

Community Resource Manual



**YMCA of the Pikes Peak Region
Population Wellness Department
May 2018**

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The purpose of this manual is to provide Y staff with the resources necessary to refer individuals in need to relevant services and resources. This manual covers many assistance programs that address an array of social determinants of health. Be sure to use your Listen First skills to best determine an individual’s priority needs. Please note: this manual is by no means comprehensive and will be edited yearly. When in doubt, please call 2-1-1 for United Way for bilingual resource navigation options.

To use: when an individual in need asks for a list of services, find the corresponding chapter, take the page(s) provided and photocopy them for the individual to take with them. Ensure that an original copy remains so that it can be photocopied at all times

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Abuse and Neglect Services

Aspen Pointe Crisis Center (844) 493-8255

115 S Parkside Drive, Colorado Springs, CO 80910 www.aspenpointe.org/health-care-services

- Crisis text and walk in center. Also provides case management, therapy, counseling, telephonic care for individuals on Medicaid and other insurances.

CASA (Court Appointed Special Advocacy) of the Pikes Peak Region (719) 447-9898

701 S Cascade Ave. Colorado Springs, CO 80903 www.casappr.org

- Provides trained volunteers to advocate for children whose lives are in turmoil due to abuse, neglect, or divorce situations.

Centro de la Familia (719) 227-9170

122 E Las Animas St. Colorado Springs, CO 80903 www.centro.ws

- Offers services in English and Spanish to Hispanic and Native American families and individuals. Services focus on parenting skills, domestic violence issues, and individual or family therapy,

Fostering Hope (719) 634-8588

111 S Tejon St. Colorado Springs, CO 80903 www.fosteringhopefoundation.org

- Strives to change the outcomes for children who have suffered neglect and abuse by affirming and supporting the foster families who care for them.

Hotlines:

- **Domestic Violence: Battered Women, Rape, Sexual Assault, and Incest (719) 633-3819**
- **Child Abuse/ Neglect / Prevention and Reporting (719) 444-5700**
- **Crime Stoppers (719) 634-7867**
- **Suicide Prevention (719) 596-5433**

Pastoral Parish Nurse and Counseling (719) 264-8604

- Individual counseling for the sexually abused.

Safe Alternative Family Environment (719) 551-0104

- Provides emergency respite care for children and “time out” for parents who are at risk for abusing, abandoning, or neglecting their children, or for parents in a crisis situation who do not want to expose their children to domestic violence complications.

SAFE Passage (Children’s Advocacy Center) (719) 636-2460

- Offers a safe place for child victims of abuse. Conducts forensic interviews and medical exams, educational support groups, court preparation and accompaniment, and victim advocacy.

Social Work Services at Ft. Carson (719) 526-4585

TESSA (719) 633-1462 Crisis Hotline (719) 633-3819

435 Gold Pass Heights Colorado Springs, 80906 www.tessacs.org

- Offers counseling for sexual assault, domestic violence, temporary shelter, information and referral services, community education, support groups, restraining order assistance, psychotherapy, court support.

Addiction and Substance Use Services

Alano Recovery Homes (719) 520-1732

1020 E. Jefferson St. Colorado Springs, CO 80907

- Offers safe, sober living for men and women promoting healthy lifestyle changes and long term recovery.

Alcoholics Anonymous (719) 573-5020 www.coloradospringsaa.org

Al-Anon & Al-A-Teen (719) 632-0063 www.al-anon-co.org

Aspen Pointe (719) 572-6100

115 S. Parkside Dr. Colorado Springs, CO 80910 www.aspenpointe.org

- Offers treatment for overuse or dependency on drugs for both teens and adults.

Ayuda (719) 465-3230

2019 East Bijou Street Suite #2 Colorado Springs, CO 80909 www.adyudaprograms.com

- Bilingual, bi-cultural outpatient treatment center for substance abuse, mental health, anger management, domestic violence, human trafficking, with focus on immigrants and minors.

Colorado Treatment Services LLC (719) 465-1270

2010 E Bijou St. Colorado Springs, CO 80909

- Substance abuse treatment with a sliding scale for those under financial hardship.

Crystal Meth Anonymous (719) 440-4282

Harbor House Collaborative (719) 473-5557

1710 East Pikes Peak Ave. Suite 100 Colorado Springs, CO 80909

- A treatment center that focuses primarily on substance abuse services.

Haven Behavioral Family Support Center of Colorado Springs

<https://coloradosprings.havenbehavioral.com>

South Clinic (719) 301-2631: 1330 Quail Lake Loop Colorado Springs, CO 80906:

North Clinic (719) 540-2150: 6160 Tutt Blvd. Suite 120 Colorado Springs, CO 80922

- Offers autism services and assessments, military services (sexual trauma, PTSD, chemical dependency).

Haven House (719) 578-1181

111 N Walnut St. Colorado Springs, CO 80905

- Offers a variety of self-help programs and group activities to assist with substance abuse issues.

QuitNet (800) 784-8664

QuitLine (800) 784-8669

Springs Rescue Mission (719) 632-1822, Everyday Mealtimes: 4pm, 4:30pm, and 5pm

5 W. Las Vegas St. Colorado Springs, CO 80903 www.springsrescuemission.org/samaritans-kitchen

- 12-month New Life residential addiction recovery program helps men with drug and alcohol addictions.

Springs Recovery Connection (719) 367-3292

1930 W Colorado Ave. Suite 300 Colorado Springs, CO 80904 www.springsrecoveryconnection.org

- A recovery community organization that educates, mentors, and advocates for long term recovery.

VA of Eastern Colorado- PFC Floyd K. Lindstrom Outpatient Clinic (719) 327-5660

3141 Centennial Blvd. Colorado Springs, CO 80907 www.denver.va.gov/locations/ColoradoSprings.asp

- Provides many services to veterans of Colorado Springs including substance abuse clinics.

Clothing Services

Colorado Springs Pregnancy Center (719) 591-2724

3700 Galley Rd. Colorado Springs, CO 80909 www.cspregnancycenter.com

- Offers maternity and baby clothes.

Crossfire Ministries (719) 447-1806

2120 E La Salle St. Colorado Springs, CO 80909 www.crossfireministries.com

- Provides clothing, monthly toiletries, and other household items.

Ecumenical Social Ministries (719) 636-1916

201 N Weber St. Colorado Springs, CO 80903 www.ecusocmin.org/

- Provides clothing - Call for hours of operation.

Grace Be Unto You Outreach Church (719) 596-9076

3195 Airport Rd. Colorado Springs, CO 80910 www.gracebeuntoyou.org/foodpantry.html

- Clothing – call for hours.

God's Pantry (719) 382-0643

102 N Main St. Fountain, CO 80817 <http://godspantryco.org/contact.html>

- Free 30 pieces of clothing per month, free food and furniture available. Open Monday through Saturday 10 am to 2 pm.

Hope Life (719) 646-5354

411 Lakewood Circle Colorado Springs, CO 80910 2nd floor

- Provides assistance to families in need in the form of food, clothing, and job preparedness. Open Tuesday-Friday 10 am to 4 pm.

Kids Crossing (719) 632-4569

1440 E Fountain Blvd. Colorado Springs, CO 80910 www.kidscrossing.com

- Provides a range of services, including a clothing bank.

Life Support Center/ Marian House (719) 578-1222

14 West Bijou St. Colorado Springs, CO 80903 www.ccharitiescc.org/what-we-do/marian-house

- Offers essential basic needs such as baby clothing, blankets, and baby supplies.

Manna Ministries (719) 635-1057

3900 Grace Blvd. Colorado Springs, CO 809126 <http://chcc.org/opportunities/manna-food-and-clothing-bank>

- Provides clothing, and hot meals on Sundays and Wednesdays from 4:45 pm to 6:30 pm, Tuesdays 10 am-11 am or 6 pm to 7 pm.

Marian House (719) 636-2345

14 West Bijou St. Colorado Springs, CO 80903 www.ccharitiescc.org/what-we-do/marian-house

- A variety of free adult and children's seasonal clothing is available year-round. The Adult Clothing Closet is located in Marian House Client Services and the Children's Clothing Closet is located in Family Services in the Hanifen Center at Marian House.

Operation School Bell (719) 475-1029 <http://schoolbellcoloradosprings.org>

- Gives new clothing for children in need and with special needs (with referral from school counselor) in public schools. Available September through December.

REACH Pikes Peak (719) 382-8515 or (719) 358-8396

501E Kiowa Ave. Fountain, CO 80817

213 S Weber St. Colorado Springs, CO 80903 www.reachpikespeak.org

- Family Stabilization programs offer voucher for food, clothes, gas, and bus passes.

Disability Services

Amblicab Paratransit (719) 633-4677

5640 N Academy Colorado Springs, CO 80918 www.amblicab.org

- Offers a door-to-door transportation service designed for Colorado Springs adults whose physical, cognitive disability or geographic location prevents them from using the city's transit services.

A.R.C. (719) 471-4800 www.thearc.org/what-we-do/public-policy/policy-issues

- Can connect individuals with developmental disabilities to informed, experienced, and passionate civil rights defenders. Free of charge to those who qualify.

Center on Hearing, Speech, and Language (719) 597-3390

1329 N Academy Blvd. Colorado Springs, CO 80909 www.chsl.org

- Enriches people's lives by providing innovative, caring, and high-quality services for people with barriers to communication, regardless of financial status.

Child Development Center of Colorado Springs (719) 574-8300

3090 Academy Blvd. Colorado Springs, CO 80917 www.cdcrehab.com

- Offers quality pediatric rehabilitation services in physical, occupational, speech, and language therapy.

Colorado Autism Center (719) 301-2425

1330 Quail Lake Loop Colorado Springs, CO 80906 <https://coloradosprings.havenbehavioral.com/>

- Offers a comprehensive and integrative clinic providing full spectrum of diagnosis, intervention, and treatments for children, adolescents, and adults. Offers education, assessment, and community and group therapy.

Colorado Division of Vocational Rehabilitation (719) 635-3585

1365 Garden of the Gods Rd. Suite 250 Colorado Springs, CO 80907 www.dvrcolorado.com/

- Helps connect employers with candidates with disabilities who are skilled, loyal and committed to success.

Colorado Springs Therapeutic Riding Center (719) 634-4173

3254 Paseo Rd. Colorado Springs, CO 80909 www.cstrc.com

- Offers equine-assisted and Hippotherapy programs for children and adults aged 2 and over who are living with physical, cognitive, emotional, behavioral, and learning challenges.

Developmental Pediatrics (719) 475-0477

2210 Lelaray St. Colorado Springs, CO 80909 www.pikespeakkids.com/developmentalpediatrics/

- A pediatric rehabilitation center that specializes in the development of infants and children with special needs.

Everything for Sight (719) 339-2847

2770 North Union Blvd. Suite 240 Colorado Springs, CO 80909 www.everythingforsight.org

- Anyone in need of eye care is a potential recipient of medical and surgical vision care at Everything for Sight, regardless of income or ability to pay.

Goodwill (719) 635-5713

1460 Garden of the Gods Rd. Colorado Springs, CO 80907

<http://www.discovermygoodwill.org/programs>

- Assists with job skills training and employment for seniors and individuals with disabilities. Offers in-home care, and programs focusing on independent living, communication, relationship management, and social development

Independence Center (719) 471-8181

729 S Tejon St. Colorado Springs, CO 80903 www.theindependencecenter.org/

- Provides a wide range of independent living skills, training, job coaching, and assistance with filling out applications, resumes, and cover letters, communication skills, mock interviews, and job fairs for people with disabilities.

Mission Medical Center (719) 219-3402

2125 E La Salle St. Colorado Springs, CO 80909 www.missionmedicalclinic.org

- A free medical, dental, vision, behavioral health, and diabetes clinic for uninsured or underinsured, low income individuals.

NAMI Colorado Springs (719) 473-8477

510 E Willamette Ave. Colorado Springs, CO 80903 www.namicoloradosprings.org

- Dedicated to improving the lives of person living with serious mental illness or their families.

