# Helping Hands
# El Paso County Community Resources

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## Child Care Information

Child Care Resource and Referral (Colorado Shines) ... 1-877-338-2273
Colorado Child Care Assistance Program .....719-444-8178
CPCD *giving children a head start*.....719-635-1536
Pikes Peak Region Family Child Care Association .....719-475-8828

## Clothing & Hygiene

Catholic Charities – Family Connections @ Helen Hunt Campus (kids) .....719-636-2345
Charity's Hope Food & Clothing Pantry .....719-332-2360
Community Outreach Center (Calhan).....719-347-7638
Connie's Cupboard (Fountain).....719-205-5853
Crossfire Ministries .....719-447-1806
God's Pantry (Fountain) .....719-382-0643
Goodwill Stores.....719-635-4483
Laundry Love .....719-440-8235
Life Network – Family Thrift Store.....719-344-9904
Mercy's Gate .....719-277-7470
The Place – Drop In Center (youths up to age 24).....719-244-3959
Salvation Army (no vouchers).....719-574-4335
Sanctuary Church – Shower House .....719-634-7232
Seventh Day Adventist Community Center.....719-578-5616
Springs Rescue Mission.....719-632-1822
Westside CARES.....719-389-0759

## Crisis Services

Boys Town Hotline (parenting)..... 1-800-448-3000
Call Blackline (BIPOC LGBTQ+) ..... 1-800-604-5841
Cedar Springs Hospital (mental health crisis).....719-633-4114
Colorado Crisis Services (mental health crisis) ..... 1-844-493-8255
Crossroads Detox Center.....719-203-6550
Diversus Health (Lighthouse – crisis danger to self).....719-572-6100
**Emergency.....911**
Kingdom Builder's (dom. violence) (24 hrs).....719-464-4647
**Mental Health Emergency .....988**
National Runaway Safeline ..... 1-800-786-2929
Never Use Alone Hotline..... 1-800-484-3731
Peak View Behavioral Health (mental health crisis) ..... 1-888-235-9475
Pikes Peak Suicide Prevention Partnership..... 1-844-493-8255
Safe2Tell ..... 1-877-542-7233
TESSA (domestic violence & sexual assault) (24 hrs) .....719-633-3819
Trans Lifeline ..... 1-877-565-8860
The Trevor Project (LGBTQ+)..... 1-866-488-7386
Veterans Crisis Line ..... dial 988 then press 1

## Disability Resources

Achilles Pikes Peak .....828-712-3737
The ARC (developmentally disabled) .....1-855-828-8476
Assistance League of Colorado Springs .....719-475-1029
CaptionCall .....833-691-1600
Cerebral Palsy Assoc. of Colorado Springs.....719-638-0808
Cheyenne Village .....719-592-0200
Colorado Dept. of Education (SWAAAC) .....303-315-1276
Colo. Division of Vocational Rehabilitation .....719-635-3585
Colo. Network for Developmental Disabilities .....719-344-8015
Colorado School for the Deaf and Blind .....719-578-2100
Colorado Springs Down Syndrome Assoc. .....719-633-1133
Colorado Springs Therapeutic Recreation Program .....719-385-5940
Colorado Springs Therapeutic Riding Center.....719-634-4173
Dept. of Human Services (AND & VA benefits) .....719-636-0000
El Paso County Public Health ..... 719-578-3199, ext 7
Empowered Care .....719-465-3905
Envida (transportation).....719-633-4677
Goodwill of Colorado.....719-635-4483
GoodWheels – Goodwill (transportation).....719-442-2077
HEARSCOSP.....719-314-8605
HEARS of El Paso County.....719-352-5124
The Independence Center .....719-471-8181
Mountain Metro Mobility (transportation) .....719-385-7433
P2P: Parent to Parent of Colorado.....1-877-472-7201
PASCO.....719-960-4995
PEAK Parent Center.....719-531-9400
Peak Vista Developmental Disabilities Health Center.....719-632-5700
PlayDate Behavioral Interventions .....719-465-3989
Relay Colorado..... 711
The Resource Exchange .....719-380-1100
Roundup School .....719-447-9333
Sign Language Network .....719-599-4517
Social Security Admin. (SSDI & SSI Benefits).....1-800-772-1213
Special Kids Special Families .....719-447-8983
Special Olympics of Colorado.....720-359-3100
StableStrides.....719-495-3908

