

Colorado Springs Community Resource List

211

Pikes Peak United Way

Dial 211 or 632-1543

Address: 518 N. Nevada Ave., 80903

www.ppunitedway.org

Provides a comprehensive telephone/online referral service with an emphasis on health and human service organizations.

Hours: Mon. - Fri. 8:00 a.m. - 5:00 p.m.

Baby and Child Supplies

Julie Calloway

Phone: 282-3797

TEEN MOMS ONLY: baby furniture, car seats and support available.

American Charities

Phone: 646-3922

Address: 3608 Galley Rd., 80909

www.helpamericancharities.org

Assist families in need of food, clothing, diapers, blankets, no questions asked.

Hours: Tues. - Fri. 9:00 - 11:00 a.m. and 3:00 - 5:00 p.m.

Back-to-School Supplies program applications are available in July and August at:
El Paso County Health Department, 1675 W. Garden of the Gods Rd., #2044, 80907
Ecumenical Social Ministries, 201 N. Weber St., 80903

www.elpasocountyhealth.org

www.ecusocmin.org

Christmas Unlimited

Phone: 597-1821

Address: 2204 E. Boulder St., 80909

www.christmasunlimited.org

New and near- new toys for newborn through 12 years given in December. Applications are available starting in October at:
Community Partnership for Child Development, 2330 Robinson Street, 719-635-1536

Colorado Springs Pregnancy Center

Phone: 591-2724

Address: 3700 Galley Rd., 80909

www.elifenetwork.com

Phone: 623-2870

Address: 2925 King St., 80904

Diapers, formula and emergency baby clothing. Bring photo ID and child's birth certificate or shot records.

Crossfire Ministries

Phone: 447-1806

Address: 2120 E. La Salle St., 80909

www.crossfireministries.com

Emergencies 650-4152

Services are free to anyone in need, as long as the following items are available: food pantry, clothing, toiletry and hygiene items, linens, blankets, sheets, towels, household necessities, and baby bags.

Hours: Tues. 10:00 a.m. - 7:00 p.m., Wed. & Thurs. 10:00 a.m. - 4:00 p.m.

Marian House Life Support Center

Phone: 578-1222

Address: 14 W. Bijou St., 80903

www.ccharitiescc.org

Emergency services such as diapers, baby formula, clothing and toys to families with small children. Pregnant mothers can shop for maternity clothing. Information and referrals to other community organizations/agencies and case management are also provided.

Hours: Mon., Wed., Thur., Fri. 9:00 a.m. - 2:00 p.m. and Tues. 10:00 a.m. - 4:00 p.m.

The Life Support program's intent is to help families bridge the gap during a crisis; services are not intended to be long-term.

Car Seats ****Limited car seats available, depending on qualifications**

****First Visitor**

Phone: 344-6639

Peak Vista Community Health Center

Address: 2828 International Cir. #140, 80915

Contact: Lisa Schulz

Convertible car seat program for low-income families plus car seat safety inspection.

****Kohl's Cares Car Seat Safety Program**

www.MemorialHealthSystem.com/KohlsCares

Phone: 365-5834 to schedule an appointment at any location

First Wed.: 4:00 - 7:00 p.m.

American Medical Response

2370 Powers Blvd., 80915

Second Wed.: 2:00 - 4:00 p.m.

Police Operations Center

705 S. Nevada Ave., 80903

Third Wed.: 2:00 - 5:00 p.m.

CS Fire Dept. Station #19

2490 Research Pkwy., 80920

Fourth Wed.: 3:00 - 5:00 p.m.

CS Fire Dept. Station #8

3737 Airport Rd., 80910

Fifth Wed.: 11:00 - 1:00 p.m.

Stratmoor Hills Fire Dept.

2160 B St., 80906

By Appt. Only:

Memorial Hospital for Children

Call: 365-5834

****State Patrol - Child Passenger Safety Team**

Phone: 527-5815

Address: 1480 Quail Lake Loop, 80906

Contact: Maurice Harris

Provides free convertible car seats and training on installment. Parents are screened based on financial need. Call for appointment.

Child Passenger Safety - Car Seat Inspections only

American Medical Response

Phone: 597-1277

Address: 2370 N. Powers, 80915

Call for appointment with Child Passenger Safety technician.

Colorado Springs Police Department

Phone: 444-7534

Address: 955 W. Moreno Ave., 80905

Drive Smart Colorado Springs

call Maile or Barb

444-7534

Police Operations Center

705 S. Nevada Ave., 80903

444-7595

Sand Creek Division

4125 Center Park Dr., 80916

444-7270

Stetson Hills Division

4110 Tutt Blvd., 80922

444-3140

Head Start - Child Passenger Safety Classes

Phone: 635-1536 x321

Address: 2330 Robinson #208, 80904

Call for appointment.

Memorial Healthlink - Child Passenger Safety Classes

Phone: 444-CARE (2273)

Address: 1400 E. Boulder St., 80909 (Colorado Room)

Register by calling. Classes: 6:30 - 9:00 p.m. on 1st Monday of Feb, Apr, June, Aug, Oct & Dec.

St. Francis Medical Center

Phone: 776-5555

Address: 6001 E. Woodmen Rd., 80923

Register by calling.

Classes: Noon - 2:30 p.m. on 2nd Saturday of every month

SPANISH-Speaking Car Seat Inspection

Phone: 322-2032

Contact: Juan at Fountain Code Enforcement

Mon. - Thurs. 8:00 a.m. - 4:00 p.m.

Special Healthcare Needs

Phone: 495-0325

Contact: Christine Simosky 11:00 a.m. - 10:00 p.m. email: hstapestry@msn.com

Consultant and instructor, coordinator for Child Passenger Safety check points, classes and events.

Child & Mother Services

Alliance for Kids

Phone: 634-8045

Address: 2340 Robinson St., 80904

www.parentingmatters-epc.org

Serves as a vehicle to bring together agencies and individuals to form a system of care for children 0-8 years of age and their families in El Paso County. Website has information on educational and parenting classes available.

Baby & Me, Tobacco Free

Phone# 719-344-7182

Peak Vista

Address: 225 S. Union Blvd, 2nd Fl, 80910

www.peakvista.org

Must be a client of Peak Vista to be eligible for at least 4 sessions after your scheduled prenatal visits. After the sessions are completed, you may be eligible to come in once a month for a year after your baby is born, pass a breathalyzer test, and get a free \$25.00 voucher good for diapers at Wal-Mart.

Child Care Connections

Phone: 638-2057

Address: 125 N. Parkside #202, 80909

www.childcareconnections.net

Free personalized referrals to licensed child care providers.

Colorado Child Care Assistance El Paso County Dept of Human Services

Phone: 444-8178

Address: 1675 W. Garden of the Gods Rd., 80907

www.colorado.gov/cdhs

Financial assistance for low-income families for child care costs. Assists in locating child care. Mon. - Fri. 8:00 a.m. - 5:00 p.m.

Community Partnership for Child Development

Phone: 635-1536

Address: 2330 Robinson St., 80904

www.cpcdheadstart.org

Qualifying families with children ages 0-5 receive education and support to assist them in fulfilling their role as their children's first and best teacher. Head Start, Early Head Start and Colorado Preschool programs are available.

Connections 4 Life Center

Phone: 387-9919

Address: 6436 -U So. Hwy 85/87, Fountain, CO 80817

www.connections4lifecenter.org

Birth coaching & doula services: Contact Nicki Kumfer at 510-3843

Commodities: Fri. 11:00 a.m. - 1:00 p.m. Free clothing for adults & children while supplies last

Emergency baby clothes, food, formula & diapers: Tues. 10:00 a.m. - 7:00 p.m., Wed. 11:00 a.m. - 4:00 p.m.

Food Pantry: Thur. 5:30 - 7:30 p.m., Free clothing for adults & children while supplies last. Free haircuts offered every 3rd Thursday.

Food stamp representative is available on the 2nd and 4th Thurs from 5:30 - 7:30 pm

Life skills classes: see website calendar.

Life Steps individualized pre-natal & parenting education: Contact Nicki Kumfer at 510-3843 for appt.

Mobile Pregnancy Center, Free pregnancy tests: Wed. 11:00 a.m. - 4:00 p.m. Walk-ins welcome. Contact 355-1188

Prayer and lay counseling: Eagles Wings Ministries: Contact Nancy Weary at 579-6603

Tall Oak Counseling Center and Hope for Healing Ministries: Contact Cheryl Field at 332-1559

DNA Paternity Testing

Phone: 1-800-362-2368

Prenatal Paternity testing available from 12th week to term. Involves a blood collection from the mother and alleged father.

Samples are sent to a lab, results available online in one week.

First Visitor

Phone: 344-6639

Address: 2828 International Circle #140, 80915

www.peakvista.org

Contact: Lisa Schulz

Home visitation for families with new babies. Family case manager available if necessary.

La Leche League

Phone: 481-2909

www.llusa.org

Experienced and trained mothers who have nursed their own babies are available for information and support for breast feeding concerns. Support groups meet at various locations and times. Call 9:00 a.m. - 8:00 p.m., except for emergencies, when support is available 24 hours a day.