Operation School Bell (719) 475-1029 <http://schoolbellcoloradosprings.org>

Email contact preferred at operationschoolbell2014@gmail.com

- Gives new clothing to children in need and with special needs (with referral from school counselor) in public schools. Available September through December.

PEAK Parent (719) 531-9400

611 N Weber St #200 Colorado Springs, CO 80903 www.peakparent.org

- Provides training, information, and technical assistance to equip families of children with disabilities from birth through 26 years of age.

Social Security Administration (888) 880-0688 or 1-800-772-1213

1049 Academy Blvd N. Colorado Springs, CO 80909 www.ssa.gov

- Supplemental Security Income provides monthly payments and Medicaid to disabled children and adults, or seniors 65 years and up. Social Security can also provide payments to survivors of insured workers, retirees, the disabled and dependent spouses and children of SS recipients.

Special Kids, Special Families (719) 447 8983

424 W Pikes Peak Ave. Colorado Springs, CO 80905 www.sksfcolorado.org

- Provides foster, respite, host home, and day care for children with disabilities.

State Protective and Advocacy (Disabled) 1-800-288-1376

- Specializes in civil rights and discrimination issues of people with mental and physical disabilities, people with HIV+ and older people throughout Colorado.

The Resource Exchange (719) 380-1100

418 Weber St. Colorado Springs, CO 80903 www.tre.org

- Offers programs, case management, and support to families with children who have special needs such as severe developmental or physical disabilities, or severe behavioral needs.

Therapeutic Recreation Program (719) 385-6958

1315 E Pikes Peak Ave. Colorado Springs, CO 80909 <https://coloradosprings.gov/parks/page/therapeutic-recreation-program-trp>

- Provides opportunities for youth and adults with disabilities to acquire skills that enable them to participate in outdoor recreational, social, and cultural activities that enhance their ability to function within a community.

Zach's Place (719) 329-1717

424 W Pikes Peak Avenue Colorado Springs, CO 80905 <http://sksfcolorado.org/programs>

- Offers child care, recreational and leisure activities, and life skills and independence training for families and children with disabilities.

Educational Resources

Adult and Family Education (719) 328-3001 <http://adulthooded.dill.org/Pages/default.aspx>

- Provides quality educational experiences to equip all students for success. For ages 17 and over, Adult and Family Education offers Adult Basic Education, GED Preparation, English as a Second Language, and family literacy classes.

Aspen Pointe (719) 572-6100 <https://www.aspenpointe.org/education-and-training/education-and-training>

- Can assist with GED prep, individual assessments, tutoring, and post-secondary school training.

ARC (303) 864-9334 www.thearcofco.org

1580 Logan St Ste 730 Denver, CO 8020

- The Arc's Chapter Leadership Development Program is designed to provide professional development and build skills through self-paced learning, interactive webinars, conferences and informative trainings.

Catholic Charities of Central Springs (719) 636-2345 www.ccharities.org

228 North Cascade Ave. Colorado Springs, CO 80903

- Provides services for economically disadvantaged families including ESL classes and educational assistance.

Community Partnership for Child Development- Head Start (719) 635-1536

2330 Robinson St. Colorado Springs, CO 80904 www.cpcdheadstart.org

- Provides free comprehensive early childhood education programs for children birth to age five. Offers family support and education, as well as parent involvement opportunities.

Independence Center 719-471-8181, Office hours Monday-Friday from 8am-4:30pm

729 S Tejon St. Colorado Springs, CO 80903 www.theindependencecenter.org/

- Provides a wide range of living skills, training, job coaching, and assistance with filling out applications, resumes, and cover letters, communication skills, mock interviews, and job fairs.

Dale House Project (719) 575-9151

802 N Tejon St. Colorado Springs, CO 80903 www.dalehouseproject.org

- Provides GED assistance, or assistance in course studies at the local community college or trade school.

Nurturing Network 1-800-TNN-4MOM

- Provides tailored practical support to women with unplanned pregnancies with special emphasis on assisting college and working women. Support includes counseling, educational, medical, employment, and financial assistance.

Pikes Peak Library District (719) 389-8968

- Assists individuals with obtaining information, resources, and programs to educate them on everything from non-profit and business management, languages, finances, research, in addition to offering a Career Online Academy to help obtain a high school diploma.

REACH Pikes Peak (719) 358- 8396

312 S Weber St Suite A Colorado Springs, CO 80903 www.reachpikespeak.org/

- Services offered include education assistance, job coaching, transportation, testing costs, and many other services that remove the barriers many low-income, under-skilled individuals face.

Springs Rescue Mission (719) 632-1822

5 W. Las Vegas St. Colorado Springs, CO 80903 www.springsrescuemission.org/samaritans-kitchen/

Provides hot nutritious meals, offers holiday food box programs, and educates through a Culinary Arts vocational training program. Evening meals served at 4:35 pm and 5:15 pm Monday-Saturday, preceded by sermon

Emergency Services

American Red Cross- Pikes Peak Chapter (719) 632-3563

1040 S. 8th St. Colorado Springs, CO 80905 www.redcross.org

- Emergency and rehabilitative assistance for disaster victims; first aid, water, shelter, food, training.

Colorado Peak <https://coloradopeak.secure.force.com/>

- An online version of application provided by the Department of Human Services. An efficient way to apply for SNAP, Medicaid, Medicare, WIC, and other benefits.

Department of Human Services Diversion Program (719) 444-8174

1675 Garden of the Gods Rd. Colorado Springs, CO 80907

- A “once in a lifetime” grant to get families with dependent children through a crisis and avoid going on welfare. Assists in medical expenses, car and home repairs, job searches, childcare, and more.

Ecumenical Social Ministries (719) 636-1916

201 N Weber St. Colorado Springs, CO 80903 www.ecusocmin.org

- Provides utilities, rent, emergency food, prescription medications, hygiene projects, transportation, job skills assessment, and counseling. Call for hours of operation.

Emergency Rooms

- **Penrose Hospital (719) 776-5333** 2222 N. Nevada Ave
- **St. Francis Medical Center (719) 517-1000** 6001 E. Woodmen Rd.
- **UC Health Memorial Hospital – Downtown (719) 365-5221** 1400 E. Boulder
- **UC Health Emergency Room – Fountain (719) 390-2680** 2790 Fountain Mesa Rd.
- **UC Health Emergency Room – Powers (719) 638 3000** 2770 N Powers Blvd.
- **Peak Vista’s Convenient Care Center (719) 365-5700** 3205 N Academy Blvd.
- **Memorial Hospital North (719) 364-5000** 4050 Briargate Parkway

KPC Respite and Nursery Center (719) 634-5439

2503 Holiday Ln. Colorado Springs, CO 80909 www.lfsrcm.org/programs-and-services/prevention-services/kpc-respite-center/

- Provides free emergency and planned respite care for children 6 years and under. Parents can call when they need a break or a safe place for their children when experiencing an emergency or while they attend critical appointments. Call to register or receive 24-hour assistance.

Life Support Services at Marian House (719) 578-1222

14 West Bijou St. Colorado Springs, CO 80903 www.ccharitiescc.org/what-we-do/marian-house/

- Provides meals 365 days a year to anyone who comes to their door. Provides basic immediate needs of individuals with children.

Safe Alternative Family Environment (719) 551-0104

- Provides emergency respite care for children and “time out” for parents who are at risk for abusing, abandoning, or neglecting their children, or for parents in a crisis situation who do not want to expose their children to domestic violence complications.

Salvation Army Family Services (719) 636-3891

908 Yuma St. Colorado Springs, CO 80909 <https://coloradosprings.salvationarmy.org>

- Provides assistance to people experiencing life crises. Services include emergency food and utility assistance. Requests are met on a case by case basis. 7,500 emergency meals given out annually.

Springs Rescue Mission (719) 632-1822

5 W. Las Vegas St. Colorado Springs, CO 80903 www.springsrescuemission.org/samaritans-kitchen/

- Provides hot nutritious meals, offers holiday food box programs.

RJ Montgomery New Hope Center (719) 578-9190

709 S Sierra Madre St. Colorado Springs, CO 80903

- An emergency shelter for men, women, and families. Children under 18 on their own are not admitted. Good picture ID required, if no ID, please go to police station for a referral.

Westside Cares (719) 389-0759

2808 W Colorado Ave. Colorado Springs, CO 80904 www.westsidecares.org

- Assists with rent, utilities, emergency services for residents of West Colorado Springs- boundaries are west of I-25, south of the Air Force Academy, east of El Paso/Teller county line, north of Fort Carson.

Women Partnering (719) 577-9404

10 S Institute St. Colorado Springs, CO 80903 <http://stfrancis.org/wp/>

- Services include coaching and mentoring financially vulnerable women and children in Colorado Springs on local resources that assists with the basic needs of housing, utilities, and food.

Employment Services

Air Force Academy Job Line (719) 333-4363

Aspen Pointe (719) 572-6100

115 S. Parkside Dr. Colorado Springs, CO 80910 www.aspenpointe.org

- Provides services in job training, employment placement, and career development.

Catholic Charities of Central Colorado (719) 475-7314

14 W Bijou St. Colorado Springs, CO 80903 www.ccharitiescc.org/paths-to-opportunity/life-skills-career-center

- Catholic Charities has relationships with Colorado Springs businesses where clients can be referred once they've gone through the Life Skills & Career Development Program.

Colorado Division of Vocational Rehabilitation (719)635-3585

1365 Garden of the Gods Rd #250 Colorado Springs, CO 80907 www.dvrcolorado.com/

- Assists individuals whose disabilities result in barriers to employment to succeed at work. Services include job placement, ongoing support, training, ADA regulation guidance, and financial incentives.

Department of Human Services (719) 636-0000

1675 Garden of the Gods Rd. Colorado Springs, CO 80907 <http://dhs.elpasoco.com/Pages/AssistancePrograms.aspx>

- Services include employment search, job application assistance, and work-incentive programs.
 - **Employment Information Services** (719) 444-5663
 - **Employment First Program** (719) 444-5000

Ecumenical Social Ministries (719) 636-1916, Office hours Monday-Friday 9am-3pm

201 N Weber St. Colorado Springs, CO 80903 www.ecusocmin.org

- Provides job skills assessments and career assistance.

Hope Life (719) 646-5354

411 Lakewood Circle Suite Colorado Springs, CO 80910

- Provides job preparedness services, including resume preparation, education classes in Microsoft Windows, ESL, and Relationship Education. Open Tuesday-Friday 10 am – 4 pm.

Independence Center (719) 471-8181

729 S Tejon St. Colorado Springs, CO 80903 www.theindependencecenter.org

- Provides a wide range of independent living skills, training, job coaching, and assistance with filling out applications, resumes, and cover letters, communication skills, mock interviews, and job fairs.

Interfaith Hospitality Network (719) 329-1244

519 N Tejon St. Colorado Springs, CO 80903 www.ihn-cos.org

- Helps parents create or improve their resume, prepare for interviews, acquire appropriate apparel to meet prospective employers.

Job Corps (800) 733-JOBS or regionally (719) 487-3576 www.jobcorps.gov

- A free education and training program that helps young people learn a career, earn a diploma or GED, and find and keep a good job. Eligible for young people at least 16 years of age that qualify as low income.

Life Skills Center of Colorado Springs (866) 821-2419 or (719) 471-0684

1810 Eastlake Blvd. Colorado Springs, CO 80910 www.lifeskillshs.com

- Offers an alternative high school education to students between the ages of 16-21. Computer based learning and one-on-one teaching, as well as job placement and higher education counseling.

Milestones Business Center- Discover Goodwill (719) 444-5029

2320 W Colorado Ave. Colorado Springs, CO 80904

- Provides individualized job search assistance as well as employment workshops. Career counselors assist in completing job applications and securing interviews, while also offering the use of telephones, computers, fax machine, and copier to assist in self-directed job search.

Nurturing Network 1-800-TNN-4MOM

- Provides individually tailored practical support to women with unplanned pregnancies with special emphasis on assisting college and working women. Support includes counseling, educational, medical, employment, and financial assistance.

