

## Jefferson Center for Mental Health Groups

### **Relatives as Parents Support Group**

- When: Every 3<sup>rd</sup> Wednesday of the month, 5-7pm
- Where: Located at Shepherd of the Hills Presbyterian Church, 11500 West 20<sup>th</sup> St. (20<sup>th</sup> & Robb) Lakewood, CO
- Notes: Light dinner, beverages, and FREE childcare provided at each group
  - Facilitated by Mindi Beckler (720-251-5876)
  - No referrals required

### **A Parenting Manual**

- When: Mondays, 5:30-7:30pm
- Where: Renaissance Children's Center 1797 Kendall St., Lakewood
- Notes: For kids 3-6 years old and their parents
  - Food, fun, conversation, and ideas
  - Contact Naomi Reid (303-43-5620) or Megan Christensen (303-432-5210) to register

## Community Resources

### **SafeCare – Savio House**

303-225-4100

325 King St. Denver, CO 80219

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

- Free evidence based in-home parenting program available to residents of Jefferson Denver, Adams and Arapahoe Counties.
- The program is 16-19 weeks long for about 60-90 minutes a week.
- Parents receive instruction in home safety, child health, and parent child interaction.
- Families are eligible if there is a child age 0-5 years in the home.
- Notes: Contact Samantha Stroh at 303-225-4186

### **Families First**

303-695-7996, 1-877-695-7996

Family Support Hot Line: 1-800- CHILDREN

Spanish line: 1-866-527-3264 (1-866-LAS FAMILIAS)

2163 S. Yosemite Denver, CO 80231

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

- Offer a variety of parenting support groups (free) and classes (cost is usually \$60 per single/\$90 per couple).
- Love & Logic Classes \$40/single, \$50/couple
- Residential Treatment Program helps families and abused children between ages 3-12.
- Referrals are made through the court system.



**Parenting & Fatherhood Support Center**

303-783-2323

8 E. 1<sup>st</sup> Avenue, Suite 108, Denver, CO[www.fatherhoodsupportservices.com](http://www.fatherhoodsupportservices.com)

- Parenting courses and support for divorced, young, and first time fathers
- 16 week courses, free dinner offered before each session
- Also assist with education regarding co-parenting, divorce, custody issues, and child support

**Parents' Night –Federation of Families for Children's Mental Health, Colorado Chapter: 720-855-3493**<http://www.coloradofederation.org/>

- When: Group held the 4<sup>th</sup> Monday of the month, 6:30pm-8pm.
- Where: 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.
- Receive trainings and education on how to become a more effective advocate for your children, find ways to navigate systems and resources in the community.

**Empower Colorado**

1-866-213-4631

801 Yosemite St., Denver, CO 80230

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

- An organization run by families that offers support groups, education, advocacy and resources to families with children and youth who have social, emotional or mental health challenges. All services are free to families.

**StandUp Parenting Support Group**

1-888-PARENT-9 Ext 712

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

- A self-help program for parents troubled by teenage behavior.
- When: Mondays at 7pm,
- Where: Located at Arvada United Methodist Church, 6750 Carr St., Arvada, 80004.
- Notes: Please call 303-427-6239 (Doris Metzger) before attending
  - Other groups in Aurora, Lafayette, Littleton.
  - Weekly dues \$5.

**MOPS & TEEN MOPS**

303-733-5353 or 1-888-910-6677

MOPS International, Inc. 2370 South Trenton Way Denver, CO 80231-3822

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

- MOPS & TEEN MOPS (Mothers of Pre-Schoolers) groups are communities that strive to meet the needs of every mom with children from birth through kindergarten. They meet regularly to celebrate the joys of motherhood and to encourage each other through the challenges.
- Groups are chartered through local faith-based organizations, including churches and Para church ministries.
- The annual fee for MOPS membership is \$24.95 but scholarships may be available through the groups.
- During most meetings, children are cared for in a program called **MOPPETS**, where they experience love in a preschool-like setting.



- Call ahead to inquire.
- To find a group: <http://www.mops.org/groupsearch/> or call one of the numbers listed above.

