

When to seek
help from a
specialist?



If you're experiencing...

- Lack of energy
- Problems sleeping
- Jittery, unable to relax
- Sadness and depression
- Feelings of hopelessness
- Persistent worry
- Loneliness, withdrawal from friends or family
- *Don't feel like yourself*

Your senior years should be your best years with the support of family and community. When that balance is disrupted, our specialists are ready with effective, focused solutions.

3 convenient locations

NORTH

North Wadsworth Office

7878 Wadsworth #100
Arvada, CO 80003

CENTRAL

Independence Office

4851 Independence
Wheat Ridge, CO 80033

SOUTH

South Office

9200 W. Cross Drive #421
Littleton, CO 80123

1 convenient number

303-432-5575

Support for Aging Well!



Would you like
to feel:
Happier?
Hopeful?
More at peace
with your life?

A counseling program for Adults 60+
with Medicare, Private Insurance or
any Supplemental Insurance.

303-432-5575

www.srfocus.org



At Senior Focus you will find professional care by licensed counselors who are experts in helping older adults with effective, focused solutions.

When a little support can make the difference...

As we go through life, we all experience challenges and setbacks. Concerns about health, relationships, finances or simply maintaining independence can be overwhelming.

Senior Focus provides mental health services and emotional support to help you:

- Create and maintain strong social relationships
- Accept and let go of painful experiences
- Continue to learn and grow
- Rediscover your strengths

Our services include:

- Individual and group counseling for older adults and their families
- Medication management and evaluations
- Working as a team with you and your primary care doctor
- Senior wellness classes



Senior Focus services are for adults age 60 or over who have:

- Both Medicare and any supplemental insurance; or
- Medicare through private insurance (such as United, Pacificare/Secure Horizons, Humana Gold or other health plans); or
- Private Insurance; or
- Medicare Part B.

“Aging is not lost youth but a new stage of opportunity and strength.”

We're there when you need us.

For more information
or to access services,

Call:

303-432-5575

Online:

www.srfocus.org

A program of
Jefferson Center for Mental Health,
serving our community for over 55 years.