



RESOURCE GUIDE 2025



AVAILABLE RESOURCES IN EAGLE, GARFIELD, AND PITKIN COUNTIES

SCAN QR CODE OR VISIT:
westmountainhealthalliance.org/resources/



Background: We are happy to present this 2025 resource guide to the communities in our Tri-County (West Mountain) region. A collection of free, low-income and reduced-cost community resources in the Pitkin, Garfield and Eagle counties. This guide first started from the needs shared by 392 people who were interviewed during the last three months of 2020 for the Hispanic/Latinx Community Need Assessment Report.

Importance: Living a healthier and happier life should be approached holistically. This is a detailed guide, composed of a collection of community resources available throughout the tri-county region. The goals being reducing barriers for access to care and help our community members navigate the system to access resources.

West Mountain Regional Health Alliance's Mission is to build an integrated whole health system that supports optimal health for all people who live in the West Mountain Region.



WMRHA works to increase access, improve equity, and advocate for change. We focus on the Social Determinants of Health and people most affected by these non-medical factors that influence health outcomes.

Information: This printed version of the guide was updated on November 6th, 2024. This guide will also be available online, to verify the most current and updated service(s) information. The digital website version will be updated quarterly at <https://westmountainhealthalliance.org/resources/>. The PDF version will be updated and printed annually, which can be obtained at <https://westmountainhealthalliance.org/initiatives/community-connections/>.

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1. ANIMAL & PET

1.1. Pet Services

Colorado Animal Rescue

Services: A wide-range of public services designed to help pet owners within our community. Pet Food Pantry, microchipping, local resources, information about pet surrender, and more! Please browse our list of services and programs on our website for more information.

Cost: Free to Low-Cost services

Eligibility: None, highly encouraged to call and schedule an appointment.

Hours: Tuesday – Sunday (11am-5pm)

Address: 2801 County Road 114 Glenwood Springs, CO 81601

Phone: (970) 947-9173

Website: <https://www.coloradoanimalrescue.org/services/>

2. COMMUNITY & PERSONAL SAFETY

2.1. Domestic Violence & Sexual Abuse

Advocate Safehouse Project

Services: Comprehensive and confidential bilingual emotional support safety planning, emergency shelter, case coordination, and referrals to survivors/victims of those experiencing intimate partner and sexual violence.

Cost: Free

Eligibility: Those who have or are experiencing intimate partner and sexual violence.

Hours: Monday-Sunday (9am-4pm)

Address: PO Box 2036 Glenwood Springs CO 81602

Phone: Office – (970)945-2632 **24/7 Helpline** – (970)945-4439

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

Bright Future Foundation

Services: Prevention, crisis intervention, advocacy and long-term healing support. English and Spanish

Cost: Free

Eligibility: Individuals and families affected by domestic violence and/or sexual assault

Hours: Monday – Thursday (9:00am-5:00pm) Friday (9:00am-1:00pm)

Address: 1060 W. Beaver Creek Blvd Suite 201 Avon CO 81620

Phone: (Office) 970-949-7097 (**Crisis Hotline**) 970-949-7086

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

Catholic Charities

Services: Information, referral, and mediation services for those needing transitional assistance to a new culture. Advocacy and mediation for victims of a crime.

Cost: Free

Eligibility: Residents of Eagle, Pitkin, Garfield Counties. Appointments preferred, but can accommodate walk-ins at the Glenwood location. Appointments only at the Eagle and Avon offices.

Hours: Monday – Friday (9am – 3:30pm)

Phone: 970-384-2060

Address: 1004 Grand Ave Glenwood Springs CO 81601. Eagle River Valley by appointment only, call to make an appointment.

Website: <https://ccdenvver.org/western-slope/>

Mountain West SANE Alliance

Services: Providing victims of sexual assault and domestic violence trauma informed, compassionate, culturally sensitive, and comprehensive medical forensic evaluation and treatment by trained, professional nurse experts.

Cost: Free

Eligibility: Victims of sexual assault, domestic violence

Hours: Exams must be scheduled in advance by calling Garfield County Dispatch even if you reside in Pitkin or Eagle Counties.

Address: Exams will be conducted at River Bridge Regional Center 2, 504 21st Street, Glenwood Springs, CO 81601.

Phone: Call Garfield County Dispatch at 970-625-8095, and ask to speak with a SANE provider.

Website: <https://www.riverbridgerc.org/mwsa/>

Response

Services: Crisis intervention, Court and medical accompaniment, Legal advocacy, Housing assistance, Human trafficking support, Individual support and advocacy. English and Spanish

Cost: Free

Eligibility: Must be a survivor of domestic violence, sexual assault, or stalking.

Hours: Office hours are Monday – Friday (9:00am – 5:00pm). We also have a **24/7 helpline**

970-925-SAFE (7233)

Address: 325 E Cody Lane, Basalt CO 81621

Phone: 970-920-5357 (office)

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

2.2. Protective Services

CASA of the Ninth

Services: Court Appointed Child Advocates, Supervised Family Time Program and Care for the Caregivers Retreats.

Cost: Supervised Family Time Program offers a sliding scale.

Eligibility: Court appointment, or In-take interview. (Call for more information)

Hours: Monday – Friday (9am-5pm) and varied times for Supervised Family Time.

Address: 110 8th Street, Glenwood Springs, CO 81601

Phone: (970) 987-4332

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

Catholic Charities

Services: Information, referral, and mediation services for those needed transitional assistance to a new culture. Advocacy and mediation for victims of a crime.

Cost: Free

Eligibility: Residents of Eagle, Pitkin, Garfield Counties. Appointments preferred, but can accommodate walk-ins at the Glenwood location. Appointments only at the Eagle and Avon offices.

Hours: Monday – Friday (9am – 3:30pm)

Phone: 970-384-2060

Address: 1004 Grand Ave Glenwood Springs CO 81601. Eagle River Valley by appointment only, call to make an appointment.

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

Child Abuse Reporting and Adult Protection Hotline

Report Abuse and Neglect:

If you are concerned about child abuse and neglect or the safety of an adult, **please call the Child Welfare Hotline** at 844-264-5437 (1-844-CO-4-Kids) to make a referral.

Website: <https://co4kids.org/contact/>



Eagle County Department of Human Services

Services: Case management and supportive services for vulnerable children and older adults.

Cost: Free

Eligibility: Walk-ins welcome and appointments by calling appreciated. Services available in Spanish as needed, just ask.

Hours: Monday-Friday (8am-5pm) The El Jebel satellite office hours are Monday/Wednesday/Friday (9am-3pm)

Address: Eagle Office (main) 551 Broadway, P.O. Box 660, Eagle, CO 81631; Avon Office 100 W. Beaver Creek Blvd, Suite 107, Avon, CO 81620; El Jebel Office 0020 Eagle County Drive, Suite E, El Jebel, CO 81623

Phone: Eagle Office 970-328-8840; Avon Office 970-328-9813; El Jebel Office 970-328-9586

Website:

https://www.eaglecounty.us/departments___services/human_services/child___adult_safety,_protection___prevention/index.php

Garfield County Department of Human Services

Services: Case management and supportive services for vulnerable children and older adults.

Cost: Free

Eligibility: Walk-ins welcome and appointments by calling appreciated. Services available in Spanish as needed, just ask.

Hours: Monday-Friday (9am-4pm)

Address: Rifle Office 195 W 14th St Building B. Rifle Colorado 81650; Glenwood Office 108 8th St. Glenwood Springs Colorado 81601

Phone: Rifle (970)625-5282 Ext 7500; Glenwood (970)945-9191 Ext 7500

Website: <https://www.garfield-county.com/human-services/child-adult-welfare/>

Pitkin County Adult and Family Services

Services: Case management and supportive services for vulnerable children and older adults.

Cost: Free

Eligibility: Walk-ins welcome and appointments by calling appreciated. Services available in Spanish as needed, just ask.

Hours: Monday – Thursday (8AM-5PM)

Address: 405 Castle Creek Road, Suite 204, Aspen, Colorado 81611

Phone: 970-429-2040 (Office)

Website: <https://pitkincounty.com/186/Adult-Family-Services>

3. DISABILITIES & SPECIAL NEEDS

3.1.Care Coordination

Eagle County Paramedic Services

Services: Extending primary care into the community and addressing an individual's ability to achieve personal health goals and positive health outcomes, by addressing whole-person health and connecting healthcare resources. For example; clinical monitoring (vs, spO2, EKG, Wt, INR), telehealth facilitation, phlebotomy, chronic disease management and education, medication management, nutrition consult, dementia care coordination, long term care planning, home medical care facilitation, medication administration, clinical interventions (wound, tracheostomy, ostomy, foley care).

Cost: Free

Eligibility: No requirements, appointments are necessary and can be scheduled by calling or submitting a referral form at <https://ecparamedics.rainbow.health/#/referral-form>

Hours: Monday – Friday (7am-7pm)

Address: Office – 1055 Edwards Village Blvd., Edwards CO 81632

Phone: (970)926-5270 ext. 3

Website: <https://www.eaglecountyparamedics.com/services-8590d33>

Eagle County Public Health and Environment; Healthy Families

Services: Nurse Family Partnership (NFP) and Family Connects (both are nurse home visiting programs), and HCP (a care coordination program for children and youth with special health care needs).

Eligibility: NFP is available to first time moms who meet income eligibility. Family Connects is available to all Eagle County residents, without any other eligibility requirements. HCP is available to all Eagle County residents who are caring for children 21 and under with a special health care need.

Cost: All programs are offered at no cost.

Phone: NFP – To learn more about Nurse Family Partnership or schedule a visit contact Shannon Wagner at Shannon.Wagner@EagleCounty.us or call 970-471-3437. Family Connects – Contact us at

FamilyConnects@EagleCounty.us or at 970-328-2619. HCP – For more information, contact Gabriela Velazco, HCP Patient Navigator, at Gabriela.Velazco@EagleCounty.us or (970) 471-1486.

Hours: Monday – Friday (8am-5pm)

Website: Information about all four programs can be found here:
https://www.eaglecounty.us/departments___services/public_health/healthy_families.php
Address: Have offices in Avon, Eagle and El Jebel.

