

COLORADO SPRINGS COMMUNITY RESOURCES



LOW COST OR SLIDING SCALE MENTAL HEALTH RESOURCES

Crisis Center, 115 S. Parkside Dr., 635-7000 (Open 24/7, part of Pikes Peak Mental Health) Provides evaluations for “danger to self or others”, no counseling.

Suicide Prevention Hotline, 596-5433 (24 hour hotline)

Asian Pacific Development Center, 6055 Lehman Dr., 533-1301. Individual & family counseling. (Sliding scale)

Centre de la Familia, 802 S. Nevada, 227-9170. Individual and family counseling. Therapists speak Spanish. (Sliding scale)

C.U. Center on Aging, 471-4884, Individual counseling and neuropsych testing, ages 55+ (Sliding scale)

Depression and Bipolar Support Alliance, 477-1515. Offers support groups and other programs for the individual and family members. Also offers groups for young adults (18-25) and older adults. (No cost)

Divorce Recovery Workshop, 1st Presbyterian Church, 884-6229. Lasts 7 weeks & begins in Sept. & Feb. Franciscan Community Counseling, 955-7008. Individual & family counseling. (Sliding scale)

Gay and Lesbian Community Center, 471-4429. Offer support groups & counseling referrals. (No cost)

Grief Recovery Workshop, 1st Presbyterian Church, 884-6145. Lasts 7 weeks & begins in Sept. & Feb. Haven House, 111 N. Walnut, 578-1181. Drop in center for the mentally ill. Call for hours. (No cost)

Heartbeat, 596-2575. Support group for those who have lost someone to suicide. (No cost)

Journeys Counseling, Woodland Park, 687-6927. Individual and family counseling. (Sliding scale)

NAMI - National Alliance for the Mentally Ill, 473-8477. Support groups and referrals. (No cost)

Pikes Peak Hospice and Palliative Care, 633-3400. Six week long grief support group. (No cost)

Pikes Peak United Way's Info. & Referral Line offers many local resources by dialing “211”. (M-F, 8-5)
SCAP- Southern Colo. AIDS Project, 578-9092. Offers support groups (AIDS or HFV+). (No cost)

Switzer Counseling, 555 E. Pikes Peak Ave., 442-0606. Individual & family counseling. (Sliding scale)

TESSA. 633-1462. Offers domestic violence counseling. (Sliding scale)

Veterans Administration, 25 N. Spruce, 327-5697. Mental health counseling & medications for veterans.

Vet Center, 416 E. Colorado Ave., 471-9992. Counseling for veterans. Bring DD214.

Penrose-St. Francis Behavioral Health (Revised 8-06)

LOW COST/SLIDING SCALE HEALTHCARE & PRESCRIPTION ASSISTANCE

Peak Vista Community Health Center (PVCHC), 2840 International Circle, 632-5700. Provides medical care and some prescription assistance. Call at 8:00AM on Fridays as this is only time when people without insurance can schedule an appointment (Sliding scale)**also offer a dental clinic. **

PVCHC Homeless Clinic, 722 S. Watsatch, 471-2789. Clients can have access to all services of the Community Health Center if they are “homeless” which means living on the streets or in the shelter.

PVCHC Intermediate Care Clinic, 2502 E. Pikes Peak Ave., 630-6440. Clinic offers treatment for minor injuries and illnesses at a low cost. Call early in the day to schedule an appointment for that day.

PVCHC Fountain Valley Clinic, 301 S. Iowa (Lorraine Community Center), 322-0777. Clinic offers medical services and prescription assistance to residents of Fountain, Security, and Widefield.

Mission Medical Clinic, 2125 E. La Salle, 219-3402. Offers acute medical care & medications to adults. Has a psychiatrist there about one day a week. Offers info, on prescription assistance. Call for hours.

Marion House SET Clinic, 14 W. Bijou, 475-2097. Clinic is at the Soup Kitchen and is open from 11:30PM -1:00PM, M-F. Limited medical care, some days there is a doctor to write a prescription.

Open Bible Medical Clinic, 824 S. Union, 475-0972. Offers medical care to adults. Hours: Tues. 6-9PM

SET Family Clinics, 825 E. Pikes Peak Ave. 1st floor, 776-8850. Offers acute medical care to adults and children. Call for appointment. Clinic Hours: Mon, Tues, Wed, 5:30PM – 8:30PM (\$10 donation).

