



Support for Living Your *Best* Life!

Jefferson Center is committed to helping you live your best life. In addition to therapy, we offer a variety of services and programs to make living your best life a little easier.

Simplifying healthcare

We want to make it easy for you to get care. We've partnered with STRIDE Community Health Center to offer your physical and behavioral health services at the same place. STRIDE doctors and nurses are onsite at multiple Jefferson Center locations. Please see our website for a full list of sites or ask our front desk staff.

Focusing on mind and body

Looking for ways to eat and sleep better? Improve your overall health and live better? We can help! Your health team can connect you with wellness services to help you overcome barriers, create healthy habits and find the support you need.

We provide services such as:

- ✓ Wellness classes
- ✓ Health screenings
- ✓ Health coaching
- ✓ Smoking cessation programs

Reducing drug and alcohol use

The path to cutting back substance use is difficult, but it can have a lasting, impactful effect on your health and can make mental health treatment more successful. Our licensed specialty clinicians support your efforts, along with programs and classes that help you cut back, overcome barriers and live a healthier life.

Supporting employment opportunities

If finding a job is your next step, we have the resources to help! Work and community is important in mental health recovery and overall wellbeing. Attend a class to help improve job seeking skills or work one-on-one with an onsite vocational specialist to achieve your individual goals.



Questions? Call us at 303-425-0300 or visit jcmh.org