Nurse Family Partnership

Phone: 578-3268

Address: 1675 W. Garden of the Gods Rd., 80907

www.nursefamilypartnership.org

Free to all women who are eligible for Medicaid and WIC and meet other income requirements. Home visitation program for low income, first-time moms. Includes home visits from a registered nurse from prenatal period through the baby's second year.

Child & Mother Services (cont.)

MOPS—Mothers of Preschoolers

Groups meet in various churches to provide mentoring, discussion, teaching, creative activities, and childcare for mothers of children from conception to kindergarten in an open, caring and accepting atmosphere.

www.mops.org

Church on the Ranch	Contact: Deanna at 213-4780	531-7444
Fellowship Bible Church	5580 N. Nevada Ave., 80918	593-2433
Fellowship of the Rockies	1625 S. 8 th St., 80905	633-4659
First Evangelical Free Church	820 N. 30 th St., 80904	634-3144
First Presbyterian Church	219 E. Bijou St., 80903	884-6233

Holy Apostle Catholic Church	4295 N. Carefree Cir., 80917	597-4249
Peterson Chapel Protestant	215 W/HC 455 Vincent, 80914	556-4442
Pikes Peak Christian Church	4955 Bradley Rd., 80911	392-9061
Restoration Church	9355 Peaceful Valley Rd, 80925	382-8331
Village Seven Presbyterian	4055 Nonchalant Cir., 80917 (Leonard Hall)	574-6700

Vista Grande Baptist Church	5680 Stetson Hills Blvd., 80917	598-2139
Woodmen Valley Chapel (RR)	290 E. Woodmen Rd.	388-4985
WVC—Woodmen Heights	8292 Woodmen Valley View	388-5000

Groups Meet:

2nd & 4th Mon. 9:00 - 11:00 a.m.
2nd & 4th Wed. 9:00–11:15 a.m.
2nd & 4th Wed. 9:00–11:00 a.m.
2nd & 4th Thur. 9:30–11:30 a.m.
Every Thurs. 8:45 - 11:30 a.m.
and every Fri. 8:45 - 11:30 a.m.
2nd & 4th Thurs. 8:45 a.m. -11:30 a.m.
2nd & 4th Tues. 9:30–11:30 a.m.
1st & 3rd Thurs. 8:50–11:00 a.m.
Every other Wed. 9:00-11:15 a.m.
2nd Sunday 5:30–7:30 p.m.
and 2nd & 4th Tues. 8:45-11:30 a.m.
1st & 3rd Thurs. 9:00–11:30 a.m.
1st & 3rd Thurs. 9:00–11:30 a.m.
1st & 3rd Tues. 9:00–11:30 a.m.

Prenatal Outreach

Phone: 344-6101

Peak Vista

Address: 225 S. Union Blvd - 2nd Floor, 80910

www.peakvista.org

Email: Josette.Montes@peakvista.org

Provides case management for women who are at risk for having a low birth weight baby. Medicaid/ CHP+ application assistance is also available at Colorado Springs Pregnancy Center, call 591-2724 to schedule appt.

QuitNet

Phone: 800-639-QUIT (7848)

www.quitnet.com

Get support from smokers who are quitting and ex-smokers alike. From simple smoking cessation tips, to shared experiences of Nicotine Replacement Therapy (NRT) and other quitting medication - the QuitNet community is designed to help members help each other quit smoking... for good!

QuitLine

1-800-Quit Now (784-8669) Don't quit alone. Get free, one-on-one support from a personalized quit coach, plus a free supply of the nicotine patch. If you are pregnant, you also get a Reward Card you can use to buy things for you and your baby.

www.myquitpath.org

Resource Advocate Program

Phone: 632-1822

Springs Rescue Mission

Address: 1 W. Las Vegas St., 80903

www.mysrm.org

Provides the support needed to get connected to life-changing resources at the Resource Advocate Program for the homeless, those with no I.D.'s, the illiterate, or those with mental health or substance abuse issues.

Hours: Mon. - Fri. 8:30 - 11:30 a.m. at the Supportive Family Services Building

Tesla- School District 11

Phone: 520-2300 or 866-433-8411

24-hour telephone information

www.d11.org

Information on adult education, full-day kindergarten, before- and after-school child care, career and technical education, community education, alternative secondary programs and much more.

Women, Infants and Children (WIC)

Phone: 578-3199

Address: 1675 W. Garden of the Gods Rd., 80907

www.coloradowic.com

Provides food vouchers, nutrition education and breastfeeding support for pregnant women, infants and children up to age 5.

Women's Resource Agency

Phone: 471-3170

Address: 750 Citadel Dr. East # 3128, 80909

www.wrainc.org

Coaches women to become financially independent and achieve employment success. Classes meet every other month designed for job-search clients to become career-ready. Topics will include personal branding; resume coaching, job searching, budgeting, professional image, and networking. Classes and Certification Courses are also available for Microsoft Office 2007. At our boutique, job readiness clients who have a pending job interview receive one-on-one coaching from a Personal Shopper and select an appropriate interview suit to make the transition back to the workforce easier. Outfits include accessories and are free to clients to keep. After gaining employment, clients return for additional workplace outfits. Hours: Mon.-Thur. 9:00 a.m. -5:00 p.m., Fri. by appt.

Clothing

American Charities

Phone: 646-3922

Address: 3604 Galley Rd. #102, 80909

www.us-cca.com

Provides clothing, non-perishable foods, diapers, blankets.

Hours: Tues. & Thurs. 11:00 a.m. - 5:00 p.m. Commodities: Mon. 11:00 a.m. - 5:00 p.m.

Crossfire Ministries

Phone: 447-1806

Address: 2120 E. LaSalle St., 80909

www.crossfireministries.org

Emergencies: 650-4152

Hours: Tues. 10:00 a.m. - 7:00 p.m., Wed. & Thurs. 10:00 a.m. - 4:00 p.m.

Offers food, clothes, toiletries, necessities pantry and a mission thrift store.

Ecumenical Social Ministries

Phone: 636-1916

Address: 201 N. Weber St., 80903

www.ecusocmin.org

Hours: Mon. - Fri. 9:00 - 11:30 a.m. and 12:30 - 3:00 p.m. First come, first served.

Clothing closet, emergency food, commodities, utilities, bus vouchers, financial assistance.

Serves residents in the following ZIP codes: 80903, 05, 06, 07, 09, 10, 16, 26

Lighthouse Mobile Ministry

Phone: 633-6800

Address: 833 S. Circle Dr., 80910

www.lighthousemobileministries.org

Call for appointment, guidelines will be given. Hours: Tues. - Fri. 10:30 a.m. - 4:00 p.m.

Mercy's Gate

Phone: 277-7470

Address: 4285 N. Academy Blvd., 80918

www.mercysgatecs.org

(Inside Rocky Mountain Calvary Church)

Provides assistance with rent, utilities (Project COPE), gas and bus vouchers, food, medical needs, legal advice, and clothing.

Hours: Mon. 4:00 - 7:00 p.m., Wed. 9:00 a.m. - Noon, Thurs 9:00 a.m. - Noon and 1:00 - 4:00 p.m., Fri. 9:00 a.m. - Noon

Servicing ZIP codes: 80907, 08, 09, 15, 17, 18, 19, 20, 21, 22, 23, 24, 27, 38, 51

Salvation Army

Phone: 636-3891

Address: 908 Yuma St., 80909

www.tsacs.org

Clothing, food and utilities assistance. Tues. - Fri. 9:00 a.m. - Noon and 1:00 - 3:00 p.m.

Salvation Army (Fountain Valley Area)

Phone: 382-9230

Address: 901 S. Santa Fe, Fountain, CO 80817

www.tsacs.org

Clothing, food and utilities assistance. Mon. - Fri. 9:00 a.m. - Noon and 1:00 - 3:30 p.m.

Service Area: Fountain, Security, Widefield, Midway, Fort Carson and Pueblo

Seventh Day Adventist Community Center

Phone: 578-5616

Address: 1305 N. Union Blvd., 80909

www.centalsda.org

Hours: Mon. 10:00 a.m. - 2:00 p.m. Offers food and clothing assistance to those who qualify.

Springs Rescue Mission

Phone: 632-1822

Address: 5 W. Las Vegas St., 80903

www.mysrm.org

Clothing, emergency food, commodities and furniture. Hours: Tues. - Thurs. 1:00 - 3:00 p.m. and Sat. 9:00 a.m. - Noon

Women's Resource Agency

Phone: 471-3170

Address: 750 Citadel Dr. East #3128, 80909

www.wrainsc.org

At our boutique, job readiness clients who have a pending job interview receive one-on-one coaching from a Personal Shopper and select an appropriate interview suit to make the transition back to the workforce easier. Outfits include accessories and are free to clients to keep. After gaining employment, clients may return for additional workplace outfits.

Hours: Mon. - Thurs. 9:00 a.m. - 5:00 p.m.

