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

- **Resources at Jefferson Center** - page 1
- **Resources in the Community** - page 1-2
- **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.

### Resources at Jefferson Center

**Jefferson Center – Co-occurring Disorders Multi-Family Group**

303-425-0300 (James Milton, LCSW, CACII)
West Colfax Office, 9485 West Colfax Ave, Lakewood, CO 80215
John Eachon Room, 2nd Floor

- 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.alanon-co.org](http://www.alanon-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**


- 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-meeting](http://www.meetings.adultchildren.org/find-a-meeting)
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 Addiction 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
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.

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www.al-anon-co.org

Updated June, 2016
Navigation Services
303-432-5130 • navigation@jcmh.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


• 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.