



Resources for Connecting with the Community

Addressing more than just medical problems can lead to a happier, healthier life. You shared with us that you have needs that are typically not addressed in the medical setting. We want to help. Listed below are resources that may help you with those needs. If you don't see a resource that is right for you or would like to talk about additional needs that you may have please contact Western Colorado 2-1-1 (by dialing 211), a free and confidential resource and referral center. **Anything in red is COVID specific and subject to change as the pandemic continues. Remember to call prior to confirm services.**

Aspen Recreation Center

Phone: 970-544-4100

Website: <http://www.aspenrecreation.com/>

Address: 0861 Maroon Creek Rd, Aspen, CO 81611

Languages: English and Spanish

Hours: Monday – Friday 6am to 9pm, Saturday 9am to 8pm and Sunday 11am to 6pm

Eligibility: For all ages

Services: Sports and activities, recreation center, ice center, parks, trails and open spaces and Nordic info.

Please register online for the activity you are interested in, registration is required. Memberships that were put on hold in March will be reactivated starting on 10/5. 20 visit punch passes are on sale and COVID-19 punch pass can also be used. Classes and sessions cost 1 punch. NO drop-ins or daily admissions.

Pitkin County Senior Services – Senior Center - Fitness & Wellness - Aspen

Phone: 970-920-5432

Website: <http://www.pitkinseniors.com/>

Address: 0275 Castle Creek Rd. Aspen, CO 81611

Languages: English and Spanish

Hours: Monday – Friday 8:30am to 4:30pm

Eligibility: Seniors

Services: **Virtual fitness & wellness, grab n go** lunch, transportation and **virtual events and classes**

Aspen Library

Phone: 970-429-1900



Website: <http://pitcolib.org>

Address: 120 N Mill St, Aspen, CO 81611

Languages: English and Spanish

Hours: Monday – Thursday 9am to 8pm, Friday - Saturday 9am to 6pm and Sunday 12pm to 6pm

Visits must be limited to 30 minutes or less

Basalt Library

Phone: 970-927-4311

Website: <http://www.basaltlibrary.org>

Address: 14 Midland Ave, Basalt, CO 81621

Languages: English and Spanish

Hours: Monday – Thursday 10am to 7pm, Friday - Saturday 10am to 5pm, and Sunday 12pm to 5pm

Carbondale Parks & Recreation Center

Phone: 970-510-1292

Website: <https://www.carbondalerec.com/>

Address: 567 Colorado Ave, Carbondale, CO 81623

Languages: English

Hours: Monday – Friday 6am to 9pm, Saturday 8am to 5pm and Sunday 10pm to 5pm

Hours varies in summer and winter

Mask required

Carbondale Library

Phone: 970-963-2889

Website: <https://www.gcpld.org/about-us/branches/carbondale-branch-library>

Address: 320 Sopris Ave, Carbondale, CO 81623

Languages: English and Spanish

Hours: Monday, Tuesday and Thursday 11am to 6pm, Wednesday 11am to 7pm and Saturday 1pm to 5pm

Heritage Park Care Center – Heritage Therapy Services

Phone: (970) 963-1500

Website: <https://lcca.com/locations/co/heritage-park/>

Address: 1200 Village Road, Carbondale CO 81623

Services: Nursing and Rehabilitation Center



Glenwood Springs Parks & Recreation

Phone: 970-384-6301

Website: <http://www.glenwoodrec.com/>

Address: 100 Wulfsohn Rd, Glenwood Springs, CO 81601

Languages: English and Spanish

Hours: Monday - Friday 6am to 9pm, Saturday 9am to 5pm and Sunday 11am to 5pm

Reservations are available to use the fitness equipment, Basketball

Gymnasium, swim in the Activity Pool or swim laps in the Lap Pool. A reservation is required to enter the Community Center for any reason. To make a reservation, you need to have a profile in our recreation software system. Don't worry; if you already had any type of membership, you already have one. KidKare, climbing wall, hot tub, lobby and game tables will not be accessible at this time. Please see the FAQ section on website for more details.

Glenwood Springs Library

Phone: 970-945-5958

Website: <https://www.gcpld.org/about-us/branches/glenwood-springs-branch-library>

Address: 815 Cooper Ave, Glenwood Springs, CO 81601.

Languages: English and Spanish

Hours: Monday, Tuesday, and Thursday 11am to 6pm, Wednesday 11am to 7pm and Saturday 1pm to 5pm

Glenwood Springs Work Force Center- Department of Labor and Employment

Phone: (970) 945-8683

Website: <https://web.glenwoodchamber.com/Employment-Consultants/Glenwood-Springs-Workforce-CenterColorado-Department-of-Labor-Employment-526>

Address: 51027 Hwy 6, Suite 173, Glenwood Springs, CO 81601

High Country Retired Senior Volunteer Program at CMC

Phone: (970) 947-8462

Website: <https://www.highcountryrsvp.org/>

Address: 1402 Blake Avenue, Glenwood Spring, CO 81601

Services: RSVP's professional Volunteer Manager enrolls volunteers age 55 and older and places them with nonprofit agencies that meet identified critical community needs in six focus areas in Garfield County.