Mountain Valley Developmental Services

Services: We provide support and services to children and adults who have intellectual and developmental delays and disabilities in Garfield, Pitkin, Eagle, and Lake Counties. We are an Early Intervention Evaluator and an Early Intervention Broker. We are also a Provider Agency for the Children’s Extensive Support Medicaid Waiver, the Supported Living Services Medicaid Waiver, and the Developmental Disabilities Medicaid Waiver. Our services cover the life span and are provided through a variety of programming options.

Cost: Free, Call for an appointment.

Eligibility: Must meet state determined criteria for Early Intervention and/or as a person with intellectual and developmental disabilities.

Hours: Monday-Friday (8am-5pm). Service delivery hours are determined by need and do occur outside of the office hours.

Address: 700 Mount Sopris Drive in Glenwood Springs, CO 81601

Phone: Call 970-945-2306 or Email Info@mntnvalley.org

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

3.2. Meal Home Delivery

Eagle County Senior Services

Services: Hot community lunch, Home delivered meals

Cost: 60 and older the recommended voluntary contribution is \$4 per meal, under 60 is \$14 per meal.

Eligibility: Eagle County residents 60 and over. Make a reservation by noon at least 24 hours in advance of the meal by calling the correct site location.

Website: https://www.eaglecounty.us/departments___services/public_health/healthy_aging.php

Eagle

Phone: 970-328-8896

Hours: Tuesdays and Thursdays at 12pm (noon)

Address: Golden Eagle Senior Center 715 Broadway, Eagle, CO 81631

El Jebel

Phone: 970-379-0020

Hours: Tuesdays and Thursdays at 12pm (noon)

Address: El Jebel Community Annex Building 0020 Eagle County Dr. Ste E, El Jebel, CO 81623

Minturn

Phone: 970-328-8831

Hours: Wednesdays and Fridays at 12 pm (noon)

Address: Vail Ski and Snowboard Academy/Maloit Park Senior Space, Room 105 1 Academy Loop, Minturn, CO 81645

Garfield County Senior Programs

Services: Hot lunch and nutritious grab and go meals in a community setting. Delivery available call for details.

Eligibility: Seniors, make a reservation by noon at least 48 hours in advance of the meal by calling the correct site location.

Cost: 60 and older the recommended voluntary contribution is \$3 per meal, under 60 is \$10.25 per meal.

Phone: (970) 665-0041

Website: <https://www.garfield-county.com/human-services/senior-services/>

Glenwood Springs

Address 1: "Chat n' Chew" at Colorado Mountain College, Lucy Huntley Senior Center, located at 1402 Blake Avenue.

Address 2: "Sunnyside Senior Meal" at Sunnyside Retirement Center, located at 601 21st Street.

Hours: Tuesdays and Fridays (12-12:15pm)

Phone: Call 970-665-0041 to make reservations for either Glenwood Springs location

Phone: Call 970-665-0041 to make reservations

Carbondale

Address: "Roaring Fork and Spoon" at the Orchard, The Gathering Center, located at 110 Snowmass Drive, next to Crystal River Elementary School.

Hours: Wednesdays (12-12:15pm)

New Castle

Address: "The Gathering" at the Castle Valley Senior Housing, located at 201 Castle Valley Blvd, outside community room.

Hours: Mondays (12-12:15 pm)

Phone: Call 970-665-0041 by Friday to make reservations

Silt

Address: "Meet 'n Eat" at Silt Town Center, located at 600 Home Avenue.

Hours: Wednesdays (12-12:15pm)

Phone: Call 970-665-0041 to make reservations

Rifle

Address: "Senior Delight" at the Rifle Senior Center, located at 50 Ute Avenue.

Hours: Tuesdays, Thursdays, and Fridays (12pm-12:15pm)

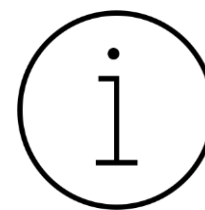
Phone: Call 970-665-6540 to make reservations

Parachute

Address: The Valley Senior Center, located at 540 N. Parachute.

Hours: Mondays and Wednesdays (12pm-12:15pm)

Phone: Call 970-665-0041 to make reservations



Grand River Medical Center – Meals on Wheels

Services: Hot and cold meal home delivery

Eligibility: Elderly, disabled, homebound, and recovering individuals living in New Castle, Silt, Rifle, or Parachute/Battlement Mesa. Sign up by calling 970-625-6215

Cost: Free

Phone: 970-625-6215

Hours: Monday – Friday (11am -1pm)

Website: <https://grandriverhealth.org/your-hospital-district/volunteer-services/grhdva/meals-on-wheels/>

Address: 501 Airport Rd Rifle CO 81650

Pitkin County Senior Center: Lunch Program

Services: Hot lunch, nutritious grab n go meals in a community setting. Home delivered meals.

Eligibility: Seniors, make a reservation by noon at least 24 hours in advance by calling 970-429-6161. For home delivered meals call 970-920-5432.

Cost: 60 and older the recommended voluntary contribution is \$4 per meal, under 60 is \$9 per meal.

Phone: 970-920-5432

Hours: Mondays, Wednesdays, Thursdays, Fridays at 12pm (noon)

Address: Pitkin County Senior Center located at 0275 Castle Creek Rd Aspen, CO 81611

Website: <https://www.pitkinseniors.com/lunch--eating-well.html>

Valley Meals and More

Services: Home delivered meals, grocery store pick-up and delivery. Safety checks and friendly visits.

Cost: No cost; donations accepted

Eligibility: Elderly (60 years and older) and homebound (due to acute or chronic conditions) in the eastern Garfield County area, from West Glenwood to El Jebel and up the Crystal Valley.

Address: 36 Native Lane, Glenwood Springs, CO 81601

Phone: 970-404-1193

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

3.3. Navigation Assistance

Arc of the Central Mountains

Services: Intellectual and/or Developmental Disabilities Navigation Assistance. We believe in supported decision making, empowering individuals to take an active role in their lives.

Cost: Free

Eligibility: People with Intellectual and/or Developmental Disabilities, the entire lifespan.

Hours: Best to schedule an appointment. We can meet in-person, virtual, or phone call.

Address: Most resources are available electronically. Our office is located at 817 Colorado Ave.

Phone: (970) 456-2065

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

Benefits in Action

Services: Assistance navigating and applying for government benefits. SNAP, Medicaid, Medicare, Connect for Health, Social Security, unemployment, OmniSalud, LEAP, and more!

Cost: Free

Eligibility: Anyone that lives in Colorado, regardless of citizenship.

Hours: Must call to schedule an appointment.

Address: Statewide – Colorado

Phone: Call 720-221-8354 to schedule an appointment.

Website: <https://www.benefitsinaction.org/application-assistance>

Family Resource Center of the Roaring Fork Schools

Services: Help navigating student enrollment, academic and social-emotional interventions. Parent leadership and advocacy opportunities. Public benefit application assistance ex. medical, vision, dental, mental health care. Free and reduced lunch application support. Internet access and assistance. Rent and utilities assistance. Transportation assistance and support. Financial literacy coaching and access to resources. Increase in positive parenting skills. Family meetings to support students who are at-risk of chronic absenteeism or drop out to access resources.

Cost: Free

Eligibility: Families with children 0-21 years of age attending schools within the Roaring Fork School District boundaries (Glenwood, Carbondale and Basalt). Unaccompanied Youth enrolled in the Roaring Fork Schools. You can also connect with your school family liaison.

<https://docs.google.com/document/d/1aqFhpSWHyQ7JCaaW6Xk9rguOOFOwmGtl2CfFnr1qAHs/edit?tab=t.0>

Hours: During school hours, Monday – Friday between 8am-4pm.

Address: Within each of the twelve traditional Roaring Fork Schools.

Phone: (970) 384-9500

Website: <https://familyresourcecenter-fs-rfsd.com/programs/school-based-family-liaisons/>

Mountain Valley Developmental Services

Services: We provide support and services to children and adults who have intellectual and developmental delays and disabilities in Garfield, Pitkin, Eagle, and Lake Counties. We are an Early Intervention Evaluator and an Early Intervention Broker. We are also a Provider Agency for the Children’s Extensive Support Medicaid Waiver, the Supported Living Services Medicaid Waiver, and the Developmental Disabilities Medicaid Waiver. Our services cover the life span and are provided through a variety of programming options.

Cost: Free, Call for an appointment.

Eligibility: Must meet state determined criteria for Early Intervention and/or as a person with intellectual and developmental disabilities.

Hours: Monday-Friday (8am-5pm). Service delivery hours are determined by need and do occur outside of the office hours.

Address: 700 Mount Sopris Drive in Glenwood Springs, CO 81601

Phone: Call 970-945-2306 or Email Info@mntnvalley.org

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

Valley Settlement – Equipo de Apoyo Familiar / Family Support Team

Services: Case Management & Community Services. Wraparound services; Family Navigators conduct home visits, assist families in times of crisis, and provide one-on-one support to connect families with the resources they need to thrive. This can include support with healthcare, food, transportation, government assistance, etc. Service in English and Spanish

Cost: Free

Eligibility: Anyone who needs help accessing community resources, just call or come to our office.

Hours: Program Hours: Monday-Saturday (9am-5pm) Main Office Hours: Monday-Friday (9am-5pm)

Address: Main Office – 1901 Grand Ave Suite 206, Glenwood Springs CO 81601

Phone: You can call our Navigator Chantel at (970)404-6365 or our main office at (970)963-0851

Website: <https://valleysettlement.org/programs/>

3.4. Older Adults

Caregiver Connections

Services: Connecting family caregivers with the resources, services and respite programs they need to be the best caregivers they can be. “The Senior Spot” Respite Day programs provide loved ones with engaging, stimulating activities and the opportunity to socialize with other older adults while giving family caregivers much needed time for themselves. Care Consultations, with our Aging Life Care Specialist to get resources, education and questions answered as a family caregiver. Dementia and Parkinson’s Support Groups. Medical Supply Closet (for loans & donations of used durable medical equipment). Eagle County Caregiver Classifieds (private Facebook group connecting people needing in-home care services with paid skilled caregivers), and bi-monthly Aging Well Speaker Series.