Counseling/Support Groups

Abortion Recovery “Good Grief” Support Group

Phone: 591-2609

Address: 3700 Galley Rd., 80909

www.elifenetwork.com

If you have been affected by a past abortion you may find yourself experiencing a wide range of unexpected emotions. Whether it has been days, months or years, we invite you to come and hear how others are healing. Group is currently only open to women. Meets 1st Tuesday of every month, 6:30 - 8:00 p.m., no RSVP required.

Alcoholic Anonymous

Phone: 573-5020

Call 24/7 to talk with an A.A. member and for the locations of over 200 meetings a week.

www.colordospringsaa.org

AspenPointe

Phone: 572-6100

Address: 2864 S. Circle Dr. #600, 80906

www.aspenpointe.org

We provide individual, family, group and specialized therapy designed to achieve immediate results and long-term recovery. We offer a full complement of support services to assist with transition and re-adjustment. Serves all clients regardless of ability to pay. Access to funding and/or discounts for essential services are offered depending upon family size and income.

AspenPointe Acute Services (Lighthouse)

Phone: 635-7000

Address: 115 S. Parkside Dr., 80910

www.aspenpointe.org

Lighthouse offers a secured 24-hour Acute Treatment Unit (ATU) focused on short-term stabilization, treating adults age 18 and over who are experiencing problems with psychiatric illnesses and/or emotional disorders that need immediate attention.

Birth Mother Support Group

Phone: 388-5000

Address: 290 E. Woodmen Rd, 809191

email: birthmothersupport@hotmail.com

For birth mothers who have made or are thinking about making the courageous decision of adoption for their baby. Meets 1st Sunday of each month, 6:00 p.m. at Woodmen Valley Chapel, Rockrimmon Worship Center, Room 123.

Catholic Charities Life Connection

Phone: 636-2345

Address: 228 N. Cascade Ave., 80903

www.ccharitiescc.org

Free pregnancy counseling with referrals for housing and medical support, adoption search services, infant adoption, advocacy and referral, family life services, prenatal and parenting classes, and referrals for homeless housing.

Celebrate Recovery

Rock Family Church: 531-6600 Village Seven Presbyterian Church: 574-3330

Ministry for those dealing with addictions and compulsions, hurts, habits or hang-ups. Provides fellowship and celebrates God's healing power through the 12 Steps and 8 Recovery Principles.

Center on Fathering

Phone: 634-7797

Address: 325 N. El Paso St., 80903

www.dhs.elpasoco.com

Provides resource information, personal support, education mentoring, and outreach for fathers to be responsible for the needs of their children. Provides a 15-session “Fathering Class” that teaches dads to be more actively and positively involved in their children’s development, and a 10-session program called “Conflict-Resolution for Dads”.

Centro De La Familia

Phone: 227-9170

Address: 122 E. Las Animas St., 80903

www.centro.ws

Services in English and Spanish for Hispanic and Native American families and individuals. Through counseling, advocacy, parenting classes, crisis intervention and support groups for victims of domestic violence and child abuse, Centro de la Familia plays a vital role in sustaining and preserving safe, stable and nurturing homes for Latino children and their families.

Compassionate Friends

Phone 351-7653

First Baptist Church

Address: 317 E. Kiowa St., 80903

www.compassionatefriends.org

Provides friendship, understanding, and hope to those going through the natural grieving process for the death of a child at any age from any cause. Meets 3rd Thursday of every month 7:00 p.m.

Grace Be Unto You Church

Phone: 596-9076

Address: 3195 Airport Rd., 80910

www.gracebeuntoyou.org

New Walk Ministry helps men coming out of prison, providing housing and empowering men to seek better choices. Every man must go through a special process to be accepted by a board.

Counseling/Support Groups (cont.)

Grief Share: Series of sessions for those who have experienced death of a loved one, including miscarriage, stillbirth and SIDS.

Calvary Worship Center	501 Castle Rd., 80904	632-3311	www.griefshare.org Tuesdays, 6:30 – 8:30 p.m.
Circle Drive Baptist Church	801 N. Circle Dr., 80909	596-4461	Tuesdays, 11:00 a.m. – 1:00 p.m.
Fellowship of the Rockies	1625 S. 8th St., 80905	633-4659	Thursdays, 6:30 – 8:30 p.m.
Pikes Peak Christian Church	4955 Bradley Rd., 80911	392-9061	Thursdays, 6:00 - 8:00 p
Rockrimmon Church	4301 Forest Hill Rd., 80907	630-0416	Tuesdays, 6:00 – 8:00 pm
Sunnyside Christian Church	2025 N. Murray, 80915	596-1659	Thursdays, 6:30 – 8:30 pm
Tri-Lakes United Methodist	20256 Hunting Downs Way Monument, CO 80132	488-1365	Mondays, 6:00 – 8:00 pm
Trinity Church of the Nazarene	5055 El Camino, 80918	599-7990	Sundays, 5:00 – 7:00 pm
Woodmen Valley Chapel	290 E. Woodmen Rd., 80919 RR Worship Center, Rm. 107	388-5000	Thursdays, 6:30 – 8:30 pm
St. Luke's Lutheran Church	5265 N. Union Blvd., 80918	799-6402	2 nd Tuesdays, 7:00 - 9:00 p.m.
Ongoing support group for people dealing with miscarriage and death of a child.			

Heart Matters

www.theheartmatters.org

Phone: 331-5989 Kevin or 432-7696 Jenni

Address: 13550 Northgate Estates Dr. #200, 80921

The experienced teams of counselors at Heart Matters know each person and their journey is unique, so they work together to ensure the best emotional, psychological, and spiritual care for your specific needs. They offer individual and couples counseling, specializing in co-dependence, sexual addiction, partners of sexual addiction and same-sex attraction. They also offer 3-Day Intensives for addictions and trauma recovery.

Heart to Heart Counseling

www.sexaddict.com

Phone: 278-3708

Address: 5080 Mark Dabling Blvd., 80918

Douglas Weiss, Ph.D., specializing in sexual addicts, their spouses and families. Offers telephone counseling, recovery materials and 3-5 day Intensive Seminars.

Hope for Healing, PLLC

www.talloakcounseling.com

Phone: 332-1559

Address: 7025 Tall Oak Dr. # 120, 80919

Cheryl G. Field, M.A. counsels adult survivors of childhood trauma and individuals struggling with sexual addiction, or same-sex attraction. She also counsels partners of addicts in need of processing co-dependence and grief issues. Through individual, group, couples and intensive therapy, she helps them emotionally and relationally to restore trust and sexual intimacy.

Homeward Pikes Peak

(formerly Harbor House)

www.homewardpikespeak.org

Phone: 473-5557

Address: 1710 E. Pikes Peak Ave. #100, 80909

Hours: Mon. - Fri. 8:00 a.m. - 5:00 p.m. Extensive outpatient substance abuse treatment program includes women's, mothers' and female offender recovery groups. Also provides a safe, sober place for the chronically homeless substance abuser to live while they are restored to health and self-sufficiency. The six-week intensive program offers customized care tailored to homeless, including substance abuse treatment, intensive case management and a sober living environment.

Marriage and Family Treatment Center

Phone: 520-1711

Address: 218 E. Cache La Poudre, 80903

Mental health counseling for children, teenagers, and adults. Ongoing support groups, as well as individual, group, and couples counseling.

Nurturing Network

www.nurturingnetwork.org

Phone: 1-800-TNN-4MOM

Provides an individually-tailored program of support to women with unplanned pregnancies with a special emphasis on assisting college and working women, including educational and employment assistance along with medical, housing and counseling services. TNN is often able to help a client who needs to temporarily leave her local community and relocate for reasons of confidentiality or emotional and physical safety.

Counseling/Support Groups (cont.)

Postpartum Depression Support Group

Phone: 355-1170 **Address: 3700 Galley Rd., 80909**

Colorado Springs Pregnancy Center offers hope to women experiencing the effects of postpartum depression, which may interfere with their ability to care for their babies. Trained facilitators assist in small group discussions to begin the healing process in a safe, confidential environment.

Springs of Life - Family Resources

Phone: 2573-7883 **Address: 3704 E. Uintah, 80909**

www.springsoflife.org

Partnering with individuals, kids, parents, and families by helping them work through life's challenges. Offers Individual and couples' counseling, parent education and community resources.

Sudden Infant Death Syndrome

Toll-Free: 800-815-1306

Direct: 920-212-0798

www.sidsamerica.org

Provides hope, help, and healing to families grieving the loss of a child to Sudden Infant Death Syndrome (SIDS) through grief support, prayer, financial assistance, and awareness.

Rockies Counseling Center

Phone: 442-0606 **Address: 555 E. Pikes Peak Ave., 80903**

www.rockies.edu

Rockies Counseling Center provides high-quality, low-cost psychotherapy and assessment to individuals, couples, and families. Services are available for a flat fee of \$25 per session. A sliding scale is also in place for those with limited ability to pay.

