



# Anger Management Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

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

## Online Search Tools

[www.psychologytoday.com](http://www.psychologytoday.com)

[www.goodtherapy.org](http://www.goodtherapy.org)

- Individuals are able to search for therapists and medication providers and narrow searches by location, insurance type, services offered, and provider specialties.

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## Anger Management Services for Adults

### 5280 Human Care Center

303-872-0724

<https://www.5280humancarecenter.com/online-anger-management-colorado.html>

- Provides Online/ Telehealth Anger Management classes are for all Colorado jurisdictions and anyone outside of Colorado with a reliable WI-FI connection and a smart device with a camera and microphone.
- Intake: \$75 Weekly Sessions: \$30

### Adaptive Skills

<https://www.adaptiveskills.com/colorado-anger-classes/>

- Online anger management classes that are court approved in Colorado
- Class price begins at \$75 and increases with duration

### Anger Masters

<https://angermasters.com/anger-management-colorado>

- Online anger management course is known to be recognized by the courts, employers, parole or probation officers or other entities in Colorado which allows distance learning.
- Class price begins at \$24.99 for 1 hour and increases with duration

### The Conflict Center

303-433-4983

4140 Tejon Street, Denver, CO 80211

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

- Classes for adults provide a variety of skills and techniques to manage anger when conflict arises.
- Class prices range from \$99 - \$200, payment plans available
  - A 50% discount is automatically applied for anyone who receives some form of government or social assistance

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## Course for Anger

<https://courseforanger.com/states/CO>

- Course For Anger provides access to the anger management class, an educational program that may be required in the state of Colorado by the court, a legal order, a legal representative, a parole or probation officer, an employer, or other entity.
- Class prices range from \$25.00 - \$85.00 depending on class duration

## Creative Treatment Options

303-467-2624

Locations in Arvada, Lakewood, & Commerce City

<http://creativetreatmentoptions.com/>

- Offers 12- and 24-week programs for voluntary and involuntary clients.
- Contact for pricing information

## Denver Anger Management

303-933-5800

7200 E. Hampden Ave., Suite 205, Denver, Colorado | 6901 S. Pierce St., Suite 235, Littleton, Colorado

[www.denverangermanagement.com](http://www.denverangermanagement.com)

- Offers 12-session weekly anger management groups and court ordered anger management
- Individual sessions are scheduled for 50-minutes (either weekly or every other week) and cost \$120 per session

## Institute for Specialized Alternative Education (ISAE)

888-565-1900

850 E 73rd Ave Suite #1A Denver, CO 80229

<https://www.isaeonline.com/calendar/?upcoming-events/isae/18/conflict-intervention-program>

- The Conflict Intervention Program is designed for those individuals and families looking for court ordered anger management classes in Colorado. ISAE can help adults who struggle with anger, self-control, or violent behaviors.
- Virtual classes cost \$145

## Ipeity Counseling Clinic

720-507-8170

300 S. Jackson St. Suite 200 Denver, CO 80209

<https://ipeitycounselingclinic.com/anger-management-denver/>

- Offers individual therapy and groups for anger management
- A 30-minute consultation is required to join our anger management group. The fee is \$65.
- Fees range from \$115 – \$200 per individual session, anger management groups are \$50 per group.

## National Institute for Change

303-231-0990

3225 S Wadsworth Blvd, Unit T, Lakewood, CO 80227

<http://nichange.com/programs/therapeutic-adult-services/>

- Offers anger management therapy and groups, call or complete enrollment form online for availability and pricing

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## **Mastering Anger**

<https://masteringanger.com/states/colorado/>

- Mastering Anger offers online classes that meet the standards of courts, probation, legal systems, parole, and employers throughout Colorado.
- Class pricing starts at \$85

## **Anger Management Services for Youth**

### **Believing in Kids and Families**

303-794-7008

5921 S Middlefield Drive, Suite 102, Littleton, CO 80123

[www.bikaf.com](http://www.bikaf.com)

- Offers therapy services for emotional regulation/dysregulation (anger management, depression, anxiety)
- The average session cost for self-pay clients or out-of-network clients is \$100-\$120
- Accepts Aetna, Beacon Health, Anthem/Blue Cross Blue Shield, Cascade EAP, Cigna, Magellan, & United

### **The Conflict Center**

303-433-4983

4140 Tejon Street, Denver, CO 80211

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

- Offers a 5-week, 10-hour restorative parenting course (\$180 per course)
- Provides Rethinking Conflict classes for youth ages 11-18 years of age.
- Parent/guardian is required to attend a couple of the classes as well.
- Class cost is \$200, payment plans available

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888-565-1900

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- The Conflict Intervention Program is designed for those individuals and families looking for court ordered anger management classes in Colorado. ISAE can help teens and their parents who struggle with anger, self-control, or violent behaviors.
- Virtual classes cost \$145

### **Ipeity Counseling Clinic**

720-507-8170

300 S. Jackson St. Suite 200 Denver, CO 80209

<https://ipeitycounselingclinic.com/anger-management-denver/>

- Offers individual therapy and groups for anger management for children and adolescents
- A 30-minute consultation is required to join our anger management group. The fee is \$65.
- Fees range from \$115 – \$200 per individual session, anger management groups are \$50 per group.