Cost: Following is free for family caregivers and older adults; Support Groups, Medical Equipment Closet, Eagle County Caregiver Classifieds, and Aging Well Speaker Series. Low-cost for Senior Spot adult day respite program (\$40 for 3-hour afternoon session) and Care Consultation (\$100 for one-on-one meeting with Aging Life Care Specialist); ability to pay is not a requirement and financial assistance is available.

Eligibility: Contact us online or call for access to services & programs.

Hours: Services are available 7-days a week. Contact us via our website forms or phone.

Address: Resources offered throughout Eagle County. Our business address is PO Box 9727, Avon CO 81620.

Phone: Call (970) 445-0312

Email admin@getcaregiverconnections.org

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

CarePatrol

Services: Housing and Care: We help clients navigate the different elder care options: home care, live in caregiver, independent living, assisted living, memory care, or skilled nursing. Our services are free but the services we refer to will require payment. We have resources that will help you determine when and how to qualify for the Medicaid waiver that covers this service. We have many, many other resources relating to getting care for older adults.

Cost: Our service is free to the client because we are compensated by our vast network of care and housing partners.

Eligibility: Clients that are 60 years or older. Either the client needs to be able to make decisions for themselves or we need someone to be helping them make those decisions. We have resources if a situation requires a power of attorney, guardian, or conservator.

Hours: Services available 7-days a week from 7am to 7pm. If you leave a message after hours, we will respond the next day.

Address: Resources offered from Glenwood to Denver and up and down the Front Range. We also have partner services that cover the Western Slope. CarePatrol is nationwide; so we can connect with other CarePatrol offices throughout the country allowing our clients to look in Colorado or any of the other 160 locations.

Phone: The Best way to reach us is to call 720-675-8308 or email MountainSeniorServices@carepatrol.com

Website: <https://carepatrol.com/denver/>

Cutter Law

Services: To assist those navigating this critical transition, we've developed a comprehensive guide that outlines the important factors to consider when selecting the right nursing home. To see the guide go to our website.

Cost: Free

Website: <https://cutterlaw.com/how-to-choose-the-right-nursing-home/>

Eagle County Healthy Aging Senior Nutrition Site Transportation

Services: Door to door bus service from your home to one of our Healthy Aging sites for lunch & activities. Tuesdays and Thursdays in Eagle and El Jebel and Wednesdays and Fridays in Minturn.

Cost: Suggested donation of \$3 per ride.

Eligibility: Must be 60 or better and live within the main valley corridors. Call for service.

Hours: Lunches are at noon for activity times see website.

Address: Eagle – Golden Eagle Senior Center El Jebel – Community Annex Building
Minturn – Maloit Park Senior Space

Phone: Eagle: (970) 328-8896 El Jebel: (970) 379-0020 Minturn: (970) 328-8831

Website: https://cms5.revize.com/revize/eagle/departments___services/public_health/healthy_aging.php

Eagle County Healthy Aging Volunteer Driver Program

Services: Community volunteers help older adults get to important appointments.

Cost: Free

Eligibility: Must be 60 or better and provide at least 72 hour notice prior to the ride need. Call for notice.

Hours: Monday – Friday (8am-5pm)

Address: Eagle – Golden Eagle Senior Center, 715 Broadway Eagle

El Jebel – Community Annex Building 0020 Eagle County Dr. Ste E El Jebel

Phone: Eagle River Valley: (970) 328-8896 Roaring Fork Valley: (970) 379-0020

Website: https://cms5.revize.com/revize/eagle/departments___services/public_health/healthy_aging.php

High Country Volunteers Medicare Counseling

Services: Certified SHIP (State Health Insurance Assistance Program) volunteers meet with Medicare beneficiaries in-person and over the phone to help them understand their medical bills, identify gaps in coverage, apply for assistance programs, help choose and enroll in plans, and investigate suspected fraud.

Cost: This program is free of charge.

Eligibility: Must be enrolled in Medicare or signing up for Medicare.

Hours: Appointments are available and are scheduled between the volunteer and the client.

Address: Main Office -1402 Blake Avenue Glenwood Springs, CO 81601

Phone: Call 970-896-6210 for more information and to schedule an appointment.

Website: <https://www.highcountryvolunteers.org/ourprograms>

Pitkin County Senior Services

Services: Activities and events offered throughout the week.

Cost: Free

Eligibility: Must be a senior. Walk-ins welcome at the Senior Center during open hours.

Hours: Monday – Friday (8:30AM – 4:30PM)

Address: 275 Castle Creek Rd. Aspen, CO 81611 (The Senior Center)

Phone: (970) 920-5432

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

RFTA Paratransit – The Traveler

Services: Shared-ride transportation to persons who live within the service area in Garfield County and have a disability which prevents them from driving or utilizing public transportation. Must schedule ride 48 hours prior to pick-up. Go to website for further information.

Cost: Free but suggested donation of \$2 per ride.

Eligibility: An application and assessment process must be completed in order to determine eligibility. Can apply on website.

Hours: Monday-Friday (8am-5pm) excluding Holidays observed by Garfield County.

Address: Service in city limits from Carbondale to Battlement Mesa. Go to website or call to check if you live within the service area.

Phone: (970) 384-4855 (Can request that a paper application be mailed to you.)

Website: <https://www.rfta.com/paratransit/garfield-county-traveler/>

3.5. Recreational Programming

Challenge Aspen

Services: Challenge Aspen Community Programming (Locals) provides adaptive recreation for individuals with disabilities, physical and/or cognitive in the Roaring Fork and Colorado River Valleys. Multi-day regional programming for adults in the Roaring Fork Valley that creates inclusive participation and social opportunities for 8 weeks in the Summer, 6 weeks in the Fall, and 8 weeks in the Winter. Activities include alpine skiing, Nordic skiing, archery, cycling, bowling, etc.

Cost: Summer Daily Drop-in: \$35, 2x/Week: \$400. Scholarships Available, contact for more information.

Eligibility: All ages, all disabilities

Hours: Summer Monday-Friday (9am-5pm) and Winter open 7 days a week (8am-5pm)

Address: 309 Snowmass Village Mall with program offerings throughout the Roaring Fork Valley.

Phone: (970) 923-0578

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

Wind Walkers

Services: Therapeutic Riding, Equine Assisted Learning and Psychotherapy, Wellness Counseling, All Abilities/All Inclusive Summer Camps and Veteran Services. PLEASE CALL AHEAD FOR AN APPOINTMENT.

Cost: Sliding scale, and can apply for a Riding scholarship.

Eligibility: Ages 2-82; Enrollment process is required. Please call or email info@windwalkers.org to receive more information.

Hours: Mon – Sat (9am – 5pm)

Address: 1030 CR 102, Carbondale, CO 81623

Phone: (970) 963-2909

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

4. EMPLOYMENT & PERSONAL DEVELOPMENT

4.1. Educational Classes

Eagle Valley Library District

Services: Educational programs, Educational resources, Library of Things, Spark Studio, Community rooms.

Cost: Free

Eligibility: Training required for Spark Studio use. Community rooms and spaces are able to be reserved by non-profits and are otherwise available on a first-come, first-served basis to the public. No requirements to attend programs, use computers, browse resources, or spend time in the library. Photo ID needed to obtain a library card to check out materials.

Eagle: Hours; Monday – Thursday (10:00am – 8:00pm), Friday – Saturday (10am – 5:00pm), Sunday (1:00pm – 5:00pm).

Phone; (970) 328-8800

Address; P.O. Box 240, 600 Broadway St. Eagle, CO 81631

Avon: Hours; Monday – Thursday (10:00am – 8:00pm), Friday – Saturday (10am – 5:00pm), Sunday (1:00pm – 5:00pm).

Phone; (970) 949-6797

Address; P.O. Box 977, 200 Mikaela Way, Avon, CO 81620

Gypsum: Hours; Monday – Thursday (10:00am – 7:00pm), Friday – Saturday (10am – 5:00pm), Sunday (Closed)
Phone; (970) 524-5080
Address; P.O. Box 979, 47 Lundgren Blvd. Gypsum, CO 81637
Website: <https://evld.org/>

Elevar

Services: Elevar is a leadership development program that provides community development through grantmaking and program-related investments to emerging entrepreneurs from the Latinx and people of color communities.

Cost: Free

Eligibility: We are looking for early-stage entrepreneurs from the BIPOC (Black, Indigenous, People of Color) community. “Early stage” means that you are in your initial stages of operation, growth, and product or service development. You may still be refining your concept, conducting market research, and/or building your minimum viable product (MVP). Cohort applications open annually around November/December.

Hours: N/A

Address: 56 Edwards Village Blvd Suite 206 Office #2 Edwards, CO 81632

Phone: (970) 445-4976

Website: <https://eaglevalleycf.org/our-programs/elevar/>

English In Action

Services: English Language Development. Individual Tutoring: Adults who want to improve their English skills are assigned to volunteer tutors. Tutoring pairs meet one hour a week. Open Hours: Created to give the students on our waiting list a way to start learning English right away. Open Hours is an informal, conversation-based walk-in class, currently offered at the Carbondale Library on Mondays from 6:30 to 8:00 p.m. taught by volunteer tutors. Small Group Tutoring: Offers students the opportunity to learn practical English from a volunteer tutor within the space of a small group class of learners with relatively similar English levels.

Cost: Minimal cost \$0-\$25 depending on program, call for further information.

Eligibility: Any immigrant who wishes to learn English. Walk-ins welcome (once our new building is finished! – est. summer 2025). In the meantime, please call to schedule an appointment.

Hours: Monday-Friday (9am-5pm)

Address: New building, 33 Gillespie Drive El Jebel, CO 81623; or by appointment only at the Library in Aspen.

Phone: (970) 963-9200 or Email info@englishinaction.org

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

Valley Settlement – Educacion Continua / Lifelong Learning

Services: Adult English Development, Computer Literacy, Basic Spanish and Math educational programs/classes. Virtual and in-person classes located in Basalt, Carbondale and Glenwood Springs.

Cost: Free

Eligibility: Must be 18 years or older. Please fill out paperwork and attend the program orientation before starting a class. For more information about the registration process and next steps call or email.