## Domestic Violence Services

Centro de la Familia .....719-227-9170
Haseya Advocate Program (Native Americans only).....719-600-3939
Kingdom Builder's Family Life Center.....719-247-8190
TESSA.....719-633-1462
Voces Unidas for Justice .....720-588-8219

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## Emergency Services

Adult Protective Services (hotline).....719-444-5755
Catholic Charities – Family Connections @ Helen Hunt Campus (families).....719-636-2345
Catholic Charities – Marian House (adult individuals).....719-475-7314
Child Abuse (hotline) ..... 1-844-264-5437
Colorado Springs Fire Department.....719-385-5950
CSFD (Community & Public Health).....719-385-2273
Colorado Springs Police Dept .....719-444-7000
CSPD (Homeless Outreach Team) .....719-444-7666
CSPD (Victim Advocacy) .....719-444-7777
Colorado State Patrol.....303-239-4500
Diversus Health (mental health) .....719-572-6100
El Paso County Dept. of Human Services .....719-636-0000
El Paso County Sheriff's Office .....719-390-5555
KPC Respite Center.....719-634-5439
Planned Parenthood.....719-475-7162
Silver Key Senior Services.....719-884-2300

## Employment & Training

Catholic Charities – Hanifen Employment Center @ Marian House .....719-866-6285
Center for Employment Opportunities.....719-694-5450
Colo. Division of Vocational Rehabilitation.....719-635-3585
Community Works – Colorado Springs.....719-203-4758
Goodwill Career Development Program .....719-635-4483
PCs for People .....720-278-7725
Pikes Peak Workforce Center.....719-667-3700
PPLD Adult Education .....719-531-6333, ext 2225
Senior Comm. Service Employment Center (AARP).....719-635-3579
Urban League of Pikes Peak Region .....719-634-1525
Voces Unidas for Justice .....720-588-8219

## Financial Assistance

Catholic Charities – Marian House.....719-866-6285
Charity's Hope Food & Clothing Pantry .....719-332-2360
Mercy's Gate .....719-277-7470
Mt. Carmel Veterans Service Center .....719-772-7000
Pikes Peak Veteran Housing Fund.....719-323-2600
The Place (youths up to age 24).....719-244-3959
Rocky Mountain Human Services (veterans) .....719-323-2600
Silver Key Senior Services.....719-884-2300
Southern Colorado Health Network (ind. with HIV).....719-578-9092
Tri-Lakes Cares (Tri-Lakes area and District 38).....719-481-4864
Volunteers of America (veterans).....719-491-1974
Westside CARES.....719-389-0759

## Food

Action in Action Ministries.....719-619-9412
Bethany Baptist Church.....719-634-7232
Black Forest Lutheran Church.....719-495-2221
Care and Share .....719-528-1247
Catholic Charities – Marian House Soup Kitchen (hot daily meals) .....719-475-7314
Catholic Charities – Market Place Food Pantry.....719-636-2345
Charity's Hope Food & Clothing Pantry .....719-332-2360
Crossfire Ministries .....719-447-1806
Deerfield Hills Community Center.....719-385-5996
Divine Redeemer Catholic Church.....719-633-5559
Eastborough Food Pantry .....719-596-1929
Eastern Plains Community Pantry (Calhan) .....719-347-3062
Food to Power Hillside Hub .....719-470-2737
Fresh Start Center.....719-495-3123
God's Pantry (Fountain).....719-382-0643
Good News Foundation.....719-638-8985
Good Shepherd United Methodist Church.....719-392-5782
Holy Cross Lutheran Church.....719-596-0661
Lord of Glory Church Manna.....719-635-1057
Meadows Park Community Center.....719-385-7940
Mercy's Gate .....719-277-7470
Project Angel Heart .....719-323-0084
Salvation Army .....719-636-3891
Salvation Army – Fountain Valley .....719-382-1182
Sanctuary Church .....719-634-7232
Seventh Day Adventist Community Center.....719-578-5616
Silver Key Senior Services.....719-884-2300
Solid Rock Community Food Bank.....719-985-8935
Springs Rescue Mission .....719-632-1822
St. Dominic Catholic Church (Security-Widefield).....719-392-7653
St. John's Food Pantry.....719-634-5388
St. Patrick's Catholic Church .....719-598-3595
Tri-Lakes Cares (Tri-Lakes area and District 38).....719-481-4864
Trinity United Methodist Church .....719-633-9295
True Spirit Baptist Church.....719-575-9287
Voces Unidas for Justice .....720-588-8219
Westside CARES .....719-389-0759
WIC Program, El Paso County Health .....719-578-3199

