# Table of Contents

<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOTLINES</td>
<td>1</td>
</tr>
<tr>
<td>ABUSE and NEGLECT</td>
<td>1</td>
</tr>
<tr>
<td>CHILD CARE</td>
<td>2</td>
</tr>
<tr>
<td>CLOTHING</td>
<td>2</td>
</tr>
<tr>
<td>EARLY INTERVENTION</td>
<td>3</td>
</tr>
<tr>
<td>EDUCATION / TUTORING</td>
<td>3</td>
</tr>
<tr>
<td>EMERGENCY HOUSING</td>
<td>3</td>
</tr>
<tr>
<td>EMPLOYMENT</td>
<td>4</td>
</tr>
<tr>
<td>FOOD</td>
<td>4</td>
</tr>
<tr>
<td>HEALTHCARE</td>
<td>5</td>
</tr>
<tr>
<td>HOLIDAY ASSISTANCE</td>
<td>6</td>
</tr>
<tr>
<td>HOUSING / UTILITY/ BILL ASSISTANCE</td>
<td>7</td>
</tr>
<tr>
<td>HUMAN SERVICES</td>
<td>7</td>
</tr>
<tr>
<td>LEGAL SERVICES</td>
<td>8</td>
</tr>
<tr>
<td>MENTAL HEALTH EDUCATION</td>
<td>9</td>
</tr>
<tr>
<td>MENTAL HEALTH RESOURCES &amp; ORGANIZATIONS</td>
<td>10</td>
</tr>
<tr>
<td>MILITARY</td>
<td>11</td>
</tr>
<tr>
<td>RECREATION</td>
<td>11</td>
</tr>
<tr>
<td>SPECIAL NEEDS RESOURCES</td>
<td>12</td>
</tr>
<tr>
<td>SUBSTANCE ABUSE AND RECOVERY</td>
<td>13</td>
</tr>
<tr>
<td>TRANSPORTATION</td>
<td>13</td>
</tr>
<tr>
<td>OTHER</td>
<td>13</td>
</tr>
</tbody>
</table>
HOTLINES
COLORADO CRISIS SERVICES
1-844-493-8255
or text TALK to 38255
coloradocrisisservices.org

HUNGER FREE COLORADO – FOOD RESOURCE HOTLINE
855-855-4626

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
800-950-6264 (M-F 10am-8pm)
or text NAMI to 741741 (avail. 24/7)
nami.org/Home

NATIONAL EATING DISORDER ASSOCIATION (NEDA) HELPLINE
Call or Text 800-931-2237

NATIONAL SUICIDE PREVENTION LIFELINE
is now 988 SUICIDE AND CRISIS LIFELINE
Call or Text 988 (avail. 24/7)
988lifeline.org

PARENTSMART HEALTHLINE
720-777-0123
Free health care advice from registered nurses 24/7

SAMHSA NATIONAL HELPLINE
800-662-4357
www.samhsa.gov/find-help/national-helpline

TESSA
719-633-3819
www.tessacs.org
Domestic violence hotline, 24/7

TREvor PROJECT (LGBTQ+)
866-488-7386
or text START to 678678
www.thetrevorproject.org

UNITED WAY – DIAL 211
Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.

ABUSE and NEGLECT
CASA of the PIKES PEAK REGION
719-447-9898
www.casappr.org/
Court appointed special advocates for children in the courts.

HASEYA ADVOCATE PROGRAM
719-600-3939
www.haseya.org
Native woman-led organization serving Indigenous survivors of domestic and sexual violence in the Colorado Springs area.

PALOME CHILD AND FAMILY SPECIALISTS
5265 N. Academy Blvd, Suite 1800
Colorado Springs, CO 80917
719-571-9950
www.palomechildandfamilyspecialists.com

SAFE PASSAGE
719-636-2460
www.safepassagecac.org
Services, in the midst of abuse investigations, including forensic interviews, forensic medical exams, victim advocacy, court preparation and accompaniment, and educational support groups.

TESSA of COLORADO SPRINGS
435 Gold Pass Heights
Colorado Springs, CO 80906
719-633-1462
www.tessacs.org/get-help
Domestic violence resources – victim advocacy, counseling, children’s programs, and safehouse.

ABUSE and NEGLECT
CASA of the PIKES PEAK REGION
719-447-9898
www.casappr.org/
Court appointed special advocates for children in the courts.

HASEYA ADVOCATE PROGRAM
719-600-3939
www.haseya.org
Native woman-led organization serving Indigenous survivors of domestic and sexual violence in the Colorado Springs area.