Hours: Mon. - Thurs. 9:00 a.m. - 9:00 p.m., Fri. 9:00 a.m. - 5:00 p.m. and Sat. 9:00 a.m. - 3:00 p.m.

Women of Courage

Phone: 548-4425 **Address: 1880 S. Cascade Ave., 80905**

www.flscs.org/women-of-courage/

Monthly meetings offer fundamental life skills and scriptural truths, along with opportunities to engage in a community of moms in similar life situations. One-on-one mentoring is designed to help with budgeting, relationships and spiritual growth is available, as well as guidance on setting personal goals and maintaining accountability. Crisis assistance for moms and kids provided.

Crisis Centers

Catholic Charities of Colorado

Phone: 866-6535

Address: 14 W. Bijou St., 80903

www.ccharitiescc.org

Free pregnancy counseling with referrals for housing and medical support, education for prenatal care, childbirth and nurturing parents, adoption search services, infant adoption, advocacy and referrals, family life services, and referrals for homeless housing.

Colorado Springs Pregnancy Center

Phone: 591-2724

Address: 3700 Galley Rd., 80909

www.elifenetwork.com

Phone: 623-2879

Address: 2925 King St., 80904

Non-profit Christian agency. Provides free pregnancy tests, medical and adoption referrals, and help with maternity clothes, infant clothing, and supplies. Offers a support group for women and men who have experienced abortion and want healing. Offers classes on prepared childbirth, breastfeeding, newborn care and how to deal with parenting.

Hotlines:

- Child Abuse, Neglect, Prevention & Reporting: 444-5700 (24/7)
- Colorado Springs Police Department: 444-7000
- Colorado Springs Victim Advocacy Unit: 444-7777
- El Paso County Sheriff Victim's Assistance: 390-5555
- Drug/Alcohol Assessment: 578-3150 (El Paso County)
- Mental Health Crisis: 719-635-7000 (AspenPointe)
- National Domestic Violence Hotline 1-800-799-7233
- Rocky Mountain Poison and Drug Center: 1-800-222-1222
- Suicide Prevention Partnership: 1-888-855-1212 (24/7)

Email: childabusereport@elpasoco.com

www.thehotline.org

Mercy's Gate

(Inside Rocky Mountain Calvary Church)

www.mercysgatecs.org

Phone: 277-7470

Address: 4285 N. Academy Blvd., 80918

Provides assistance with rent, Project COPE, gas and bus vouchers, food, medical needs, legal advice, and clothing.

Hours: Mon. 4:00 - 7:00 p.m., Wed. 9:00 a.m. - Noon, Thurs. 9:00 a.m. - Noon and 1:00 - 4:00 p.m., Fri. 9:00 a.m. - Noon.

Servicing ZIP codes: 80907, 08, 09, 15, 17, 18, 19, 20, 21, 22, 23, 24, 27, 38, 51

TESSA - Center for Prevention of Domestic Violence

Phone: 719-633-3819 Crisis line available 24/7

www.tessacs.org

Phone: 633-1462 Office

Six Locations throughout El Paso County

Safe house provides emergency shelter, food, case management, counseling and support to female victims and their children who have become homeless because of domestic violence. Offers group and individual psychotherapy to people involved in domestic violence, as well as to victims of sexual assault. Walk-In Advocacy Services can assist with filling out paperwork to apply for a protection order. The Children's Program offers therapeutic and non-therapeutic services and supports to children who have witnessed and/or been victims of domestic violence. Hours: Mon. - Thurs. 7:30 a.m. - 4:30 p.m. and Fri. 7:30 a.m. - Noon

Dental Care

KIND Kids in Need of Dentistry

Phone: 877-544-KIND (5463)

Address: 1120 N. Circle Dr., 80909

www.kindsmiles.org

Call to request application, or download online. Dental care for kids 17 and under, accepts Medicaid and CHP+ and offers a low cost plan for families who qualify. Must have proof of household income. Serving Southern Colorado.

Peak Vista Dental Clinic

Phone: 632-5700 to enroll as a patient

www.peakvista.org

Phone: 475-0783 for Appt.

Address: 2828 International Cir. #100, 80910

A full spectrum of dental services is available, including specialty pediatric care. Medicaid and Child Health Plan Plus accepted.

Hours: Mon. - Fri. 7:30 a.m. - 5:00 p.m. (Closed Noon - 1:00 p.m. for lunch)

Food

American Charities

Phone: 646-3922

Address: 3604 Galley Rd. #102, 80909

www.us-cca.com

Emergency food/clothing: Tues. & Thurs. 11:00 a.m. - 5:00 p.m. Commodities: Mon. 11:00 a.m. - 5:00 p.m.
Provides clothing, non-perishable foods, diapers, blankets.

Billie Spielman Center

Phone: 344-8994 x 251

Westside Community Center

Address: 1616 W. Bijou, 80904

www.ppcaa.org

Provides emergency needs such as rent or mortgage, utilities, food, medical prescriptions, assistance with obtaining a valid identification, housing rehabilitation, transportation, and budget counseling. Servicing only areas west of I-25.

Hours: Mon. - Fri. 8:30 - 11:30 a.m. and 12:30 - 4:30 p.m.

Bread of Life Food Pantry

Phone: 596-0661

Holy Cross Lutheran Church

Address: 4125 Constitution Ave., 80909

www.holycrosscs.org

Hours: Mon. - Tues. 1:00 - 4:00 p.m. and Sat. 9:00 a.m. - Noon. Serves ZIP codes 80909, 15, 16

Care and Share

Phone: 528-1247

Food Pantry locator for over 25 agencies

2605 Preamble Point, 80915

www.careandshare.org

Corpus Christi Catholic Church

Phone: 633-1457

Address: 2318 N. Cascade, 80915

www.corpuschristicos.org

Hours: Wed. 1:00 - 3:00 p.m., Fri. 11:00 a.m. - 1:00 p.m.

Colorado College Sunday Soup

Phone: 389-6000

Shove Chapel

Address: 1010 N. Nevada Ave., 80903

www.cckitchen.colocollege.com

Sunday 9:30 a.m. - 4:30 p.m., breakfast served until 1:45 p.m.

Connections 4 Life Center

Phone: 387-9919

Address: 6436-U So. Hwy 85/87, Fountain, CO 80817

www.connections4lifecenter.org

Commodities: Fri. 11:00 a.m. - 1:00 p.m.

Emergency baby clothes, food, formula & diapers: Tues. 10:00 a.m. - 7:00 p.m., Wed. 11:00 a.m. - 4:00 p.m.

Food Pantry: Thur. 5:30 - 7:30 p.m., free haircuts offered every 3rd Thursday.

Free clothing for adults & children while supplies last. Thur. 5:30 - 7:30 p.m., Fri. 11:00 a.m. - 1:00 p.m.

Crossfire Ministries

Phone: 447-1806

Address: 2120 E. LaSalle St., 80909

www.crossfireministries.com

Services are free to anyone in need as long as the following items are available: food pantry, clothing, toiletry and hygiene items, linens, blankets, sheets, towels, household necessities, and baby bags.

Hours: Tues. 10:00 a.m. - 7:00 p.m., Wed. & Thurs. 10:00 a.m. - 4:00 p.m.

Divine Redeemer Catholic Church

Phone: 633-5559

Address: 927 N. Logan Ave., 80909

www.divineredeemer.net

Emergency food 2nd and 4th Monday of each month, Noon - 2:00 p.m. Serving ZIP codes 80907, 09,10,15,16, 17

Eastborough Food Pantry

Phone: 596-1929 by appointment only! Must call first to schedule.

Address: 4123 E. Pikes Peak

Office Hours: Mon. - Thurs. 8:00 a.m. - 4:00 p.m., Fri. 8:00 a.m. - Noon

www.eastboroughnaz.org

Eastern Plains Community Pantry

Phone: 347-2976

Address: 701 4th St, Calhan, CO 80808

Hours: Tues. & Thurs. 1:00 - 5:00 p.m., Wed. 9:00 a.m. - 1:00 p.m., 2nd & 4th Saturday every month 9:00 - 11:00 a.m.

Ecumenical Social Ministries

Phone: 636-1916

Address: 201 N. Weber St., 80903

www.ecusocmin.org

Emergency food and commodities. Servicing ZIP codes: 80903, 05, 06, 07, 09, 10, 16, 26

Hours: Mon. - Fri. 9:00 - 11:30 a.m. and 12:30 - 3:00 p.m.

Ellicott Helping Hands

Phone: 719-683-3404

Address: 23355 Hwy 94, Ellicott, CO 80808

Emergency food and commodities. Hours: Tues. 9:00 a.m. - Noon. Service area: El Paso County

Food (cont.)

Fellowship Bible Church

Phone: 593-2433

Address: 5590 N. Nevada Ave., 80918

www.fbccs.org

Emergency food: 1st and 3rd Saturdays 1:00 - 3:00 p.m.

Good News Foundation

Phone: 638-8985

Address: 125 N. Parkside Dr. #105, 80909

Emergency food and commodities. Hours: Tues. & Thurs. 10:00 a.m. - 2:00 p.m.