Hours: Classes are held Monday-Saturday (morning, afternoon and evening) Main Office Hours: Monday-Friday (9am-5pm)

Address: Main Office – 1901 Grand Ave Suite 206, Glenwood Springs CO 81601 For class address contact program.

Phone: Main Office – (970)963-0851 Email – info.@valleysettlement.org

Website: <https://valleysettlement.org/programs/lifelong-learning/>

Valley Settlement – Familia, Amigos y Vecinos / Family, Friends and Neighbors

Services: Home Visiting & Provider Coaching. This program provides informal, in-home childcare workers the skills and tools they need to ensure children are in a safe and healthy environment. Commit to this 2-year in-home coaching and training program to improve the quality, safety and care for children.

Cost: Free

Eligibility: Adult providing childcare for 1 or more children in their home. Call for enrollment information

Hours: Monday – Friday (9am-5pm)

Address: 1901 Grand Ave suite 206, Glenwood Springs CO 81601

Phone: (970)963-0851

Website: <https://valleysettlement.org/programs/ffn/>

4.2. Social Connections

Carbondale Clay Center

Services: Adult clay classes (complete beginner to advanced), workshops, kids classes, private lessons.

Cost: Varies, but partial to full scholarships are available by filling out the following application:

https://docs.google.com/forms/d/e/1FAIpQLSepie1xUre88ZfludMQL-Q5HAv2--CJ7_kU1-_lRQmVBgAkOQ/viewform

Eligibility: No requirements, however, classes must be scheduled or registered for in advance via online, email, or phone. For scheduling, email programs@carbondaleclay.org.

Hours: Office hours Monday – Friday (10am-5pm), Saturday (11am-4pm) | Classes/lessons may occur outside of office hours.

Address: 135 Main St. Carbondale, CO 81623

Phone: (970) 963-2529

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

Entertainment Calendar

Services: Want to find social events near you or know what is happening in your community? Go to the website.

Cost: Check the event's description for cost information.

Address: Events in the tri-county area and more. Pitkin, Garfield and Eagle

Website: <https://www.aspentimes.com/entertainment/calendar/#/>

HeadQuarters

Services: Peer Support Groups

Cost: Free

Eligibility: No requirements, anyone welcomed.

Hours: Men's Group First Thursday of the month. Women's group Last Thursday of the month. See website for other events, locations and times.

Address: 23400 Two Rivers Road #46 Basalt, CO 81621

Phone: (970) 718-2842

Website: <https://headq.org/support/events/>

4.3. Volunteer Opportunities

Challenge Aspen

Services: On-snow and off-snow volunteers to work with individuals and groups with people with disabilities! Our largest need for volunteers is for on-snow volunteers to work on adaptive ski/snowboard lessons. Lessons take place from November 28th to April 20th and typically start at 9AM and end at 3PM.

Cost: Free

Eligibility: Volunteers must be at minimum 16 years old to be a junior volunteer and 18 years old to be a volunteer. On-snow volunteers must be at minimum a level 7 skier or rider. All volunteers must complete a registration form, background check, MoveUnited waiver, concussion training, online basis training and sign a volunteer contract. On-snow volunteers are required to complete at minimum 2 full day on snow trainings.

Hours: Volunteer hours are typically 9AM-3PM for a full day, 9AM-12PM for morning half day and 12:30PM-3:30PM for afternoon half day. We do have a few programs when hours differ slightly.

Address: We are located at the Snowmass Village Mall – 309 Snowmass Village Mall, Snowmass Village, CO 81615. Majority of our volunteer days are in the office and at Snowmass Mountain, however, we do travel on occasion.

Phone: Call our office (970) 923-0578

Email: eloftus@challengeaspen.org

Website: For more information or to apply today online!

https://www.canva.com/design/DAGOhrG98GY/fZoZjzKyZvbHzo_5HOsNhw/view?utm_content=DAGOhrG98GY&utm_campaign=designshare&utm_medium=link&utm_source=editor#1

English In Action

Services: English Language Development. Individual Tutoring: Adults who want to improve their English skills are assigned to volunteer tutors. Tutoring pairs meet one hour a week. Open Hours: Created to give the students on our waiting list a way to start learning English right away. Open Hours is an informal, conversation-based walk-in class, currently offered at the Carbondale Library on Mondays from 6:30 to 8:00 p.m. taught by volunteer tutors. Small Group Tutoring: Offers students the opportunity to learn practical English from a volunteer tutor within the space of a small group class of learners with relatively similar English levels.

Cost: Minimal cost \$0-\$25 depending on program, call for further information.

Eligibility: Any immigrant who wishes to learn English. Walk-ins welcome (once our new building is finished! – est. summer 2025). In the meantime, please call to schedule an appointment.

Hours: Monday-Friday (9am-5pm)

Address: New building, 33 Gillespie Drive El Jebel, CO 81623; or by appointment only at the Library in Aspen.

Phone: (970) 963-9200 or Email info@englishinaction.org

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

High Country Volunteers Volunteer Placement

Services: High Country Volunteers partners with organizations in Garfield and Pitkin counties to offer engaging opportunities for volunteers of all ages to positively impact our community through their time and talents. Our volunteer opportunities are searchable on our website by calendar date, keyword, location, and by community partner name.

Cost: This program is free of charge.

Eligibility: This program is open to everyone who wants to volunteer.

Hours: Information available online 24/7 or by phone Monday-Friday (9am-4pm).

Address: Our office is located in the Colorado Mountain College Glenwood Center – 1402 Blake Avenue, Glenwood Springs, CO

Phone: Call 970-896-6210 for more information.

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

UpRoot Colorado

Services: Harvesting surplus fruit and vegetables from farms, orchards & fruit trees and redistributing to hunger-relief agencies (i.e., “gleaning”).

Cost: Free

Eligibility: Anyone is welcome to participate! Sign up on the website. Volunteers that glean with UpRoot have the opportunity to take fruit home in exchange for their help.

Hours: Hours vary, please see website.

Address: Location varies, please see website.

Phone: 774-242-5530

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

Valley Settlement – Padre Mentor / Parent Mentor

Services: Parent Mentor Volunteer. The Parent Mentor seeks to build a bridge between Latino families and Roaring Fork School District public schools, by volunteering within the classrooms to support student learning. Volunteers increase families’ self-confidence, develop leadership, create relationships, learn to navigate the school system and advocate for children inside the school system.

Parent Mentors provide extra support in the classroom particularly for students with English as a second language and work with small groups to give assistance with literacy and math. Please remember that you are a role model to follow for the students. For information about the registration process and next steps call or email.

Cost: Free

Eligibility: You must be 18 years or older, complete 8 hours a week in a classroom, attend 2 hours of weekly training, complete all necessary paperwork before starting to volunteer, attend the initial training of the program, complete background check and complete the mandatory report training within the first month.

Hours: Parent Mentors can volunteer Monday-Friday, preferably in the mornings. Main Office Hours – Monday-Friday (9am-5pm)

Address: Main Office – 1901 Grand Ave Suite 206, Glenwood Springs CO 81601

The schools where Parent Mentors are; Glenwood Springs Elementary School, Riverview, Sopris Elementary School, Two Rivers Community School, Crystal River Elementary school, Carbondale Community School and Basalt Elementary School.

Phone: Main Office – (970)963-0851 Email – info.@valleysettlement.org

Website: <https://valleysettlement.org/programs/parent-mentor/>

5. FINANCIAL ASSISTANCE

5.1. Economic Assistance

A. Government Assistance Programs

Benefit Recovery Fund

Services: Statewide program for unemployed undocumented workers in Colorado who have or will receive a W-2 tax form from their employer, who have lost their job through no fault of their own and who are not eligible to receive traditional wage replacement assistance. It provides direct cash payments for eligible W-2 or pay stub workers

without work authorizations to help them pay for things like food, shelter, healthcare, clothing and other critical needs due to a loss of employment.

Cost: Free

Eligibility: Unemployed undocumented workers in Colorado, must be 16 years or older, have earned income as a W-2 worker in a qualified or alternative base period (typically within the last 15-18 months) and complete application. Can apply online on the website.

Hours: Monday – Friday (9am-5pm)

Address: 633 17th Street, Suite 201 Denver, CO 80202

Phone: (303) 318-8230

Website: <https://ona.colorado.gov/our-work/benefit-recovery-fund>

Eagle County Department of Human Services

Services: Help applying for Food, Medical, Childcare, Financial, Child Support and Other Assistance Programs. English and Spanish

Cost: Free

Eligibility: Each program has different eligibility requirements but no requirements to see what you are eligible for. No appointment necessary, call for more information. Please talk with a human services professional or go to https://peak.my.site.com/peak/s/peak-landing-page?language=en_US to apply.

Hours: Monday-Friday (8am-5pm) The El Jebel satellite office hours are Monday/Wednesday/Friday (9am-3pm)

Address: C Eagle Office (main) 551 Broadway, P.O. Box 660, Eagle, CO 81631; Avon Office 100 W. Beaver Creek Blvd, Suite 107, Avon, CO 81620; El Jebel Office 0020 Eagle County Drive, Suite E, El Jebel, CO 81623

Phone: Eagle Office 970-328-8840; Avon Office 970-328-9813; El Jebel Office 970-328-9586

Website: https://www.eaglecounty.us/departments___services/human_services/index.php

Eagle County Public Health and Environment; Healthy Families

Services: WIC (a supplemental nutrition program)

Eligibility: WIC is available to women, infants and children who meet income eligibility.

Cost: Offered at no cost.

Phone: WIC – Contact Public Health at 970-328-8840 for an appointment or to make a referral or sign up for WIC here <https://www.healthinformatics.dphe.state.co.us/WICSignUp>

Hours: Monday – Friday (8am-5pm)

Website: Information about all programs can be found here:

https://www.eaglecounty.us/departments___services/public_health/healthy_families.php

Address: Have offices in Avon, Eagle and El Jebel.

Garfield County Department of Human Services

Services: Help applying for Food, Medical, Childcare, Financial, Child Support and Other Assistance Programs. English and Spanish

Cost: Free

Eligibility: Each program has different eligibility requirements but no requirements to see what you are eligible for. No appointment necessary, call for more information. Please talk with a human services professional or go to https://peak.my.site.com/peak/s/peak-landing-page?language=en_US to apply.