#### **Focus Points Family Resource Center**

303-292-0770

2501 East 48<sup>th</sup> Ave., Denver, CO 80216

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

- Offers parenting programs to Spanish speaking families.
- Classes, workshops, group activities.
- School Readiness program, Adult Education, Familias Extraordinarias, Parents as Teachers program, etc.

#### **Colorado Bright Beginnings/Metro Denver Bright Beginnings**

303-433-6200

3605 Martin Luther King Blvd., Denver, CO 80205

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

- Free development education programs for parents of children ages newborn to 3 years to help them learn to speak and interact.
- Can do personal home visits. Groups offered in various locations. Serves Adams, Arapahoe, Clear Creek, Denver, Douglas and Jefferson Counties.
- Services available in Spanish.

#### **Boot Camp for New Dads**

303-866-8280

St. Joseph's Hospital 3x per month: 1835 Franklin St., Denver 80218 – 303-866-8280

Lutheran Hospital 1x per month 8300 W. 38<sup>th</sup> Ave., Wheat Ridge 80033 – 303-689-4595

Good Samaritan Hospital 1x per month: 200 Exempla Circle, Lafayette, 80026 – 303-866-8280

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

- Man to man coaching and training skills for new fathers
  - \$40 registration fee. Scholarships available. Usually held on Saturdays.
  - Offered in English and Spanish

#### **JCAPPP (Jefferson County Adolescent Pregnancy and Parenting Program)**

303-982-7497

- Provides a variety of parenting classes to all Jefferson County pregnant or parenting teens who are enrolled at the Achieve Academy through the Jeffco McLain Community High School.
- Childcare services are available on site (funds are available from Aspen, TANF or Family Service for those who qualify).

#### **Parent Pathways**

303-321-6363

96 South Zuni St. Denver, CO 80223

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

- Empowers struggling teen families to be productive members of the community.
- Florence Crittenton School: Offers education, health/wellness services, career guidance, parenting training for pregnant and parenting teen mothers, 303-733-7686.
- Family Engagement Center: Education and parenting support for teen fathers and family members, 303-715-5634



**Hope House of Colorado**

303-429-1012

6475 Benton St. Arvada Co 80006

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

- Offers mentoring, self-sufficiency, residential, college and career support, and GED programs for teen mothers ages 14-20.
- Also offers mentoring, parenting/life skills classes, and counseling

**Twin Connection**

992-646-5653

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

Waterstone Community Church, 5890 S. Alkire St., Littleton, CO 80127

- Offers support and education to mothers with twins, triplets, etc.
- Membership meetings are usually at 7:00 p.m. on the 1st Tuesday of every month, August through May at
- \$30 membership fee

**Mountain Resource Center – Family Education**

303-838-7552

11030 Kitty Dr., Conifer, CO 80433

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

- Offers parenting classes, workshops and fun activities for families with children of all ages.

**Jeffco HIPPY (Home Instruction for Parents of Preschool Youngsters)**

303-982-8011

<http://www.jeffcopublicschools.org/programs/literacy.html>

- Free program for families with 3, 4 or 5 year old children prepare for school success
- Home visitation program available in English and Spanish that will help parents prepare their children for success in school.

**Talaris**

1-800-637-3652

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

- Talaris is proud to announce Parenting Counts Center as a free service
- Resource center for developmental information, parenting guides, trainings, DVDs, etc.

**The Natural Child Project**[www.naturalchild.org](http://www.naturalchild.org)

- Offers articles on parenting, referrals to books and educational materials.

**Love and Logic Institute**

1-800-338-4065

[www.loveandlogic.com](http://www.loveandlogic.com)

- Offers articles on parenting, classes and seminars.

**A Parenting Manual: Jefferson Center for Mental Health, FREE**

303-432-5620, Naomi Reid

1797 Kendall St, Lakewood CO

- Open to everyone in the community. For kids 3-6 years old and their parents.
- 5:30 – 7:30 pm Mondays @ Renaissance children center



**P2P: Parent to Parent of Colorado**

1-877-472-7201

[www.p2p-co.org](http://www.p2p-co.org)

- Network of families across Colorado of parents with children who have a disability or special health care need. Includes one to one parent matching, listserv linking parents through the state, up-to-date information, and quarterly newsletter. Resource packed website including support group listing, parent wisdom.