Good Shepherd United Methodist Church

Phone: 392-5782

Address: 1201 Leta Dr., Security, CO 80911

www.gsumc-cs.org

Emergency food: contact the church office, 8:00 a.m. - 2:00 p.m.

Commodities: 2nd and 4th Thursday of each month 10:00 a.m. - 12:30 p.m. (Cooper Hall)

Grace Be Unto You Outreach Church

Phone: 596-9076

Address: 3195 Airport Rd, 80910

www.gracebeuntoyou.org

Food pantry Wed. 2:00 - 4:00 p.m. Clothing at that time as well.

High Plains Helping Hands

Phone: 495-3123

Address: 7375 Adventure Way, 80923

www.highplainshelpinghands.com

Thurs. - Fri. 10:00 a.m. - 4:00 p.m., 1st and 3rd Saturday every month 10:00 a.m. - 1:00 p.m.

Emergency food, servicing ZIP codes: **80808**, 28, 30, 31, 32, 33, 35, 64 and 80923

Holy Cross Lutheran Church

Phone: 596-0661

Address: 4125 Constitution Ave., 80909

www.holycrosscs.org

Mon. - Tues. 1:00 - 4:00 p.m. and Sat. 9:00 a.m. - Noon

Emergency food, servicing ZIP codes 80909, 15, 16

Lighthouse Mobile Ministry

Phone: 633-6800

Address: 833 S. Circle Dr., 80910

www.lighthousemobileministries.org

Provides a bag of food along with household and personal products, also has pet food and care products available.

Hours: Tues. - Fri. 10:30 a.m. - 4:00 p.m.

Manna Ministries

Phone: 635-1057

Address: 500 W. Bijou, 80905

www.churchofthelordofglory.com

Hot meal served: Sun. and Wed. 4:45 p.m.

Marian House Soup Kitchen

Phone: 475-7314

Address: 14 W. Bijou St., 80903

www.ccharitiescc.org

Hot meal served: Mon. - Sat. 10:30 a.m. - 1:00 p.m. and Sun 8:45 - 10:00 a.m.

Mercy's Gate

Phone: 277-7470

(Fellowship Bible Church),

Address: 5590 N. Nevada Ave., 80918

www.mercysgatecs.org

Works with The Emergency Food Assistance Program (TEFAP) to help supplement the diets of low-income persons by providing them with monthly food packages. This program is open to qualified residents throughout El Paso County. Distribution site is on Mondays, 9:00 a.m. - Noon.

Servicing ZIP codes: 80907, 08, 09, 15, 17, 18, 19, 20, 21, 22, 23, 24, 27, 38, 51

Mountain View Presbyterian Church

Phone: 632-9664

Address: 2520 Arlington Dr., 80910

www.mvpconline.com

Emergency food: 1st and 4th Tuesday 10:00 a.m. - Noon, 2nd, 3rd and 5th Tuesday 2:00 - 4:00 p.m.

A photo ID is required and an item with your current address if it is your first visit.

Sacred Heart "Lord's Dinner"

Phone: 389-0759

Address: 2021 W. Pikes Peak, 80904

www.tricomcommunity.org

Hot meal served Sundays, 6:00 p.m.

Food (cont.)

Salvation Army

Phone: 636-3891

Address: 908 Yuma St., 80909

www.tsacs.org

Emergency food: Tues. - Fri. 9:00 a.m. - Noon and 1:00 - 3:00 p.m.

Homeless Soup Run at America the Beautiful Park, Mon. - Fri. 5:00 p.m. Hot meal at the Salvation Army mobile canteen truck.

Salvation Army (Fountain Valley Area)

Phone: 382-9230

Address: 901 S. Santa Fe, Fountain, CO 80817

www.tsacs.org

Emergency food: Mon., Wed., Fri. 9:00 a.m. - 1:00 p.m.

Service area: Fountain, Security, Widefield, Midway, Fort Carson and Pueblo

Seventh Day Adventist Church

Phone: 578-5616

Address: 1305 N. Union Blvd., 80909

www.centinalsda.org

Emergency food, commodities and clothing. Hours: Mon. 10:00 a.m. - 2:00 p.m.

Springs Rescue Mission

Phone: 632-1822

Address: 5 W. Las Vegas, 80903

www.mysrm.org

Hot meal served: Mon. - Sat. 5:00 p.m. (preceded by sermon).

Food boxes: Mon. - Thur. 1:00 - 3:00 p.m. and Sat. 9:00 a.m. - Noon

St. Dominic Catholic Church

Phone: 392-7653

Address: 331 Main St., Security, CO 80911

www.coloradostdominic.org

Emergency food, call first: Mon. - Fri. 10:00 a.m. - Noon

St. Patrick's Catholic Church

Phone: 598-3595

Address: 6455 Brookpark Dr., 80918

www.stpatscs.org

Emergency food: Fridays 4:00 - 5:00 p.m.

Tri-Lakes Cares

Phone: 481-4864

Address: 235 N. Jefferson, Monument, CO 80132

www.tri-lakescares.org

Emergency food, commodities, utilities, and financial assistance. Servicing: Palmer Lake, Woodmoor, Monument

Hours: Mon. and Thurs. 12:00 - 3:00 p.m. and 6:00 - 8:00 p.m.

True Spirit Baptist Church

Phone: 575-9287

Address: 5120 Astrozon Blvd., 80916

www.truespiritbaptistchurch.com

Emergency food and commodities, Hours: Tues. and Fri. 11:00 a.m. - 2:00 p.m.

Walt Fortman Center

Phone: 382-8515

Address: 501 E. Iowa, Fountain, CO 80817

www.ppcas.org

Emergency food. Hours: Mon - Fri 9:00 a.m. - Noon and 1:00-5:00 p.m.

Call for appt. for financial, gas, utilities, or one-time prescription assistance.

Servicing area: Fountain, Security, and Widefield, ZIP codes: 80817, 80911, 80925, 80926, 80928, 80929, 81008

Westside Cares

Phone: 389-0759

Address: 1930 W. Colorado Ave., 80904

www.westsidecares.org

Screening/intake/referral for several Westside food banks. Mon. - Thurs. 9:30 a.m. - 12:30 p.m., Thur. 5:00 -7:00 p.m.

Services for residents west of I-25, South of Air Force Academy, north of Fort Carson and east of Teller County.

Healthcare - Free

Dream Centers Women's Clinic

Phone: 388-1594

Address: 4360 Montebello Dr. #900, 80918

www.dreamcenterscos.org

Your visit to the DCCS Women's Clinic for primary care and basic gynecology care is free, regardless of services provided. If specialized care is needed beyond the services our clinic is currently able to provide, patient may incur costs at referral providers. Hours: Mon. 9:00 a.m. - 4:00 p.m., Tues. Noon - 8:00 p.m., Thur. & Fri. 9:00 a.m. - 4:00 p.m.

Ecumenical Social Ministries

Phone: 636-1916

Address: 201 N. Weber St., 80903

www.ecusocmin.org

A Faith Community Nurse arranges for medical care, long-term prescription assistance, dental care, and mental health care for individuals and their children. She also provides referrals to doctors, dentists, and other health care providers who accept Medicaid and Medicare patients. Hours: Mon., Wed. and Thur. 9:00 a.m. - 3:00 p.m.

Emergency Rooms:

Penrose Hospital Main

Address: 2215 N. Cascade Ave., 80907

St. Francis Medical Center

Address: 6001 E. Woodmen Rd., 80923

Memorial Hospital Central

Address: 1400 E. Boulder, 80909

Memorial Hospital North

Address: 4050 Briargate Pkwy., 80920

If it IS an emergency, go to one of the hospitals. If you can't obtain care elsewhere for "routine" healthcare, they are required by law to provide care to all who need it.

HealthLink

Phone: 444-CARE (2273)

Ask-A-Nurse Answers

www.memorialhealthsystem.com

Call for health questions, wellness classes or help finding a doctor. Hours: 8:30 a.m. - 9:00 p.m. daily, 8:30 a.m. - 3:00 p.m. holidays.

Marian House S.E.T. Clinic

Phone: 475-7314

Address: 14 W. Bijou, 80903

www.setofcs.org

Located at the soup kitchen, open during Noon meal (11:30 a.m. - 1:00 p.m.) Mon. - Fri. OTC remedies and basic prescription drugs, socks, toiletries, minimal "hands-on" care provided by licensed medical volunteers for the homeless and very low income. Closed for holidays.

Mission Medical

Phone: 219-3402

Address: 2125 E. La Salle St., 80909

www.missionmedicalclinic.org

Provides free medical, dental, behavior, health care and prescription assistance for eligible, low-income, uninsured residents of El Paso and Teller Counties, ages 19-64. Provides flu shots, TB testing, diabetic clinic, physical therapy and vision care.

