

Substance Use – Support for Family Members

Resources at Jefferson Center

Jefferson Center – Co-occurring Disorders Multi-Family Group

303-432-5480 (James Milton, , LCSW, CACII)

Alameda Office, 5801 W. Alameda Ave., Lakewood, CO 80226

- Offers group services for family members and significant others of current Jefferson Center clients who have been diagnosed with a co-occurring substance use disorder.

Fourth Thursday of the month, call for additional information.

Resources in the Community

Al-Anon Colorado – Denver Area Service Center, Inc.

24-Hour Number: 303-321-8788

National Number: 1-888-4AL-ANON (888-425-2666)

2460 W. 26th Ave. Ste. 138-C, Denver, CO 80211-5390

www.al-anon-co.org

- Al-Anon's purpose is to help friends and families of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Our focus is on ourselves, not the alcoholic. The only requirement for membership is that there be a problem of alcoholism with a friend or relative.
- Multiple meetings in the Denver Metro area, including Denver, Lakewood, Wheatridge, Arvada, Broomfield, Westminster, Englewood, Conifer, Evergreen, and Idaho Springs. Please call or visit their website for details.
- There are no dues or fees to attend Al-Anon meetings.
- Office hours may vary, office closed Fridays and Sundays. Call ahead to confirm.

Adult Children of Alcoholics

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

- Adult Children of Alcoholics is a recovery program for adults whose lives were affected as a result of being raised in an alcoholic or other dysfunctional family. It is based on the success of Alcoholics Anonymous and employs its version of the Twelve Steps and Twelve Traditions.
- There are no fees to attend, however, donations are accepted.
- Multiple meetings in the Denver Metro area, including Denver, Lakewood, Wheatridge, Broomfield, Aurora, and Conifer. Also offers telephone and online meetings. Please visit their website for details: <http://www.meetings.adultchildren.org/find-a-meeting1>

The following is a list of resources that is grouped into the following categories:

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- [Resources for Children and Youth](#) - page 2-3

Please contact Navigation for additional information for individuals experiencing substance use problems.

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



Nar – Anon

800-477-6291

<http://www.nar-anon.org/>

- Nar-Anon’s purpose is to help friends and family members affected by someone else’s addiction. The only requirement for membership is that there be a problem of addiction in a relative or friend.
- Multiple meetings in the Denver Metro area, including Denver, Lakewood, Wheatridge, and Golden. Please call or visit their website for details.
- There are no dues or fees to attend Nar-Anon.

CeDAR – Family Additction Support Program

Center for Dependency, Addiction, and Rehabilitation

720-848-3000 or 877-999-0538

1693 Quentin Street, Aurora, CO 80045

<https://www.cedarcolorado.org/programs/family-services>

- Weeklong addiction program that teaches family members about addiction, how to care for themselves, and how to support the person they love through the recovery process.
- Anyone can participate in the Family Program, whether or not their family member is a patient at CeDAR.
- The cost is \$600 per person. Scholarships are available to income-eligible families.
- Family Support Group, 5:45-6:45 Thursday evenings, call for details

Resources for Children and Youth**Hazelden Betty Ford Center Children's Program**[1-303-745-2275](tel:1-303-745-2275)

14001 East Iliff Avenue, Suite 120, Aurora, CO 80014

<http://www.hazeldenbettyford.org/treatment/locations/aurora>

- Program for children, ages 7-12, from families hurt by addiction. Helps kids positively cope with the many challenges they face and learn about addiction through age-appropriate activities.
- All Children's Programs are open to the public. Parents do not have to be patients at any Hazelden Betty Ford Foundation location in order for their children to participate in the Children's Program
- No child is turned away for lack of funds, scholarships are available.

Alateen Colorado – Denver Area Service Center, Inc.

24-Hour Number: (303) 321-8788

National Number: 1-888-4AL-ANON (888-425-2666)

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www.al-anon-co.org

- Alateen is the part of Al-Anon that is specifically for teenagers who have been affected by someone else’s drinking. Alateen is for any teenager between the ages of 13 and 19 who has



been affected by someone else's drinking. They do not have to contact anyone or obtain the permission of the group in order to attend. In some locations there are Alateen meetings which include pre-teens. Check with the meeting to see what the accepted age range of the group is.

- Multiple meetings in the Denver Metro area, including Arvada, Denver, Boulder, and Louisville. Please call or visit their website for details.
- There are no dues or fees to attend Alateen meetings

Narateen

(800) 477-6291

<http://www.nar-anon.org/>

- Narateen is a part of the worldwide fellowship of Nar-Anon Family Groups. Narateen meetings are facilitated and monitored by certified experienced Nar-Anon members.
- Find meetings by calling the Nar-Anon World Service Office at (800) 477-6291.
- Meetings are free.