PALOME CHILD AND FAMILY SPECIALISTS
5265 N. Academy Blvd, Suite 1800
Colorado Springs, CO 80917
719-571-9950
www.palomechildandfamilyspecialists.com

SAFE PASSAGE
719-636-2460
www.safepassagecac.org
Services, in the midst of abuse investigations, including forensic interviews, forensic medical exams, victim advocacy, court preparation and accompaniment, and educational support groups.

TESSA of COLORADO SPRINGS
435 Gold Pass Heights
Colorado Springs, CO 80906
719-633-1462
www.tessacs.org/get-help
Domestic violence resources – victim advocacy, counseling, children’s programs, and safehouse.
CHILD CARE

D2 BEFORE AND AFTER SCHOOL CARE
Visit each D2 Elementary or K-8 website (non-Charter) for information
www.hsd2.org

DEERFIELD HILLS COMMUNITY CENTER
4290 Deerfield Hills Rd.
Colorado Springs, CO 80916
719-385-5996

BOYS & GIRLS CLUB
1307 Aeroplaza Dr.
Colorado Springs, CO 80916
719-570-7077
www.bgcppr.org

MEADOWS PARK COMMUNITY CENTER for CHILD CARE
1943 S. El Paso Ave.
Colorado Springs, CO 80905
719-385-7940

TUTT BOYS & GIRLS CLUB of the Pikes Peak Region
1455 Chelton Rd.
Colorado Springs, CO 80910
719-570-6242

COLORADO CHILD CARE ASSISTANCE PROGRAM (CCCAP)
cdec.colorado.gov/colorado-child-care-assistance-program-for-families
Helps families that are homeless, working, searching for work, or in school find low-income childcare assistance. Childcare subsidies.

KPC RESpite CARE
719-634-5439
www.lfsrm.org/programs-and-services/prevention-services/kpc-respite-center
Temporary crisis or planned respite childcare.

CLOTHING

OPERATION SCHOOL BELL
Clothing items are provided by Kohl’s at the beginning of each school year. If your student is in need of clothing, contact your child’s school counselor for additional information. A referral from your student’s counselor is required.

UNITED WAY – DIAL 211
Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.

CATHOLIC CHARITIES – MARIAN HOUSE
14 West Bijou St.
Colorado Springs, CO 80903
719-475-7314
Open Monday-Friday from 9am-2pm

CROSSFIRE MINISTRIES
3975 N. Academy Blvd.
Colorado Springs, CO 80917
719-447-1806
www.crossfireministries.org

FIRST UNITED METHODIST CHURCH
1003 North Santa Fe Ave.
Fountain, CO 80817
719-382-5113
Clothing closet, birth-teens. Appointments available upon request.

GOD’S PANTRY
30 Widefield Blvd., Suite A
Colorado Springs, CO 80911
719-382-0643
Free food and clothing.

MERCY’S GATE
4360 Montebello Dr., Suite 300
Colorado Springs, CO 80918
719-277-7470
mercysgatecs.org/

DISCOVER GOODWILL
If you are enrolled in El Paso County Department of Human Services TANF, SNAP, or Employment First programs, please contact your case manager for voucher assistance.
EARLY INTERVENTION

**D2 CHILD FIND SERVICES**
719-579-1409
Assists in the assessment and determination of the special needs of children, birth through five years of age.

**COMMUNITY PARTNERSHIP FOR CHILD DEVELOPMENT**
2330 Robinson St.
Colorado Springs, CO 80904
719-635-1536
[www.cpcdheadstart.org/](http://www.cpcdheadstart.org/)
Provides free comprehensive early child education programs to include Head Start, Early Head Start, and the Colorado Preschool Program for children birth to age five as well as expectant parents.

EDUCATION / TUTORING

**TUTOR.COM**
[www.tutor.com/](http://www.tutor.com/)
Provides tutoring and homework help (K-12) at no cost to active-duty service members and their eligible dependents.

**PPLD (PIKES PEAK LIBRARY DISTRICT)**
[ppld.org/databases/helpnow](http://ppld.org/databases/helpnow)
Live homework help and skills building from experts in math, science, social studies, and English plus writing and reading assistance. K-Adults.
Tutors are available online Monday-Sunday 2-11 pm.
Need to have a library card to arrange a tutor.