Mountain Valley Developmental Services

Phone: (970) 945-2306

Website: <https://www.mtnvalley.org/mission-statement/>

Address: 700 Mount Sopris Dr, Glenwood Spring CO 81601

Services: encourage and support individuals with developmental disabilities, enhance their ability to live, learn, and work in an independent and inclusive manner, and to educate the community about their contributions and capabilities.

Pathfinders

Phone: 970-925-1226

Website: <https://www.pathfindersforyou.org/>

Services:

- One-on-one mental health counseling & coping skills training
- Navigation & advocacy to receive services
- Resource referrals for early screenings, hospice, insurance issues, home health aide, & more
- Support Groups in Western Colorado & online
- Lifestyle education to support nutrition, exercise & stress management
- Palliative care & end-of-life planning
- Grief & Loss Support
- Complementary care education & referral
- The Angel Volunteer program
- The Survivor-to-Survivor program
- Rural & remote tele-counseling for those unable to meet with a Pathfinder
- Pathfinders Gift Basket Program

Rifle Workforce Center- Colorado Department of Labor and Employment

Phone: (970) 625-5627

Website: <https://directory.riflechamber.com/list/member/rifle-workforce-center-colorado-department-of-labor-and-e-96>

Address: 216 W. 3rd Street, Rifle CO 81650

Mind Springs Health - Mental Health Services

Phone: 970-920-5555 (Aspen), 970-945-2583 (Glenwood Springs)/ 888-207- 4004 (Crisis Line)

Website: <https://www.mindspringshealth.org/>



Address: 0405 Castle Creek Road, Suite 207 Aspen, CO 81611
6916 Highway 82 Glenwood Springs, CO 81601

Languages: English and Spanish

Available Hours: Monday – Friday 8am to 5pm

Services: Full Spectrum of Mental Health, counseling for seniors.

Alpine Springs Counseling Center

Phone: 888-215-8940 / 970-945-7858

Website: <http://www.alpinespringscounseling.com/>

Address: 319 14th St, Glenwood Springs, CO 81601

Languages: English and Spanish

Hours: Monday-Friday 9am to 12pm & 2pm to 8pm, Saturday and Sunday 9am to 12 pm

Services: Counseling for domestic violence.

Compass Counseling & Evaluation - Mental Health Services

Phone: 970-945-9841

Website: www.compasscounselingevaluation.com

Address: 1517 Blake Ave #203 Glenwood Springs, CO 81601

Languages: English

Hours: Monday – Friday 8am to 5pm

Intake Process: Intake forms available in the website.

Services: Mental Health Counseling Services Offered

Therapeutic Riding - Wind walkers Equine Assisted Therapy and Learning Center

Phone: 970-963-2909

Website: www.windwalkerstrc.org

Address: 1030 County Road 102 Carbondale, CO 81623

Languages: English

Hours: Monday – Friday 8am to 5pm

Eligibility: Children and adults living with a disability and their families

Services: Horse activities positively address a wide variety of conditions: physical, emotional, behavioral, social and educational.

Treatment Services, Pitkin County -Mind Springs Health

YouthZone - Youth and Family Mentoring and Counseling

Phone: 970-920-5702 (Aspen), 970-945-9300 (Glenwood Springs)

Website: www.youthzone.com



Address: 506 E Main St #203, Aspen, CO 81611/ 803 School Street Glenwood Springs, CO 81601

Languages: English and Spanish

Hours: Monday – Thursday 8:30am to 6pm

Eligibility: For youth ages 6 - 18 and their families

Intake Process: Call, walk in or fill out online form by agencies website to schedule an appointment.

Services: Counseling Youth to be responsible member of society.

Aspen Hope Center

24 Hour Hope line: 970-925-5858

Website: <https://ourhopecenter.org/>

Address: 1460 E Valley Rd, Basalt, CO 81621

Languages: English and Spanish

Hours: Monday – Friday 8am to 5pm

Types of Fees: Yes, call for details

Eligibility: For all ages

Intake Process: Call, walk in or fill out online form by agencies website to schedule an appointment.

Services: Individual counseling, crisis intervention & individual outpatient program, information & referral and community collaboration

Support Groups: Life Line Group, LGBTQ Teens Group, Mommy Matters, Hope Connections (<https://ourhopecenter.org/support-groups/>)

Aspen Strong

Email: info@aspenstrong.org

Website: <http://www.aspenstrong.org>

Address: 135 W Main St I, Aspen, CO 81611

Languages: English and Spanish

Hours: Access to online resources is available 24/7. Administration support Monday to Friday 8am to 5pm

Types of Fees: Utilization of resources online is free of charge.

Eligibility: For all ages

Services: Promoting mental hygiene and connecting the mental health resources. Aspen Strong does not provide direct counseling services, but works to connect individuals and organizations to the mental health service available in the Roaring Fork Valle



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Here are other ideas that you may want to consider:

- Opportunities to volunteer
- Faith communities
- Talking with friends and/or family members that you trust
- Participating in community events

Need other ideas, please feel free to call Western Colorado 211 (just dial 211 and we will help). For those who might need other supports following are mental health and wellbeing resources.