Veterans Administration, 25 N. Spruce, 327-5697. Offers medical care and medications to veterans.

Ecumenical Social Ministries (ESM), 201 N. Weber, 636-1916. Help to fill a prescription once every 6 months or once a year if prescription is costly. Offers help to fill out prescription assistance paperwork.

Partnership for Prescription Assistance, 888-477-2669 or www.pparx.org (Long Term Assistance)

PASS Program, 329-7103. Help with prescription assistance applications if you have an MD or Nurse Practitioner who will write the prescriptions needed. (Long Term Pharmaceutical Assistance Programs)

Pikes Peak United Way’s Info, and Referral Line offers many community referrals by dialing “211”.

Tri-Lakes Health Advocacy Partnership, 488-8639. Offers prescription assistance to Tri-Lakes residents.

EMPLOYMENT RESOURCES

Pikes Peak Workforce Center, 2306 E. Pikes Peak Ave., 667-3700. Help with finding employment.

Urban League Employment, 125 N. Parkside Dr., 634-1525. Helps under employed and unemployed.

Vocational Rehab. 110 Parkside Dr., 635-3585. Assists persons with disabilities to find employment.

Penrose-St. Francis Behavioral Health (Revised 8-06)

FOOD: MEALS

The Soup Kitchen, 14 W. Bijou, 475-2347. Meal served 10:30AM - 1:00PM (M-Sat.). At 1:00PM, you may be able to take some "leftovers" with you. Sunday brunch: 8:45AM - 10:30AM.

Colorado College Sunday Soup, 1010 N. Nevada, 389-6000. Soup is served 2:00PM - 4:00PM, Sunday.

Sacred Heart, "Lord's Dinner," 2030 W. Colorado Ave., 633-8711. Sundays at 6:00PM (no sermon).

Salvation Army, "Homeless Soup Run," DSS Parking lot at Spruce and Kiowa. Hot meal served from a mobile canteen truck (M-F) at 5:00PM (no sermon). ****Truck occasionally doesn't show up****

Silver Key, "Meals on Wheels", 632-1521, Hot Meal delivered (M-F), frozen meals for weekend. Ages 60+. The Soup

Springs Rescue Mission, 5 W. Las Vegas, 632-1822. Meal served EM-Sat.) at 5:00PM (sermon precedes)

FOOD: GROCERIES

Billie Spielman Center, 25 N. 20th, 385-7930. Gives westside residents vouchers to food pantries on the Westside and in Manitou. Hours: 9:00AM - 11:30AM and 12:30PM - 3:00PM (M-F).

Care and Share, 528-6767. They refer you to emergency food pantries based on zip code. Call (M-F), 9:00AM— 1:00PM.

Crossfire Ministries, 307 N. Union Blvd., 447-1806. Food Pantry hours: 10:30AM - 4:30PM, (Tues.-Fri.).

Ecumenical Social Ministries, 201 N. Weber, 636-1916. Food Pantry hours: 9:00AM -11:00AM, and 12:30PM-2:30PM, (M-F).

Northern Church's Cares, 4210 Austin Bluffs Parkway, 277-7470. (Serves Zip Codes: 07, 09, 15, 17, 18, 19, 20, 21, 22). Eligible zip code residents can access the emergency food pantry 2 times per year on a walk-in basis. Pantry hours: 4-6:30PM (M), 9-1 1:30AM and 1-3:30PM (Thurs.), 9:00AM-1 1:30AM (F).

Salvation Army, 908 Yuma, 636-3891. Food Pantry hours: 9:00AM-1 1:30AM, 1:00PM-3:30PM, (M-F).

Silver Key, 2250 Bott Ave., 632-1521. Food Panky Hours: 8:00AM-5:00PM, EM-F) ***ages 60+***

Springs Rescue Mission, 5 W. Las Vegas, 632-1822. Box of food (can goods, pastas, etc.). Hours: 1:30PM-3:45PM, (M,W,F).***One box of food per month per household.***

Tri-Lakes Cares, Monument (call for directions), 481-4864. Hours: 12:00PM - 3:00PM (Mon & Thurs).