**D2 ADULT EDUCATION**
1520 Verde Dr.
Colorado Springs, CO 80910
719-407-2941
[www.hsd2.org/domain/2090](http://www.hsd2.org/domain/2090)

EMERGENCY HOUSING

**DIAL 211**
Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.

**FAMILY MENTOR ALLIANCE**
Catholic Charities of Colorado
917 East Moreno Ave.
Colorado Springs, CO 80903
719-578-1222

**GRECCIO HOUSING UNLIMITED**
1015 East Pikes Peak Ave.
Colorado Springs, CO 80903
719-475-1422

**INTERFAITH HOSPITALITY NETWORK**
519 North Tejon St.
Colorado Springs, CO 80903
719-329-1244

**ITHAKA LAND TRUST**
321 Mesa Rd.
Colorado Springs, CO 80905
719-578-1629

**PARTNERS IN HOUSING**
455 Gold Pass Heights
Colorado Springs, CO 80906
719-473-8890

**SALVATION ARMY RJMC**
709 South Sierra Madre St.
Colorado Springs, CO 80903
719-578-9190
Valid photo ID for adults, birth certificate for children, marriage license if applicable, sober for 24 hours upon arrival. Check in: 1:00 – 3:00 pm and after 5:15 pm.

**SPRINGS RESCUE MISSION**
5 W. Las Vegas St.
Colorado Springs, CO 80903
719-884-2758 or 719-314-2398
[https://www.springsrescuemission.org/](http://www.springsrescuemission.org/)
URBAN PEAK
423 East Cucharras St.
Colorado Springs, CO 80903
719-630-3223
Youth Shelter. Must take a urinalysis before being accepted.

EMPLOYMENT
HSD2 Jobs
View open D2 positions and apply for jobs on Applitrack
www.applitrack.com/hsd2/onlineapp/default.aspx

DIAL 211
Work Support – including financial assistance, job training, transportation assistance, and education programs.

PIKES PEAK WORKFORCE CENTER
Located inside Peak Vista Health Center
350 Lyckman Dr.
Fountain, CO 80817
719-444-8311
Adult and Teens.
Hours: First & Third Monday of each month 8 am-4:30 pm. Closed for lunch from Noon-1 pm.
Veteran representative available on Mondays.

WOMEN’S RESOURCE AGENCY
Peak Vista Building, Pikes Peak Workforce Center Office
350 Lyckman Dr.
Fountain, CO 80817
719-471-3170
Call to make an appointment or stop by on Tuesdays and Thursdays from 10am-4pm. Available for assistance with resources, job search, resumes, interviewing, and support.

FOOD
CARE AND SHARE FOOD DISTRIBUTION
719-528-1247
careandshare.org/

CARE AND SHARE FOOD DISTRIBUTION at Sierra High School
2250 Jet Wing Dr.
Colorado Springs, CO 80916
First & Third THURSDAY of the Month, 11 am

COMMUNITY FOOD PANTRY via SOLID ROCK CDC
2520 Arlington Dr.
Colorado Springs, CO 80910
719-393-7625

CATHOLIC CHARITIES OF CENTRAL COLORADO
14 West Bijou St.
Colorado Springs, CO 80903
719-475-7314
Emergency food baskets available.
Call between 10:30am-1:00pm, Monday-Friday

COLORADO FOOD CLUSTER
720-699-9978
www.coloradofoodcluster.com/
Free, healthy meals for students that are delivered to their home.

CONNECTIONS 4 LIFE CENTER
6436 US Highway 85, Suite U (behind Wendy’s)
Fountain, CO 80817
719-387-9919
www.connections4lifecenter.org

CROSSFIRE MINISTRIES
2120 East La Salle St.
Colorado Springs, CO 80909
719-447-1806
www.crossfireministries.org/

FOOD TO POWER
917 E. Moreno Ave., Suite 130
Colorado Springs, CO 80903
719-470-2737
foodtopowerco.org/

GOD’S PANTRY
30 Widefield Blvd., Suite A
Colorado Springs, CO 80911
719-382-0643
Free food and clothing.
GOOD SHEPHERD UNITED METHODIST CHURCH
1201 Leta Dr.
Colorado Springs, CO 80911
719-392-5782
Emergency Food Supplies

GOOD NEWS FOUNDATIONS
125 North Parkside Dr., Suite 105
Colorado Springs, CO 80909
719-638-8985
Food pantry: Tuesday & Thursday, 10 am - 2 pm

HUNGER FREE COLORADO
855-855-4626
hungerfreecolorado.org/
Food Resource Hotline connects Coloradans to needed food and nutrition resources, regardless of legal status. All caller information is confidential.

LASAGNA LOVE
https://www.lasagnalove.org/
Nonprofit and grassroots movement that aims to positively impact communities by connecting neighbors with neighbors through homemade meal delivery.