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## Justice Involved Services

Colorado Laser Clinic – Gang Tattoo Removal Prog. (under 25) ..... 719-596-4000
ComCor, Inc. ..... 719-473-4460
Community Alternatives of El Paso County ..... 719-390-1303
Dept of Corrections, Community Re-Entry ..... 719-633-1469, ext 2325
Forge Evolution ..... 719-475-7815
Gateway Through the Rockies ..... 719-390-2129
Mercy Today Ministries (Cañon City) ..... 719-276-9242
My Precious Hope ..... 915-319-6481
Remerg ..... 303-993-3551
Zebulon Pike Youth Service Center ..... 719-385-3370

## Legal Information & Advice

The ARC (developmentally disabled) ..... 1-855-828-8476
Catholic Charities – Hanifen Center @ Marian House ..... 719-866-6285
Catholic Charities – Legal Immigration Counseling ..... 719-636-2345
Child Support Services (El Paso County) ..... 719-457-6331
Colorado Child Protection Ombudsman ..... 720-625-8640
Colorado Cross-Disability Coalition ..... 303-869-1775
Colorado Legal Services ..... 719-471-0380
Disability Law Colorado ..... 303-722-0300
Family Court Facilitators ..... 719-452-5104
The Justice Center ..... 719-473-6212
Neighborhood Justice Center (mediation) ..... 719-520-6000
Pro Se Self-Help Center ..... 719-452-5000
Public Defenders Office ..... 719-475-1235
Rocky Mountain Victim Law Center ..... 303-295-2001
TESSA (domestic violence) ..... 719-633-1462

## Medical

Ascending to Health Respite Care ..... 719-635-7639
Catholic Charities – Hanifen Center @ Marian House ..... 719-866-6285
Cheyenne Village (adults with disabilities) ..... 719-592-0200
Colorado Community Health Alliance ..... 719-598-1540
Colorado Springs Pregnancy Center (Galley) ..... 719-679-3105
Fountain ..... 719-695-7030
Westside ..... 719-451-7586
Community Dental Health ..... 719-310-3315
Diversus Health (mental health) ..... 719-572-6100
DNA Testing ..... 719-457-6331
Dream Center (Women's Clinic) ..... 719-388-1594
El Paso County DHS – Family Medical ..... 719-444-5349
El Paso County Public Health ..... 719-578-3199
Eye Love Care ..... 719-596-2020
Grandview Hospital ..... 719-365-3300
Health First Colorado (Medicaid & CHP+) ..... 1-800-221-3943

## Medical (cont.)

The Independence Center (disabled) ..... 719-471-8181
Memorial Hospital Health Link ..... 719-444-2273
Memorial Hospital Central ..... 719-365-5000
Mission Medical (low-income) ..... 719-219-3402
National Alliance on Mental Illness (NAMI) ..... 719-473-8477
Next Chapter (veterans) ..... 1-888-719-8387
Open Bible Medical Clinic ..... 719-475-0972
Peak View Behavioral Health ..... 719-444-8484
Peak Vista Community Health Centers ..... 719-632-5700
Peak Vista Dental Health Center ..... 719-475-0783
Penrose Hospital ..... 719-776-5000
Planned Parenthood – Westside Health Center ..... 719-475-7162
PPACG – AAA Senior Insurance Assistance ..... 719-471-2096
Rocky Mountain Health Care Services ..... 719-314-2327
SET Family Medical Clinics ..... 719-776-8850
SET Homeless Clinic ..... 719- 475-7314
Southern Colorado Health Network – HIV Education, Prevention, & Care Services ..... 719-578-9092
St. Francis Hospital ..... 719-571-1000
Tri-Lakes Cares ..... 719-481-4864
Westside CARES ..... 719-389-0759

