



Co-Occurring Groups at Jefferson Center

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.

Co-Occurring groups are designed for JCMH clients who are struggling with mental health and substance abuse issues. To attend a group, contact your therapist for a referral. Changes can occur in group schedules, so please contact Central Navigation for the most updated listing of current groups.

Families Supporting Recovery

Offered via Zoom Video | 4th Tuesday of the Month, from 4:30pm to 6pm

Facilitator: Cherisse McNaughton-Balzano, MA, LPC, LAC, NCC, BC-TMH

- This group is for family members and friends who are supporting a loved one who is recovering from a substance use disorder. The group will focus on understanding substance use disorders, the recovery process, and a road map for change. We will discuss how loved ones can best support someone in recovery.
- This group is open to folks who are 18+ with all insurance, except Medicare. Both active clients with the center as well as loved ones (don't need to be active clients), are welcome to join.

Women's Seeking Safety

Offered via Zoom Video

Thursdays, 10am – 11:30 am | Facilitator: Kathryn Barnes & Cassandra Trujillo

Thursdays, 11am-12:30pm | Facilitators: Autumn Mooney, LPC, LAC, EMDR-T & Megan Keith, LPC, LAC

- Seeking Safety is a skills-based group focused on helping clients manage current symptoms because of trauma, substance use, or self-harming behavior.

Helping Women Recover (Women Only)

Offered via Zoom Video | Thursdays, 12:30 pm - 2:00pm

Facilitator: Jamie Finkelstein LPC, LAC

Co Occurring Skills-Self in Process

Offered via Zoom Video | Mondays 2pm-3:30pm

Facilitators: Sophia Yelenick, LPC & Charles Depaolo

- Co-Occurring Skills is a co-occurring group to support clients in identifying and stabilizing their recovery efforts.
- This 8-week group includes developing a more in-depth understanding of oneself in recovery and covers identifying triggers, cravings, and cues, the neurobiology of addiction, self-care, exploring how mental health and substance use are related, and skill building.

Intensive Outpatient Program (IOP) SUD

Independence Group: Offered via Zoom Video | Mondays, Tuesdays, & Fridays, 8am-11am | Facilitator: Ashleigh Sheldon

West Colfax Group: Offered via Zoom Video | Tuesdays, Wednesdays, & Thursdays 3pm-6pm | Facilitator: Ariana Boggs, LSW & LAC

- Matrix-Modeled IOP/SUD 3x per week substance use group. Recovery skills, food and diet, social skills, self-esteem, mental health education, and DBT elements.