Hours: Mon. - Tues. 9:30 a.m. - 6:00 p.m., Thurs. 9:30 a.m. - 8:30 p.m., 1st and 3rd Saturdays 9:00 a.m. - Noon

Nurse Family Partnership

Phone: 578-3268

Address: 1675 W. Garden of the Gods Rd., 80907

www.nursefamilypartnership.org

Free to all women who are eligible for Medicaid and WIC and meet other income requirements. Home visitation program for low-income, first-time moms. Includes home visits from a registered nurse from prenatal period through the baby's second year.

Open Bible Medical Clinic

Phone: 475-0972

Address: 824 S. Union Blvd., 80910

www.openbiblemedical.org

Serves patients in the El Paso County community with primary medical care for acute and chronic illness as well as provides limited mental health counseling. All of our dedicated and professional staff are volunteers. Employed patients must qualify at or below 200% of the federal government's poverty level guidelines, have no health insurance coverage or be eligible for state or federal coverage, (Medicaid or Medicare), nor be a member of Peak Vista Community Health Center, S.E.T., or Mission Medical.

Hours: Tues. 6:00 p.m. - 9:00 p.m., 2nd and 4th Thursday 6:00p.m. - 9:00 p.m.

Tri-Lakes Cares

Phone: 481-4864, x 23

Address: 235 Jefferson, Monument, CO 80132

www.tri-lakescares.org

This program allows residents of Palmer Lake, Woodmoor and Monument who are uninsured, or under- insured, to obtain primary medical care at no cost. School and sports physicals are offered to families who have financial difficulties.

Medical treatment is provided by either a licensed physician or a nurse practitioner who volunteers their time to the community. This program is not designed or equipped to handle medical emergencies!

A doctor is available by appointment. Hours: Tue. 9:00 a.m. - Noon, and Thur. 6:00 - 8:00 p.m.

Nursing services do not require an appointment. Mon. and Thur. Noon - 3:00 p.m.

Westside CARESwww.westsidecares.org**Phone: 389-0759****Address: 1930 W. Colorado Ave., 80904**

A Faith Community Nurse arranges for Westside neighbors to get medical care, long-term prescription assistance, dental care, and mental health care for themselves and their children. She also provides referrals to doctors, dentists, and other health care providers who accept Medicaid and Medicare patients.

Healthcare - Low Cost or Sliding Scale

Colorado Child Health Plan Pluswww.chplusplus.org**Phone: 1-800-359-1991****Address: 4500 Cherry Creek S. Dr., Denver, CO 80246**

A low-cost health insurance program for uninsured Colorado children ages 18 and under whose families are not eligible for Medicaid but cannot afford private insurance. Parents must meet income guidelines. Hours: Mon. - Fri. 8:00 a.m. - 6:00 p.m.

Connect for Health Coloradowww.connectforhealthco.com**Phone: 855-PLANS-4-YOU (855-752-6749)**

This is the marketplace to help individuals and families purchase health insurance and apply for new federal financial assistance to reduce costs. Connect for Health Colorado offers a statewide customer support network of Customer Service Center Representatives, Health Coverage Guides and licensed agents/brokers to help Coloradans find the best health plan for their needs.

El Paso County Public Healthwww.elpasocountyhealth.org**Phone: 578-3199****Address: 1675 W. Garden of the Gods Rd. #2044, 80907**

Call for appointment Mon. - Fri. 8:00 - 11:50 a.m. and 1:00 - 3:50 p.m.

Immunization Clinic: Provides immunizations, blood pressure checks, and TB skin tests. There is a \$30 clinic fee in addition to the price of the vaccine.

Family Planning Clinic (Reproductive Health): Provides reproductive health care services for men and women, including counseling on abstinence. We provide women and men with screening, diagnosis and treatment for STD's, pregnancy testing and referral to health care providers/agencies. Fees for services are charged on a sliding scale based on income.

Health Care Program for Children with Special Needs**Phone: 578-3200**

Offers care coordination of medical and social services for children with special needs, ages 0-21.

Peak Vista Convenient Care Centerwww.peakvista.org**Phone: 632-5700****Address: 350 Printers Parkway, 80910**

Hours: Mon. - Fri. 8:00 a.m.-10:00 p.m., Sat. 9:00 a.m. - 5:00 p.m., Sun. 10:00 a.m. - 4:00 p.m.

Provides same-day, scheduled appointments for the entire community and for all ages. Our experienced healthcare providers can assist in the treatment of sudden, minor illness and injury. If you do not have insurance or are not a Peak Vista member we provide a sliding scale co-pay system based on your current income.

Peak Vista Family Health Centerwww.peakvista.org**Phone: 632-5700****Address: 3207 N. Academy #3100, 80917**

Offers primary medical and behavioral healthcare to persons of all ages. Services include preventative, routine exams, same-day treatment of acute illness and injury, on-going primary care and follow-up for chronic health conditions. Patients must be enrolled at Peak Vista before receiving care at this center.

Peak Vista Homeless Health Centerwww.peakvista.org**Phone: 471-2789****Address: 117 W. Rio Grande St., 80903**

Hours: Mon. 8:00 a.m. - 5:00 p.m., Tues. - Fri. 8:00 a.m. - Noon

Services include diagnosis and treatment of sudden, minor illnesses and injuries, on-going primary care for prevention and chronic health conditions, women's health check-ups (including pap smears, mammograms and birth control), minor surgeries, dental services, health education and referrals without regard to lack of permanent residence.

Peak Vista Pediatric Health Centerwww.peakvista.org**Phone: 632-5700****Address: 2828 International Cir. #140, 80910**

Provides outpatient, primary care for children ages 0-17, by checking vision, hearing and physical development. In addition to caring for sudden illnesses, injuries and on-going primary care needs, we provide preventive physical exams and immunizations and employ a full-time Behavioral Health Specialist to help patients with emotional or behavioral concerns. Patients must be enrolled at Peak Vista before receiving care at this center.

Peak Vista Women's Health Clinicwww.peakvista.org**Phone: 442-2027** **Address: 225 S. Union Blvd, 2nd Fl, 80910**

Patients must be enrolled at Peak Vista before receiving care at this center. Services are customized to the needs of women at every phase of their lives: first menstruation education, birth control, prenatal care and counseling & postnatal follow-up. Special services include Prenatal Plus - ensuring a healthy baby through diet and lifestyle guidance via a registered nurse, registered dietitian. Medicaid and Medicare accepted.

S.E.T. Family Clinicswww.setofcs.org**Phone: 776-8850 x 1100** **Address: 825 E. Pikes Peak Ave., 80903**

Call for an appointment. Mon. - Wed. 8:00 a.m. - 8:00 p.m., Thur. - Fri. 8:00 a.m. - 5:00 p.m. The clinic will be closed daily from Noon - 1:00 p.m. for lunch. Uninsured & low-income patients accepted. Services include treatment of minor illnesses such as bronchitis, sore throats, earaches, eye infections, minor dermatological conditions, hypertension and diabetes. A limited number of school, day care and sports physicals are also available. S.E.T. does not offer OB/GYN, dental or mental health services.

Healthcare - Prescription Assistance**Billie Spielman Center**

Westside Community Center

www.ppcaa.org**Phone: 344-8994 x 251****Address: 1616 W. Bijou, 80904**

Provides emergency medical prescriptions. Hours: Mon. - Fri. 8:30 - 11:30 a.m. and 12:30 - 4:30 p.m. Servicing areas west of I-25.

Ecumenical Social Ministrieswww.ecusocmin.org**Phone: 636-1916****Address: 201 N. Weber St., 80903**

Can provide emergency medicine. Must bring written prescription, non-narcotics only.

Mercy's Gate**Address: 4285 N. Academy Blvd., 80918**www.mercysgatecs.org**Phone: 277-7470**

(Inside Rocky Mountain Calvary Church)

A Faith Community Nurse arranges for neighbors to get medical care, long-term prescription assistance, dental care, and mental health care for individuals and their children. She also provides referrals to doctors, dentists, and other health care providers who accept Medicaid and Medicare patients.

www.needymeds.com**Patient Assistant Plans**www.rxassist.org

Free Drug Discount Card and information. Most of the drug companies have programs that provide free medication for indigent people. The application forms range from very user-friendly to very complicated. A doctor must sign the applications, and the drugs are usually shipped to your doctor's office.

TLC Pharmacywww.tlcpharmacy.org**Phone: 596-4449****Address: 555 E. Costilla, 80903**

Helps provide free access to medical care and life-saving medication for the poor and uninsured in our community.

Hours: Mon. 9:00 a.m. - 1:00 p.m., Tues. 6:30 p.m. - 8:30 p.m., Wed. 9:00 a.m. - 1:00 p.m. and Sat. 9:00 a.m. - 1:00 p.m.

Tri-Lakes CARESwww.tri-lakescares.org**Phone: 481-4864 x 103****Address: 550 Highway 105, Monument, CO 80132**

Limited prescription assistance. Free over-the-counter medications (cough, allergy, first aid, etc.). Can help completing applications for RX Assist programs. A doctor is available by appointment only, with limited prescription, co-pay and procedure assistance. Call for eligibility information. Hours: Tues. 9:00 a.m. - 12:00 p.m. and Thur. 6:00 p.m. - 8:00 p.m.