MARIAN HOUSE
14 West Bijou St.
Colorado Springs, CO 80903
719-475-7314
www.charitiescc.org/emergency-essential-services/marian-house-nutrition-services/
Meals are served Monday-Sunday 10:30am - 1:00 pm
Food Pantry: 719-866-6288 by appointment only

MERCY’S GATE
4360 Montebello Dr., Suite 300
Colorado Springs, CO 80918
719-277-7470
mercysgatecs.org/accessing-services/food-pantry-2/

SALVATION ARMY
208 Cunningham Dr., Colorado Springs, CO 80911
719-382-1182
908 Yuma St., Colorado Springs, CO 80911
719-636-3891
coloradosprings.salvationarmy.org

SPARK THE CHANGE – HARVEST PACK
www.harvestpack.org/
Healthy meal packs

SPRINGS RESCUE MISSION
5 W Las Vegas St.
Colorado Springs, CO 80903
719-632-1822
www.springrescuemission.org/samaritans-kitchen/
Samaritans Kitchen every day for breakfast from 5:45 am - 7:45 am and dinner from 4 pm - 5 pm

TIMES OF REFRESHING CHURCH
123 West Ohio Ave.
Fountain, CO 80817
719-382-0508
Food Pantry on 2nd & 4th Saturday of every month, 1 pm - 2:30 pm

WESTSIDE CARES
719-389-0759
Food Pantry at Stratmoor Hills each Wednesday
200 Loomis Ave.
Colorado Springs, CO 80906
www.westsidecares.org/get-help/food/

HEALTHCARE

CEDAR SPRINGS MEDICATION MANAGEMENT
719-633-4114, EXT. 1227
Provides medication management services for pediatric, adolescent, and adult psychiatric care. Do not need to be a patient of Cedar Springs. Most insurance accepted.

COLORADO ACCESS
800-511-5010
www.coaccess.com/

COLORADO CHILDCARE HEALTH PLAN PLUS (CHP+)
800-359-1991
hcpf.colorado.gov/child-health-plan-plus
Low-cost health insurance program for uninsured Colorado children, ages 18 and under, whose families are not eligible for Medicaid and cannot
afford private insurance. Parents must meet income guidelines.

DREAM CENTERS
4360 Montebello Dr., Suite 900
Colorado Springs, CO 80918
719-388-1594
Free clinic for women. Services include gynecological, counseling, chiropractic, and pastoral care.

HCP CARE COORDINATION
719-578-3200
A program for children and youth, 0-21, with special health care needs. Helps families address behavioral, developmental, educational, financial, medical and/or social needs to optimize their health and wellness outcomes. Anyone can use HCP, services regardless of income or diagnosis, for free.

HEALTH FIRST COLORADO (Medicaid)
800-221-3943

MERCY’S GATE
4360 Montebello Dr, Suite 300
Colorado Springs, CO 80918
719-277-7470
mercysgatecs.org/

MISSION MEDICAL CENTER
2125 E LaSalle St.
Colorado Springs, CO 80909
719-219-3402
www.missionmedicalclinic.org/

OPEN BIBLE MEDICAL CLINIC
555 E. Costilla Ave
Colorado Springs, CO 80903
719-475-0972
openbiblemedical.org/

SET FAMILY MEDICAL CLINIC
2864 S Circle Dr
Colorado Springs, CO 80906
719-776-8850
www.centura.org/location/set-family-medical-clinics

WESTSIDE CARES
2808 W Colorado Ave
Colorado Springs, CO 80904
719-389-0759
www.westsidecares.org/

HOLIDAY ASSISTANCE
BOB TELMOSSE FOUNDATION
719-646-0896
https://santa-bob.org
Food, gifts, clothing, and toy giveaways to families for Christmas.

CHRISTMAS UNLIMITED
719-597-3891
www.christmasunlimited.org/
Toy and school supply distribution programs.

SALVATION ARMY OF COLORADO SPRINGS
908 Yuma St
Colorado Springs, CO 80909
719-636-3891
coloradosprings.salvationarmy.org/

SPRINGS RESCUE MISSION
5 W Las Vegas St
Colorado Springs, CO 80903
719-632-1822
www.springsrescuemission.org/

WESTSIDE CARES
719-389-0759
www.westsidecares.org/
Thanksgiving baskets, garden program, back-to-school backpacks, and Christmas program.
HOUSING / UTILITY/ BILL ASSISTANCE

Dial 211
Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.