Westside Cares, 1930 W. Colorado Ave., 389-0759. Services to Westside residents. Food Pantry hours: 1:00PM-3:00PM (Wed.) & 5:00PM - 7:00PM (Thurs), at Westside Cares. Food Vouchers for other westside pantries are given out from 9:30AM - 12:30PM (Mon - Thurs).

Penrose-St. Francis Behavioral Health (Revised 8-06)

NO COST OR LOW COST SHELTERS AND TRANSITIONAL HOUSING

New Hope Shelter (formerly Red Cross Shelter), 709 S. Sierra Madre, 578-9190. Open 24/7, Emergency shelter for men, women, and families. Picture ID needed for admission, if no ID, go to the police station for a referral. Zero tolerance for drugs, alcohol, violence, and no sex offenders are allowed.

Winter Warming Shelter, 709 S. Sierra Madre, 578-9190. Opens when temp. drops to 32 degrees or below or there is a severe storm. Zero tolerance for drugs, alcohol, violence, and sex offenders.

Bijou House, 411 W. Bijou, 635-5078. Apply here for a space at Bijou or Shore House. Waiting List

Bridge House, 2649 Yampa St., 636-3891, Transitional housing for men, 8 beds. Christian based & must have completed a drug or alcohol program. Zero tolerance for drugs or alcohol. Rent of \$250 per month.

Colorado House, 21 S. Watsatch, 325-0100. Transitional housing not an emergency shelter. Application process can take 3 Weeks. Residential units for men, women, or families with low income.

Freshstart, 636-3891. Transitional housing for 24 families with children. Christian based and zero tolerance for drugs or alcohol. One and two bedroom apartments, childcare & other services.

Interfaith Hospitality Network, Various Churches, 329-1244. Transitional housing for homeless families with children. Families stay at a local church for a week and then move on to another one. Waiting list

TESSA, 633-3819 (24 hr. crisis line for domestic violence). Safe house or motel voucher.

Veterans' House (The Crawford House), 415 S. Weber, 667-5588. Housing (15 beds) for homeless veterans that are also in a program with the V.A.. Call Jack Freeman on M-F (8:00AM-5:00PM).

Urban Peak, 423 E. Cucharras, 630-3223. Provides many services to homeless youth, ages 15-20. Now also provides a 20-bed shelter for homeless youth, ages 15-18.

FINANCIAL RESOURCES

Aid to the Needy Disabled, 105 N. Spruce, 636-0000. Food stamps and monthly stipend if qualified.

Consumer Credit Counseling, 5265 N. Academy Blvd., 598-2227.

Medicaid, 105 N. Spruce St., 636-0000. To apply for Medicaid or food stamps.

Options for Long Term Care, 457-0660. Helps people apply for the Medicaid HCBS waivers which are needed to pay for adult day care, adult foster care, assisted living facilities, and group homes.

Social Security, 1049 N. Academy Blvd., 574-9279.

Pikes Peak United Way's Information and Referral Line offers many community referrals by dialing "211". Hours: 8:00AM— 5:00PM (M-F)

Penrose-St. Francis Behavioral Health (Revised 8-06)

LOW COST OR SLIDING SCALE DRUG & ALCOHOL TREATMENT RESOURCES

Alcoholics Anonymous, 573-5020

Al-Anon & Al-A-Teen, 632-0063

Alano Recovery Homes:

- Pine House and Wahsatch House offer long term transitional housing for men in recovery. Platte House and Promise Place offer long term transitional housing for women in recovery.
- These are 12 Step sober houses and not treatment facilities. Cost of \$350/mo. does not include food.
- Go to www.alanorecoveryhome.org for detailed information or call 520-1732.

Bridge To Awareness, 520 W. Colorado, 471-2514. Out patient adult and adolescent counseling, anti-abuse monitoring, chemical dependency group for women. (Sliding scale)

Cocaine Anonymous Hotline: 448-0110

Connect Care, 572-6149. Provides some assistance with costs of chemical dependency treatment.

Crystal Meth Anonymous. Call Jeff at 440-4282. Meetings: Sun & Mon at 7:30PM, and Fri at 7PM at "Clean Slate" in Broad Market Square, 1769 S. 8 St.; Tuesday at 8PM at the Lighthouse, 115 S. Parkside Dr.; Wednesday at 7PM at ComCor Administration Bldg., 3615 Roberts Rd., Room 101.