Partners in Housing (719)473-8890

455 Gold Pass Heights Colorado Springs, CO 80906 <http://partnersinhousing.org>

- Provides many supportive services, including case management, Life Skills classes, budget and credit counseling, and assistance in pursuing new jobs, degrees, or certificates that will advance careers and earning potential.

Pikes Peak Workforce Center (719) 667-3700

1675 Garden of the Gods Rd #1107 Colorado Springs, CO 80907 www.ppwfc.org

- Serves three major customer types: employers, adults, and youth. PPWFC helps employers find the right person for the job by searching our database of job seekers and matching their skills and education with those required by the employer. Offers free resume postings, job fairs, resume help, and more. Youth Zone Services can be reached at (719) 667-3860
- Satellite locations at:
 - 5850 Championship View, Suite 120A Colorado Springs, CO 80922 Phone: (719) 667-3890
 - 530 Communications Circle Colorado Springs, CO 80905 Phone: (719) 867-6784
 - 350 Lyckman Drive Fountain, CO 80817 Phone: (719) 444-8311
 - 15821 Jackson Creek Pkwy Monument, CO 80132 Phone: (719) 442-2060
 - 2190 Jet Wing Drive – Southeast YMCA 80916 (Wednesdays 3-7) Phone: (719) 622-9622

REACH Pikes Peak (719) 385-8396

31 N Tejon Street, Suite 310 Colorado Springs, CO 80903 www.reachpikespeak.org

- Offers the Transition to Independence Program which provides case management to attain higher education and job skills. Services offered include education assistance, job coaching, transportation, uniform assistance, testing costs, and many other services that remove the barriers many low-income, under-skilled individuals face. Call for appointments.

Suit Up for Success (719) 471-3170, Office hours Monday-Thursday from 9am-5m, Friday from 9am-3pm

The Citadel Mall 750 Citadel Dr. W #3116 Colorado Springs, CO 80909 www.wrainc.org

- Operating through the Women's Resource Agency, this program provides interview suits, confidence boosters, and career development for low-income women. After obtaining employment, clients can get additional clothes.

Urban League of the Pikes Peak Region (719) 634-1525

506 E Moreno Ave. Colorado Springs, CO 80903 <http://ulppr.org>

- Provides job counseling, resume development services, computer skills assessment, minority business loans for kids.

Women's Resource Center www.wrainc.org

750 Citadel Dr. W #3116 Colorado Springs, CO 80909 (719) 471-3170

350 Lyckman Dr Fountain, CO 80817 (719)471-3170

- Provides employment and career counseling, job referrals, and placement assistance. Offers job preparation workshops in readiness, budgeting, networking, resume and cover letters, interviewing and communication skills.

Ex-Offender Services

Comcor, Inc. (719) 473-4460

3615 Roberts Rd. Colorado Springs, CO www.comcor.org

- Offers The Jail Mental Health Program for clients who have been jailed in Colorado Springs. They can assist with housing, employment, transportation, medication, and counseling. Ask for Barb Wakefield.

Comprehensive Healthcare Re-entry Program for Ex-Offenders (CHRP) (719) 776-8850

825 E Pikes Peak Ave. Colorado Springs, CO 80903 www.setofcs.org

- Provides ex-offenders with case management, peer mentoring program, access to both medical and mental health care including medication and information on local programs.

Colorado CURE (303) 758-3390 340

3470 S Poplar St. Suite 406 Denver, CO 80224 www.coloradocure.org

- Provides rehabilitative opportunities for prisoners and ex-prisoners.

The Road Called STRATE (Society True Rehabilitative Attitude towards Ex-Offenders) (303) 360-9176

1532 Galena Street Suite 395 Aurora, CO 80010 www.theroadcalledstrate.com

- Provides employment, preparation, mentoring, counseling, educational services, and life skills training for former prisoners

Second Chance Through Faith (719) 645-0867

4198 Center Park Drive, Colorado Springs, CO 80916 <http://sctfgroup.org>

- Dedicated to providing second chances to youth and young adults up to age 21 through gender specific gang intervention groups, bible study, mentoring, counseling, mentorship, and community training.

Turnabout Career Center (303) 813-0005

1630 East 14th Ave, Denver CO 80218 www.turnaboutprogram.org

- Provides employment, career, and education services designed to give former offenders hope and support they need to succeed.

Expenses and Utilities Assistance

Child Support Services of Colorado (719) 457-6331

30 Pikes Peak Ave. Colorado Springs, CO www.elpasocountycss.com/

- Enhances paternity support and enforces the older child for support payments. Assists welfare recipients, but non-welfare recipients are encouraged to apply for services.

Consumer Credit Counseling (719) 576-0909 In Spanish 1-800-783-5018

1233 Lake Plaza Dr. Colorado Springs, CO 80906 www.cccs.net

- Provides comprehensive program on credit counseling, and a debt management. Services include housing counseling, default/delinquency prevention, homebuyer's education, rental readiness, bankruptcy counseling, debt consolidation, and Reverse Mortgage counseling. Classes on: Life Events Counseling, Single Parenting, Divorce, Job Loss, Identity Theft, Loss of a Loved One, Credit report pull and review.

Department of Human Services (719) 636-0000 <http://dhs.elpasoco.com/Pages/AssistancePrograms.aspx>

1675 Garden of the Gods Rd. Colorado Springs, CO 80907

- **Financial and Medical Assistance Program (719) 636-0000**
- **Low-Income Energy Assistance Program (LEAP) 1-866-432-8435**
- **Diversions Program (719) 444-8174**
 - A "once in a lifetime" grant to get families with dependent children through a crisis and avoid going on welfare. Assists in medical expenses, car and home repairs, and more.

Elk's Trimble Fund (719) 634-7360

3400 Nevada Ave. Colorado Springs, CO 80907

- Provides assistance to low income persons of El Paso County for eyes, dental, medication, hearing aids.

Energy Resource Center (719) 591-0772

114 West Rio Grande St. Colorado Springs, CO 80903 www.erc-co.org/

- Helps income-qualified families maintain a safe and healthy quality of life by making critical energy-efficiency improvement to their homes, resulting in significantly lower monthly bill utility costs.

Housing Rehabilitation Program (719) 385-5912

- Provides financial assistance through grants and/or loans to improve housing conditions for qualifying low and moderate income households within the City of Colorado Springs and El Paso County.

Interfaith Hospitality Network (719) 329-1244

519 Tejon St. Colorado Springs, CO 80903 www.ihn-cos.org

- Assists families in obtaining affordable housing and educates them on ways to prevent a return to homelessness. Offers Financial Literacy program for help with rent and living expenses.

LEAP Emergency Heat Assistance (719) 442-0007 <https://sites.google.com/a/state.co.us/cdhs-leap/heat-emergency>

- LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs.

Mercy's Gate (719) 277-7470

4360 Montebello Dr. Colorado Springs, CO 80918 www.mercysgatecs.org/services

- Offers financial counseling and assistance, utilities assistance, tax assistance, and legal advice, USDA commodities, food pantry, and heart training center.

Pikes Peak Foreclosure Prevention Partnership (719) 444-8833

<http://ppar.com/PikesPeakForeclosurePreventionPartnership.aspx>

- Works with bank, lender, or Mortgage Company to enable owner to remain in home. Assists in getting a second mortgage. The partnership may also refer families to other local non-profit agencies and charities for short term assistance.

Prescription Assistance Programs (719) 632-5700

- Aids in finding drug companies that provide free medication for indigent people. Free assistance in filling out the application for Peak Vista clients.

REACH Pikes Peak (719) 358- 8396

312 Weber St Suite A. Colorado Springs, CO 80903 www.reachpikespeak.org

- **Lifeline Service-** is a deferral program created by the FCC that provides free cell phones with 250 free minutes to qualified clients living below 200% of the Federal Poverty Level or must participate in a low-income assistance program such as Medicaid, SNAP, Reduced School Lunch Program etc.
- **Individual Development Account (IDA)** - a matched savings program for low income people who are employed and have a household income at or below 200% of the federal poverty level.
- **CoPe** – Rent assistance to Fountain and Calhan area zip codes including: 80911, 80913, 80926, 80817, 81008, 80929, 80808, 80831, 80833. Can only be used once a year.

Security Church of the Nazarene (719) 392-8855

800 Hackberry Dr. Colorado Springs, CO 80911 www.securitychurch.org/

- Offers a partial rental and utilities assistance program, a food pantry, and counseling for all Springs residents.

Social Security Administration (888) 880-0688 or 1-800-772-1213

1049 Academy Blvd N. Colorado Springs, CO 80909 www.ssa.gov

- Supplemental Security Income provides monthly payments and Medicaid to disabled children and adults, or seniors 65 years and up. Social Security can also provide payments to survivors of insured workers, retirees, the disabled and dependent spouses and children of SS recipients.

Tri-Lakes Health Advocacy Partnership (719) 481-4864 www.trilakeshap.org/

- Will help fill a prescription and aid in finding RX prescription programs.

Walt Forman Center (719) 382-8515

501 E Iowa Ave. Fountain, CO 80817

- Offers a food pantry, clothing closet, employment assistance, and utilities assistance. By appointment only. Open 8-12 am and 1-4 pm on weekdays.

Westside Cares (719) 389-0759

2808 W Colorado Ave. Colorado Springs, CO 80904 www.westsidecares.org

- Assists with rent, utilities, emergency services for residents of West Colorado Springs- boundaries are west of I-25, south of the Air Force Academy, east of El Paso/Teller county line, north of Fort Carson.

Women Partnering (719) 577-9404

10 S Institute St. Colorado Springs, CO 80903 <http://stfrancis.org/wp/>

- Services include coaching and mentoring financially vulnerable women and children in Colorado Springs on local resources that assists with the basic needs of housing, utilities, and food.

YES Youth Educations Savings (719) 358-8396

312 S. Weber Street Suite A. Colorado Springs, CO 80903 www.reachpikespeak.org/programs/youth-education-savings/

- Provides a matched saving plan which teaches responsibility and accountability, as well as provides resources for educational assistant and post-secondary education. Participants who save \$2,000 will be matched with \$4,000 for a total of \$6,000 in educational assistance. Admittance to this program is limited to students that are enrolled at a partnering school or organization. Call for details and appointments.

Family and Child Services

Center for Child Counseling (719) 632-2663

315 Weber St. #100 Colorado Springs, CO 80903

- Provides comprehensive counseling services for children and adolescents. Includes experiential play therapy, family based role-play, support groups, and parenting classes.

Center on Fathering (719) 634-7797

325 El Paso Colorado Springs, CO 80903 <http://dhs.elpasoco.com/Pages/COF.aspx>

- Provides education and training, support groups, outreach and resource center, information clearing house to give fathers the resources and support they need.

Centro de la Familia (719) 227-9170

122 Las Animas St. Colorado Springs, CO 80903 www.centro.ws

- Offers services in English and Spanish to Hispanic and Native American Families and individuals. Services focus on parenting skills, domestic violence issues, and individual or family therapy,

Child Support Services of Colorado (719) 457-6331

30 E Pikes Peak Ave. Colorado Springs, CO www.elpasocountyccss.com

- Enhances paternity support and enforces the older child for support payments. Assists welfare recipients.

Children's Counseling Center (719) 639-4869

4251 Date St. Colorado Springs, CO 80917 www.achildrencounselingcenter.com

- Individuals, couples, and families welcome. Play therapy and treatment. Couples and group counseling.

Chins Up Youth Services (719) 636-2122

10 N Farragut Ave. Colorado Springs, CO 80909 www.griffithcenters.org

- Provides counseling and support services for families and children through therapeutic services that aid youth exhibiting antisocial behavior, drug use, aggression, criminal activity, inappropriate sexual behaviors, and low school performances.

