



SCHIZOPHRENIA SUPPORT GROUPS

NAMI Connection: Multiple locations in the metro area

- Weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.
- SW Denver: CO Mental Health Institute – Ft. Logan
 - o 3520 W. Oxford St., Admin Building, Room 108, Denver, 80236
 - o Thursdays at 7:00pm
 - o Contact Joe Petrovich: 303-949-3862, jhawkeye49@comcast.net
- Aurora: Community Connections
 - o 10004 E. Colfax Ave., Aurora 80010
 - o Fridays at 6:00pm
 - o Contact Angela: 720-224-2723, angelabarnaby@yahoo.com
- Denver: Mental Health Center of Denver
 - o 4141 E. Dickenson Pl., 2nd floor – Training Room, Denver, CO
 - o Tuesdays at 6:30pm
 - o Contact Megan, meganfaber@hotmail.com or
 - o Nicolas: 720-273-9865, nicolasramke@yahoo.com
- Littleton:
 - o ADMHN Bldg., 3rd Floor, 5500 S. Sycamore St., Littleton, CO 80120
 - o Wednesdays at 7:00pm
 - o Contact June: 303-788-0776, junemcw@gmail.com or
 - o Carol: 303-790-1055, kyvilla@aol.com
- Littleton:
 - o Columbine Unitarian Universalist Church, 6724 W. Webster St, Littleton, CO 80128 – Meets in the lounge
 - o Tuesdays at 7:00pm
 - o Contact Don: 720-301-8138, dmcclaryjr1966@aol.com
 - o Kathy: 720-276-8378, katredman16@yahoo.com

There are several free groups in the area that provide education and support to people experiencing problems with mental illness.

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

Schizophrenics Anonymous (SA) – Lakewood group

- SA is a six step, self-help, peer support group for people with schizophrenia. The group is run by consumers.
- 10:30am-11:30am every Tuesday at 9808 W. Cedar Ave., Lakewood, CO
- For information call 303-432-5400 to speak to one of the group leaders.
- **For JCMH consumers only.**

Schizophrenics Anonymous (SA) – Denver Group

- A free peer-led support group for people affected by schizophrenia or related illness. Meetings are informal and there are many social activities as well as resource and medication information.
- Every Wed from 7-8pm, at the Mental Health Center of Denver, 4141 E. Dickenson Pl, Denver, CO 80222
- Anyone over 18 can drop in. For more information contact Margery Wakefield at 303-717-8808.

Empower Colorado

- 1-866-213-4631, www.empowercolorado.com
- Support, education, advocacy and resources to families with children and youth who have social, emotional, or mental health challenges.
- Most groups offer free child care or a children's program
- "Empowering Families Through the Diagnostic Journey" Workshop: 1-866-213-4631 or info@empowercolorado.com
Helps families understand how to get to a diagnosis, how to move forward after the diagnosis is given, learn effective communication, learn to problem solve, build a partnership with schools, navigate systems and step forward.
- Littleton Support Group: littleton@empowercolorado.com
1st & 3rd Thurs, 6-8pm, Arapahoe/Douglas Mental health Executive Office, 155 Inverness Drive West, Englewood, CO 80112
- Thornton Support Group: 303-594-4890, adams@empowercolorado.com
3rd Mon, 6-8pm, Rainbow Center, 2140 E 88th Ave, Thornton, CO

Online Support

MentalHelp.net

- www.mentalhelp.net
- On-line information, support and forums.

Online Support for Young Adults

- <http://strengthofus.org/>
- This website is geared towards young adults, ages 18-26, who are living with mental illness as well as those who want to learn more about mental health or how to support their friends or family members living with a mental illness.
- Young adults with shared interests and concerns, and those seeking information, are able to connect with one another and their local communities. The website enables youth to create a profile and communicate with each other within a safe and secure environment. There is also information and resources available on topics pertaining to mental health and transition-age issues.