CATHOLIC CHARITIES OF CENTRAL COLORADO
14 West Bijou St.
Colorado Springs, CO 80903
719-475-7314
No appointments. Walk-ins only.
Every Tuesday 9 am - 1 pm

COMCAST LOW-COST HOME INTERNET
Visit website for eligibility requirements.
https://apply.internetessentials.com/

COLORADO EMERGENCY RENTAL ASSISTANCE PROGRAM (ERAP)
888-480-0066
Mon-Fri 8:30 am - 5:30 pm
Sat 8:30 am - 12:30 pm
cdola.colorado.gov/rental-assistance-program

MCKINNEY VENTO PROGRAM D2
719-579-2555
Servicing families living in transition.

DREAM CENTERS – MARY’S HOME
719-388-1594
www.dreamcenters.com/marys-home
Long-term transitional housing for women. Caring and empowering women and children living in poverty.

HOUSING AUTHORITY OF COLORADO SPRINGS
831 South Nevada Ave.
Colorado Springs, CO 80903
719-387-6700

LOW INCOME ENERGY ASSISTANCE PROGRAM (LEAP)
866-432-8435
cdhs.colorado.gov/leap
LEAP is designed to help eligible low-income households with winter home heating costs. LEAP is not intended to pay the entire cost of home heating.

MERCY’S GATE
4360 Montebello Dr, Suite 300
Colorado Springs, CO 80918
719-277-7470
mercysgatecs.org
Housing assistance is only available on the last Monday of each month and the first Monday of the month rent/mortgage is due.

MODEST NEEDS
844-667-3776
www.modestneeds.org
Small emergency needs grants to low-income workers.

SALVATION ARMY
208 Cunningham Dr.
Colorado Springs, CO 80911
719-382-1182
coloradosprings.salvationarmy.org

WESTSIDE CARES
2808 W Colorado Ave.
Colorado Springs, CO 80904
719-389-0759
www.westsidecares.org/get-help/rent-utilities

HUMAN SERVICES

AMERICAN RED CROSS
1040 South 8th St.
Colorado Springs, CO 80905
719-632-3563
Provides emergency and rehabilitative assistance for disaster victims. Provides training courses in first aid, water safety, CPR, emergency services for military personnel, babysitting instruction, pet first aid, and community disaster education.

ASSISTANCE LEAGUE OF COLORADO SPRINGS
719-475-1029
www.assistanceleague.org/colorado-springs
Provide services to improve the well-being of children and families in El Paso County. Services include a local thrift shop, monetary donations for
back-to-school clothing, hearing screeners for preschool children, provide sexual assault survivor kits to Memorial Hospital, provide Halloween costumes to children in foster care or other residential facilities, and beds to homeless teens.

DEPARTMENT OF HUMAN SERVICES
Located inside Peak Vista Health Center
350 Lyckman Dr.
Fountain, CO 80817
719-444-8303
A technician is available to answer questions about medical and food assistance, and receive all types of documents (initial applications, recertifications, and verifications). The site also offers EBT Card services.

> FOOD ASSISTANCE PROGRAM (SNAP)
719-444-5124
Assists low-income households to increase food purchasing power. Much meet income guidelines.

THE RESOURCE EXCHANGE
418 South Weber St.
Colorado Springs, CO 80903
719-380-1100
Provides support and intervention for children 0-18 years old with developmental delays or disabilities, including, respite care, care coordination, early childhood intervention, and family support services.

SAFE FAMILIES FOR CHILDREN
719-357-7080
safe-families.org
Family preservation organization.

SPRINGS RESCUE MISSION
5 W. Las Vegas St.
Colorado Springs, CO 80903
719-632-1822
www.springsrescuemission.org/
Mon/Wed 1 pm - 3 pm
• Photo ID Required
• Registration Required (can be done on website)
• Lease, utility bill, and trash bill in individual’s name
• if applicable, current letter from a Sober Living house

Tue/Thu 1 pm - 3 pm (Just access to clothing on those days)
• Photo ID Requested
• No Registration Required
Supportive Family Services provides food, clothing, blankets, household items, small appliances, and winter clothing.

> RESOURCE CENTER for those experiencing homelessness
21 W Las Vegas St.
Colorado Springs, CO 80903
Mon-Fri 8 am - 11:30 am & 1 pm - 3:45 pm

WOMEN INFANT CHILDREN (WIC)
2948 E. Fountain Blvd.
Colorado Springs, CO 80910
719-578-3199
Provides qualifying women and children with supplemental food, education on nutrition topics, and referrals to community programs.

WESTSIDE CARES
2808 W. Colorado Ave.
Colorado Springs, CO 80904
719-389-0759
www.westsidecares.org
Clothing, hygiene, mail, health, referrals, and more.

