



## Family and Couples Therapy 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.

### 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/>

- 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](mailto:newclient@c4vl.com)

2620 S Parker Rd, Suite 185, Aurora, CO 80014

<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.connectionsounseling.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.

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### **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](mailto: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. 124<sup>th</sup> 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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## Through the Door Counseling

720-330-0750

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

<https://throughthedorcounseling.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](http://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. 84<sup>th</sup> 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