



SOCIAL ISOLATION

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.**

Mind Springs Health - Mental Health Outpatient Program, For all ages

Phone: 907-920-5555 (Aspen)/ 970-945-2583 (Glenwood Springs)/ 888-207- 4004 (Crisis Line)

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

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

Languages: English and Spanish

Hours: Monday – Friday 8am to 5pm

Types of Fees: call for more information

Eligibility: Open to all

Intake Process: Call or go online for information.

Services: Full Spectrum of Mental Health, counseling for seniors

Free Mental Health App: MyStrength.com Access Code: WELLNESSWEB

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

Eligibility: Open to all, and accepts court ordered treatment clients.

Services: Counseling for domestic violence.

Compass Counseling & Evaluation - Mental Health Services

Phone: 970-945-9841

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

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

Languages: English

Available Hours: Monday – Friday 8am to 5pm

Types of Fees: Yes, call for more information



Eligibility: Open to all

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: <http://www.windwalkerstrc.org>

Address: 1030 County Road 102 Carbondale, CO 81623

Languages: English

Hours: Monday – Friday 8am to 5pm

Types of Fees: Yes, call for current fees

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

Intake Process: completed registration form

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: <http://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

Types of Fees: Yes, call for details

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://aspenstrong.org>

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

Languages: English and Spanish

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

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 Valley.

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

Types of Fees: Yes, call for details

Eligibility: For all ages

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

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



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

Services: **Virtual fitness & wellness**, 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

Eligibility: For all ages

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

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

Eagle County Healthy Aging

Phone: Eagle: 970-328-8896

El Jebel: 970-379-0020

Minturn: 970-328-8831

Website: https://www.eaglecounty.us/PublicHealth/Healthy_Aging/Overview/

Address: 0020 Eagle County Drive, Suite E, El Jebel, CO 81623

Languages: Spanish and English

Eligibility: 60 age and older and disable adult from Eagle County.

Services: Senior community meals, Home delivered meals, Health and Wellness, Caregiver/Memory loss Support group, Transportation, Volunteer Driver Program,

Types of Fees: Meals are available to those over the age of 60 for the suggested donation of \$3.00. Those under 60 must pay \$8. Transportation service available.

Available Hours: Tuesday and Thursday 11am to 1pm

Monday – Fitness 9 am to 12 pm

Tuesday/ Thursday- Fitness/lunch and bingo 9am to 3pm

Wednesday – Programing 10am – 3pm

Intake Process: Call in for details. **Details subject to change during COVID**

Family Visitor Program



Phone: 970-945-1234 ex. 20

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

Address: PO Box 1845 Glenwood Springs, CO 81602

Languages: Spanish and English

Eligibility: The agency provides home visitation services to pregnant women and to parents of young children (ages 0-3) residing in the Aspen to Parachute, Colorado region.

Offered to families at no cost, regardless of income.

Hours: Monday-Friday 9am-5pm

Intake Process: Medical or Self-Referral, Call in for details

Meals on Wheels

Phone: 970-625-6423

Website: <http://grandriverhealth.org/mealsonwheels/>

Address: Grand River Hospital 501 Airport Road Rifle, CO 81650

Languages: English

Eligibility: Free meals are delivered to elderly, disabled, homebound, and recovering individuals to their

Within Western Garfield County communities in New Castle, Silt, Rifle, and

Parachute/Battlement Mesa. Volunteer drivers deliver meals not later than 11:30

a.m. Clients should receive their meals between 11:00 a.m. and 1:00 p.m.

You are eligible for the program if you live in New Castle, Silt, Rifle, Parachute, or Battlement Mesa. When you call to sign up, you will be asked some questions about where you live, your diet, your food preferences, contact information, and other details to make sure you are getting the most out of the program. From there, Meals on Wheels tries to get person on the appropriate route within 24 hours of your first phone call.

Hours: Monday-Friday 9am-5pm

Intake Process: Call in for details

Stepping Stones - Youth Drop-in Center

Phone: 970-366-7770

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

Address: Teen House: 1010 Garfield Ave Carbondale, CO

Youth Center: 1154 Hwy 133 Carbondale CO

Languages: Spanish and English

Eligibility: Services are free to youth and young adults ages 10-21 years. Stepping Stones encourages parents to drop into centers to learn more about programs and connect to community services.

Hours: Mondays, Tuesdays, Thursdays and Fridays 3pm-6pm, Wednesdays 12pm-6pm

Intake Process: Drop-in

Valley Settlement Program



Phone: 970-963-0851 **Email:** info@valleysettlement.org

Website: <https://valleysettlement.org>

Address: 520 S. Third Street, Suite 9 Carbondale, CO 81623

Languages: Spanish and English

Eligibility: Immigrant transition population. Programs provide mobile Preschool, adult education and literacy and family resources that travels to Basalt, Carbondale and Glenwood Springs.

Hours: Call for details

Intake Process: Call for details

Western Slope Veterans

Phone: (970) 233-8735

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

Address: 803 Colorado Avenue Glenwood Springs, CO 81601

Languages: English

Eligibility: Providing outreach to all military service persons including veterans and their families by connecting veterans to local and national agencies and VA resources.

Hours: Monday-Friday 10am-3pm, Thursdays 10am-12pm Coffee and Donuts

Intake Process: Call for details

Catholic Charities, Western Slope

Phone: 970-384-2060

Website: <https://ccdenver.org/western-slope-services>

Address: 1004 Grand Ave. Glenwood Springs, CO 81601

Languages: English and Spanish

Eligibility: Catholic charities provide victim services, mediation and conflict resolution, advocacy and case management and life skills programs for those who are unfamiliar with how to access community resources, facing language, discrimination, cultural barriers and/or would like to make new connections within the community.

Hours: Monday-Friday 9am-5pm

Intake Process: Call for details