It begins with a thorough evaluation to help you choose:

- Individual, group, couples and/or family therapy
- Medication consultation & management
- Parent coaching & support
- Frequency of sessions of one, two or three days per week

Families are involved throughout the assessment and treatment to promote successful outcomes.

Looking for help for yourself or a loved one? EMPOWER Centers can help.

Specializing in anxiety, mood & behavior issues.

Offering individual, group, couples & family therapy and medication management.

EMPOWER Centers
6530 S. Yosemite Street, Suite #210
Greenwood Village, CO 80111
www.EMPOWERCenters.org
Phone: 720.778.4077
Fax: 720.778.4078
**EMPOWER Centers can help you or a loved one learn to:**

- Manage feelings & behavior
- Cope with challenges
- Thrive in school, work, activities and relationships
- Bolster your marriage
- Co-parent positively after divorce
- Improve athletic performance

**EMPOWER Centers**

Call today to schedule an appointment:

720.778.4077

**“Beginning with Excellence, Building on Integrity, EMPOWERing Families”**

Do you or a loved one:

- Experience frequent worry or stress?
- Have prolonged sadness?
- Show a change in mood, energy or activity level?
- Have difficulty calming down or controlling anger & behavior?
- Avoid school, work or activities?
- Have trouble with sitting still, focus or attention?
- Argue frequently or act out?
- Have difficulty making friends?
- Have trouble getting along with their spouse, family, co-workers?

EMPOWER Centers can help offering:

rapid access to evidence-based services for children, teens and adults.

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