



## Anger Management Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

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

### Online Search Tools

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

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

<https://www.betterhelp.com/>

- Individuals are able to search for therapists and medication providers and narrow searches by location, insurance type, services offered, and provider specialties.

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### Anger Management Services for Adults

#### 5280 Human Care Center

303-872-0724

<https://www.5280humancarecenter.com/online-anger-management-colorado.html>

- Offers Cognitive Behavioral Therapy (CBT) programs designed to support individuals experiencing challenges and difficulties associated with legal and/or substance use issues. Our diverse range of services includes Moral Recognition Therapy (MRT), Relapse Prevention, and Anger Management.
- Intake: \$75 Weekly Sessions: \$35

### Adaptive Skills

<https://www.adaptiveskills.com/colorado-anger-classes/>

- Online anger management classes that are court approved in Colorado
- Class price begins at \$75 and increases with duration

### Anger Masters

<https://angermasters.com/anger-management-colorado>

- Online anger management course is known to be recognized by the courts, employers, parole or probation officers or other entities in Colorado which allows distance learning.
- Class price begins at \$24.99 for 1 hour and increases with duration

### The Conflict Center

303-433-4983

4140 Tejon Street, Denver, CO 80211

<https://conflictcenter.org/programs-training/adults/>

- Classes for adults and youth provide a variety of skills and techniques to manage anger when conflict arises.
- Classes are offered in two formats: 6-weeks (2 hours per class) or on two consecutive Saturdays (6 hours per class).
- Six week classes cost \$200. Two consecutive Saturday classes cost \$200.
- Class size averages 5-12 participants to maximize sharing time.
- Classes are offered monthly

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## Course for Anger

<https://courseforanger.com/states/CO>

- Our Anger Management Class has been written to meet national standards and is recognized by courts and organizations that allow distance learning. The Course For Anger program provides meaningful content intended to meet court, legal, or employer requirements. We also recommend the Anger Management Class for personal growth.
- Class prices range from \$25.00 - \$85.00 depending on class duration

## Creative Treatment Options

303-467-2624

Locations in Arvada, Lakewood, & Commerce City

<http://creativetreatmentoptions.com/>

- Offers 12- and 24-week programs for voluntary and involuntary clients.
- Contact for pricing information

## Denver Anger Management

303-933-5800

7200 E. Hampden Ave., Suite 205, Denver, Colorado | 6901 S. Pierce St., Suite 235, Littleton, Colorado

<https://www.denverchristiancounselor.com/services/anger-management/>

- Offers 12-session weekly anger management groups and court ordered anger management
- There are two ways to set up an appointment with one of our counselors: 1) Fill out the Contact Form online and a counselor will call you with 24-hours; 2) Call our offices at 303-933-5800.

## Institute for Specialized Alternative Education (ISAE)

888-565-1900

850 E 73rd Ave Suite #1A Denver, CO 80229

<https://www.isaeonline.com/calendar/?upcoming-events/isae/18/conflict-intervention-program>

- The Conflict Intervention Program is designed for those individuals and families looking for court ordered anger management classes in Colorado. ISAE can help adults who struggle with anger, self-control, or violent behaviors.
- Virtual classes cost \$145, visit the website for more detailed information on courses offered.

## Ipseity Counseling Clinic

720-507-8170

300 S. Jackson St. Suite 200 Denver, CO 80209

<https://ipseitycounselingclinic.com/anger-management-denver/>

- You can meet with a counselor one on one, or you can join one of our anger management groups. Give us a call or contact us online and we can help you decide which option is best for you. Then you can schedule your first appointment with a counselor to get started.
- Fees vary depending on the therapist you work with. Fees range from \$115 – \$200 per session.
- Our anger management groups are \$50 per group.
- A 30 minute consultation is required to join our anger management group. The fee for this appointment is \$65.

## National Institute for Change

303-231-0990

3225 S Wadsworth Blvd, Unit T, Lakewood, CO 80227

<http://nichange.com/programs/therapeutic-adult-services/>

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- Offers anger management therapy and groups, call or complete enrollment form online for availability and pricing

## **Mastering Anger**

<https://masteringanger.com/states/colorado/>

- Mastering Anger offers online classes that meet the standards of courts, probation, legal systems, parole, and employers throughout Colorado.
- Class pricing starts at \$24.99

## **Anger Management Services for Youth**

### **Believing in Kids and Families**

303-794-7008

6901 S Pierce St Unit 310 Littleton, CO 80128

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

- Offers therapy services for emotional regulation/dysregulation (anger management, depression, anxiety)
- The average session cost for self-pay clients or out-of-network clients is \$100-\$120
- Accepts Aetna, Beacon Health, Anthem/Blue Cross Blue Shield, Cascade EAP, Cigna, Magellan, & United

### **The Conflict Center**

303-433-4983

4140 Tejon Street, Denver, CO 80211

<https://conflictcenter.org/programs-training/youth/>

- Six week classes cost \$180. Two consecutive Saturday classes cost \$200 on a monthly basis
- Provides Rethinking Conflict classes for youth ages 11-18 years of age.
- Parent/guardian is required to attend half of the youth class sessions.
- Class cost is \$200, payment plans available

### **Institute for Specialized Alternative Education (ISAE)**

888-565-1900

850 E 73rd Ave Suite #1A Denver, CO 80229

<https://www.isaeonline.com/calendar/?upcoming-events/isae/18/conflict-intervention-program>

- The Conflict Intervention Program is designed for those individuals and families looking for court ordered anger management classes in Colorado. ISAE can help teens and their parents who struggle with anger, self-control, or violent behaviors.
- Virtual classes cost \$145 or less

### **Ipseity Counseling Clinic**

720-507-8170

300 S. Jackson St. Suite 200 Denver, CO 80209

<https://ipseitycounselingclinic.com/anger-management-denver/>

- Offers individual therapy and groups for anger management for children and adolescents
- A 30-minute consultation is required to join our anger management group. The fee is \$65.
- Fees range from \$115 – \$200 per individual session, anger management groups are \$50 per group.