Trimble Fund**Phone: 634-7360**

Will help with buying glasses, dentures and hearing aids. Eye exams and dental services performed by volunteers. Leave a message on their recorder. Must be an El Paso County resident for over a year.

Westside CARESwww.westsidecares.org**Phone: 389-0759****Address: 1930 W. Colorado Ave., 80904**

Assistance for prescription needs may be available to Westside neighbors depending on their circumstances. Neighbors seeking prescription assistance will meet with our pastoral nurse who assesses the qualifying criteria and medical needs on an individual basis.

Housing: Emergency Shelter

Interfaith Hospitality Network

www.ihn-cos.org

Phone: 329-1244

Address: 519 N. Tejon St., 80903

Office hours: Mon. - Fri 8:00 a.m. - 4:00 p.m. Provides transitional shelter and supportive services to homeless families with children and those at immediate risk to experience homelessness. Sleeping rooms are provided to IHN guest families for a week at a time at the facilities of one of 36 faith-based congregations. Three meals and evening hospitality are provided, no proselytizing to guest families is allowed.

R.J. Montgomery New Hope Center (Salvation Army)

www.tsacs.org

Phone: 578-9190

Address: 709 S. Sierra Madre, 80903

Colorado Springs' only 24/7 emergency shelter can accommodate up to 210 people. Residents receive a warm place to sleep, meals and access to shower and laundry facilities where all necessary provisions are supplied. The Children's Discovery Center is a place where residents can be with their children for a positive, bonding family experience. The Center offers education, individualized care and a chance for kids to be kids in a safe, clean environment.

TESSA - Center for Prevention of Domestic Violence

www.tessacs.org

Phone: 633-3819

Crisis line available 24/7

Phone: 633-1462 Office

Six Locations throughout El Paso County

Safe house provides emergency shelter, food, case management, counseling and support to female victims and their children who have become homeless because of domestic violence. Offers group and individual psychotherapy to people involved in domestic violence, as well as to victims of sexual assault. Walk-In Advocacy Services can assist with filling out paperwork to apply for a protection order. The Children's Program offers therapeutic and non-therapeutic services and support to children who have witnessed and/or been victims of domestic violence. Hours: Mon. - Thurs. 7:30 a.m. - 4:30 p.m. and Fri. 7:30 a.m. - Noon

Urban Peak

"The Place"

www.urbanpeak.org

Phone: 630-3223

423 E. Cucharas St, 80903

A licensed, 20-bed, transitional housing facility. Urban Peak works with youth who are experiencing homelessness between ages 15-21. Services at The Place include shelter, free food, showers, clothing, job counseling, doctor appointments, education programs and help finding housing. If you are older than 21 or younger than 15, we can still help you find a shelter or similar organization that helps people in your age group.

Housing: Transitional (with Support and/or Recovery Programs)

Alano Houses

www.alanohouse.org

Phone: 866-520-1732

Address: 1020 Jefferson St., 80907

Two men's houses and one women's house: \$425.00 a month for rent and utilities, food and hygiene supplies not included. Provides a safe and healthy environment for alcoholics/addicts and their families to find recovery. Treatment services include substance abuse, mental health education, pastoral and recovery support. Office hours: Mon. - Fri. 8:00 a.m. - 7:00 p.m. and Sat. 8:00 a.m. - 1:00 p.m.

Family Mentor Alliance

Springs Rescue Mission

www.mysrm.org

Phone: 314-2382

Address: 5 W. Las Vegas, 80903

email: jackiej@mysrm.org

Provides mentoring services and assistance for families to transition from homelessness to stable housing. Once a mentee family is approved, the FMA can help locate resources for food, clothing and furniture for a home. Contact Jackie Jaramillo, Director of Family Mentor Alliance

Grace Be Unto You Outreach Church

www.gracebeuntoyou.org

Phone: 596-9076

Address: 3195 Airport Rd., 80910

New Walk Ministry helps men coming out of prison, providing housing and empowering men to seek better choices. Every man must go through a special process to be accepted by a board.

Greccio Housing

www.greccio.org

Phone: 475-1422 x 104

Address: 1808 W. Colorado Ave., 80904

Hours: Mon. - Thurs. 8:30 a.m. - 4:30 p.m. and Fri. 8:30 a.m. - 6:00 p.m.

Offers stable, safe, affordable housing, and services for residents to maintain and strengthen the family structure. One-third of our residents are children. Twenty locations in Colorado Springs. Must have a gross income of 2.5 times the rent.

Housing: Transitional (with Support and/or Recovery Programs) cont.

Hands and Heart Ministry

Phone: 264-9407

Address: 730 East Hills Dr., 80909

www.handsandheartministry.com

This residential program is based in one and two bedroom units and will include financial support in the form of subsidized rent as well as care and compassion from our ministry partners. Moms will be provided help in many areas including financial management, parenting skills, home repair and maintenance, cooking and nutrition, computer skills and Bible studies.

Partners in Housing

Phone: 325-5835

Address: 455 Gold Pass Heights, 80906

www.partnersinhousing.org

Our mission is to provide homeless families with children the hope and opportunity to achieve self-sufficiency through supportive services and transitional housing. We provide homeless families with up to two years of transitional housing, during which time they also participate in intensive supportive services, including case management, budget counseling, and life skills training.

Salvation Army

Phone: 635-1287

Address: 910 Yuma St., 80909

www.tsacs.org

Transitional Family Housing provides a stimulating and safe refuge for all kinds of people transitioning from homelessness to self-sufficiency.

Springs Rescue Mission

Phone: 632-1822

Address: 5 W. Las Vegas St., 80903

www.mysrm.org

Our Family Crisis Center consists of a 12 to 18-month, faith-based, residential development program. The program is a comprehensive residential program that provides families with transitional housing, meals, counseling, education and career training as well as life skills such as parenting, nutrition, and health.

The Joel Home

Phone: 482-8677

www.hopechest.org/joel-home

email: gwahl@hopechest.org

A local program designed to help young men who have transitioned out of the foster care system, providing a safe, supportive home and an opportunity to develop interdependent living skills. Each home houses four young men and a full time Resident Advisor.

Victory Outreach

Phone: 477-0000

Address: 2818 N. Nevada Ave., 80907

www.vocolorado.org

The Christian Recovery Home is a 24-hour, live-in treatment program. The Right Step Sober Living Home is an outpatient program providing relapse prevention and behavior management courses.

Jobs

Goodwill Career Development Center

Phone: 444-5041

Address: 1675 Garden of the Gods Rd., 80907

www.discovermygoodwill.org

Designed for individuals receiving public assistance. Provides individualized job search assistance with current job openings, completing applications and securing interviews. The Center has telephones, a fax machine, and internet access available, can also provide voicemail addresses for individuals to have a reliable way to receive messages from prospective employers.

Pikes Peak Workforce Center

Phone: 667-3700

Address: 1675 Garden of the Gods Rd., 80907

www.ppwfc.org

Access to the largest job demand and labor supply listings in the area. Offers job training programs, career planning, financial aid resources, workshops, assessments and hiring events. Provides service for the disadvantaged, unemployed, under-employed and dislocated workers. Youth Center for ages 14-21 also offers pre-GED testing and summer job program.

Legal Help

Colorado Legal Services

Phone: 471-0380

Address: 617 S. Nevada Ave., 80903

www.coloradolegalservices.org

Provides access to high-quality, civil legal services for low-income persons and members of vulnerable populations. Within the website you will find self-help, legal information for civil legal matters such as family law, housing issues, Medicare/Medicaid law, food stamps, and welfare issues. You can find free or low-cost legal help, court information and referrals. You may prepare several Colorado court forms online. Hours: Mon. - Fri. 8:30 a.m. - Noon and 1:00 - 5:00 p.m.

Child Support Enforcement

Phone: 457-6631 or 866-270-2606 Address: 30 E. Pikes Peak, 2nd floor, 80903

www.elpasocountycss.com

Hours: Mon. - Fri. 8:00 a.m. - 5:00 p.m.

Crime Stoppers

Phone: 634-STOP (7867)

www.crimestop.net

If you wish to submit a tip about a crime, please call. Cash rewards are paid for anonymous tips that lead to the felony arrest of suspects or wanted felons, the recovery of narcotics, stolen property and cash.

El Paso County Lawyer Referral Service

Phone: 636-1532

Address: 200 S. Cascade Ave. # 150, 80903

www.cat.elpasoco.com

Referral to a private attorney matched to your legal needs, provided by the El Paso County Bar Association. There is an initial consultation fee, and normally a retainer is required. Hours: Mon., Wed., Fri. 9:00 a.m. - 1:00 p.m.

Mercy's Gate

(Inside Rocky Mountain Calvary Church)

www.mercysgatecs.org

Phone: 277-7470

Address: 4285 N. Academy Blvd., 80918

Provides assistance with rent, Project COPE, gas and bus vouchers, food, medical needs, legal advice, and clothing.