LEGAL SERVICES
COLORADO LEGAL SERVICES
617 S. Nevada Ave.
Colorado Springs, CO 80903
719-471-0380
Provides assistance, from advice to representation in court, to low-income persons and members of vulnerable populations.

LEGAL INFORMATION NETWORK OF COLORADO
303-295-2001
www.coloradolinc.org
Free legal information services.

PIKES PEAK JUSTICE CENTER
719-473-6212
www.justicecentercos.org/
Free legal clinics and reduced cost attorneys.
ROCKY MOUNTAIN VICTIM LAW CENTER
303-295-2001
www.rmvictimlaw.org
Free legal services to victims of crimes in Colorado

MENTAL HEALTH EDUCATION
NATIONAL ALLIANCE OF MENTAL ILLNESS (NAMI) of Colorado Springs
1615 S. Murray Blvd.
Colorado Springs, CO 80916
719-473-8477
D2 FAMILY ASSISTANCE PROGRAMS
*see district website www.hsd2.org

7CUPS
www.7cups.com
Online therapy, self-help guides, and free support chat rooms

AMERICAN ASSOCIATION OF SUICIDIOLOGY (AAS)
https://suicidology.org/school-resources/
Data, resources, and media regarding suicide and prevention.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION
afsp.org/get-help
Resources for minority communities and suicide, individuals who are thinking about or attempted suicide, individuals who are worried about someone, or individuals who have lost someone to suicide.

BEHAVIORAL TECH
behavioraltech.org
Providing DBT (Dialectical Behavior Therapy) training, resources, and research.

BE THERE
bethere.org
Learn how to support others.

BPD DEMYSTIFIED
www.bpddemystified.com

Comprehensive website containing information regarding BPD (Borderline Personality Disorder).

DEPRESSION & BIPOLAR SUPPORT ALLIANCE (DBSA) of Colorado Springs
2132 East Bijou St., Suite 112
Colorado Springs, CO 80909
719-477-1515
www.dbsacoloradosprings.org
Learn about mood disorders, management, and treatment. Discover wellness resources through social activities, community links, a library, and more. Free support groups.

EMOTIONS MATTER
emotionsmatterbpd.org
BPD resources, awareness, and support.

ERIKAS’S LIGHTHOUSE
www.erikaslighthouse.org
Depression, mental health, and suicide education.

HOPE FOR BPD
www.hopeforbpd.com
Resources and information about BPD

MCLEAN HOSPITAL
www.mcleanhospital.org/bpd
Resources and information about BPD

NATIONAL CENTER FOR THE PREVENTION OF YOUTH SUICIDE
Dial 988 - Suicide and Crisis Lifeline
https://988lifeline.org/ or suicidology.org/national-center-for-the-prevention-of-youth-suicide/

PROJECT BORDERLINE
borderlineproject.org
Space where individuals with BPD can share their experiences with recovery

TREVOR PROJECT
www.thetrevorproject.org
LGBTQ youth resources
MENTAL HEALTH RESOURCES & ORGANIZATIONS

BETH HAVEN INC.
616 N Royer St.
Colorado Springs, CO 80903
719-632-5920
bethhaveninc.org
Residential facility for adults with mental illness.

CENTRO DE LA FAMILIA
1645 S. Murray
Colorado Springs, CO 80916
719-227-9170
www.coscentro.org
Provides counseling and advocacy services to children and families. Offers parenting classes, a children’s psycho-educational play group, and a group for survivors of domestic violence. All services are 100% bilingual and bicultural.

COLORADO FAMILY COUNSELING CENTER, LLC
1230 Tenderfoot Hill Rd., Suite 100
Colorado Springs, CO 80906
720-506-9285
cofamilycounselingcenter.com
Specializes in play therapy, children, teens, families, and trauma. Provides therapy to all ages. Daytime, evening, and weekend appointments available.

DIAL 211
Physical and Mental Health Resources – including health insurance programs, Medicaid and Medicare, maternal health, medical information lines, crisis intervention services, support groups, counseling, and drug and alcohol intervention and rehabilitation.

DIVERSUS
Several locations available
719-572-6100
diversushealth.org
Provides mental and substance abuse services. Child, teen, and family counseling available.

DIVERSUS HEALTH LIGHTHOUSE WALK-IN CRISIS CENTER
115 S. Parkside Dr.
Colorado Springs, CO 80910
844-493-8255
24-hours a day, 7-days a week, 365-day a year

DREAM CENTERS
4360 Montebello Dr., Suite 900
Colorado Springs, CO 80918
719-388-1594
www.dreamcenters.com/womens-clinic
Free counseling services for women.

