



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.

Jefferson Center for Mental Health Groups

Relatives as Parents Support Group/Adoption Support Group

- When: Second Tuesday of every month, 5:30-7pm
- Where: Union Square, Gray's Peak Room, 12055 West 2nd Place, Lakewood
- Notes: Childcare and light dinner provided. Childcare is free to children open to Jefferson Center and \$5 per child for children not open to Jefferson Center. Waivers are available to cover the cost.
- Contact Family Support Specialist for questions: 303-432-5946 or family_support_specialists@jcmh.org

A Parenting Manual: Jefferson Center for Mental Health, FREE

303-432-5620, Naomi Reid
1797 Kendall St, Lakewood CO

- Open to everyone in the community. For kids 3-6 years old and their parents.
- 5:30 p.m.– 7:00 p.m. Tuesdays @ Renaissance children center

Parenting Classes and Support

Responsible Fatherhood Program – Jefferson County Department of Human Services

303-936-2688 | Main number: 303-936-2688
3500 Illinois St, Laramie Building, Golden, CO 80401
<https://www.jeffco.us/2693/Fatherhood>

- Provides education and coaching for mothers and father who want to support the best interest of their children through classes and services, peer-based engagement, and ongoing support.
- Services are free.

Central Visitation Program

Denver: 303-839-8701 | 1660 Sherman St, Denver, CO 80203
Englewood: 970-703-6338 | 3500 S Logan St, Englewood, CO 80113
<https://www.cvpdenver.org/parentingeducation>

- Offers a free 8-week program called Nurturing Health Children.
 - Dinner and childcare are provided as needed

SCL Health – St. Joseph Hospital

303-812-4640 (Center for Women and Infants)

- Offers a variety of classes and groups for new parents
- List of events can be found here: <https://www.sclhealth.org/classes-events/event-search-results/?category=birth+baby+and+parenting>

Contents:

[Groups at Jefferson Center](#) – p. 1

[Parenting Classes and Support Groups](#)
– p. 1

[Fatherhood Programs](#) – p. 5

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Growing Home

303-426-0430

3489 W 72nd Ave, Suite 112, Westminster, CO 80030

<https://growinghome.org/nurturing-children/>

- Offers a 14-week parenting classes twice a year in English and Spanish.
 - For parents of children in their custody who are 0-8 years old.
 - Must be residents of Adams County.

Robert A Miller Educational Resource Center (RAMERC)

303-321-3202

2811 Harrison St, Denver, CO 80205

- Offers an 8 week parenting classes that assists parents in every aspect of communicating with their children. Class is open to all parents.
 - Program is for voluntary and court ordered participants.

Center for African American Health

303-355-3423 x 105

3601 Martin Luther King Jr Blvd, Denver

<https://caahealth.org/programs-and-services/#sfp>

- Strengthening Families Program is a family skills training program for families with children ages 0-3 and 3-5 years of age.
- Goals for the program include strengthening parenting skills, improving children's behavior, improving social skills, and enhancing family functioning.
- Program is free and meals and licensed childcare services are provided.

Denver Indian Center – Honoring Fatherhood Program

303-936-2688

4407 Morrison Rd, Denver, CO 80219

<https://www.denverindiancenter.org/honoring-fatherhood-program>

- Offers education on the following topics: parenting classes from the Native perspective, relationship guidance, Employment and Money management.
- Provides on-site childcare during classes.

Denver Indian Family Resource Center – Nurturing Parent Program

720-500-1020

1633 Fillmore St, Unit GL2, Denver, CO 80206

<http://difrc.org/programs/community-programs/>

- Parenting classes offered in 12 week cycles for families with children 0-18 years of age.

Friends First

Sarah Rowe – 720-981-9193

7100 E Belleview Ave, Suite 303, Greenwood Village, CO

<https://www.friendsfirst.org/parent-education>

- Offers parent education seminars to help increase parent/child communication and connectedness. Focus is on parents with teenagers.

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Love and Logic Institute

1-800-338-4065

www.loveandlogic.com

- Offers articles on parenting, classes and seminars.
- Also offers online parenting classes

Shiloh House – Families First

303-932-9599 x 805

<https://shilohhouse.org/familiesfirst/>

- Offers a variety of parenting classes to the community
 - Parents as Teachers
 - Let's Connect
 - Love and Logic Parenting
- Circle of Parents is a free weekly support group conducted by parents. The focus is building on existing strengths.
 - Offered in English and Spanish
 - Calendar of events and costs available online.

Ability Connection Colorado – Parent to Parent of Colorado

1-877-472-7201

801 Yosemite St, Denver

<https://www.abilityconnectioncolorado.org/p2p-co/>

- Connects families of children and adults with disabilities or special healthcare needs to provide information and support including: online support group, resources, and being matched with a trained support parent.