Hours: Mon. 4:00 - 7:00 p.m., Wed. 9:00 a.m. - Noon, Thurs. 9:00 a.m. - Noon and 1:00 - 4:00 p.m., Fri. 9:00 a.m. - Noon.

Servicing ZIP codes: 80907, 08, 09, 15, 17, 18, 19, 20, 21, 22, 23, 24, 27, 38, 51

Maternity Homes

New Beginnings

Phone: 800-720- MOMS (6667) Address: P.O. Box 423, Aurora, CO 80040

www.homeformothers.com

Provides a loving and supportive place for single mothers to start a new life. This Christian-based maternity home allows a resident to become a responsible parent. For any single mother who is 18 years of age or older, is pregnant or has a young child under the age of six months, has not planned her pregnancy with the intent of becoming a single parent, and agrees to be sexually abstinent during her stay at New Beginnings.

Shannon's Hope

Phone: 303-480-LIFE (5433)

Address: P.O. Box 1477, Wheatridge, CO 80034

www.shannonshope.org

Provides a residential community for pregnant women over age sixteen who have no place to call home. One of the goals is to foster a spirit of independence for women and pass the same spirit on to their children, enabling many to break dependent roles.

Rent / Utilities / Gas / Emergency Financial Assistance

All of these agencies offer LIMITED assistance in these areas. They will help with PART of the owed rent or utility bill, for example. They often collaborate with other agencies to meet the need. Much of this help is tied to working with their caseworkers.

Billie Spielman Center Westside Community Center www.pppcaa.org
Phone: 344-8994 x 251 **Address: 1616 W. Bijou, 80904**

Provides emergency needs such as rent or mortgage, utilities, food, medical prescriptions, assistance with obtaining a valid identification, housing rehabilitation, transportation, and budget counseling. Servicing only areas west of I-25.
Hours: Mon. - Fri. 8:30 - 11:30 a.m. and 12:30 - 4:30 p.m.

Colorado Works (TANF) Temporary Assistance for Needy Families www.dhs.elpasoco.com
Phone: 444-5226 **Address: 1675 W. Garden of the Gods, 3rd Floor, 80907**

Provides cash assistance to low-income families. Application for any Colorado Works program begins with an assessment designed to determine a family's needs, challenges, strengths and level of job readiness. Hours: Mon. - Fri. 8:00 a.m. - 5:00 p.m.

Ecumenical Social Ministries www.ecusocmin.org
Phone: 636-1916 **Address: 201 N. Weber St., 80903**

Can provide gas vouchers (must bring valid driver's license and auto insurance), or bus tokens/vouchers for Colorado Springs area. **Rental assistance** will only be provided on Monday, Tuesday and Wednesday mornings with only three rental assistance approvals per morning. Once the three approvals have been met, no other rental assistance clients will be seen on those days. Clients are advised to either call first to determine whether they qualify, or be in line first thing in the morning. Must be age 19-59, provide a photo I.D. and social security cards for every member in the household. Servicing ZIP Codes: 80903, 05, 06, 07, 09, 10, 16, 26
Hours: Mon. - Fri. 9:00 - 11:30 a.m. and 12:30 - 3:00 p.m.

Holy Cross Lutheran Church www.holycrosscs.org
Phone: 596-0661 **Address: 4125 Constitution Ave., 80909**

Volunteers conduct one-on-one interviews with people who need help with rent, mortgage and utility bills. Teams meet on Wednesdays to determine how much help can be provided. Team members partner with Northern Churches Cares, West Side Churches, Women Partnering, Ecumenical Social Ministries and Focus on the Family in providing financial assistance for families
Mon. & Tues. 1:00 - 4:00 p.m. and Sat. 9:00 a.m. - Noon

L.E.A.P. Low Income Assistance Program www.dhs.elpasoco.com
Phone: 866-432-8435 **Address: 1675 W. Garden of the Gods Rd., 80907**

The Colorado LEAP program is a federally funded state-supervised, county-administered system and is designed to *assist* with your winter heating costs. The LEAP Program eligibility period runs from Nov.1 - April 30.
Hours: Mon - Fri. 8:00 - 11:30 a.m. and 1:00 - 4:30 p.m.

Mercy's Gate (Inside Rocky Mountain Calvary Church) www.mercysgatecs.org
Phone: 277-7470 **Address: 4285 N. Academy Blvd**

Provides assistance to residents in ZIP codes: 80907, 08, 09, 15, 17, 18, 19, 20, 21, 22, 23, 24, 27, 38, 51 with rent, Project COPE, gas and bus vouchers, food, medical needs, legal advice, and clothing.
Hours: Mon. 4:00 - 7:00 p.m., Wed. 9:00 a.m. - Noon, Thurs. 9:00 a.m. - Noon and 1:00 - 4:00 p.m., Fri. 9:00 a.m. - Noon

Salvation Army www.tsacs.org
Phone: 636-3891 **Address: 908 Yuma St., 80909**

Utilities, clothing and food assistance. Tues. - Fri. 9:00 a.m. - Noon and 1:00 - 3:00 p.m.

Salvation Army (Fountain Valley Area) www.tsacs.org
Phone: 382-9230 **Address: 901 S. Santa Fe, Fountain, CO 80817**

Utilities, clothing and food assistance. Hours: Mon. - Fri. 9:00 a.m. - Noon and 1:00 - 3:30 p.m.
Service Area: Fountain, Security, Widefield, Midway, Fort Carson and Pueblo

Tri-Lakes Cares www.tri-lakescares.org
Phone: 481-4864 **Address: 235 N. Jefferson, Monument, CO 80132**

Utilities, emergency food, commodities, financial assistance. Hours: Mon. and Thur. Noon - 3:00 p.m. and 6:00 - 8:00 p.m.
Servicing Areas: Palmer Lake, Woodmoor, Monument

Walt Fortman Center www.pppcaa.org
Phone: 382-8515 **Address: 501 E. Iowa, Fountain, CO 80817**

Emergency food. Hours: Mon - Fri 9:00 a.m. - Noon and 1:00-5:00 p.m.
Call for appt for financial, gas, utilities, or one-time prescription assistance.
Servicing Area: Fountain Security and Widefield ZIP codes: 80817 80911 80925 80926 80928 80929 81008

STD Testing

Colorado Springs Pregnancy Center

Phone: 591-2724

Address: 3700 Galley Rd., 80909

www.elifenetwork.com

Phone: 623-2879

Address: 2925 King St., 80904

Free STD testing for Chlamydia and Gonorrhea is provided for women and men over age 12, including education, treatment and referrals as needed. Mobile Pregnancy Center is also available, call for appointment times at various locations.

Dream Centers Women's Clinic

Phone: 388-1594

Address: 4360 Montebello Dr. #900, 80918

www.dreamcenterscos.org

Free STD testing offered for women over age 13 for a full range of diseases. Orders are written to be filled at Quest Labs.

Treatment is provided on-site. Hours: Mon. 9:00 a.m. - 4:00 p.m., Tues. Noon - 8:00 p.m., Thur. & Fri. 9:00 a.m. - 4:00 p.m.

El Paso County Public Health

Phone: 578-3199

Address: 1675 W. Garden of the Gods Rd. #2044, 80907

www.elpasocountyhealth.org

Clinical Services provides women and men with screening, diagnosis and treatment for STD's including Chlamydia, Gonorrhea, Syphilis, Trichomoniasis, Hepatitis C, and HIV. We also offer pregnancy testing, counseling on abstinence and referral to health care providers/agencies. Under age 18 fees are charged on a donation basis, over age 18 fees are on a sliding scale based on income.

Call for appointment: Mon. - Fri. 8:00 - 11:50 a.m. and 1:00 - 3:50 p.m.

Peak Vista Convenient Care Center

Phone: 632-5700

Address: 3205 N. Academy Blvd #100, 80917

www.peakvista.org

Hours: Mon. - Fri. 8:00 a.m.-10:00 p.m., Sat. 9:00 a.m. - 5:00 p.m., Sun. 10:00 a.m. - 4:00 p.m.

Provides same-day, scheduled appointments for women & men of all ages. Testing on site for Chlamydia & Gonorrhea, further testing will be referred to a local lab. We accept many insurance plans, including Medicare and Medicaid. If you do not have insurance or are not a Peak Vista member we provide a sliding scale co-pay system based on your current income.

Southern Colorado AIDS Project

Phone: 719-578-9092

Address: 1301 South 8th St. # 200, 80905

www.s-cap.org

Free HIV screening (finger prick), clients are able to receive results the same day. Open to all, staff is certified in providing a culturally sensitive, safe and professional environment. Hours: Mon. - Fri. 8:30 am - 5:00 pm

STD Testing Colorado Springs

Phone: 1-866-744-6809

www.stdtestingcoloradosprings.com

For women & men over 18, STD testing is available for Herpes, Hepatitis, Chlamydia, Gonorrhea, Syphilis and HIV. We accept insurance, and will work on payment arrangements for the uninsured.