

## Broomfield Groups - January 2024

### Monday

**Tough Stuff**  
**10:00 - 11:00am**  
*Virtual*

**Adult Anxiety IOP  
Aftercare**  
**1:00 - 2:00pm**  
*In person*

**Adult Anxiety IOP  
Aftercare**  
**4:00 - 5:00pm**  
*Virtual*

**Scribble Squad**  
**4:30 - 6:00pm**  
*In person*

### Tuesday

**Anxiety 101**  
**11:00am - 12:00pm**  
*Virtual*



### Wednesday

**Teen DBT**  
**4:30 - 5:45pm**  
*Ages 15-18  
Virtual*

*\*3rd Wed. of every  
month\*  
Jan. 17*  
**Be a Voice: Client  
Feedback Panel**  
**11:00am - 12:00pm**  
*Virtual*

### Thursday

**Walking the Middle  
Path**  
**5:00 - 6:30pm**  
*Virtual*

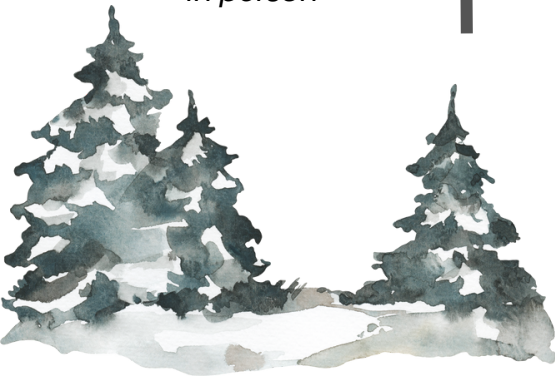
### Friday

**Mindful Moments Art  
Group**  
**3:00 - 4:30pm**  
*In Person*



\*Some groups will be held via Microsoft Teams. Please reach out to the clinician hosting the group for a virtual invitation.\*  
Do you need help accessing Teams? We are happy to help!

Groups/classes are for adult MHP clients unless otherwise indicated.  
For clients on Medicaid, all groups listed are free.  
For clients with private insurance or self-pay, there may be a small fee or co-pay to participate.





## Monday

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### Tough Stuff

This group is for parents and caregivers who are supporting teenagers with anxiety. We meet once a week to connect and support each other in helping teens overcome their anxiety. Our goal is to build parenting skills of empathetically listening and validating to understand teenagers' experiences and encourage them to face their fears.

Contact: Hannah Jones (720-562-0577 or [hjones@mhpcolorado.org](mailto:hjones@mhpcolorado.org))

### Adult Aftercare

Adult Aftercare is a in-person, drop-in group for graduates of the Anxiety IOP. Graduates will revisit topics discussed in IOP, participate in check-ins, and get help with their exposure work. Have both in person and virtual groups.

Contact Quenisha Lane ([Qlane@mhpcolorado.org](mailto:Qlane@mhpcolorado.org))

### Scribble Squad

A call to teens to join a creative community where they can unleash their creativity and make art without any hesitation. All teens are welcome to join (no skills required: AKA one of your leaders falls into this category!) This is a drop in group so come as you are.

Contact Sam Shoenhair by text at 303.998.2391

## Tuesday

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### Anxiety 101

Understand and identify how avoidance of anxiety affects your whole being and prevents you from living the life you want.

Contact: Hannah Jones (720-562-0577 or [hjones@mhpcolorado.org](mailto:hjones@mhpcolorado.org))



## Wednesday

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### Teen DBT

A group for teens to learn coping skills such as mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and life balance. This is a 7-10 week class with limited enrollment.

Contact: Lauren Wilkins ([lwilkins@mhpcolorado.org](mailto:lwilkins@mhpcolorado.org))

### Be A Voice: Client Feedback Panel

Now is your opportunity to be a part of the shared decision-making process at Mental Health Partners! These decisions can change both the care you receive as a client of MHP, and how we can best impact the communities we live in. We want to hear your voice! 3rd Wed of every month.

Contact Susan Bellas @ [sbellas@mhpcolorado.org](mailto:sbellas@mhpcolorado.org)

## Thursday

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### Walking the Middle Path

A DBT (Dialectical Behavioral Therapy) group that helps people manage intense emotions, learn distress tolerance skills, build mindfulness, and develop ways for effective relationships. This is a 7-9 week class with limited enrollment.

Contact: Jade Williams ([jlichti@mhpcolorado.org](mailto:jlichti@mhpcolorado.org))

## Friday

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### Mindful Moments Art Group

Connect with others and yourself through mindfulness, self-expression, creativity, and weekly art projects! You can also choose to bring your own creative project to work on!

Contact: Marissa Moss ([mmoss@mhpcolorado.org](mailto:mmoss@mhpcolorado.org))