Hours: Monday-Friday (9am-4pm)

Address: Rifle Office 195 W 14th St Building B. Rifle Colorado 81650; Glenwood Office 108 8th St. Glenwood Springs Colorado 81601
Phone: Rifle (970)625-5282 Ext 7500; Glenwood (970)945-9191 Ext 7500
Website: <https://www.garfield-county.com/human-services/economic-security-assistance>

Pitkin County Economic Assistance

Services: Help applying for Food, Medical, Childcare, Financial, Child Support and Other Assistance Programs. English and Spanish
Cost: Free
Eligibility: Each program has different eligibility requirements but no requirements to see what you are eligible for. No appointment necessary, call for more information. Please talk with a human services professional or go to https://peak.my.site.com/peak/s/peak-landing-page?language=en_US to apply.
Hours: Monday – Thursday (9AM-4PM)
Address: 405 Castle Creek Road, Suite 102, Aspen, Colorado 81611
Phone: 970-920-5244
Website: <https://pitkincounty.com/211/Economic-Assistance>

B. Health

High Country Volunteers Tax Assistance Program

Services: Certified IRS volunteers prepare and e-file Federal and State income taxes for individuals and families with incomes less than \$67,000. This program runs February through April 15th. Appointments available in Glenwood Springs, Rifle, and Parachute.
Cost: This program is free of charge.
Eligibility: Individuals and families with incomes less than \$67,000.
Hours: Appointments are available Monday-Friday (9am-5pm) February through April 15th, call to schedule appointment.
Address: Main Office -1402 Blake Avenue Glenwood Springs, CO 81601
Phone: Call 970-896-6210 for more information and to schedule an appointment.
Website: <https://www.highcountryvolunteers.org/ourprograms>

Vail Behavioral Health – Behavioral Health Case Management

Services: Helps Eagle County residents navigate the complex system of behavioral health care and connects people to available resources and services that best meet their needs when they experience barriers to access. Connect with therapists, Access drug and alcohol treatment, Understand treatment options, Connect with an insurance navigator, Explore financial assistance options, Connect to short- or long-term care, Find additional financial alternatives to assist with medical expenses, housing assistance, food assistance, and emergency funding to help with immediate needs.
Cost: Free
Eligibility: Must be a resident or work in Eagle County. Call for more information or to schedule appointment, services in English or Spanish.
Hours: Monday-Friday (8am-5pm)
Address: 439 Edwards Access Rd, A207 Edwards CO 81632
Phone: (970)445-2489
Website: <https://www.vailhealthbh.org/services/behavioral-health-case-management>

Valley View Hospital

Services: Patient interpreter and help completing financial assistance application.

Cost: Complete application to see how much you are awarded. Call your insurance for coverage and deductible (cost) before appointment or after emergency services.

Eligibility: Anyone who is admitted to hospital or here for an appointment.

Hours: Hospital is open 24/7, although specialty departments have their own hours.

Phone: 970-945-6535

Address: 1906 Blake Ave Glenwood Springs CO 81601

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

C. Navigation Assistance

Benefits in Action

Services: Assistance navigating and applying for government benefits. SNAP, Medicaid, Medicare, Connect for Health, Social Security, unemployment, OmniSalud, LEAP, and more!

Cost: Free

Eligibility: Anyone that lives in Colorado, regardless of citizenship.

Hours: Must call to schedule an appointment.

Address: Statewide – Colorado

Phone: Call 720-221-8354 to schedule an appointment.

Website: <https://www.benefitsinaction.org/application-assistance>

Hunger Free Colorado: Food Resource Statewide Hotline

The hotline offers: Referrals to public and private food assistance programs, Help understanding government programs, Help navigating the system, and Help filling out forms.

Phone: (855) 855-4626

Hours: Mon–Tue–Thu 8:30 AM–4:30 PM, Wed 8 AM–6 PM, Fri closed

Languages: Available in over 150 languages

Confidentiality: All caller information is confidential



MIRA Bus

Services: We connect people to basic health education and screenings, support in applying to public assistance programs (Like Medicaid, SNAP, and the Benefit Recovery Program), insurance enrollment, food resources, immunizations, workforce development, coordination with childhood programming, perinatal support, behavioral health resources, and more. Additionally, MIRA hosts monthly community health education events.

Eligibility: No requirements, No appointments necessary

Cost: Free

Address: Various Locations- See Monthly Calendar on Website.

Hours: (9:30am-5pm) Monday, Tuesday, Wednesday and (1pm-5pm) Thursday, Available by phone on Friday.
Phone: (970) 688-0001
Website: <https://eaglevalleycf.org/our-programs/mira/>

D. Youth & Family

Catholic Charities

Services: Emergency Financial Assistance. Circumstance outside of the patient's control impacting housing, which has a solution and is sustainable. Examples: unforeseen loss of job, surgery, and natural disasters like a fire.
Cost: Free
Eligibility: Residents of Eagle, Pitkin, Garfield Counties. Appointments preferred but can accommodate walk-ins at the Glenwood location. Appointments only at the Eagle and Avon offices.
Hours: Monday – Friday (9am – 3:30pm)
Phone: 970-384-2060
Address: 1004 Grand Ave Glenwood Springs CO 81601. Eagle River Valley by appointment only, call to make an appointment.
Website: <https://ccdenvr.org/western-slope/>

Colorado State Government Resource Inventory

Services: This resource inventory is a collection of all opportunities (i.e., service offerings, resources, funding opportunities, training/technical assistance) made available by Colorado's state government that relate to the behavioral health of children, youth and families.
Website: <https://co-cyf-resourceinventory.glide.page/dl/74c4fe>

Family Resource Center of the Roaring Fork Schools

Services: Help navigating student enrollment, academic and social-emotional interventions. Parent leadership and advocacy opportunities. Public benefit application assistance ex. medical, vision, dental, mental health care. Free and reduced lunch application support. Internet access and assistance. Rent and utilities assistance. Transportation assistance and support. Financial literacy coaching and access to resources. Increase in positive parenting skills. Family meetings to support students who are at-risk of chronic absenteeism or drop out to access resources.
Cost: Free
Eligibility: Families with children 0-21 years of age attending schools within the Roaring Fork School District boundaries (Glenwood, Carbondale and Basalt). Unaccompanied Youth enrolled in the Roaring Fork Schools. You can also connect with your school family liaison.
<https://docs.google.com/document/d/1aqFhpSWHyQ7JCaaW6Xk9rguOOFOwmGtl2CfFnr1qAHs/edit?tab=t.0>
Hours: During school hours, Monday – Friday between 8am-4pm.
Address: Within each of the twelve traditional Roaring Fork Schools.
Phone: (970) 384-9500
Website: <https://familyresourcecenter-fs-rfsd.com/programs/school-based-family-liaisons/>

Family Resource Center School District no 16

Services: Counseling and Support Services: Individual, or group counseling to address mental health and provide social-emotional services. Parenting Education: Workshops and classes that provide parenting skills, child development information, and resources. Childcare Assistance: Information about affordable childcare options and sometimes direct support or programs. Emergency Assistance: Help with basic needs like food, clothing, and shelter, as well as assistance in crisis situations. Referrals: Connections to other community services such as healthcare, legal aid, and educational resources. Youth Programs: Activities and support for children and teenagers, including tutoring, mentorship, and recreational programs. Health and Wellness Services: Access to health screenings, wellness programs, and resources for physical and mental health. Community Engagement: Opportunities for families to connect with each other and participate in community events.

Cost: Free

Eligibility: Local families, No appointment necessary

Hours: Monday – Friday (8:00 AM – 4:30 PM)

Address: 251 North Parachute Ave. Parachute CO 81635

Phone: 970-285-5700 ext. 5190

Website: <https://sbfrc.garfield16.org/our-services>

Valley Settlement – Equipo de Apoyo Familiar / Family Support Team

Services: Case Management & Community Services. Wraparound services; Family Navigators conduct home visits, assist families in times of crisis, and provide one-on-one support to connect families with the resources they need to thrive. This can include support with healthcare, food, transportation, government assistance, etc. Service in English and Spanish

Cost: Free

Eligibility: Anyone who needs help accessing community resources, just call or come to our office.

Hours: Program Hours: Monday-Saturday (9am-5pm) Main Office Hours: Monday-Friday (9am-5pm)

Address: Main Office – 1901 Grand Ave Suite 206, Glenwood Springs CO 81601

Phone: You can call our Navigator Chantel at (970)404-6365 or our main office at (970)963-0851

Website: <https://valleysettlement.org/programs>

5.2. Financial Health

Elevar

Services: Elevar is a leadership development program that provides community development through grantmaking and program-related investments to emerging entrepreneurs from the Latinx and people of color communities.

Cost: Free

Eligibility: We are looking for early-stage entrepreneurs from the BIPOC (Black, Indigenous, People of Color) community. “Early stage” means that you are in your initial stages of operation, growth, and product or service development. You may still be refining your concept, conducting market research, and/or building your minimum viable product (MVP). Cohort applications open annually around November/December.

Hours: N/A

Address: 56 Edwards Village Blvd Suite 206 Office #2 Edwards, CO 81632

Phone: (970) 445-4976

Website: <https://eaglevalleycf.org/our-programs/elevar/>

High Country Volunteers Tax Assistance Program

Services: Certified IRS volunteers prepare and e-file Federal and State income taxes for individuals and families with incomes less than \$67,000. This program runs February through April 15th. Appointments available in Glenwood Springs, Rifle, and Parachute.

Cost: This program is free of charge.

Eligibility: Individuals and families with incomes less than \$67,000.

Hours: Appointments are available Monday-Friday (9am-5pm) February through April 15th, call to schedule appointment.

Address: Main Office -1402 Blake Avenue Glenwood Springs, CO 81601

Phone: Call 970-896-6210 for more information and to schedule an appointment.

Website: <https://www.highcountryvolunteers.org/ourprograms>

Savings Collaborative

Services: Bilingual Savings Club – help with benefits, including monetary incentives on savings, microloans for emergencies, a personal ambassador, individualized financial coaching sessions, and a multilingual savings app with real-time feedback and goal-setting tools.

