



Family and Couples Therapy Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

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

Psychology Today

www.psychologytoday.com

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

Jefferson Center

303-425-0300

<https://www.jcmh.org/>

- Offers outpatient individual therapy, family therapy, couples therapy, medication management and group support for all ages.
- New client availability and waitlist times will vary, please call to inquire about services.

Center for Valued Living

720-347-8559 | info@c4vl.com

3600 Beeler St, Suite 110, Denver CO 80237

20971 E Smoky Hill Rd #204, Aurora CO 80015

<https://www.centerforvaluedliving.com>

- Offer telehealth and in-person services
- Accepts: Medicare, Medicaid, and a variety of private insurances and EAPs

Connections Counseling

720-328-0569 | connectionsounseling5@gmail.com

3954 Youngfield St, Golden, CO 80401

<https://www.connectionsounseling.net>

- Trauma wellness center offering individual, couples, family, and group counseling
- Trauma-sensitive therapy, parent-child relational issues, marital/premarital/family therapy, attachment & adoption specific therapy, grief & loss, and body work
- Accepts: Aetna, Anthem, BCBS, Cigna, Crime Victim's Compensation (all counties), Jefferson County Division of Children, Youth and Families, Medicaid, Second Wind Fund, United, Veterans Choice
- Sliding scale fees available, please contact for further information

The Denver Family Institute

303-756-3340 | info@denverfamilyinstitute.org

3600 S Yosemite St. #1050, Denver CO 80237

<https://www.denverfamilyinstitute.org>

- Serves the Denver Metro Area by providing therapy for individuals, couples, and families regardless of income
- Offers sliding scale services

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Foundations Family Counseling Associates

303-393-0085 | foundationsfamilycounseling1@gmail.com

789 Sherman St, Suite 440, Denver CO 80203

<https://www.foundationsfamilycounseling.com>

- Services include individual, couples therapy, family therapy, and play therapy for topics such as: trauma, abuse, grief, addiction, depression, and anxiety.
- Offers EMDR and Ketamine Assisted Therapy
- Accepts: Aetna, Anthem, BCBS, Cigna, United, Medicaid, Oscar, Optum, Oxford Health Plans, and limited sliding scale availability

Grounded Resilience, LLC

720-523-3182 | laurensimpson@groundedresiliencellc.com

80 Garden Center, Broomfield CO 80020

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

- Offers individual, couples, and family therapy both in-person and online
- Specialty in Trauma Systems Therapy and Positive Discipline to address topics such as anxiety, depression, trauma, grief, stress, yoga classes
- Insurance: Aetna, United, and limited sliding scale availability

Inner Compass Counseling and Coaching

720-796-4751

8601 Turnpike Dr #106, Westminster CO 80031

10158 S Parker Rd #109, Parker CO 80138

<https://innercompasscounseling.com/>

- Out of network for most insurances, offers letters to allow clients to file for reimbursement with their insurance plan. Limited reduced fee services and lower rates
- Couples, marriage, family, individual and trauma therapy services available in-person and online

LifeStance Health

Multiple locations through the Metro area

<https://heartcenteredcounselors.com/>

- Provides services to individuals, families, and couples, available in-person or telehealth.
- Services include telehealth, group therapy, medication management, couples therapy, individual therapy, EMDR and more.
- Accepts most insurances including but not limited to: Aetna, Blue Cross Blue Shield, Anthem, Cigna, Medicaid, Medicare, Tricare, United Healthcare

The Marriage and Family Clinic

720-648-8285

1511 W. 124th Ave., Ste 200, Westminster, CO 80234

<https://www.themarriageandfamilyclinic.com>

- Offers marriage, couple, family, and child therapy services
- Accepts some insurances and reduced fee services

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Mile High Psychiatry

855-511-5528

<https://milehighpsychiatry.com/>

- Individual therapy, couples therapy, and medication management for all ages
- Appointments offered virtually and in person in Aurora and Northglenn
- Insurance: Aetna, Anthem BCBS, Cigna, Humana, Kaiser, United Healthcare and more

Momentum Counseling and Consulting

970-829-8780 | info@momentumcac.com

Multiple Location in Fort Collins and Denver Metro Area

<https://www.momentumcac.com>

- Offers individual, couple, and family therapy both in-person and online
- Accepts most insurance plans and offers limited reduced fee services

Through the Door Counseling, LLC

720-330-0750 | admin@throughthedorcounseling.com

950 Wadsworth Blvd, Suite 306-307, Lakewood, CO 80214

<https://throughthedorcounseling.com/>

- Offers individual, couple, and family therapy
- Accepts BCBS and Comppsych, as well as Medicaid and limited reduced fee services

Westside Behavioral Care

303-986-4197 | info@westsidebehavioral.com

Locations through the Metro Area

www.westsidebehavioralcare.com

- Accepts a variety of private insurances, Medicaid, and offer sliding scale fee.

Regis University Center for Counseling, Family, and Play Therapy

303-964-5786 | macplab@regis.edu

500 E. 84th Ave, Thornton, CO 80229

Appointments: Mon-Thu, 12pm-7pm | Sat 9am - 2pm

<https://www.regis.edu/about/regis-in-the-community/center-for-counseling-family-therapy/index>

- In-person and virtual low-cost counseling services to anyone in Colorado
 - Sliding scale: \$0-30; free for individuals with Medicaid and Medicare
 - No client is refused services due to inability to pay
- Offers individual, couples, family, and child therapy
- Counseling sessions are led by Master's level therapists-in-training who meet with you once/week for an average of 14 weeks
 - All therapists in training are supervised by licensed counselors and licensed marriage and family therapists

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Colorado Therapy Collective

720-487-1001

2406 W 32nd Ave. Suite D Denver, CO 80211

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

- Offer therapy for couples, families and individuals.
- Areas Served: Cherry Hills Village, Arvada, Aspen, Vail Valley, Summit County, Lakewood, Fort Collins, RiNo, LoHi, Downtown Denver, Denver Highlands, Englewood
- Out of network for most insurances, offers letters to allow clients to file for reimbursement with their insurance plan. Limited reduced fee services and lower rates.
- Rates are based on the therapist's experience level, with options starting at \$80 for a 50-minute session with a Graduate Intern.