FAMILY CARE CENTER, LLC
1330 Quail Lake Loop, Suite 260
Colorado Springs, CO 80906
719-540-2100
Middle and High School Dialectal Behavioral Therapy (DBT) programs, depression, anxiety, PTSD, family stress and conflict, childhood trauma, sexual trauma, addiction and dependency, childhood problematic behavior, ADHD, etc.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) of Colorado Springs
1615 S. Murray Blvd.
Colorado Springs, CO 80916
719-473-8477
nami.org/findsupport
www.namicoloradosprings.org/
NAMI is the nation’s largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families through advocacy, research, support, and education.

PALOME CHILD AND FAMILY SPECIALISTS
3709 Parkmoor Village Dr., Suite 106
Colorado Springs, CO 80917
719-571-9950
www.palomechildandfamilyspecialists.com/index.html
Family-centered therapeutic services for children and families.
PIKES PEAK SUICIDE PREVENTION
719-573-7447
www.pikespeaksuicideprevention.org
Virtual suicide prevention connection group on Mondays at 7 pm (no cost). Virtual teen talk group on Sundays at 6 pm (no cost). Virtual Mindful Movement on Wednesdays at 7 pm. Surviving the storm grief group on Tuesdays at 5:30 pm (no cost). Draw-it-out youth support group on Saturdays at 1 pm.

MENTAL HEALTH AMERICA SUPPORT GROUPS
www.mhanational.org/find-support-groups
Psychological, neuropsychological, and forensic psychology assessments and testing.

MILITARY

CHILD AND FAMILY ASSISTANCE CENTER
Evans Army Community Hospital, Soldier Family Care Center (East side of the hospital)
1650 Cochrane Circle
Fort Carson, CO 80913
719-503-7070
Provides comprehensive evaluations and consultations for children and adolescents who exhibit a wide variety of behavioral and psychiatric challenges.

CITIZEN SOLDIER CONNECTION
citizensoldierconnection.org
Provides support to military connected families through advocacy, events, activities, and awareness.

EXCEPTIONAL FAMILY MEMBER PROGRAM
719-526-0446
Mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to families with special needs.

MILITARY FAMILY LIFE COUNSELORS (MFLC)
719-338-7216
MFLC offers intervention and support to military members and their families. They provide non-medical, short-term counseling per person, per issue for everyday issues, such as anger management, stress, parenting, communication, family relationships, deployment, and other military-related topics. Anonymous (no names or records kept, except for Duty to Warn issues).

MILITARY ONE SOURCE
800-342-9647
Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, and reserve members, and their families. Information includes, but is not limited to, deployment, reunion, grief, spouse employment and education, parenting and childhood services.

PIKES PEAK NETWORK OF CARE
pikespeak.co.networkofcare.org
Connect service members, veterans, and their families to resources.

VA ROCKY MOUNTAIN NETWORK
303-202-8165
www.visn19.va.gov

WARRIOR WAREHOUSE
5050 Tevis St.. Building 305
Fort Carson, CO 80913
Provides active duty soldiers E-5 and below with up to 5 free household items a month. Open Tuesday-Thursday, 10:30 am - 1:30 pm.

RECREATION

DEERFIELD HILLS COMMUNITY CENTER
4290 Deerfield Hills Rd.
Colorado Springs, CO 80916
719-385-5996
coloradosprings.gov/deerfield-hills-community-center

MEADOWS PARK COMMUNITY CENTER
1943 El Paso Ave.
Colorado Springs, CO 80905
719-385-7940
coloradosprings.gov/meadows-park-community-center

HILLSIDE COMMUNITY CENTER
925 S. Institute St.
Colorado Springs, CO 80903
719-385-7900
coloradosprings.gov/hillside-community-center

HILLSIDE CONNECTION
601 S. Institute St.
Colorado Springs, CO 80903
719-424-1907
www.hillsideconnection.org

YMCA Southeast & Armed Services
2190 Jet Wing Dr.
Colorado Springs, CO 80916
719-622-9622
ppymca.org

COLORADO PARKS AND RECREATION
1401 Recreation Way
Colorado Springs, CO 80905
719-385-5940
coloradosprings.gov/parks

BIG BROTHERS BIG SISTERS
111 South Tejon St., Suite 302
Colorado Springs, CO 80903
719-633-2443
www.biglittlecolorado.org
Provides children facing adversity with strong and enduring, professionally supported one-to-one relationships.

