siblings throughout the Metro area.
- Call or visit their website for current list of groups and locations.

**Crisis Support****Rocky Mountain Crisis Partners****24 Hour Hotline:** 1(844)493-8255<http://www.metrocrisiservices.org>

- Offers free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
- **Call 1 (844) 493-8255 any time, day or night, to connect with one-on-one support with professional counselors.** The crisis lines offers translation services for non-English speakers, immediate problem solving support, and follow up calls for continued care.

**Online Resources****Federation of Families for Children’s Mental Health, Colorado Chapter**<http://www.coloradofederation.org/>

- Provides family-driven resources, information, and advocacy within the behavioral health care system.

**The Balanced Mind Parent Network**<http://www.thebalancedmind.org/>

- Offers online support for parents and guardians of children living with mood disorders.

**Mental Help.Net**[www.mentalhelp.net](http://www.mentalhelp.net)

- Online mental health and wellness education on topics like Depression, Bipolar, Suicide, Anxiety, Addiction, and Schizophrenia.