Colorado Springs Community Centers (719) 385-5940

1401 Recreation Way Colorado Springs, CO 80905 www.coloradosprings.gov/cc

- The Community Centers strive to create innovative, affordable, and accessible resources for families in lower income communities. Offers various programs and a safe place for children, families, and seniors.
 - **Deerfield Hills Community Center (719) 385-5996**
4290 Deerfield Hills Rd, 80916 www.coloradosprings.gov/deerfield
 - **Hillside Community Center (719) 385-7901**
925 S Institute St, 80903 www.coloradosprings.gov/hillside
 - **Meadows Park Community Center (719) 385-7940**
1943 S El Paso, 80905 www.coloradosprings.gov/meadows

Colorado Springs Pregnancy Center

3700 Galley Rd. Colorado Springs, CO 80909 www.cspregnancycenter.com

- **Fatherhood Program (719) 355-1166**
Learn to be a responsible father, receive personal mentoring from a trained Fatherhood Coach; develop parenting skills through attending prenatal, infant care, and childbirth classes.
- **LifeSteps (719) 355-1185 www.cspregnancycenter.com/lifesteps.htm**
An Earn While You Learn program that educated participant son topics of pregnancy and baby care. Provides mentoring and individualized education on pre-natal development, pregnancy, nutrition, child development, car seat safety, and first aid.

Department of Human Services (719) 636-0000 <http://dhs.elpasoco.com/Pages/AssistancePrograms.aspx>
1675 Garden of the Gods Rd. Colorado Springs, CO 80907

- Services include child welfare and social services, investigation of abuse, daycare licensing, foster care licensing, subsidized adoptions, custody evaluations, partner/child conflict resolution, investigation of child neglect complaints, ongoing foster care services.
 - **Child Protective Services** (719) 444-5700, nights and weekends (719) 475-9593
 - **Adult Protective Services** (719) 444-5755, nights and weekends (719) 475-9593
 - **Child Care Licensing** (719) 574-9363
 - **Colorado Child Care Assistance Program** (719) 444-5918
 - **Foster Care** (719) 444-5500

Family Nurturing Center of Colorado (719) 533-1088

- Promotes growth and development of positive parenting qualities through evidence-based training and coaching programs.

Family Support Line 1-877-695-7996 www.familysupportline.org

- State-wide and toll free- the FSL is a resource for parents or primary caregivers which offers practice answers and information on all aspects of family life using a database with all the resources for the State of Colorado.

Grandparents Raising Grandchildren (719) 444-5226

www.raisingyourgrandchildren.com/States/Colorado.htm

- Support group designed for grandparents who are the primary caregivers for their grandchildren. Learn about child's needs, available resources. Free childcare available for meetings held at CPCD.

Kids Crossing (719) 632-4569

1440 E Fountain Blvd. Colorado Springs, CO 80910 www.kidscrossing.com

- Certifies both foster and foster/adopt homes. Provide a range of services, including on-going training, clothing bank, therapy, foster parent support groups.

Marian House Life Support Center (719) 578-1222

14 West Bijou St. Colorado Springs, CO 80903 www.ccharitiescc.org/what-we-do/marian-house

- Provides meals 365 days a year to anyone who comes to their door. Provides basic immediate needs of individuals with children.

Operation School Bell (719) 475-1029 <http://schoolbellcoloradosprings.org>

- Gives new clothing for children in need and with special needs (with referral from school counselor) in public schools. Available September through December.

Pikes Peak Family Connections (719) 520-1019

2503 Holiday Ln. Colorado Springs, CO 80909

- Provides high-quality family and child oriented services for little to no cost. Offer community trainings on child abuse/neglect issues, parenting, child development, and shaken baby syndrome prevention.

Salvation Army Family Services (719) 636-3891

908 Yuma St. Colorado Springs, CO 80909

- Provides assistance to families experiencing life crises.

Food Pantries

For a complete listing of all El Paso County Food Pantries visit:
www.needhelppayingbills.com/html/food_banks_in_el_paso.html

Care and Share (719)528-1247, Office hours Monday-Friday from 8am-5pm

2605 Preamble Pt. Colorado Springs, CO 80915 <http://careandshare.org/find-food/>

- Provides food to 234 Emergency Food Pantries, 28 Residential Programs, and 54 Meal and Snack sites through Southern Colorado. To find a food pantry location near you, visit their website.

Christ Care Bread of Life Food Pantry (719) 596-0661

4125 Constitution Ave. Colorado Springs, CO 80909 www.holycross.org/food-pantry

- Food pantry open Monday and Tuesday from 1 pm to 4 pm and Saturday from 9 am to noon and runs through Holy Cross Lutheran Church. Clients should bring a valid photo I.D. or proof of residence. Food through Care and Share Colorado and serves zip codes 80909, 80915, and 80916.

Colorado Springs Community Centers (719) 385-5940

- The Community Centers strive to create innovative, affordable, and accessible resources for families in lower income communities, including a free food pantry.
 - **Deerfield Hills Community Center** (719) 385-5996
4290 Deerfield Hills Rd, 80916 www.coloradosprings.gov/deerfield
 - **Hillside Community Center** (719) 385-7901
925 S Institute St, 80903 www.coloradosprings.gov/hillside
 - **Meadows Park Community Center** 719-385-7940
1943 S El Paso, 80905 www.coloradosprings.gov/meadows

Community Centers

- Provides services for emergency needs, recreation, and child care assistance. Call for more information.
 - **Lorraine Education and Community Center** 719-382-1550 301 E Iowa Ave, Fountain, 80817
 - **Otis Park Community Center** 719-385-5993 731 North Iowa Ave, 80909
 - **Sand Creek Family Center** 719-579-4946 550 Sand Creek Dr., 80916
 - **Eastern El Paso Community Center** 719-347-2976 701 4th St, Calhan, 80808
 - **Walt Fortman Community Center** 719-382-8515 501 E Iowa Ave, Fountain, 80817

Crossfire Ministries (719) 447-1806

2120 E La Salle St. Colorado Springs, CO 80909 www.crossfireministries.com/

- Provides a food pantry, clothing, monthly toiletries, household items, food, and canned goods during last full week of the month. Open Tuesday, Wednesday, Thursday 10 am to 4 pm.

God's Pantry (719) 382-0643, Email godspantry@gmail.com

102 N Main St. Fountain, CO 80817 <http://godspantryco.org>

- Certain Saturdays are "Bag Day"- each bag \$5, and can be filled with as many items as you like as long as they fit into the bag. Open 9 am to 3 pm. Free 30 pieces of clothing per month, free food and furniture available. Open Monday through Saturday 10 am to 2 pm.

Good News Foundation (719) 638-8985

125 N Parkside Suite 105. Colorado Springs, CO 80909

- Feeds the homeless through a food bank. Offers commodities, school supplies, Thanksgiving dinner and Christmas toys. Open Tuesdays and Thursdays 10 am to 2 pm, call for eligibility.

Grace Be Unto You Outreach Church (719) 596-9076

3195 Airport Rd. Colorado Springs, CO 80910 www.gracebeuntoyou.org/foodpantry.html

- Sunday dinner at 7:30 pm. Wednesday food boxes between 2 and 4 pm.

Hope Life (719) 646-5354

411 Lakewood Circle Colorado Springs, CO 80910 2nd floor

- Provides assistance to families in need in the form of food, clothing, and job preparedness. Call for hours.

Living Hope Church (719) 473-9436

640 Manitou Blvd. Colorado Springs, CO 80904 www.livinghopecolorado.org/

- Food pantry offerings on Sundays 12:30 pm to 2 pm, and Mondays 11 am to 1 pm. Call first.

Meals on Wheels (719) 884-2300

1625 S Murray Blvd, Colorado Springs, CO 80916 www.silverkey.org/programs

- Offered through Silver Key Senior Services, volunteer drivers deliver hot meals to seniors who have trouble with mobility.

Mercy's Gate (719) 277-7470

4360 Montebello Dr. Colorado Springs, CO 80918 www.mercysgatecs.org/services/

- Offers a food pantry, USDA commodities program, financial counseling, utilities assistance, nurses, tax assistance, legal advice, and seasonal needs program.

Project Angel Heart (719) 323-0084

1625 W Uintah Street, Suite 1 Colorado Springs, CO 80904 www.projectangelheart.org

- Provides home-delivered, nutritious meals for Colorado Springs area residents coping with life-threatening illness. No age or income restrictions. Meals customizable for specific dietary restrictions and nutrition needs.

REACH Pikes Peak- formerly Pikes Peak Community Action Agency (719) 358-8396

312 S Weber St Suite A. Colorado Springs, CO 80903 www.reachpikespeak.org/programs/family-stabilization-services/

- Accessible at five offices in El Paso County. Three offices- West Colorado Springs, Fountain, and Calhan-offer Family Stabilization programs that include food, rent, utilities, and transportation.
 - 312 S. Weber Street, Suite A, Colorado Springs, CO 80903 (719) 358-8396
 - 501 E. Iowa, Fountain, CO, 80817 (719) 382-8515
 - 701 4th Street, Calhan, CO, 80808 (719) 347-2976

Security Church of the Nazarene (719) 392-8855

800 Hackberry Dr. Colorado Springs, CO 80911 <http://securitychurch.org/>

- Offers a food pantry on Wednesday from 5pm-8pm and Friday 9am-1pm by appointment. Residents must be from following areas: 80911, 80925, 80817, 80916

SNAP (719) 444-5124

1675 Garden of the Gods Rd. Colorado Springs, CO 80907 <http://dhs.elpasoco.com/Pages/FoodAssistance.aspx>

- SNAP stands for Supplemental Nutritional Assistance Program. Empowers low income low-income households with purchasing power for nutritious food through provisions of cash assistance or food stamps (EBT).

Westside Cares (719) 389-0759, Office hours Monday-Thursday from 9:30am-12:30pm

2808 W Colorado Ave. Colorado Springs, CO 80904 www.westsidecares.org

- Screening/intake/referral for several Westside food banks. Also assists with rent, utilities, emergencies for residents of West Colorado Springs- boundaries are west of I-25, south of the Air Force Academy, east of El Paso/Teller county line, north of Fort Carson.

Women Partnering (719) 577-9404

10 S Institute St. Colorado Springs 80903 <http://stfrancis.org/wp/>

- Services available to financially vulnerable women and children in Colorado Springs area. Provides education and assists with basic needs of housing, utilities, food, and mentoring.

Health Care and Medical Services

American Cancer Society- Women's Wellness Connection

www.colorado.gov/pacific/cdphe/womens-wellness-connection

- Provides breast and cervical cancer screenings, pap smears, and pelvic exams.
 - **American Cancer Society Hotline** 1-866-951-WELL
 - **The Family Hotline** 1-800-688-7777

Cedar Springs Behavioral Health System (719) 633-4114 or (800) 888-1088

2135 Southgate Road Colorado Springs, CO 80906 www.cedarspringsbhs.com

- Provides comprehensive treatment for persons four years of age and older with emotional, mental, and/or chemically related problems. 24-hour evaluations and referrals. Most insurance accepted.

Center on Hearing, Speech, and Language (719) 597-3390

1329 N Academy Blvd. Colorado Springs, CO 80909 www.chsl.org

- Enriches people's lives by providing innovative, caring, and high-quality services for people with barriers to communication, regardless of financial status.

Child Development Center of Colorado Springs (719) 574-8300

3090 Academy Blvd. Colorado Springs, CO 80917 www.cdcrehab.cp,

- Offers quality pediatric rehabilitation services in physical, occupational, speech, and language therapy.

Colorado Autism Center (719) 313-2709

1330 Quail Lake Loop Suite 140 Colorado Springs, CO 80906 www.coloradoautismcenter.org

- Provides a comprehensive approach to treatment by focusing not only on the child but also on supporting family members, schools, and community. Offers assessment, diagnosis, recommendations, support, and treatment.

Colorado Springs Pregnancy Center (719) 591-2724

3700 Galley Rd, 80909 or 3925 Centennial Blvd, 80907 www.cspregnancycenter.com

- Offers pregnancy counseling, infant care classes, free STD and pregnancy testing.

