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

**Jefferson Center for Mental Health**
303-425-0300  
www.jcmh.org
- Must be a client with Jefferson Center
- Contact your Care Coordinator for a referral
- There may be a waiting list

**Jefferson County**

**Deer Creek Counseling (Kathy Higgins, LPC)**
720-663-7702  
KathyHigginsLPC@gmail.com  
6901 S Pierce St., Suite 100F, Littleton CO 80128  
https://deercreekcounseling.com/dbt-skills/
- Offers a DBT skills group for adults 18+
- Group takes place on Thursday evenings from 6 PM – 7:30 PM as three eight-week modules (visit website for updates/changes)

**Denver Affordable Counseling**
720-485-3756  
777 S Wadsworth Blvd, Building 2, Suite 103A, Lakewood, CO 80226  
https://www.denveraffordablecounseling.com/group-counseling
- Offers DBT Skills Group and Radically Open Dialectical Behavioral Therapy (RO-DBT)
- Call or check website for current group information

**Westside Behavioral Care**
303-986-4197  
www.westsidebehavioralcare.com
- Referral service for mental health services in Arvada, Lakewood, Wheat Ridge, Denver and more
- Can refer to providers who offer DBT

**Whitian House**
720-287-4461  
1439 Estes Street, Lakewood, CO 80215  
https://whitianhouse.com/services/
- Offers a DBT skills group

**Psychology Today**
- Search for local therapists offering DBT skills groups and individual counseling
Other Counties

All Health Network
303-730-8858
www.allhealthnetwork.org
- Locations throughout Arapahoe and Douglas Counties
- Must be a client with All Health Network.
- Call number above to schedule an intake.

Aurora Mental Health Center
303-617-2300
www.aumhc.org
- Locations throughout Aurora
- Must be a client with Aurora Mental Health Center
- Call number above to schedule an intake.

Behavioral Health Services at Porter Adventist Hospital
303-715-2300
2465 S Downing St, Denver, CO 80216
- Offers an intensive outpatient DBT group for six weeks
- Must be 19 years and older
- Involves weekly individual therapy and group skills training.

Ben Digati LPCC, MFTC
720-699-8353
2150 W. 29th Ave #310, Denver, CO 80211
https://www.bendigati.com/groups
- Offers co-ed DBT groups for Young Adults (ages 15-26)
- Please see website for dates, times and how to register

CBT Denver
303-355-5133
600 S. Cherry St., Suite 825, Denver, CO 80246
https://cbtdenver.com
- DBT groups available, please see website for more details
- Does not accept Medicare (can provide receipts to Medicare for reimbursement) or Medicaid

Center for Healing and Transformation
720-443-1547
1616 17th St., Suite 379, Denver, CO 80202
https://centerforhealingandtransformation.com/
- Check website for more details
Cherry Creek Collective for Mental Health
303-909-9054
1325 S. Colorado Blvd, Suite B-108, Denver, CO 80222
https://cherrycreekpsychotherapy.com
- DBT groups for young adults ages 18-29
- See website for more details and how to enroll

Community Reach
303-853-3500
www.communityreachcenter.org
- Please see website for more locations
- Must be a client with Community Reach to access groups
- Call number above to schedule an intake.

Denver DBT and Psychotherapy
303-332-8704
Lower Highlands Office: 2150 W 29th Ave, Suite 230, Denver, CO 80211
Southeast Denver Office: 1780 S Bellaire St., Suite 270, Denver, CO 80222
https://denverdbt.com/dbtgroups/
- Calendar of DBT groups: https://denverdbt.com/availability-fees/
- $200 for an intake and $85 per group session and payment is collected at the beginning of each month.
- Sliding scale options available on limited basis; please enquire before scheduling

Front Range Treatment Center
720-390-6932
6075 S Quebec St, Centennial, CO
https://frtc.ltd/dialectical-behavior-therapy
- Offers in person and online DBT skills groups for children, adults, couples, and families

Green Couch Counseling
720-779-0351
2311 S Platte River Dr. Denver, CO 80223
1100 W. 38th Ave, Denver CO 80211
https://www.greencouchcounseling.com/dbt-groups
- DBT group costs $400 for an 8 week session and accepts wide range of insurance
- Please check website for group dates and times; groups are currently being conducted via telehealth video

Improve Counseling LLC
720-675-7235
6200 S Syracuse Way, Suite 260 Greenwood Village, CO 80111
https://improvecounseling.com/services/dbt-groups/
- Groups are held via telehealth video only
- Cost: $400 per 8-week module
- Please see website for group dates and times
Michelle Simons Counseling
303-732-6881
11059 E. Bethany Drive #210
Aurora, CO 80014
https://www.mrscounseling.com/group-therapy
- DBT+ Skills Group tailored for those stepping down from an Intensive DBT-IOP or who have had DBT skills practice in the past 2 years. Group is open enrollment for Adults.
- Accepts Medicaid

Original Path Counseling
720-735-7444
6551 S. Revere Pkwy #160, Centennial, CO 80111
https://denvercounseling.com/services/
- DBT groups for adults and adolescents
- See website for more details about enrolling