Cost: Free

Eligibility: Low to moderate income

Hours: Online services with flexible hours; in-person Monday – Friday (9am – 5pm)

Address: 1002 Cooper Ave Suite 100 Glenwood Springs CO 81601

Phone: 970-704-6736

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

5.3. One Time Assistance

Catholic Charities

Services: Emergency Financial Assistance. Circumstance outside of the patient's control impacting housing, which has a solution and is sustainable. Examples: unforeseen loss of job, surgery, and natural disasters like a fire.

Cost: Free

Eligibility: Residents of Eagle, Pitkin, Garfield Counties. Appointments preferred but can accommodate walk-ins at the Glenwood location. Appointments only at the Eagle and Avon offices.

Hours: Monday – Friday (9am – 3:30pm)

Phone: 970-384-2060

Address: 1004 Grand Ave Glenwood Springs CO 81601. Eagle River Valley by appointment only, call to make an appointment.

Website: <https://ccdenvr.org/western-slope/>

Housing Eagle County

Services: Rental assistance for move-in costs.

Cost: Partial repayment required.

Eligibility: Meets the definition of “eligible household” per Eagle County Affordable Housing guidelines. See guidelines here

https://cms5.revize.com/revize/eagle/departments___services/housing/housing_guidelines___studies.php

Hours: Monday-Friday (8am-5pm) By appointment only, to schedule an appointment call or email.

Phone: 970-328-8770

Email: housing@eaglecounty.us

Website: <https://www.housingeaglecounty.com/rentalfunds>

Salvation Army

Services: Rent, utilities, and prescription assistance.

Eligibility: Complete intake form and provide photo ID, call for further information. Anyone 18 or older. No appointments necessary.

Cost: Free

Phone: 970-945-6976

Hours: Monday, Tuesday, Thursday (9:30am – 4pm)

Address: 201 14th Street Ste. 125 Glenwood Springs CO 81601

Website: <https://westernusa.salvationarmy.org/glenwood-springs/>

The River Center of New Castle

Services: One time emergency financial assistance with rent, mortgage, utilities and other basic emergency needs.

Cost: Free

Eligibility: For residents of New Castle and Silt only. Walk-ins welcome but scheduling an appointment is helpful and appreciated.

Hours: Monday – Thursday (9am- 12pm)

Address: 126 North 4th Street New Castle CO 81647

Phone: 970-984-4333

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

5.4. Utilities

Colorado Low-Income Energy Assistance Program (LEAP)

Services: Helps pay for a portion of the winter home heating costs, equipment repair and/or replacement of inoperable heating tools. (November-April). The amount of the energy assistance benefit varies.

Eligibility: Colorado lawful resident whose income is up to 60% of the state median income level. Must submit an application. Application and state median income level information on website.

Cost: Free

Hours: Applications are accepted November through April.

Website: <https://cdhs.colorado.gov/leap>

Phone: 303-866-5700

Address: 1575 Sherman St Denver CO 80203

Energy Outreach Colorado

Services: Emergency financial assistance with past-due energy bills. Energy Bill Payment Assistance.

Eligibility: Income qualified, Colorado resident no citizenship required, apply on website.

Cost: Free

Hours: One time assistance per program year which runs from October 1st through September 30th.

Website: <https://www.energyoutreach.org/bill-payment/>

Phone: 1.866.HEAT.HELP (1.866.432.8435)

Address: 303 E. 17th Ave Suite 405 Denver CO 80203

5.5. Veterans

Salute Inc

Services: One-time financial assistance that can be used for rent/mortgage payments, auto expenses, phone, utility bills, and other everyday living expenses.

Eligibility: Veterans, further eligibility criteria on the website. The application must be filled out and submitted.

Cost: Free

Website: <https://www.saluteinc.org/financial-assistance-application/>

Phone: 847-359-8811

Hours: Can apply at any time. Application on website.

Mailing Address: PO BOX 2663 Palatine, IL 60078-2663

6. FOOD

6.1. Children

Family Resource Center of the Roaring Fork Schools

Services: Help navigating student enrollment, academic and social-emotional interventions. Parent leadership and advocacy opportunities. Public benefit application assistance ex. medical, vision, dental, mental health care. Free and reduced lunch application support. Internet access and assistance. Rent and utilities assistance. Transportation assistance and support. Financial literacy coaching and access to resources. Increase in positive parenting skills. Family meetings to support students who are at-risk of chronic absenteeism or drop out to access resources.

Cost: Free

Eligibility: Families with children 0-21 years of age attending schools within the Roaring Fork School District boundaries (Glenwood, Carbondale and Basalt). Unaccompanied Youth enrolled in the Roaring Fork Schools. You can also connect with your school family liaison.

<https://docs.google.com/document/d/1aqFhpSWhyQ7JCaaW6Xk9rguOOFOwmGtl2CfFnr1qAHs/edit?tab=t.0>

Hours: During school hours, Monday – Friday between 8am-4pm.

Address: Within each of the twelve traditional Roaring Fork Schools.

Phone: (970) 384-9500

Website: <https://familyresourcecenter-fs-rfsd.com/programs/school-based-family-liaisons/>

RE2 School District

Services: Breakfast, Lunch

Eligibility: All students enrolled in the district. Students attending home school must place their orders one week in advance.

Cost: Free

Hours: Regular school days

Phone: 970-665-7600

Address: Student's school

Website: <https://www.garfieldre2.net/>

Roaring Fork School District

Services: Breakfast, Lunch
Eligibility: Children (0-18), child does not have to be enrolled in the district. No appointment necessary
Cost: Free
Phone: 970-384-6000
Hours: Monday – Friday (7:30am-4:30pm)
Address: 400 Sopris Ave Carbondale CO 81623
Website: <https://www.rfsd.k12.co.us/school-meal-information-4326548e>

The River Center of New Castle

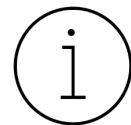
Services: Totes of Hope, food bags to take home after school for the weekend.
Cost: Free
Eligibility: Children enrolled in an elementary/middle school in New Castle or Silt. For service families should sign up with the school counselors at their children’s schools, the front desk can help if needed.
Hours: Kids take the bags home on Thursday’s; bags are taken to their school for pick-up.
Address: Any elementary or middle school in New Castle or Silt.
Phone: 970-984-4333
Website: <http://www.rivercenternewcastle.org/>

The River Center of New Castle

Services: Meal Monkey, a fresh packed lunch.
Cost: Free
Eligibility: Children 18 & younger. Just show up to one of the distribution locations at the appropriate time.
Hours: Friday’s Year-round (No deliveries on Fridays after or on a Holiday).
Address: Silt Locations: 11am-Heron’s Nest; 11:30am-Silt Library / New Castle Locations: 11:30am-Apple Tree Park; 12pm-Burning Mtn. Park
Phone: 970-984-4333
Website: <http://www.rivercenternewcastle.org/>

6.2. Economic Assistance

Reference 5.1. section on the page 22 for more information.



6.3. Homelessness

Extended Table – Soup Kitchen; LIFT-Up

Services: Soup Kitchen – Dinner. Collaboration with LIFT-Up.
Cost: Free
Eligibility: People who can’t afford to buy food, No appointments necessary
Phone: 970-625-4496

Website: <https://www.liftup.org/food-assistance/>

Locations: Both in Glenwood Springs, CO

Address: First United Methodist Church 824 Cooper Ave, Glenwood Springs CO 81601

Hours: Monday – Friday (5-6pm)

Address: United Methodist Presbyterian Church, Lovell Building, 200 E. 4th St.

Hours: Tuesday & Thursday (5-6pm)

Feed My Sheep – Day Center

Services: Hot breakfast and lunch

Cost: Free

Eligibility: Homeless individuals, No appointments necessary

Hours: Mon-Fri (8am-2pm)

Phone: 970-928-8340

Address: 1004 Grand Ave, Glenwood Springs CO 81601

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

Salvation Army

Services: Free canned goods in limited quantities

Eligibility: Complete intake form and provide photo ID, if able. Anyone 18 or older. No appointments necessary.

Cost: Free

Phone: 970-945-6976

Hours: Monday, Tuesday, Thursday (9:30am – 4pm)

Address: 201 14th Street Ste. 125 Glenwood Springs CO 81601

Website: <https://westernusa.salvationarmy.org/glenwood-springs/>

Simple Supper Community Dinner

Services: Hot Dinner

Cost: Free

Eligibility: No requirements, No appointments necessary

Address: Eagle United Methodist Church, 333 2nd St, Eagle, CO, 81631 (Basement Fellowship Hall)

Hours: Mon 4:30-6pm (Expect on Holidays)

Phone: 970-328-6598

Website: <https://umcofeaglevalley.org/Simple-Supper-Community-Food-Market>

6.4. Pantries

Family Resource Center School District no 16

Services: On site pantry (Pantry of Hope) – food, clothing and even small household items.

Eligibility: Local families, No appointment necessary

Cost: Free

Phone: 970-285-5700 ext. 5190

Hours: Monday – Thursday (8am-4pm); Friday – Appointment only, call for appointment

Address: 251 North Parachute Ave, Parachute CO 81635

Website: <https://sbfrc.garfield16.org/our-services>

Harvest for Hunger, Snowmass Food Pantry

Services: On-Site Pantry – Dry Goods and Frozen Meats
Cost: Free
Eligibility: No requirements, No appointments necessary
Hours: Monday – Friday (8:30am-4:30pm)
Address: Snowmass Town Hall, 130 Kearns Road Snowmass Village CO 81615
Phone: 970-456-8018
Website: <https://www.harvestforhungerco.org/get-involved-1>

LIFT-UP / Food Bank of the Rockies / SANA

Services: Mobile Pantry (MP), Drive-Thru Pantry (DT) and On-Site Pantry (P)
Cost: Free
Eligibility: No requirements, No appointments necessary
Website: <https://www.liftup.org/calendar/> See for most current site information.