Developmental Pediatrics (719) 475-0477

2210 Lelaray St. Colorado Springs, CO 80909 www.pikespeakkids.com/developmentalpediatrics/

- A pediatric rehabilitation center that specializes in the development of infants and children with special needs.

Southern Colorado AIDS Project (S-CAP) (719) 578-9092

1301 S 8th St. Suite 200 Colorado Springs, 80905 www.ncaids.org/southern-colorado-aids-project

- AIDS/HIV patients may qualify for funds and grants which may be used to provide money for rent, security deposits and utility bill payments to prevent homelessness in the community.

Ecumenical Social Ministries (719) 636-1916

201 Weber St. Colorado Springs, CO 80903 www.ecusocmin.org

- Provides prescription medications, on-site behavioral health counseling. Call for hours of operation.

El Paso County Health Department (719) 578-3199

1675 Garden of the Gods Rd #2044 Colorado Springs, CO 80907 dhs.elpaso.com/pages/Assistanceprograms.aspx

- **Immunization Clinic** (719) 578-3199
- **Personal and Preventative Health Division** (719) 578-3246
- **Sexually Transmitted Disease Clinic** (719) 578-3199
- **WIC Program** (719) 578-3225
- **Financial and Medical Assistance Program** (719) 636-0000

Healthy Communities EPSDT Outreach Program (303) 866-2267

www.colorado.gov/pacific/hcpf/healthy-communities

- Combines outreach of the Early Periodic Screening Diagnostic and Treatment (EPSDT) outreach and administrative case management programs. Educates eligible clients on applying to Medicaid and CHP+.

KIND- Kids in Need of Dentistry (719) 227-1018

1120 N Circle Dr. Suite 240 Colorado Springs, CO 80909 www.kindsmls.org

- Offers dental care for kids 17 and under. Charges \$20 plus 25% of typical dental charges. Must provide proof of household income. Braces program for lower income brackets also available.

Mission Medical Center (719) 219-3402

2125 E La Salle St. Colorado Springs, CO 80909 www.missionmedicalclinic.org

- A free medical, dental, vision, behavioral health, and diabetes clinic for uninsured, underinsured individuals.

Peak VISTA Community Health Centers Locations

- Provides premier medical, dental, and behavioral health care to those facing access barriers
- Free walk-in pregnancy tests (719) 632-5700
- Prenatal Outreach Coordinator (719) 344-6101
- Prenatal Plus (719) 344-6027
- Peak Vista Dental Health Centers (719) 475-0783
- **Peak Vista Homeless Health Center (719) 471-2789 117 W Rio Grande St. 80903**

Planned Parenthood (719) 475-7162

3480 Centennial Blvd. Colorado Springs, CO 80907 www.plannedparenthood.org

- Learn about prevention, treatment of STDs, pregnancy planning, prenatal care, and infertility.

Prescription Assistance Program (719) 632-5700

- Aids in finding drug companies that provide free medication for indigent people.

Project Angel Heart (719) 323-0084

1625 W Uintah Street, Suite 1 Colorado Springs, CO 80904 www.projectangelheart.org

- Provides home-delivered, nutritious meals for Colorado Springs area residents coping with life-threatening illness. Meals customizable for specific dietary restrictions and nutrition needs.

Su Familia National Hispanic Family Health Helpline (866) 783-2645

- Offers health care information, general health issues and explain the affordable care act and referrals to locations to apply for health care

SET Family Medical Clinic (719) 776-8850

2864 Circle Dr. Suite 450 Colorado Springs, CO 80906 www.centura.org/locations/set-family-medical-clinic

- Nonprofit medical clinic providing care to the uninsured, under-insured, homeless and Medicaid populations in our community.

Tri-Lakes Health Advocacy Partnership (719) 481-4864 <http://www.trilakeshap.org/>

- Will help fill a prescription and aid in finding RX prescription programs.

Women, Infants, and Children (WIC) (719) 578-3199 www.elpasocountyhealth.org/service/wic

1675 W Garden of the Gods Rd. Colorado Springs, CO 80907

Location: 97 Widefield Blvd. Widefield, CO 80911

2948 E. Fountain Blvd. Colorado Springs, CO 80910

- Offers electric pumps to families in the program; nutrition and bread-feeding education; health referrals and special supplemental foods for women, children, and infants who qualify.

VA of Eastern Colorado- PFC Floyd K. Lindstrom Outpatient Clinic (719) 327-5660

3141 Centennial Blvd. Colorado Springs, CO 80907 www.denver.va.gov/locations/ColoradoSprings.asp

- Provides many services to veterans, including optometry, audiology, pharmacy, occupational therapy, physical therapy, homelessness, pre and post-surgery clinic, homelessness, pre and post-surgical clinic, dental, mental health, substance abuse clinics and primary care.

YMCA of the Pikes Peak Region, 2018

Housing / Shelter

Colorado House and Resource Center (719) 325-0100

21 S. Wahsatch Ave. Colorado Springs, CO 80903 www.colorado-house.org

- Provides safe, stable, supportive home environment for homeless families and individuals who are motivated to work towards self-sufficiency.

Consumer Credit Counseling (719) 576-0909/233 Lake Plaza Dr. Colorado Springs, CO 80906

- Services include housing counseling, default/delinquency prevention, homebuyer's education, rental readiness, bankruptcy counseling, debt consolidation, and Reverse Mortgage counseling.

Dale House Project (719) 575-9151

802 N Tejon St. Colorado Springs, CO 80903 www.dalehouseproject.org

- Four residences make up this Christian community. Services include meals, mentoring, and group counseling for delinquent, neglected, and abused teenagers. Types of housing include:
 - **Transitional Living Apartments:** Two apartments are designed to provide practical experience for the skills taught in the workbook & groups.
 - **Supportive Housing Program:** Apartments for residents who have just completed program but need a few more months of staff support and financial assistance before moving out on own.

Energy Resource Center (719) 591-0772

114 W Rio Grande St. Colorado Springs, CO 80903 www.erc-co.org/

- Helps income-qualified families maintain a safe and healthy quality of life by making critical energy-efficiency improvement to their homes, resulting in significantly lower monthly bill utility costs in both owned and rental properties.

Family Life Services (719) 475-1422

1880 South Cascade Ave. Colorado Springs, CO 80905 www.flscs.org

- Provides two-year transitional, supportive housing for single mothers and their children, and the chronically homeless, substance abuse population.

Greccio Housing (719) 475-1422

1015 E. Pikes Peak Ave Ste 110, Colorado Springs, CO 80903 www.greccio.org

- Provides affordable apartments with in house resources and opportunities to open doors to increase self-sufficiency.

Habitat for Humanity of the Pikes Peak Region (719) 475-7800

2802 N Prospect St. Colorado Springs, CO 80907 www.pikespeakhabitat.org

- Provides low cost house production and rehabilitation, technical assistance, innovative finance opportunities, and advocacy for adequate housing for all.

Habitat for Humanity ReStore (719) 667-0840

411 S Wahsatch Ave. Colorado Springs, CO 80903 www.habitatrestorepp.com

- Find new, gently used or reconditioned furniture and supplies. All proceeds go to Habitat for Humanity builds.

Housing Authority of Colorado Springs (719) 387-6700, Open Monday-Friday from 8am-4pm

831 S Nevada Ave #2 Colorado Springs, CO 80903 www.csha.us

- Safe and sanitary housing for low-income families residing within the City. Rent paid by tenants based on 30% of the family's adjusted income.
- **Housing Authority of Fountain (719) 382-5639 501 E Iowa Avenue, Fountain, El Paso County, CO**

Housing First (719) 375-8794

421 S Tejon St. #112 Colorado Springs, CO 80903 www.homewardpp.org/#!/housing-first/ctvq

- Houses people experiencing homelessness, mental illness, and substance abuse.

Housing Rehabilitation Program (719) 385-5912

30 S. Nevada Ave., Suite 604, Colorado Springs, CO 80903

- Provides financial assistance through grants loans to improve housing conditions for qualifying low-to-moderate income households within El Paso County

Interfaith Hospitality Network (719) 329-1244

519 N Tejon St. Colorado Springs, CO 80903 www.ihn-cos.org

- Offers short term and traditional housing assistance.

Partners in Housing (719) 473-8890, Open Monday-Friday from 8:30am-4:30pm

455 Gold Pass Heights Colorado Springs, CO 80906 www.partnersinhousing.org

- Provides homeless families with children transitional housing for up to two years, during which time they participate in supportive services: case management, budget counseling, life skills training, therapy.

Pikes Peak Foreclosure Prevention Partnership (719) 444-8833

<http://ppar.com/PikesPeakForeclosurePreventionPartnership.aspx>

- Works with bank, lender, or Mortgage Company to enable owner to remain in home. Assists in getting a second mortgage. The partnership may also refer families to other local non-profit agencies and charities for short term assistance.

RJ Montgomery New Hope Center (formerly Red Cross Shelter) (719) 578-9190

709 S Sierra Madre St. Colorado Springs, CO 80903

- An emergency shelter open for men, women, and families. Children under 18 on their own are not admitted. Good picture ID required. If no ID, please go to police station for a referral.

Rocky Mountain Community Land Trust (719) 447-9300 ext. 5

1212 W Colorado Ave. Colorado Springs, CO 80904 www.rmclt.org

- Affordable home ownership opportunities for lower-to-middle income families.

Salvation Army (719) 636-3891

- **Bridge House** transitional housing for single men
- **Fresh Start Family Transitional Housing (719) 635-1287-** transitional housing for families
- **Red Shield Community Center (719) 884-1044**

TESSA (719) 633-1462 or 24/7 hotline (719) 633-3819

435 Gold Pass Heights Colorado Springs, CO 80906 www.tessacs.org

- Offers temporary shelter and counseling for survivors of sexual assault.

Urban Peak (719) 630-3223

423 E Cuchurras St. Colorado Springs, CO 80903 www.urbanpeak.org

- Helps youth age 14 to 25 experiencing homelessness get off the street through housing programs, mentorship, and food, clothing, and independence opportunities.

Zach's Place (719) 447-8983

424 W Pikes Peak Ave. Colorado Springs, CO 80905 <http://sksfcolorado.org/programs/children-family-services/zachs-place>

- Offers child care, recreational and leisure activities, and life skills and independence training for families and children with disabilities.

Legal Services

The ARC (719) 471-4800 www.thearc.org/what-we-do/public-policy/policy-issues

- Connects individuals with developmental disabilities to informed, experienced, and passionate civil rights defenders. Free of charge to those who qualify.

Association for Children for Enforcement of Support (ACES) 1-800-738-2237 www.ncsea.org

- Provides educational information concerning child support and visitation. Assists disadvantaged children affected by parents who fail to meet legal and moral child support or visitation obligations.

Call a Lawyer Program (719) 471-0380

- Offered the third Thursday of every month from 7pm to 9pm, volunteer attorneys answer telephone calls from the public.

Child Support Services of Colorado (719) 457-6331

30 Pikes Peak Ave. Colorado Springs, CO www.elpasocountycss.com

- Enhances paternity support and enforces the older child for support payments. Assists welfare recipients, but non-welfare recipients are encouraged to apply for services.

Colorado Legal Services (719) 471-0381

617 S Nevada Ave. Colorado Springs, CO 80903 www.coloradolegalservices.org

- Provides services of an attorney in civil cases only at no charge for those who qualify.

Consumer Credit Counseling (719) 576-0909/233 Lake Plaza Dr. Colorado Springs, CO 80906

- Services include housing counseling, default/delinquency prevention, homebuyer's education, rental readiness, bankruptcy counseling, debt consolidation, and Reverse Mortgage counseling.

Court Care for the Pikes Peak Region (719) 452-5499

270 S Tejon Room S 140 Colorado Springs, CO 80903 www.courtcare.org

- Provides free childcare for anyone who needs to be in court, and offers children a safe, fun place to play, paint or read while parents attend legal matters.

Ecumenical Social Ministries Lawyer Referral Service (719) 636-1916

201 N Weber St. Colorado Springs, CO 80903 www.ecusocmin.org

- Volunteer lawyers provide free consultations. Can provide referrals to lawyers who will work at reduced rates.

