

The Secure Attachment Initiative 501(c)3

Lakewood, CO



<https://www.secureattach.org>

The Secure Attachment Initiative

Mental Health Services for All Ages

Counseling Services:

Individual

Couples

Family

Child & Teen

Telehealth Services Available

Intensive Outpatient Program

Parent Support Group

Body Movement Yoga

Outdoor Group



Who We Work With:

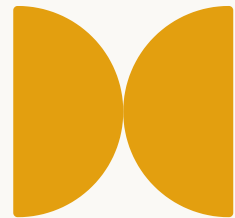
Kids 4 - 12

Teens 13 - 17

Adults 18+



We offer services for people experiencing:



Depression
Anxiety
Feelings of
Hopelessness



Self-Harm
Suicidal Ideation
Maladaptive Coping



Trauma
PTSD



Insurances We Accept:

CO Medicaid (all regions), Caredon (Kaiser/Anthem), Kaiser Permanente (IOP)
Cigna, Aetna, Optum (UMR/ United)

Therapeutic Treatment

We aim to help our clients identify with who they are fully created to be, working to end generational and relational trauma and abuse through the development of secure attachment. To facilitate this, we use holistic body-based and experiential approaches to treatment.

Our Services

Individual, Family & Couples Counseling

Therapeutic Yoga

Youth Intensive Outpatient Program

Neurofeedback

Outdoor Therapy

Play Therapy

Our Approaches

Somatic Experiencing

Experiential & Relational Therapy

Internal Family Systems (IFS)

Emotion-Focused Therapy

Body-based Approaches

Creative Expression - Music & Arts



Teen Mental Health IOP

Rotating 10-week curriculum with open enrollment

Ages 13-17

We accept Medicaid; inquire about other insurance

9 hours of group counseling per week

Experiential and alternative therapies: IFS, AEDP, somatic experiencing, yoga, creative expression, outdoor therapy, neurofeedback

Parent/caregiver education and support group

Aftercare plans with option for individual and family therapy

www.SecureAttach.org

Mindful Movement Yoga & Wild Wellness Group



Find Your **BALANCE** MINDFUL MOVEMENT YOGA

WHEN
Thursdays, 6-7pm

WHERE
363 S Harlan St, Suite 105
Lakewood, CO 80226

COST
Donation based with
a minimum of \$10

BOOK YOUR SPOT NOW



<https://bit.ly/sai-yoga-class>

HOSTED BY
The Secure Attachment Initiative
cody@secureattach.org
secureattach.org



WILD WELLNESS GROUP

Young Adults 20 - 35

*Discover mental wellness, build resilience, and find your tribe
through outdoor adventure and meaningful connections with the
guidance of two experienced therapists and avid hikers.*

ADVENTURE & CONNECTION

Twice a Month 8am-12pm



*Visit the link below or scan
the QR code for more
details and to sign up!*



<https://bit.ly/WildWellnessGroup>

Parent Caregiver Group



<https://www.secureattach.org/parenting-support-group>

ROOTED IN CONNECTION:

ATTACHMENT-BASED PARENT/CAREGIVER GROUP

Hosted by The Secure Attachment Initiative



A 6-week education and support group for parents and caregivers of kids of all ages

We'll explore:

- Building stronger, more secure relationships
- Emotion regulation—for you and your child
- Coaching your child through emotions
- Holding firm but kind boundaries

Thursdays, 12-1 or 7-8 PM

363 S Harlan St, Suite 105

Lakewood, CO 80226

Virtual option available

Donation based, min. \$10/session

JOIN OUR NEXT GROUP!



BIT.LY/SAI-PARENTS

Feeling overwhelmed, disconnected, or unsure how to support your child?

You're not alone.

Join a supportive space where we explore practical tools and compassionate strategies for parenting toddlers through teens.



☀ Volunteer with The Secure Attachment Initiative ☀

We're actively recruiting volunteers for:

Community outreach
Special events & fundraising
Food delivery & donation coordination

About Us:

501(c)(3) nonprofit mental health organization
Mission: End generational & relational trauma through secure attachment

What to Expect:

Flexible opportunities based on your availability
Clear, advance info on time, location & roles
Make a real, lasting impact in people's lives

Join Us & Be the Difference

Your time and energy help build a healthier, more connected community

<https://ideali.st/PkpZRq>

Volunteer
With Us



Virtual Tour



<https://www.secureattach.org>

THE WORLD NEEDS WHO
YOU WERE MADE TO BE













Save the Date

Visit our new suite and see how we're supporting families and individuals — with play therapy, Teen IOP, couples counseling, parent support groups, and more!

Furnish the Future

Support our non-profit by sponsoring furniture or decor!

The Secure Attachment Initiative OPEN HOUSE

📅 17 OCTOBER 2025

🕒 11 AM - 8 PM

📍 363 S HARLAN ST, STE 200
LAKEWOOD, CO 80226

You're Invited!



¡Aparta la fecha!

Visita nuestra nueva oficina y descubre cómo apoyamos a familias e individuos — con terapia de juego, nuestro Programa Intensivo para Adolescentes (IOP), consejería de pareja, grupos de apoyo para padres ¡y mucho más!

Amuebla el Futuro

Apoya a nuestra organización sin fines de lucro patrocinando muebles o decoración.

The Secure Attachment Initiative CASA ABIERTA

📅 17 DE OCTUBRE DE 2025

🕒 11 AM - 8 PM

📍 363 S HARLAN ST, STE 200
LAKEWOOD, CO 80226

¡Te invitamos!



Jeffco Public Schools no respaldan ni patrocinan la organización o actividad representada en este material. El distrito no asume ninguna responsabilidad por el programa o actividad. La distribución o exhibición de este material se realiza como un servicio a la comunidad.

Join Us in Making a Difference Donate to Our Silent Auction!

Open House | October 17, 2025

Support local mental health and community connection by contributing to our Silent Auction!

Your generous donation of an item or service will directly impact our programs and help us continue this vital work. Every contribution helps — and every donor makes a difference.

If interested email
jazmine@secureattach.org





The Secure Attachment Initiative

Questions?

Email MJ Marketing and Fundraising Director or
Jazmine Sponsorship & Donor Relations
Coordinator

MJ@secureattach.org

Jazmine@secureattach.org

www.SecureAttach.org