## Mental Health

Another Life Foundation ..... 719-216-7238
Cedar Springs Hospital ..... 719-633-4114
Colorado Community Health Alliance ..... 719-598-1540
Diversus Health ..... 719-572-6100
Dos Madres – RESTORE ..... 719-510-6981
Insight Services ..... 719-447-0370
LifeStance Health (multiple locations) ..... 970-310-3406
National Alliance on Mental Illness (NAMI) ..... 719-473-8477
The Patterson Center for Resiliency ..... 719-300-5735
Peak View Behavioral Health ..... 719-444-8484
Pikes Peak Suicide Prevention Partnership ..... 719-573-7447

## Miscellaneous Counseling & Assistance

Benefits in Action ..... 1-888-496-4252
Catholic Charities – Counseling Services ..... 719-866-6535
Catholic Charities – Family Connections @ Helen Hunt Campus ..... 719-636-2345
Center on Fathering ..... 719-634-7797
Colo. Division of Vocational Rehabilitation (disabled) ..... 719-635-3585
Colorado Springs Pregnancy Center (Galley) ..... 719-679-3105
Fountain ..... 719-695-7030
Westside ..... 719-451-7586
Community Outreach Center (Calhan) ..... 719-347-7638

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Diversus Health (mental health) ..... 719-572-6100
Dos Madres – RESTORE ..... 719-510-6981
El Paso County Public Health ..... 719-578-3199
Envision: You (LGBTQ Initiative) ..... 303-214-2119
Genetic Counseling (Memorial Hospital) ..... 719-365-6845
The Independence Center (disabled) ..... 719-471-8181
Inside Out Youth Services (LGBTQ+) ..... 719-328-1056
Insight Services ..... 719-447-0370
LifeStance Health (multiple locations) ..... 970-310-3406
Lutheran Family Services ..... 719-227-7571
Refugee & Asylee ..... 719-227-8899
Neighborhood Justice Center (mediation) ..... 719-520-6000
The Place – Drop In Center (youths up to age 24) ..... 719-244-3959
Servicios de la Raza ..... 303-458-5851
Silver Key Senior Services ..... 719-884-2300
TESSA (domestic violence) ..... 719-633-1462
Voces Unidas for Justice ..... 720-588-8219

## Parenting & Pregnancy

Catholic Charities – Counseling Services ..... 719-866-6535
Catholic Charities – Family Connections @ Helen Hunt Campus ..... 719-636-2345
Center on Fathering ..... 719-634-7797
Child Abuse (hotline) ..... 1-844-264-5437
Colorado Safe Haven for Newborns ..... 1-888-510-2229
Colorado Springs Pregnancy Center (Galley) ..... 719-679-3105
Fountain ..... 719-695-7030
Westside ..... 719-451-7586
Life Network ..... 719-591-2609
Lutheran Family Services ..... 719-227-7571
Planned Parenthood – Westside Health Center ..... 719-475-7162
Safe Families for Children ..... 719-357-7080

## Senior Services

Colorado Springs Senior Center ..... 719-955-3400
Fountain Valley Senior Center ..... 719-600-2644
PPACG – Area Agency on Aging (AAA) ..... 719-471-2096
AAA Family Caregiver Support Center ..... 719-886-7526
Rocky Mountain PACE ..... 719-314-2327
Senior Comm. Service Employment Program (AARP) ..... 719-635-3579
Silver Key Senior Services ..... 719-884-2300
UCCS Aging Center ..... 719-255-8002