El Paso County Bar Association Modest Means Program (719) 473-6212

www.elpasocountybar.org/legal-resources-for-the-public/modest-means-program

- Helps moderate-income Coloradans in El Paso and Teller Counties find affordable legal assistance. This program is intended to help those who earn too much to qualify for legal aid, but who cannot afford traditional legal fees.

El Paso County Lawyer Referral Service (719) 636-1532

<https://www.elpasocountybar.org/get-involved-with-the-bar/lawyer-referral-service-membership>

Legal Assistance - Ft. Carson (719) 526-5572

1633 Mekong St. Building 6222 Fort Carson, CO 80913

- Available to all Soldiers, Dependents, and Retirees. Services include preparation of wills, powers of attorney, name changes, and step towards adoptions. Also offer advice in legal areas of landlord/tenant, military administrative, family law, and consumer law.

Mercy's Gate (719) 277-7470

4360 Montebello Dr. Colorado Springs, CO 80918 www.mercysgatecs.org/services

- Can provide an attorney for legal advice. Must call for an appointment.

Neighborhood Justice Center (719) 520-6016, Office hours Monday-Friday from 8:30am-5pm
105 E Vermijo Ave. 2nd Floor #230 Colorado Springs, CO 80903

- Free mediation service for neighborhood and co-worker disputes. Assists with finding solutions to conflicts and restitution on damages. Both parties involved must participate voluntarily. No cost if no court involvement.

Pikes Peak Pro Bono Project (719) 473-6212

<https://www.elpasocountybar.org/legal-resources-for-the-public/pro-bono-program>

- Provides a combination of legal services: pro bono counsel, clinics, educational seminars, Call-A-Lawyer service, online information, and educational materials.

State Protective and Advocacy (Disabled) 1-800-288-1376 or Denver Office: (303) 722-0300

455 Sherman St, Ste 130, Denver, CO 80203 www.disabilitylawco.org

- Specializes in civil rights and discrimination issues of people with mental and physical disabilities, people with HIV+ and older people throughout Colorado. Can provide referrals and consultations.

Teen Court (719) 475-7815

224 E Kiowa St. Colorado Springs, CO 80903 www.springsteencourt.org

- Provides an alternative to regular Municipal Court sentencing options for misdemeanor offences committed by young people between 10 and 18 years of age.

LGBTQ Services

Colorado Springs Queer Collective (720) 862-6126 www.csqueercollective.org

- Fosters community leadership, education, and empowerment. Addresses inequality, reinvests in the local economy, and showcases creative contributions of queer and trans people.

Compassionate Counseling Consortium (719) 278-7565

- Individual and group counseling for underinsured, undocumented LGBTQ members of the community.

Gay Colorado Pride Guide <http://gaycolorado.com/colorado-springs>

- Lists gay friendly events, activities, nightlife, and wellness services for all Colorado cities.

GLBT Community of Colorado (313) 733-PRIDE (7743)

1301 E Colfax Ave. Denver, CO 80218 www.glbtcolorado.org

- Opened in 1976, the Center has grown to become the largest community center in the Rocky Mountain region, giving voice to Colorado's LGBTQ community and playing a pivotal role in statewide initiatives to reduce harassment and discrimination. Serves more than 40,000 people each year.

Inside Out Youth Services (719) 328-1056

223 North Wahsatch Avenue Suite 101, Colorado Springs, CO 80903 www.insideoutys.org

- Connects gay, lesbian, bisexual, transgender, intersex, and questioning youth between 13 and 22 years of age in El Paso County to trusted adults for support and advocacy. Programs include drop-in recreation center, community outings, leadership development opportunities, sexual health education, suicide prevention, career and financial skills building, counseling referrals, food pantry, and clothing closet.

One Colorado (313) 396-6170

1490 Lafayette St. Suite 304 Denver, CO 80206 www.one-colorado.org

- The state's leading advocacy organization for the LGBTQ community.

Springs Equality (719) 425-9048 www.springsequality.org

- A network of individuals and business owners in Colorado Springs that keep equality awareness and networking alive. Provides mentorships to those in need, as well as advocacy and education about equal rights within the community.

Urban Peak (719) 630-3223

423 E Cuchurras St. Colorado Springs, CO 80903 www.urbanpeak.org

- Works with homeless and runaway youth between the ages of 14 and 25 years of ages; provides a safe and caring place to get teens off the streets. Services include a shelter, drop-in center, and assistance finding education, employment, housing, and counseling.

Mental Health Services

24 Hour Suicide Prevention Hotline (719) 596-LIFE (5433)

Ayuda (719) 465-3230

2019 East Bijou Street Suite #2 Colorado Springs, CO 80909 www.adyudaprograms.com

- Bilingual, bi-cultural outpatient treatment center for substance abuse, mental health, anger management, domestic violence, human trafficking, with focus on immigrants and minors.

Aspen Pointe Crisis Center (844) 493-8255

115 S. Parkside Dr. Colorado Springs, CO 80910 www.aspenpointe.org

- Call or text for emergencies. Provides services in mental health and substance use, both in-patient and outpatient.

Center for Child Counseling (719) 632-2663

316 Weber St. #100 Colorado Springs, CO 80903

- Provides comprehensive counseling services for children and adolescents. Includes experiential play therapy, family based role-play, support groups, and parenting classes.

Children's Counseling Center (719) 639-4869

4251 Date St. Colorado Springs, CO 80917 www.achildrencounselingcenter.com

- Individuals, couples, and families welcome. Play therapy and treatment. Couples and group counseling.

Chins Up Youth Services (719) 636-2122

10 N Farragut Ave. Colorado Springs, CO 80909 www.griffithcenters.org

- Provides counseling and support services for families and children through therapeutic services that aid youth exhibiting antisocial behavior

Depression Bipolar Support Alliance (719) 477-1515

2132 E. Bijou St. Suite 112 Colorado Springs, CO 80909 <http://www.dbsacoloradosprings.org/>

- Improves the lives of individuals living with mental health disorder through wellness resources and support groups for individuals and families with mood disorders.

Franciscan Community Counseling, Inc. (719) 955-7008

228 N Cascade Ave, 80903 or 7665 Assisi Heights, 80919 www.franciscancommunitycounseling.org/

- Provides affordable mental health services to people of the Pikes Peak region. The program has evolved, focusing primarily on psychotherapy or counseling, and secondarily on psychological testing, preventative/wellness education, and consultation.

Haven Behavioral Family Support Center of Colorado Springs

<https://coloradosprings.havenbehavioral.com>

South Clinic (719) 301-2631: 1330 Quail Lake Loop Colorado Springs, CO 80906:

North Clinic (719) 540-2150: 6160 Tutt Blvd. Suite 120 Colorado Springs, CO 80922

- Offers autism services and assessments, military services (sexual trauma, PTSD, chemical dependency), as well as individual, group, marriage, and family therapy.

NAMI Colorado Springs (719) 473-8477

510 E Willamette Ave. Colorado Springs, CO 80903 www.namicoloradosprings.org

- Dedicated to improving the lives of persons and families living with serious mental illness through support groups, trainings, and counseling.

Safe2Tell Colorado 1-877-542-7233

Suicide Prevention Hotline 1-800-633-3819

YMCA of the Pikes Peak Region, 2018

Military and Veteran Services

21 SW/JA Air Force Base Legal Office (719) 556-4871

www.peterson.af.mil/units/21stspacewingstaffjudgeadvocate.asp

- Provides legal advice and support to commander, staff agencies, and families in areas of military justice, ethics, and civil operations.

Air Force Academy Job Line (719) 333-4363

Airman and Family Readiness Center at Peterson Airforce Base (719) 556-6141

- Provides family, life, and personal financial support and education; referrals to help families identify and clarify needs and determine appropriate forms of assistance.

Army Community Services (ACS) For Carson (719) 526-4590

- Financial/abuse counseling, consumer education, financial assistance, emergency food locker, spouse employment information, relocation assistance, and new parent support for active/retired military, DOD employees, and their eligible families.

Child, Youth, and Family Services (CYS) at Fort Carson (719) 526-1101

- Serves the unique needs of the Mountain Post families through a variety of programs designed for children ages six weeks through 18 years. All services are based on the growth and development of child, and meet both US Army and national standards.

Colorado Springs Vet Center (719) 471-9992

602 S Nevada Ave. Colorado Springs, CO 80903 <http://www.gwtrimble.org/>

- Provides assistance to low income military of El Paso County for eyes, dental, medication and hearing aids.

Elk's Trimble Fund (719) 634-7360

3400 N Nevada Ave. Colorado Springs, CO 80907 <http://www.gwtrimble.org/>

- Provides assistance to low income military of El Paso County for eyes, dental, medication and hearing aids.

Family Connection Center at Fort Carson (719) 526-1070

Haven Behavioral Family Support Center of Colorado Springs

<https://coloradosprings.havenbehavioral.com>

South Clinic (719) 301-2631: 1330 Quail Lake Loop Colorado Springs, CO 80906

North Clinic (719) 540-2150: 6160 Tutt Blvd. Suite 120 Colorado Springs, CO 80922

- Offers military services to address sexual trauma, PTSD, chemical dependency, as well as individual, group, marriage, and family therapy.

Legal Assistance - Ft. Carson (719) 526-5572

1633 Mekong St. Building 6222 Fort Carson, CO 80913

- Available to all Soldiers, Dependents, and Retirees. Services include preparation of wills, powers of attorney, name changes, and step towards adoptions. Also offer advice in legal areas of landlord/tenant, military administrative, family law, and consumer law.

Military Family Life Consultants (MFLC) (719) 440-5341 or (719) 338-7216

- Offers intervention and support to military families. Provides non-medical, short-term counseling for issues such as anger management, stress, parenting, communication, family relationships, deployment, and other military related topics.

Military and Family Artistic Healing of Colorado Springs Fine Arts Center (719) 634-5581

818 Pelham Pl. Colorado Springs, CO 80903 www.csfineartscenter.org/art-school/

- Offers award-winning and often life-changing courses to provide healing opportunities for individuals and families dealing with trauma and PTSD.

Mt. Carmel Center of Excellence. (719) 309-4714

530 Communications Circle Colorado Springs, CO 80905 <http://mtcarmelveterans.org/>

- Provides wellness programs and transitional services with emphasis on veterans, military, and their families.

New Parent Support Program (Ft. Carson) (719) 526-4590

6303 Wetzel Ave. Building 1526 Fort Carson, CO 80913

<http://www.military.com/base-guide/fort-carson/contact/new-parent-support-program/4181>

Pikes Peak Suicide Prevention (719) 573-7447

704 N Tejon St. Colorado Springs, CO 80903 www.pikespeaksuicideprevention.org/

- Offers grief support groups and other services are provided at no cost.
- **Metro Crisis Line 888-885-1222**

Social Work Services at Fort Carson (719) 526-4585

- Marital conflicts, child maltreatment, spouse abuse services. Also offers marriage and individual counseling for active military.

Soldier and Family Assistance Center (SFAC) Ft. Carson (719) 526-5807

Titus Blvd. Building 7492 Fort Carson, CO 80913 <http://www.carson.army.mil/acs/contactus.html>

- One stop shop of resources and support for Warriors in transitions and their families. Assists in the process of recovery and transition back to their former units or out of the military

Survivor Outreach Services (SOS) for Families of the Fallen (719) 526-2069

6990 Mekong St. Fort Carson, CO 80913 <http://www.carson.army.mil/acs/contactus.html>

The Home Front Cares (719) 434-1501

1120 N Circle Dr. #7 Colorado Springs, Co 80909 www.thehomefrontcares.org

- Provides emergency financial grants for Colorado vets and families to pay essential life expenses like rent and utilities.