Aspen

Phone: 970-625-4496
Lift-Up
Address: Pitkin County Human Services Building, 405 Creek Rd #206 (P)
Hours: Tues 2pm-6pm and Wed 10am-12pm
Food Bank of the Rockies & Lift-Up
Address: Buttermilk Ski Resort Parking Lot, 38700 Colorado Hwy 82 (MP)
Hours: Tues (2nd & 4th week) 5:30-6:30pm
Phone: Call 970-665-0041 to make reservations

Carbondale

Phone: 970-963-1778
Lift-Up
Address: Third Street Center, 520 S. 3rd Street (P)
Hours: Mon 10:30am-12:30pm
Lift-Up
Address: Town Hall Parking Lot 511 Carbondale Ave. (DT)
Hours: Wed 4-5pm

Glenwood Springs

Phone: 970-945-2005
Lift-Up
Address: Catholic Charities 1004 Grand Avenue (P)
Hours: Thur 10:30am-12:30pm
Food Bank of the Rockies, Lift-Up & SANA
Address: Glenwood Springs Middle School, 130 Soccer Field Rd (MP)
Hours: Saturday 1:30-2:30pm
Lift-Up & SANA
Address: Two Rivers Community School, 195 Center Drive (DT)
Hours: Thur (2nd & 4th week) 4-5pm

El Jebel

Phone: 970-464-1138
Food Bank of the Rockies, Lift-Up & SANA
Address: Movie Land Parking Lot, 218 E. Valley Rd (MP)
Hours: Tues 11am-12pm

New Castle

Phone: 970-984-2115
Lift-Up
Address: City Market Parking Lot 880 Castle Valley Drive (DT)
Hours: Thur (1st & 3rd week) 4-5pm
Lift-Up
Address: River Center, 126 N. 4th Street (P)
Hours: Wed & Fri 9am-1pm

Silt

Phone: N/A
Lift-Up
Address: Silt Baseball Fields 648 N. 7th Street (DT)
Hours: Fri (1st & 3rd week) 4-5pm

Rifle

Phone: 970-464-1138
Food Bank of the Rockies, Lift-Up & SANA
Address: Garfield County Human Services Parking Lot, 195 14th Street (MP)
Hours: Saturday 10-11am
Lift-Up
Address: Lift-Up Store, 800 Railroad Avenue (P)
Hours: Fri 1-4pm

Parachute

Phone: 970-285-0221
Lift-Up & SANA
Address: Lift-Up Warehouse 201 East 1st Street (P/DT)
Hours: (P) Mon 3-6pm (DT) Tues 4-5pm

MidValley Family Practice; Healthy All Together

Services: On-Site Pantry in the clinic with dry goods, frozen meats, and fresh produce.

Cost: Free

Eligibility: No requirements, No appointments necessary

Address: 1450 E Valley Rd Ste 102 Basalt CO 81621

Hours: Monday – Friday (8:30am-5pm)

Phone: 970-927-4666

Website: <https://healthyalltogether.org/food-and-resource-pantry/>

The Community Market

Services: Mobile Pantry (MP) and On-site Markets in Eagle County (OM). The Community Market provides access to free, nutrient-rich food throughout the County with markets featuring a variety of fresh produce, meat, dairy and bread as well as shelf-stable grocery items, all available for each customer's own choosing.

Cost: Free

Eligibility: No requirements, No appointments necessary

Phone: (970) 328-7900

Website: <https://eaglevalleycf.org/our-programs/the-community-market/>

Avon

Address 1: Riverview

Apartments, 39169 US-6 (MP)

Hours: Wed (2nd & 4th week)
(4:30-6pm)

Address 2: Eagle Bend

Apartments, 10 Stonebridge Drive
(MP)

Hours: Wed (1st & 3rd week)

Edwards

Address: Vail Health Edwards;
429 Edwards Access Road Suite
A202 (OM)

Hours: Tues-Thurs (1-6pm) and
Saturday (10am-1pm)

Dotsero

Address: Two Rivers, 80 Lake
Shore Drive (MP)

Hours: Thurs (4:30-6pm)

Gypsum

Address: 760 Lindbergh Drive,
Unit #7

Hours: Mon, Wed-Fri (10am-4pm)

6.5. Seniors or Homebound

Eagle County Healthy Aging Senior Nutrition Site Transportation

Services: Door to door bus service from your home to one of our Healthy Aging sites for lunch & activities. Tuesdays and Thursdays in Eagle and El Jebel and Wednesdays and Fridays in Minturn.

Cost: Suggested donation of \$3 per ride.

Eligibility: Must be 60 or older and live within the main valley corridors. Call for service.

Hours: Lunches are at noon for activity times see website.

Address: Eagle – Golden Eagle Senior Center El Jebel – Community Annex Building
Minturn – Maloit Park Senior Space

Phone: Eagle: (970) 328-8896 El Jebel: (970) 379-0020 Minturn: (970) 328-8831

Website: https://cms5.revize.com/revize/eagle/departments___services/public_health/healthy_aging.php

Eagle County Senior Services

Services: Hot community lunch, Home delivered meals

Cost: 60 and older the recommended voluntary contribution is \$4 per meal, under 60 is \$14 per meal.

Eligibility: Eagle County residents 60 and over. Make a reservation by noon at least 24 hours in advance of the meal by calling the correct site location.

Website: https://www.eaglecounty.us/departments___services/public_health/healthy_aging.php

Eagle

Phone: 970-328-8896
Hours: Tuesdays and Thursdays at 12pm (noon)
Address: Golden Eagle Senior Center 715 Broadway, Eagle, CO 81631
(4:30-6pm)

El Jebel

Phone: 970-379-0020
Hours: Tuesdays and Thursdays at 12pm (noon)
Address: El Jebel Community Annex Building 0020 Eagle County Dr. Ste E, El Jebel, CO 81623

Minturn

Phone: 970-328-8831
Hours: Wednesdays and Fridays at 12pm (noon)
Address: Vail Ski and Snowboard Academy/Maloit Park Senior Space, Room 105 1 Academy Loop, Minturn, CO 81645

Garfield County Senior Programs

Services: Hot lunch and nutritious grab and go meals in a community setting. Delivery available call for details.

Eligibility: Seniors, make a reservation by noon at least 48 hours in advance of the meal by calling the correct site location.

Cost: 60 and older the recommended voluntary contribution is \$3 per meal, under 60 is \$10.25 per meal.

Phone: (970) 665-0041

Website: <https://www.garfield-county.com/human-services/senior-services/>

Carbondale

Address: "Roaring Fork and Spoon" at the Orchard, The Gathering Center, located at 110 Snowmass Drive, next to Crystal River Elementary School.
Hours: Wednesdays (12-12:15pm)
Phone: Call 970-665-0041 to make reservations

Glenwood Springs

Address 1: "Chat n' Chew" at Colorado Mountain College, Lucy Huntley Senior Center, located at 1402 Blake Avenue.
Address 2: "Sunnyside Senior Meal" at Sunnyside Retirement Center, located at 601 21st Street.
Hours: Tuesdays and Fridays (12-12:15pm)
Phone: Call 970-665-0041 to make reservations for either Glenwood Springs location

New Castle

Address: "The Gathering" at the Castle Valley Senior Housing, located at 201 Castle Valley Blvd, outside community room.
Hours: Mondays (12-12:15pm)
Phone: Call 970-665-0041 by Friday to make reservations
Phone: Call 970-665-0041 to make reservations

Silt

Address: "Meet 'n Eat" at Silt Town Center, located at 600 Home Avenue.
Hours: Wednesdays (12-12:15pm)
Phone: Call 970-665-0041 to make reservations

Rifle

Address: "Senior Delight" at the Rifle Senior Center, located at 50 Ute Avenue.
Hours: Tuesdays, Thursdays, and Fridays (12pm-12:15pm)
Phone: Call 970-665-6540 to make reservations

Parachute

Address: The Valley Senior Center, located at 540 N. Parachute.
Hours: Mondays and Wednesdays (12pm-12:15pm)
Phone: Call 970-665-0041 to make reservations

Grand River Medical Center – Meals on Wheels

Services: Hot and cold meal home delivery

Eligibility: Elderly, disabled, homebound, and recovering individuals living in New Castle, Silt, Rifle, or Parachute/Battlement Mesa. Sign up by calling 970-625-6215

Cost: Free

Phone: 970-625-6215

Hours: Monday – Friday (11am -1pm)

Website: <https://grandriverhealth.org/your-hospital-district/volunteer-services/grhdva/meals-on-wheels/>

Address: 501 Airport Rd Rifle CO 81650

Pitkin County Senior Center: Lunch Program

Services: Hot lunch, nutritious grab n go meals in a community setting. Home delivered meals.

Eligibility: Seniors, make a reservation by noon at least 24 hours in advance by calling 970-429-6161. For home delivered meals call 970-920-5432.

Cost: 60 and older the recommended voluntary contribution is \$4 per meal, under 60 is \$9 per meal.

Phone: 970-920-5432

Hours: Mondays, Wednesdays, Thursdays, Fridays at 12pm (noon)

Address: Pitkin County Senior Center located at 0275 Castle Creek Rd Aspen, CO 81611

Website: <https://www.pitkinseniors.com/lunch--eating-well.html>

Valley Meals and More

Services: Home delivered meals, grocery store pick-up and delivery. Safety checks and friendly visits.

Cost: No cost; donations accepted

Eligibility: Elderly (60 years and older) and homebound (due to acute or chronic conditions) in the eastern Garfield County area, from West Glenwood to El Jebel and up the Crystal Valley.

Address: 36 Native Lane, Glenwood Springs, CO 81601

Phone: 970-404-1193

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

7. HEALTH

7.1. Clinics

Castle Valley Children’s Clinic

Services: Pediatric and Behavioral Healthcare

Cost: Takes most insurance plans including Medicaid and sliding scale for cash patients that qualify. Call your insurance for coverage and deductible (cost) before appointment then call clinic to see what you qualify for.

