



Maria Droste
Counseling Center.
Colorado's Center for Mental Health

Summer Group Offerings

We are excited to offer the following opportunities for current or prospective clients to join group therapy sessions running 10-12 weeks over the summer.

Group options include:

Adult Stress Management

This group is for anyone experiencing stress in the forms of anxiety, depression, work stress, or life transitions. Connect with others & learn skills to manage your stress.

Parenting Group

It takes a village! Connect with other parents and learn skills to support your child's emotional development

DBT Skills Group

Also known as Dialectical Behavioral Therapy, this skills group teaches you how to accept difficult thoughts, emotions, and behaviors.

Seeking Safety

You can heal from trauma. Seeking Safety addresses the intersecting experiences of substance use, mental health difficulties, and interpersonal violence.

Kids Coping Skills

Learning positive coping skills can start at any age! This group will focus on age-appropriate ways of dealing with "big feelings" while having fun.

Mindfulness for Kids

Mindfulness is a great tool to help kids engage in the moment and connect with themselves. This group will introduce skills that kids can use to feel connected to their emotions and ways to self-soothe.

Group format & size will depend on interest.

Payment via Medicaid or \$40 out-of-pocket per group with the possibility of sliding scale. Reach out to learn more!

Interested?
Call or email our
Access Center at
303-867-4600 or
groups@mariadroste.org