VA of Eastern Colorado- PFC Floyd K. Lindstrom Outpatient Clinic (719) 327-5660

3141 Centennial Blvd. Colorado Springs, CO 80907 www.denver.va.gov/locations/ColoradoSprings.asp

- Provides many services to veterans of Colorado Springs including optometry, audiology, pharmacy, occupational therapy, physical therapy, homelessness, pre and post-surgery clinic, homelessness, pre and post-surgical clinic, dental, mental health, substance abuse clinics and primary care.

Veterans United Home Loans of Colorado Springs (719) 433-7651

5825 Constitution Ave. Colorado Springs, CO 80915 <https://coloradosprings.veteransunited.com>

- Specialized VA loan experts to assist in home buying for military and veteran families.

Senior Services

Colorado Springs Community Centers (719) 385-5940

1401 Recreation Way Colorado Springs, CO 80905 www.coloradosprings.gov/cc

- Provide opportunities for inter-generational programming, senior meals, and activities. Call for more information.
 - **Deerfield Hills Community Center (719) 385-5996** 4290 Deerfield Hills Rd, 80916 www.coloradosprings.gov/deerfield
 - **Hillside Community Center (719)385-7901** 925 S Institute St, 80903 www.coloradosprings.gov/hillside
 - **Meadows Park Community Center (719) 385-7940** 1943 S El Paso, 80905 www.coloradosprings.gov/meadows

Colorado Springs Senior Center (719) 387-6000

1514 N Hancock Ave. Colorado Springs, CO 80903 www.csseniorcenter.com

- Offers free weekly special events, day trips, massage therapy, hang out areas, and meal program. Classes offered include art, computers, health, exercise and dance, lifelong learning, and various hobby clubs.

Crossfire Ministries (719) 447-1806, Office hours Tuesday-Thursday from 10am-4pm

2120 E La Salle St. Colorado Springs, CO 80909 www.crossfireministries.com

- Provides a food pantry, clothing, monthly toiletries, household items, food, and canned good during last full week of the month. Open Tuesday, Wednesday, Thursday 10 am to 4 pm.

El Paso County DHS Senior Services

1675 W Garden of the Gods Rd. Colorado Springs, CO 80907 <http://dhs.elpasoco.com/Pages/FountainValleySeniorCenter.aspx>

- Offers nutrition programs, fitness & wellness programs, community volunteer participation, indoor recreation and socialization, arts & crafts, educational opportunities, breakfast, information & referrals, trips & outings, and benefits checkups. Any person aged 60+ or those who are non-elderly disabled are eligible for transportation services.
 - **Senior Transportation Services (719) 520-6472**
 - **Fountain Valley Senior Services (719) 520-6472** 5745 Southmoor Drive, Fountain, CO 80801
 - **Calhan Senior Services East (719)347-2221** 366 10th Street, Calhan, CO 80808

Grandparents Raising Grandchildren (719) 444-5226

www.raisingyourgrandchildren.com/States/Colorado.htm

- Support group designed for grandparents who are the primary caregivers for their grandchildren. Learn about child's needs, available resources, and free childcare available for meetings held at CPCD.

Meals on Wheels (719) 884-2300

- Volunteers deliver hot meals to seniors who have trouble getting out. Meals provide nutrition, help maintain their independence, and provide social links. Services provided through Silver Key Senior Services.

Silver Key Senior Services (719) 884-2300

1625 S Murray Blvd. Colorado Springs, CO 80916

- Provides short term and crisis case management, advocacy, nutrition and transportation services.

Tri-Lakes Health Advocacy Partnership (719) 464-6873 www.trilakeshap.org

- Offers a Senior Center, senior programs, activities and support for seniors. Services include health, wellness, and exercise classes, game nights, lending library, trips, meeting rooms, and computers. Senior lunches held on Wednesday at 146 Jefferson St. in Monument, CO.

Soup Kitchens

Call for times at all locations.

Action in Action (719) 838-1610
930 S Prospect Rd, Colorado Springs, CO 80903

Black Forest Lutheran Church (719) 495-2221
12455 Black Forest Rd, Colorado Springs, CO 80908

Colorado College Sunday Soup (719) 389-6638 www.ccharitiescc.org
14 E Cache la Poudre St. Colorado Springs, CO 80903

Grace Be Unto You Outreach Church (719) 596-9076
3195 Airport Rd. Colorado Springs, CO 80910 <http://www.gracebeuntoyou.org/>

Manna Ministries (719) 635-1057
3900 Grace Blvd. Colorado Springs, CO 809126 <https://churchofthelordofglory.com/manna/>

Marian House Soup Kitchen (719) 475-7314
14 W Bijou St. Colorado Springs, CO 80903 www.ccharitiescc.org/what-we-do/marian-house/soup-kitchen/

- Provides hot, nutritious meals 365 days of the year, with a separate dining room for families with small children. Doors open Monday through Saturday 10:30 am to 1 pm, and Sundays 8:45 am to 10 am.

Salvation Army Corps of El Paso County- (719) 636-3891
908 Yuma St. Colorado Springs, CO 80909 www.usw.salvationarmy.org/usw/www_usw_colosprings.nsf/

- Senior Lunch Program- for low-income seniors. Soup Run- meals for the homeless provided via Salvation Army Food Mobile

Springs Rescue Mission (719) 632-1822
5 W. Las Vegas St. Colorado Springs, CO 80903 www.springsrescuemission.org/samaritans-kitchen/

- Provides hot nutritious meals, offers holiday food box programs, and educates through a Culinary Arts vocational training program.

Project Angel Heart (719) 323-0084
620 S. Cascade Ave. Suite 100 Colorado Springs, CO 80903 www.projectangelheart.org

- Provides home-delivered, nutritious meals for Colorado Springs area residents coping with life-threatening illness. No age or income restrictions. Meals customizable for specific dietary restrictions and nutrition needs.

Meals on Wheels (719) 884-2300

- Volunteers deliver hot meals to seniors who have trouble getting out. Meals provide nutrition, help maintain their independence, and provide social links.

Spanish Specific Services

Adult and Family Education (719) 328-3001

2115 Afton Way, Colorado Springs, CO 80909 <http://adulthood.d11.org/Pages/default.aspx>

- ESL and Family Literacy courses for students aged 17 and up through District 11. At some sites, programs offered starting at six weeks old. Some classes are free and some are fee based.

Ayuda (719) 465-3230

2019 East Bijou Street Suite #2 Colorado Springs, CO 80909 www.adyudaprograms.com

- Bilingual, bi-cultural outpatient treatment center for substance abuse, mental health, anger management, domestic violence, human trafficking, with focus on immigrants and minors.

Catholic Charities of Central Colorado (719) 636-2345

228 N Cascade Ave. Colorado Springs, CO 80903 www.ccharitiescc.org

- ESL classes are offered to immigrants and refugees at low cost of \$40 per ear. Classes are offered September through May, with occasional summer classes.

Centro de la Familia (719) 227-9170

1287 Lake Plaza Dr, Colorado Springs, CO 80906 www.centro.ws

- Offers services in English and Spanish to Hispanic and Native American Families and individuals. Services focus on parenting skills, domestic violence issues, and individual or family therapy,

Family Literacy Program- District 11 (719) 328-3028

- Provides education to ages 17 and older in El Paso County at 11 different locations. Programs offered include ESL, Adult Basic Education, Adult Secondary Education, GED tutoring. Offers free family literacy classes for parents in D11.

Family Support Line Spanish Services 1-800-Las-Familias or 1-877-527-3464 www.familysupportline.org

- State-wide and toll free- the FSL is a resource for parents or primary caregivers which offer practice answers and information on all aspects of family life using a database with all the resources for the State of Colorado.

Latin American Educational Foundation (303) 446-0541

561 Santa Fe Drive, Denver, CO 80204 www.laef.org

- LAEF collaborated with Colorado colleges, universities, and vocational schools to increase Latino enrollment by matching funds to double scholarships for secondary education opportunities.

Life Steps (719) 355-1185 www.elifenetwork.com/outreaches/life-steps/

3700 Galley Rd. Colorado Springs, CO 80909

3925 N Centennial Blvd. Colorado Springs, CO 80903

- An Earn While You Learn program that educates participants on topics related to pregnancy, nutrition, and infant care. Curriculum offered in both Spanish and English.

Pikes Peak Library District Hora de Cuentos (719) 531-6333

- Listen to stories in both English and Spanish on Saturdays at 11:15 am.

Su Familia National Hispanic Family Health Helpline (866) 783-2645 www.hispanichealth.org

- Offers health care information, general health issues and explain the affordable care act and referrals to locations to apply for health care.

Teen and Youth Services

Association for Children for Enforcement of Support 1-800-738-2237 www.ncsea.org

- Provides educational information concerning child support and visitation. Assists disadvantaged children affected by parents who fail to meet legal and moral child support or visitation obligations.

Big Brothers Big Sisters of the Pikes Peak Region (719) 633-2443

111 S Tejon #302 Colorado Springs, CO 80903 www.biglittlecolorado.org

- Provides mentor relationships and encourages constructive, healthy relationships with adults, peers and family members to enable kids to enhance their self-esteem and fulfill their potential.

Chins Up Youth Services (719) 636-2122

10 N Farragut Ave. Colorado Springs, CO 80909 www.griffithcenters.org

- Provides counseling and support services for families and children through therapeutic services that aid youth exhibiting antisocial behavior, drug use, aggression, criminal activity, inappropriate sexual behaviors, and low school performances.

Dale House Project (719) 471-0642

7 West Dale Street, Colorado Springs, CO 80903 www.dalehouseproject.org

- Provides an academic curriculum to meet the individual needs of residents. Helps with passing the GED, assistance in completing a high school diploma, or assistance in course studies at the local community college or trade school. Residents complete a ten-chapter workbook which covers life skills such as budgeting, banking, shopping, menu planning, cooking, etc. Educational/Vocational Coordinator also facilitates psycho-educational groups which concentrate on emancipation and interpersonal skills.

Inside Out Youth Services (719) 328-1056

412 S Tejon St. Colorado Springs, CO 80903 www.insideoutys.org

- Connects gay, lesbian, bisexual, transgender, intersex, and questioning youth between 13 and 22 years of age in El Paso County to trusted adults for support and advocacy. Programs include drop-in recreation center, community outings, leadership development opportunities, sexual health education, suicide prevention, career and financial skills building, counseling referrals, food pantry, and clothing closet.

Junior Achievement of Southern Colorado (719) 363-2474

2320 W Colorado Ave. Colorado Springs, CO 80904 www.juniorachievement.org/web/ja-soco

- K-12th grade programs proven to successfully foster work-readiness, entrepreneurship, and financial literacy skills.

Pikes Peak Suicide Prevention (719) 573-7447

704 N Tejon St, Colorado Springs, CO 80903 www.pikespeaksuicideprevention.org/

- Grief support groups and other services are provided at no cost. Suicide Anonymous support group meets Mondays at 7pm. **Metro Crisis Line 888-885-1222.**

Teen Court (719) 475-7815

224 E Kiowa St. Colorado Springs, CO 80903 www.springsteencourt.org

- A unique and highly successful approach to juvenile crime, Teen Court provides an alternative to regular Municipal Court sentencing options for misdemeanor offences committed by young people between 10 and 18 years of age.

Urban Peak Colorado Springs (719) 630-3223

423 E Cucharas St. Colorado Springs, CO 80903 www.urbanpeak.org

- Helps youth experiencing homelessness get off the street through housing programs, mentorship, food, clothing, and independence opportunities.

Youth Zone Employment Services, Young Adult Services Contact: (719) 667-3860

1675 Garden of the Gods Rd. Suite 1107 Colorado Springs, CO 80907 www.ppwfc.org/page.php?s=5

- Offers services for youth aged 14 to 21 year of age who are having trouble achieving academic or employment success. Services include job search workshops, referrals, and participation in Governor's Summer Job Hunt.

Leadership Pikes Peak – Leading Edge (719) 632-2618

427 N. Weber Street Colorado Springs, CO 80930 <http://www.leadershoppikespeak.org/leading-edge/>

- A comprehensive community leadership program developed specifically for rising Juniors and Seniors.