## Shelter & Housing

Ascending to Health Respite Care ..... 719-635-7639
Colorado Housing & Finance Authority ..... 1-800-877-2432
Colorado Springs Housing Authority ..... 719-387-6700
Dale House Project (youth) ..... 719-471-0642
Dream Centers Mary's Home (single mothers) ..... 719-301-5411
Family Life Services (single mothers) ..... 719-632-4661
Family Promise (transitional housing for families) ..... 719-329-1244
Fountain Housing Authority ..... 719-382-5639
Gospel Homes for Women (Christian home for women) ..... 719-291-3406
Greccio Housing ..... 719-475-1422
Homeward Pikes Peak ..... 719-473-5557
Kingdom Builders Fam. Life Center (dom. violence) ..... 719-247-8190
Ithaka Housing ..... 719-578-1629
Partners in Housing (families) ..... 719-473-8890
The Place (youth ages 15-20) ..... 719-244-3959
After hours number ..... 719-205-7129
Pikes Peak Habitat for Humanity ..... 719-475-7800
Rocky Mountain Community Land Trust ..... 719-447-9300
Rocky Mountain Human Services (veterans) ..... 1-855-838-7428
Salvation Army RJ Montgomery Center (family shelter) ..... 719-578-9190
Salvation Army (transitional housing) ..... 719-635-1287
Sarah's Home (survivors of sex trafficking) ..... 719-347-3026
Springs Rescue Mission (shelter - adults) ..... 719-632-1822
TESSA (domestic violence) ..... 719-633-1462

## Substance Use

Achieve Whole Recovery ..... 719-373-9703
Colorado Community Health Alliance ..... 719-598-1540
Colorado Springs Alcoholics Anonymous ..... 719-573-5020
Crossroads Detox Center ..... 719-203-6550
Diversus Health ..... 719-572-6100
Front Range Clinic ..... 719-419-7735
Homeward Pikes Peak Addiction Recovery ..... 719-473-5557
Insight Services ..... 719-447-0370
Love Alive ..... 719-283-6197
Never Use Alone Hotline ..... 1-800-484-3731
Oxford House (sober living - multiple locations) ..... 1-800-689-6411
Phoenix Multisport (drug & alcohol) ..... 719-434-3387
Pikes Peak Area of Narcotics Anonymous ..... 719-637-1580
Recovery Unlimited ..... 719-358-7338
Sandstone Care ..... 720-674-7380
Serenity Recovery Connection (formerly Springs Recovery Connection) ..... 719-465-2295

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## Transportation

Envida.....719-633-4677
Fountain Valley Senior Center (seniors).....719-600-2644
GoodWheels – Goodwill (disabled).....719-442-2077
IntelliRide – Health First Colorado .....719-766-4660
Mountain Metro Mobility (disabled) .....719-385-7433
Silver Key Para Transit (seniors).....719-884-2300

## Veterans Services

El Paso County Veterans Services.....719-520-7750
Home Front Military Care Network .....719-577-7417
The Independence Center .....719-471-8181
Mt. Carmel Veterans Service Center .....719-772-7000
Next Chapter..... 1-888-719-8387
Pikes Peak Veterans Housing Fund.....719-323-2600
PFC Floyd K. Lindstrom Outpatient Clinic.....719-327-5660
Rocky Mountain Human Services .....719-323-2600
UCCS Veterans Health & Trauma Clinic.....719-255-8003
Veterans Administration.....719-471-9992
Volunteers of America.....719-491-1974

## Weatherization & Utilities

Brothers Redevelopment .....719-888-9134
Catholic Charities – Hanifen Center @ Marian House.....719-866-6285
Community Outreach Center (Calhan).....719-347-7638
Energy Resource Center.....719-591-0772
LEAP.....1-866-432-8435
Mercy's Gate .....719-277-7470
Project COPE .....719-448-4800
Red Cross .....719-632-3563
Salvation Army .....719-636-3891
Salvation Army (Fountain Valley) .....719-382-1182
Silver Key Senior Services.....719-884-2300
Tri-Lakes Cares (Tri-Lakes area and District 38).....719-481-4864
Westside CARES .....719-389-0759