BOYS AND GIRLS CLUB
1307 Aeroplaza Dr.
Colorado Springs, CO 80916
719-570-7077
www.bgcppr.org

EL PASO COUNTY PARKS
www.visitcos.com

EVERY KID SPORTS
everykidsports.org

A National organization available to youth ages 8 - 18 to help families pay for sport registration costs. This organization will provide families $150 three times a year/child. To be eligible, the child/family needs to be enrolled in SNAP, Medicaid, WIC, or in Foster Care.

PEAK RADAR
www.peakradar.com
A one-stop shop for all the cultural happenings in the Pikes Peak Region.

SPECIAL NEEDS RESOURCES
Advocacy services and one-on-one instruction using ABA through a variety of settings: center based, home based, and day habilitation.

AUTISM SOCIETY OF COLORADO
720-214-0794
www.autismcolorado.org
Serves as a resource and bridge to connections for the autism community. Provides support groups, education, community events, and resource connection.

BRAIN INJURY ALLIANCE OF COLORADO
303-355-9969
biacolorado.org
Resource for help and services for survivors of an injury to the brain, their families, and providers. Provides support groups, education, resources, mentoring, etc.

COLORADO BEHAVIOR AND LEARNING GROUP
2920 N. Academy Blvd., Suite 210
Colorado Springs, CO 80917
719-466-4809
coloradobehavior.com

COLORADO COUNCIL OF THE BLIND AND VISUALLY IMPAIRED
303-895-7140
acb.org/affiliate-colorado

MOSAIC
4775 Centennial Blvd., Suite 150
Colorado Springs, CO 80919
www.mosaicinfo.org
Services designed for people with intellectual and developmental disabilities, senior care, behavioral health needs, and Autism.

D2 SPECIAL EDUCATION SERVICES
Contact Teresa Thomas
719-579-3275 or tthomas@hsd2.org

PEAK PARENT CENTER
917 E. Moreno Ave., Suite 140
Colorado Springs, CO 80903
719-531-9400
www.peakparent.org
Parental resources for students with a disability regarding special education, advocacy, transition services, and support.

THE ARC
719-471-4800
www.thearcprr.org
Advocacy, guardianship, education, judicial advocacy, and inclusive life-skills resources for individuals with intellectual and developmental disabilities.

THERAPEUTIC RECREATION PROGRAM
719-385-6964
coloradosprings.gov/parks/page/therapeutic-recreation-program-trp
Opportunities for individuals with disabilities to participate in leisure activities and function within the community setting through arts and culture, sports, social enrichment, community integration, and outdoor activities.

SUBSTANCE ABUSE AND RECOVERY

SERENITY RECOVERY CONNECTION
(SPRINGS RECOVERY CONNECTION)
985 W. Fillmore St.
Colorado Springs, CO 80907
719-465-2295
https://srchope.org/

DIVERSUS
719-572-6100
diversushealth.org

SPRINGS RESCUE MISSION NEW LIFE REHABILITATION PROGRAM
15 E. Las Vegas St.
Colorado Springs, CO 80903
719-314-2369
www.springsrescuemission.org/newlifeprogram/
12-month residential addiction recovery program for men.

TRANSPORTATION

HOP SKIP DRIVE
844-467-7547
www.hopskipdrive.com
Safe transportation for students.

OTHER

KID POWER COLORADO
719-520-1311
kidpowercs.org/
Offer comprehensive safety education programs in several formats.

PIKES PEAK LIBRARY (Sand Creek)
1821 S. Academy Blvd.
Colorado Springs, CO 80916
719-597-7070

D2 FAMILY LITERARY RESOURCES
Assisting families engage in the literacy development of children outside of school
www.hsd2.org/Page/4907

PIKES PEAK UNITED WAY FAMILY SUCCESS CENTER
Community partners joining together in one
convenient location to offer a multitude of services, from job readiness, adult education, health & wellness, financial counseling, to food resources and more.
1520 Verde Dr.
Colorado Springs, CO 80910
719-632-1543
www.ppunitedway.org/family-success-center

COLORADO SPRINGS CONSERVATORY
Performing arts conservatory for youths in the Pikes Peak region; training and cultivating young preforming artists.
415 S. Sahwatch St.
Colorado Springs, CO 80903
719-577-4556
coloradospringsconservatory.org

DMV2GO
Mobile DMV services.
https://dmv.colorado.gov/DMV2GO
Check website for dates and times
No appointments required

PROJECT DIAKONIA
Helping youth transitioning out of foster care and the juvenile justice system prepare for jobs.
3595 E. Fountain Blvd.
Colorado Springs, CO 80910
888-757-9675
projectdiakonia.org/