Life Skills Center of Colorado Springs (888) 341-7992 or (719) 471-0684

1810 Eastlake Blvd. Colorado Springs, CO 80910 www.lifeskillschs.com/

- Offers an alternative high school education to students between the ages of 16-21. Computer based learning and one-on-one teaching, as well as job placement and higher education counseling.

Teen Self-Sufficiency Coordinator- DHC (719) 444-5212

1675 W Garden of the Gods Rd. Colorado Springs, CO 80907

- Promotes self-sufficiency by providing opportunities for youth in El Paso County.

REACH Pikes Peak (719) 385-8396

31 N Tejon Street, Suite 310. Colorado Springs, CO 80903 www.reachpikespeak.org

- Services offered include education assistance, job coaching, transportation, uniform assistance, testing costs, and many other services that remove the barriers many low-income, under-skilled individuals face. Call for appointments.

Second Chance Through Faith (719) 645-0867

4198 Center Park Drive, Colorado Springs, CO 80916 <http://sctfgroup.org>

- An non-profit dedicated to providing second chances to youth and young adults up to age 21 through gender specific gang intervention groups, bible study, mentoring, counseling, mentorship, and community training.

Teens With Promise (719) 266-0106

3540 N Academy Blvd. Colorado Springs, CO 80917 www.teenswithpromise.org

- Enhances development by building resiliency among disadvantaged and emancipated teen in the Colorado Springs area. Ensures the social, emotional, and academic development of our youth.

Transportation Services

Amblicab Paratransit Main line: (719) 633-4601, To request a ride: (719) 633-4677

5640 N Academy Colorado Springs, CO 80918 www.amblicab.org

- Offers a door-to-door transportation service designed for Colorado Springs adults whose physical, mental, or cognitive disability or geographic location prevents them from using the city's transit services.

Ecumenical Social Ministries (719) 636-1916

201 N Weber St. Colorado Springs, CO 80903 www.ecusocmin.org

- Provides transportation services, prescription medications, job skills assessment, clothing, rent and utility assistance, emergency food, on-site behavioral health counseling, and holiday food baskets. Call for hours of operation.

Department of Human Services Diversion Program (719) 444-8174

1675 Garden of the Gods Rd. Colorado Springs, CO 80907

- A "once in a lifetime" grant to get families with dependent children through a crisis and avoid going on welfare. Assists in medical expenses, car and home repairs, and more.

Housing Authority of Fountain (719) 382-5639

Metro Transit Services (719) 385-7433

1015 Transit Dr. Colorado Springs, CO 80903 www.metrotransit.org

- Offers reduced fares for seniors and people with Medicaid or disabilities. Regular fare \$1.85 per ride.
- Mountain Metro Carpool: <https://coloradosprings.gov/mountain-metro/page/carpool>
- Mountain Metro Vanpool: <https://coloradosprings.gov/mountain-metro/page/vanpool>

REACH Pikes Peak (719) 385-8396

213 S Weber St. Colorado Springs, CO 80903 www.reachpikespeak.org

- Offers the Transition to Independence Program which provides case management to attain higher education and job skills. Transportation assistance available – call for appointment.

Women, Moms, Pregnancy Services

ACS Women's Wellness Connection (719) 344-6066 or 1-866-951-WELL

www.colorado.gov/pacific/cdphe/womens-wellness-connection

- Provides breast and cervical cancer screenings, pap smears, and pelvic exams.

Battered Woman, Rape, Sexual Assault, and Incest Hotline (719) 633-3819

Breastfeeding Classes at Memorial Hospital (719) 444-CARE (4473) <https://qualityoflife.org/childbirth/>

Centro de la Familia (719) 227-9170

122 Las Animas St. Colorado Springs, CO 80903 www.centro.ws

- Offers services in English and Spanish to Hispanic and Native American Families and individuals. Services focus on parenting skills, domestic violence issues, and individual or family therapy,

Catholic Charities of Central Colorado (719) 866-6535, Open Monday- Friday 8am- 4:30pm

- Licensed professional staff provides a comfortable and compassionate environment that offers hope and encouragement in adoption and pregnancy counseling. Also offers post-abortion counseling and support, as well as parenting and pregnancy classes.

Colorado Springs Pregnancy Center www.cspregnancycenter.com

Central Location: 3700 Galley Rd. Colorado Springs, CO 80909 (719) 591-2724

Westside Location: 3925 Centennial Blvd. Colorado Springs, CO 80907 (719) 623-2870

Fountain Location: 6436 US Highway 85 Suite U Fountain, CO 80817 (719) 355-1188

- Offers free STD and pregnancy testing, maternity and baby clothes, infant care classes, pregnancy counseling.
 - **Bridges of Hope Program** (719) 355-7 ext. 220 www.elifenetwork.com
Offers hope and healing to men, women, and teens experiencing the effects of abortion. Through a free study group, individuals are able to begin the healing process in a safe and confidential environment.
 - **LifeSteps Program** Galley Location: (719) 355-1185 Centennial Location: (719) 355-1182
An Earn While You Learn program that educated participant son topics of pregnancy and baby care. Provides mentoring opportunities and individualized education on pre-natal development, pregnancy, nutrition, childbirth and child development, car seat safety, and first aid. Curriculum offered in both Spanish and English.

Community Playgroups

- **MVP Moms Walking Club** www.seemommyrun.com free site for CO moms to locate or start of a walking group.
- **MOPS at Woodmen Valley Chapel** (719) 596-6450
- **Twilight MOPS** (719) 884-6233 faith based group for working moms
- **MOPS** (719) 382-8331 for moms in the Fountain Valley area

DNA Paternity Testing 1-800-362-2368

- Offers prenatal paternity testing

El Paso County Health Department (719) 578-3199

1675 Garden of the Gods Rd #2044 Colorado Springs, CO 80907

- **Sexual transmitted disease clinic-** (877) 539-9860 appointment necessary
- **WIC [Women, Infants, and Children] Program-** (719) 578-3199 appointment necessary

Family Life Services (719) 632-4661, Office hours from Monday- Thursday, 10am-2pm. Email: info@flscs.org

1880 South Cascade Ave. Colorado Springs, CO 80905 www.flscs.org

- Two-year transitional residential program for single mothers and their children. Provides life skills training as well as Christian counseling on childcare and family relationships.

Life Support Center/ Marian House (719) 636-2345

14 West Bijou St. Colorado Springs, CO 80903 www.ccharitiescc.org/what-we-do/marian-house/

- Provides meals 365 days a year to anyone. Provides basic immediate needs of individuals with children (food and clothing), childcare referrals, non-profit placement agency for adoptions, and family immigration services. Also offers baby equipment, toys, formula, diapers, baby food to low income families with kids.

Lutheran Family Services (719) 227-7571 <https://www.lfsrm.org/>

108 East St. Vrain St. Suite 21 Colorado Springs, CO 80903

- Provides counseling for pregnancy options, parenting support, open adoptions services to women and their families facing unplanned pregnancies. All services are free of charge.

Peak Vista (719) 632-5700 www.peakvista.org

Three locations in Colorado Springs: 225 S Union Blvd., 2828 International Circle Suite 120, 3205 N Academy

Several programs to assist pregnant and expecting women in El Paso County:

- **Free walk-in pregnancy tests (719) 632-5700**
Available at S Union and International Circle locations. Provides free pregnancy testing. No appointment necessary.
- **First Visitor (719) 344-6639**
Provide free volunteer home support through 3 age-appropriate levels
 - Program A- celebrates the birth and welcomes the baby into the community
 - Program B- focuses on helping parents promote and encourage language development
 - Program C- focus on positive guidance and discipline, social-emotional development, and the important of parent-child bonding and attachments.
- **Prenatal Outreach Coordinator (719) 344-6101**
Assists pregnant women into the healthcare system within their first trimester; community resource navigation for pregnant women.
- **Prenatal Plus (+) (719) 344-6027 or (719) 344-6615, Westside Location: (719) 623-2870**
Provides care coordination, nutrition, and mental health counseling to Medicaid-eligible pregnant women who are at high risk for delivering low birth rate infants.
- **Peak Vista Women's Health Center- Becoming a Mom Classes (719) 344-6649**
Classes for expecting mothers cover topics including childbirth preparation, breast feeding, dental health, nutrition, exercise, relaxation techniques, infant care, safe sleep, healthy lifestyles, and parenting issues.

La Leche League (719) 481-2909 <http://www.llli.org/>

- A telephone service that is open 24 hours a day to provide information and support on breastfeeding.

PEAK Parent (719) 531-9400

611 N Weber St #200 Colorado Springs, CO 80903 www.peakparent.org

- Provides training, information, and technical assistance to equip families of children with disabilities from birth through 26 years of age.

Planned Parenthood (719) 475-7162

3480 Centennial Blvd. Colorado Springs, CO 80907 www.plannedparenthood.org

- Learn about birth control methods, prevention and treatment of STDs, pregnancy planning, prenatal care, and infertility.

March of Dimes (719) 473-9981

421 S Tejon St. #310 Colorado Springs, CO 80903 www.marchofdimes.org

- Offers programs and services in communities across Colorado which promote healthy pregnancies and babies, and work to prevent premature births and birth defects. Provides and education to moms and families in need.

Maternity of Mary, Inc. (719) 683-4831 <https://www.shelterlistings.org/details/31638/>

24825 Meier Rd. Calhan, CO 80808

- Group maternity home. Offers case management, advice, and information on financial assistance for pregnant mothers.

Nurse Family Partnership (719) 578-3267 www.nursefamilypartnership.org/locations/Colorado/El-Paso-County-NFP
1675 W Garden of the Gods Rd. Colorado Springs, CO 80907

- Program offered through El Paso County Health Department for women who are having their first baby, live in the service areas (El Paso or Teller Counties), and meet the income requirement. Must be pregnant with first child or enroll up to 30 days after delivery. Program offers support in the form of regular registered nurse visitations throughout the pregnancy up until 2 years old.

Nurturing Network 1-800-TNN-4MOM

- Provides individually tailored practical support to women with unplanned pregnancies with special emphasis on assisting college and working women. Support includes counseling, educational, medical, employment, and financial assistance.

Suit up for Success (719) 471-3170

The Citadel Mall 750 Citadel Dr. W #3116 Colorado Springs, CO 80909 www.wrainc.org

- Operating through the Women's Resource Agency, this program provides interview suits, confidence boosters, and career development for low-income women. After obtaining employment, clients can get additional clothes.

TESSA (719) 633-1462 24 Hour Hotline (719) 633-3819

435 Gold Pass Heights Colorado Springs, CO 80906 www.tessacs.org

- Provides immediate safety at a confidential safe house for victims escaping abuse. Empowers by providing information and referral services, advocacy, counseling, support groups, restraining order assistance, court support, and psychotherapy.

Women Partnering (719) 577-9404

10 S Institute St. Colorado Springs, CO 80903 <http://stfrancis.org/wp>

- Services include coaching and mentoring financially vulnerable women and children in Colorado Springs on local resources that assist with the basic needs of housing, utilities, and food, financial resources.

Women's Resource Agency (719) 471-3170

The Citadel Mall 750 Citadel Dr. W Suite 3128 Colorado Springs, CO 80909 www.wrainc.org

- Teach, empower, and educate women and girls in El Paso County to attain self-sufficiency and economic independence. Assists on building skills in anger and relationship management, leadership training, career development, job search, and professional clothing for job interview.

Women, Infants, and Children (WIC) (719) 578-3199, www.elpasocountyhealth.org/service/wic

1675 W Garden of the Gods Rd. Colorado Springs, CO 80907

2948 E. Fountain Blvd. Colorado Springs, CO 80910

97 Widefield Blvd. Widefield, CO 80911

- Offers electric pumps to families in the program; nutrition and breast-feeding education; health referrals and special supplemental foods for women, children, and infants who qualify.

Women of Courage (WOC) (719) 632-4661

1880 S Cascade Ave. Colorado Springs, CO 809505 <http://flscs.org/women-of-courage/>

- A faith-based support group for single moms that helps mentor and guide them on the way to spiritual and financial independence.