Detox (The Lighthouse) 115 S. Parkside Dr., 572-6340.

Drug and Alcohol Counseling and Prevention Program run by the El Paso County Health Dept. 301 S. Union Blvd., 578-3150. Provides outpatient individual and group therapy. Also offers group therapy for pregnant women with substance abuse issues. (Sliding scale)

Harbor House, 447-4721. Residential program for chronic substance abusers. Cost is 30% of income and clients must work full time. Disabled clients must work at least part time.

Narcotics Anonymous, 228 Auburn Dr., 637-1580.

Pikes Peak Mental Health Center, 115 S. Parkside Dr., 572-6340. Very low cost Intensive out patient chemical dependency program for the uninsured.

Pikes Peak United Way's Info. & Referral Line offers many local resources by dialing "211". (M-F, 8-5)

Rosada House near Las Animas, Colorado, 719-456-2600. Residential program (32-35 days) at a cost of \$2,076. Call Connect Care 572-6149 to request funding assistance if available.

Salvation Army, 501 S. Weber, 473-6161, men only. Six mo. residential, work based program. (No cost)

Salvation Army, Denver, 303-294-0827, women only. Six mo. residential, work based program. (No cost)

Veterans Administration, 25 N. Spruce, 327-5697. Drug and alcohol treatment programs for veterans.

Penrose-St. Francis Behavioral Health (Revised 8-06)

EMERGENCY ASSISTANCE: (Partial payment of rent or utilities, gas vouchers, medical needs)

Billie Spielman Center, 25 N. 20th, 385-7930. Help with utilities for city residents and gas vouchers if you have a valid license and car insurance. ****They request that you always call first. ****

Ecumenical Social Ministries, 201 N. Weber, 636-1916. Help with clothing, rent, utilities, gas vouchers, bus tokens. Hours: 9:00AM -11:30AM and 12:30PM - 3:00PM, (M-F).

Elks' Trimble Fund, 634-7360. Help with purchase of dentures, glasses, hearing aids, medical devices, to residents of El Paso County who have been residents for at least one year. Leave message on recorder.

LEAP, 25 N. Spruce, 442-0007. Assistance with payment of utility bills for low income persons.

Pikes Peak Community Action Agency, 471-7870. Helps with rent for people outside of city and utilities for city residents.

Northern Church's Cares, 4210 Austin Bluffs Parkway, 277-7470. (Serves Zip Codes: 07, 09, 15, 17, 18, 19, 20, 21, and 22). Help with rent, utilities, gas vouchers, bus tokens, clothing, by appointment. Hours: 4:00-7:00PM (M); 9:00AM-12:00PM, and 1:00PM-4:00PM (Tri); 9:00AM-12:00PM (F).

Salvation Army, 908 Yuma, 636-3891. Emergency financial assistance, utilities, clothing vouchers.

Silver Key, 2250 Bott Ave., 632-1521. Numerous services to persons 60 and older including assistance with rent, utilities, transportation, home maintenance and repair, etc.

Tri-Lakes Cares, Monument (call for directions), 481-4864. Offers assistance to residents of the Tri - Lakes area (food, clothing, etc.). Hours: 12:00PM – 3:00PM (Mon. & Thurs.)

Westside Cares, 1930 W. Colorado Ave., 389-0759. Offers food, clothing, utility and rent assistance. Hours: 9:30AM – 12:30PM (Mon. – Thurs.) and 5:00PM – 7:00PM (Thursday).

LEGAL RESOURCES

Colorado Legal Services (Legal Aid), 617 S. Nevada Ave., 471-0380. Provides legal assistance for low income or homeless persons. Help with family and consumer law, housing issues, Medicare/Medicaid law, SSDI or SSI law, food stamps, etc.

D. A. Victims Assistance Program, 520-6075. Can provide counseling, financial help, even relocation for victims of a violent crime.

Lawyer Referral Service, El Paso County Bar Association, 636-1532.

NAACP, 603 S. El Paso St., 475-7255. Offers referrals only, no direct legal services.

The Legal Center, Denver, 303-722-0300. Provides legal assistance to persons with disabilities and older people.

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