The Conflict Center

303-865-5621

4140 Tejon St, Denver, CO 80211

<https://conflictcenter.org/programs-training/parenting/>

- Offers a 5 week class focusing on providing parents with the tools and skills they can utilize with their children throughout different developmental stages through a Restorative Practices Lens.
- Five week class costs \$180.00.

Savio House – Safe Care Program

303-225-4100

325 King St. Denver, CO 80219

<http://www.saviohouse.org/>

- Free evidence based in-home parenting program available to residents of Jefferson Denver, Adams and Arapahoe Counties.
- The program is 16-19 weeks long for about 60-90 minutes a week.
- Parents receive instruction in home safety, child health, and parent child interaction.
- Families are eligible if there is a child age 0-5 years in the home.
- Notes: Contact Samantha Stroh at 303-225-4186

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

Empower Colorado

Phone: 303-691-9339

801 Yosemite St., Denver, CO 80230

<http://www.abilityconnectioncolorado.org/empowercolorado/>

- An organization run by families that offers support groups, education, advocacy and resources to families with children and youth who have social, emotional or mental health challenges. All services are free to families.

Stand Up Parenting Support Group

303-427-6239 (24/7 support offered)

<http://www.standupparenting.org/>

- A self-help program for parents troubled by teenage behavior.
- When: Mondays at 7pm,
- Where: Located at Arvada United Methodist Church, 6750 Carr St., Arvada, 80004
- Notes: Please call 303-427-6239 (Doris Metzger) before attending
- Online Groups also available.

MOPS & TEEN MOPS

303-733-5353 or 1-888-910-6677

MOPS International, Inc.

2370 South Trenton Way Denver, CO 80231-3822

www.mops.org

- MOPS & TEEN MOPS (Mothers of Pre-Schoolers) groups are communities that strive to meet the needs of every mom with children from birth through kindergarten. They meet regularly to celebrate the joys of motherhood and to encourage each other through the challenges.
- Groups are chartered through local faith-based organizations, including churches and Para church ministries.
- The annual fee for MOPS membership is \$31.95 but scholarships may be available through the groups.
- During most meetings, children are cared for in a program called **MOPPETS**, where they experience love in a preschool-like setting.
- Call ahead to inquire.
- To find a group: <http://www.mops.org/groupsearch/> or call one of the numbers listed above.

Hope House of Colorado

303-429-1012

9088 Marshall Ct. Westminster, CO 80031

Email: info@hopehouseofcolorado.org

www.hopehouseofcolorado.org

- Offers mentoring, self-sufficiency, residential, college and career support, and GED programs for teen mothers ages 14-20.
- Also offers mentoring, parenting/life skills classes, and counseling

Mountain Resource Center – Family Education

303-838-7552

11030 Kitty Dr., Conifer, CO 80433

<http://www.mrcco.org/>

- Offers parenting classes, workshops and fun activities for families with children of all ages.

jcmh.org | 303-425-0300

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Talaris

1-800-637-3652

www.ParentingCounts.org

- Talaris is proud to announce Parenting Counts Center as a free service
- Resource center for developmental information, parenting guides, trainings, DVDs, etc.

The Natural Child Project

www.naturalchild.org

- Offers articles on parenting, referrals to books and educational materials.

Parent to Parent of Colorado

877-472-7201

801 Yosemite St, Denver, CO 80203

<https://www.abilityconnectioncolorado.org/p2p-co/>

- Network of families across Colorado of parents with children who have a disability or special health care need. Includes one to one parent matching, listserv linking parents through the state, up-to-date information, and quarterly newsletter. Resource packed website including support group listing, parent wisdom.

Grounded Resilience LLC

720-523-3182

8471 Turnpike Dr., Ste 100, Westminster, CO 80031

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

- Low cost and sliding scale availability for individuals, couples, and families. Services include therapy services and parenting classes.
- Therapy available in person or through telehealth services, please contact for sliding scale cost and availability.
- Clinician specializes in Trauma Systems Therapy and Positive Discipline.
- Please contact clinician Lauren Simpson, Psy. D at number listed for a free 15 minute consultation.

Fatherhood Programs

Responsible Fatherhood Program – Jefferson County Department of Human Services

303-271-4550

3500 Illinois St, Laramie Building, Golden, CO 80401

<https://www.jeffco.us/2693/Fatherhood>

- Provides education and coaching for mothers and father who want to support the best interest of their children through classes and services, peer-based engagement, and ongoing support.
- Services are free.

A.B. Counseling - Caring Dads Parenting Group

303-237-3599

1949 Wadsworth Blvd, Unit 206, Lakewood, CO 80214

<http://www.abcounselinginc.com/parenting-class.html>

- 13-week (male specific) parenting class.
- Group is held on Mondays from 6:00 pm to 7:30 pm.