COMMUNITY REACH CENTER

Community Reach Center's Group Therapy Services

Experience the effectiveness of group therapy – an efficient, stigma-reducing, and community-building approach to wellness. At each outpatient location, groups are available multiple times throughout the day, in-person and virtually, to accommodate your schedule. If you're interested, contact your care team for a referral.

Group Therapy Schedule

Location	Topic	Days	Times	Zoom/In-Person
Brighton	Care for the Caregiver	Thur	2 - 3 PM	In-Person
DCMB	ACT Technology Group	Wed	10 - 11:30 AM	In-Person
DCMB	ACT Art Group	Fri	10 - 11:30 AM	In-Person
Northglenn	Mindfulness Mondays	Mon	10 - 11:30 AM	In-Person
Northglenn	DBT for SUD	Tue	1 - 2:30 PM	In-Person
Northglenn	Confident Connections	Wed	11 AM - 12 PM	In-Person
Northglenn	DBT Skills Group	Thur	2 - 3:30 PM	In-Person
Northglenn	Relapse Prevention	Fri	3 - 4 PM	In-Person
Thornton	The Belonging Space: LGBTQIA+	Tue	2 - 3 PM	In-Person
Thornton	Anger Management	Wed	10 - 11 AM	In-Person
Thornton	Building Computer Skills ***	Wed	1 - 2 PM	In-Person
Thornton	Peer Art Group	Thur	1:30 - 3 PM	In-Person
Thornton	Self-Care For Me	Thur	10 - 11:30 AM	In-Person
Thornton	Courageous Communication	Thur	4:30 - 5:30 PM	In-Person
Thornton	DBT Skills Group	Fri	1 - 2 PM	In-Person
Thornton	Relapse Prevention	Fri	2 - 3 PM	In-Person

*** *Building Computer Skills - Computers will be provided for group.*