



Common responses to a traumatic event

- Difficulty sleeping or nightmares
- Flashbacks or disturbing memories
- Feeling scared, depressed, or numb
- Difficulty concentrating
- Easily startled
- Avoiding activities
- Physical or medical problems
- Behavioral or emotional outbursts
- Substance use or self-harm

Together we find the strength to reach hope

Reaching HOPE specializes in prevention and recovery services for survivors of childhood abuse, domestic violence, sexual assault, & other traumatic events. We believe each individual has unique strengths that empower them to make the journey from a victim to a survivor; we are here to support you each step of the way.



For appointments
please call
(720) 347-8769

*Evening appointments
available*

Reaching HOPE

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www.reachinghope.org



Reaching HOPE

Healing through
Outreach
Prevention &
Empowerment



Ending the cycle of violence

Mission

Reaching HOPE provides compassionate mental health services that support trauma survivors in ending the intergenerational cycle of violence. Reaching **HOPE** supports children, adults, and families in **Healing** from interpersonal trauma through **Outreach** to those currently impacted, **Prevention** efforts for those at risk, and **Empowerment** of those making the journey from victim to survivor. **HOPE** is found through individual, family, and group therapy services; parenting support; presentations and trainings; psychoeducation; and community partnerships.

Services

- **Trauma Recovery**
 - Individual Psychotherapy
 - Play Therapy for Children
 - Family/Couple Psychotherapy
 - Group Therapy
 - Parenting support
 - Animal Assisted Therapy
- **Wellness & Prevention**
 - Therapy to enhance personal growth, build healthy relationships, and conquer challenges
 - Prevention classes on sexual education, body safety, and healthy relationships
- **Psychological Evaluations**
Trauma-informed Psychological Testing, Mental Health Evaluations, and Veteran Disability Evaluations
- **Training & Supervision**
 - Doctoral Externship
 - Trainings for Professionals
 - Consultation with Organizations



Our Approach to Trauma Recovery

Healthy Relationships Heal and the best way to recover from trauma is to have the support of your trusted loved ones.

Reaching HOPE offers a unique “**family systems**” approach to services that brings together safe family members in a time of need to support one another in the healing process.

It is common for each family member to experience a different reaction when a traumatic event has occurred in the family. Families heal best when each family has both **individual time** to work through these unique reactions, and **family time** to work on healing and moving forward together.

At Reaching HOPE, each family member has their own individual therapist and the whole family is scheduled at the same appointment time. This allows flexibility in meeting individually, or coming together for family therapy (with everyone's therapist present) depending on what your family needs each week. **Together we find the strength to reach hope.**