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

**Psychology Today**  
[www.psychologytoday.com](http://www.psychologytoday.com)  
- Individuals are able to 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/](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 vary, please call to inquire about services

**Center for Valued Living**  
720-347-8559 | newclient@c4vl.com  
2620 S Parker Rd, Suite 185, Aurora, CO 80014  
[https://www.centerforvaluedliving.com](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  
3954 Youngfield St., Wheatridge, CO 80033  
[https://www.connectionscounseling.net](https://www.connectionscounseling.net)  
- Provides trauma-sensitive individual, couples, family, and group counseling  
- Insurance: Aetna, Anthem, BC/BS, 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.

**Denver Affordable Counseling**  
720-485-3756  
777 S Wadsworth Blvd Unit 2-103A, Lakewood, CO 80226  
[www.denveraffordablecounseling.com](http://www.denveraffordablecounseling.com)  
- Accepts Cigna, Medicaid, and offer sliding scale fee.
The Denver Family Institute
303-756-3340
3600 Yosemite St., Ste. 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

Foundations Family Counseling P.L.L.C.
720-314-7378
Littleton: 8089 S Lincoln St, Suite 206, Littleton, CO 80122
Denver: 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
- Insurance: Aetna, Anthem, BC/BS, Medicaid, and limited sliding scale availability

Grounded Resilience, LLC
720-523-3182
https://www.groundedresiliencellc.com/
- Offers individual, couples, and family therapy 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
720-738-4829
https://www.innercompasscounseling.com
- Out of network for most insurances, offers limited reduced fee services and lower rates
- Couples, marriage, family, individual and trauma therapy services available

LifeStance Health
970-310-3406 | help@heartcenteredcounselors.com
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, 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
Through the Door Counseling
720-330-0750
950 Wadsworth Blvd, Suite 306-307, Lakewood, CO 80214
https://throughthedoorcounseling.com/
  - Offers individual, couple, and family therapy
  - Accepts BCBS and Compsych, as well as Medicaid and limited reduced fee services

Westside Behavioral Care
720-927-9493
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 and Family Therapy
303-964-5786
500 E. 84th Ave, Thornton, CO 80229
Appointments: M-Th, 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