Eligibility: Call to schedule an appointment, appointments are necessary. Currently accepting new patients

Hours: Monday-Friday (9am-5pm) with select Saturday hours

Address: 820 Castle Valley Blvd. Ste 204, New Castle, CO 81647 and 2615 Dolores Way Unit 103, Carbondale, CO 81623

Phone: 970-984-3333

Website: <http://cvccclinic.com/>

Colorado Mountain Medical

Services: Pediatric, Medical, Behavioral and Urgent Healthcare in Eagle County. See website for full list.
Cost: Takes Medicaid and Medicare. Call your insurance for coverage and deductible (cost) before appointment.
Eligibility: Call to schedule an appointment, appointments are necessary.
Hours: Monday-Friday (8am-5pm)
Address: 0377 Sylvan Lake Rd Ste 120, Eagle, CO 81631
Phone: (970)926-6340
Website: <https://www.cmmhealth.org/>

Community Health Services

Services: Family Health Safety-Net Clinic; Immunizations, Prenatal Care, Dental Oral Health, Women's Health, Breast & Cervical Cancer Screenings, Sexually Transmitted Infections Testing & Treatment and Telehealth.
Cost: Accepts Medicaid, Medicare and Commercial Insurance. Sliding fee scale (reduced/discounted) for patients that qualify. Call your insurance for coverage and deductible (cost) before appointment then call clinic to see what you qualify for.
Eligibility: No requirements. Appointments Highly Recommended, Walk-ins Welcome
Hours: Monday-Friday (8:30am-4:30pm)
Address: 0405 Castle Creek Road Suite 201 Aspen, CO 81611
Phone: (970) 920-5420
Website: <https://aspencommunityhealth.org/>

Eagle Valley Family Practice

Services: Pediatric, Medical and Behavioral Healthcare
Cost: Takes Medicaid, Medicare and Commercial insurance. Call your insurance for coverage and deductible (cost) before appointment.
Eligibility: Call to schedule an appointment, appointments are necessary.
Hours: Monday-Thursday (8am-7pm) and Friday (8am-5pm)
Phone: 970-328-6357
Address: 377 Sylvan Lake Road Eagle, CO 81631
Website: <https://www.vvh.org/eagle-valley-family-practice/>

Glenwood Medical Associates (GMA)

Services: Medical Healthcare, Physical Therapy, Pharmacy and Laboratory Services.
Cost: Accepts Medicare, currently taking new Medicare patients. Call your insurance for coverage and deductible (cost) before appointment.
Eligibility: Call to schedule an appointment, appointments are necessary. Not accepting new Medicaid patients.
Hours: Glenwood Springs – Monday-Friday (8am-6pm) Saturday (9am-12pm)
New Castle – Monday-Thursday (8am-4pm)
Address: 1830 Blake Ave, Suite 102 Glenwood Springs, CO 81601 and 820 Castle Valley Blvd, #210 New Castle, CO 81647
Phone: Glenwood Springs – (970) 945-8503 New Castle – (970) 984-0651
Website: <https://www.glenwoodmedical.com/>

Grand River Health

Rifle

Services: Primary Care, Pediatrics, Ortho, Gynecological, General Surgery, Behavioral, Podiatry, Physiatry, Dermatology, ENT, GI, Metabolic, Rehabilitative Service (PT, OT, ST, CardioPulm)
Cost: Takes Medicaid, Medicare and Commercial insurance. Call your insurance for coverage and deductible (cost) before appointment.
Eligibility: Call to schedule an appointment, appointments are necessary.
Hours: Monday-Friday (8am-5pm), After hours care: Monday-Friday (5pm-9pm), Saturday and Sunday (10am-1pm, 2pm-6pm)
Address: 501 Airport Road Rifle, CO 81650
Phone: (970) 625-1100
Website: <https://grandriverhealth.org/>

Battlement Mesa/Parachute

Services: Primary Care, Gynecological, Behavioral, Podiatry, Metabolic, Rehabilitative Service (PT, OT, ST)
Cost: Takes Medicaid, Medicare and Commercial insurance. Call your insurance for coverage and deductible (cost) before appointment.
Eligibility: Call to schedule an appointment, appointments are necessary.
Hours: Monday-Friday (7:30am-4:30pm)
Address: 201 Sipprelle Dr, Parachute CO 81635
Phone: (970) 625-1100
Website: <https://grandriverhealth.org/>

La Clínica del Pueblo

Services: Bilingual Primary care, Chronic disease management, Labs and Acute Medical Visits. Call for further information.
Cost: Free. Patients do pay for labs if needed, typically \$120.
Eligibility: The uninsured or those unable to afford it. Call or go online to make an appointment.
Hours: Monday & Wednesday (9am-1pm), Tuesday (4:30pm-7:30pm), First & Third Saturday of the month (9am-1pm).
Address: 520 S 3rd St. Office #8 Carbondale, CO 81623
Phone: (970) 591-1820
Website: <https://laclinicadelpueblo.care/>

MidValley Family Practice

Services: Health and Behavioral Healthcare.
Cost: Takes Medicaid and Medicare. Call your insurance for coverage and deductible (cost) before appointment.
Eligibility: Call to schedule an appointment, appointments are necessary.
Hours: Monday-Thursday (8:30am-5pm) Friday (8:30am-4:30pm)
Address: 1450 E Valley Road, Unit 102 Basalt, CO 81621
Phone: (970) 927-4666
Website: <https://midvalleyfamilypractice.org/>

Mountain Family Health Centers

Services: Pediatric, Medical, Dental and Behavioral Healthcare. Pharmacy services.

Cost: Takes Medicaid and Medicare. Call your insurance for coverage and deductible (cost) before appointment.

Eligibility: Call to schedule an appointment, appointments are necessary.

Hours: Monday – Friday (8am-6pm)

Address: Mountain Family Health Centers has multiple Health Centers in Eagle and Garfield Counties.

Avon Health Center – 230 Chapel Place Avon, CO 81620

Basalt Health Center – 123 Emma Road Basalt, CO 81621

Glenwood Springs Health Center – 1905 Blake Avenue, Suite 101 Glenwood Springs, CO 81601

Gypsum Health Center – 410 McGregor Drive Gypsum, CO 81637

Rifle Health Center – 195 West 14th Street, Building C Rifle, CO 81650

School-Based Health Centers – Avon Elementary School, Basalt Middle School, Basalt High School, Roaring Fork High School in Carbondale and Glenwood Springs High School

Phone: Call (970) 945-2840 to make an appointment at any of the Health Centers, ext. 6056 for School-Based Health Centers.

Website: <https://mountainfamily.org/#>

Parent & Family Wellness Center

Services: Perinatal wellness check-ins; 20-30 minute video sessions with a specially-trained mental health clinician provide psychoeducation about PMADs (perinatal mood and anxiety and disorders) and help folks understand and mitigate their risk factors.

Cost: Free

Eligibility: Pregnant and postpartum folks throughout Colorado. Schedule a session here:

<http://parentfamilywellness.com/perinatal-check-in>

Hours: Monday – Friday (8am-5pm)

Address: Main office located in Boulder, Colorado.

Email: info@parentfamilywellness.com

Phone: (303) 955-6809

Website: <https://parentfamilywellness.com/perinatal-assessment-program>

Planned Parenthood of The Rocky Mountains

Services: Reproductive health care. Birth control, emergency contraception, STI testing and treatment, well- woman exams and screening for breast and cervical cancer, abortion pill.

Cost: Affordable health services. Takes Medicaid, Medicare and Commercial insurance. Call your insurance for coverage and deductible (cost) before appointment.

Eligibility: No requirements, Walk-ins available and patients can schedule online.

Hours: Monday, Tuesday, Wednesday, and Friday (9am-5pm) and Thursday (11am-7pm)

Address: 50923 Hwy 6, Glenwood Springs, CO 81601

Phone: (970) 945-8631

Website: <https://www.plannedparenthood.org/health-center/colorado/glenwood-springs/81601/glenwood-springs-2172-90210>

Roaring Fork Family Practice

Services: Primary Care for pediatric, adolescent, and adults.

Cost: Accepts most health insurance, including Medicaid and Medicare. Call your insurance company for coverage and deductible (cost) before initial appointment.

Eligibility: Call to schedule an appointment, appointments are necessary.

Hours: Monday-Thursday (7:30am-7pm), Friday (7:30am-5pm) and Saturday (8:30am-12pm)

Address: Basalt – 350 Market St. Basalt, CO81621

Carbondale – 978 Euclid Avenue Carbondale, CO 81623
Phone: Basalt – (970) 384-7115 Carbondale – (970) 963-3350
Website: <https://www.vvh.org/roaring-fork-family-practice/>

Vail Behavioral Health

Services: Psychiatry services such as Medication Management to treat behavioral and mental health issues as well as Medication-Assisted Treatment (MAT) for substance withdrawal or chronic pain management in addition to psychotherapy. This branch of medicine focuses on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders. Providers can see patients in-person or remotely via telehealth.

Cost: Accepts Medicaid, Medicare and Commercial Insurance. Vail Health Behavioral Health offers financial assistance through partnering with a variety of organization to assist individuals with financial strain. Call your insurance for coverage and deductible (cost) before appointment then call clinic to see what you qualify for.

Eligibility: Call for more information or to schedule appointment, services in English or Spanish.

Hours: Monday-Friday (8am-5pm)

Address: 439 Edwards Access Rd, A207 Edwards CO 81632

Phone: (970) 445-2489

Website: <https://www.vailhealthbh.org/services/psychiatry>

7.2. Community Health

Eagle County Paramedic Services

Services: Extending primary care into the community and addressing an individual's ability to achieve personal health goals and positive health outcomes, by addressing whole-person health and connecting healthcare resources. For example; clinical monitoring (vs, spO2, EKG, Wt, INR), telehealth facilitation, phlebotomy, chronic disease management and education, medication management, nutrition consult, dementia care coordination, long term care planning, home medical care facilitation, medication administration, clinical interventions (wound, tracheostomy, ostomy, foley care).

Cost: Free

Eligibility: No requirements, appointments are necessary and can be scheduled by calling or submitting a referral form here <https://ecparamedics.rainbow.health/#/referral-form>

Hours: Monday – Friday (7am-7pm)

Address: Office – 1055 Edwards Village Blvd., Edwards CO 81632

Phone: (970) 926-5270 ext. 3

Website: <https://www.eaglecountyparamedics.com/services-8590d33>

Family Resource Center School District no 16

Services: *Counseling and Support Services:* Individual, or group counseling to address mental health and provide social-emotional services. *Parenting Education:* Workshops and classes that provide parenting skills, child development information, and resources. *Childcare Assistance:* Information about affordable childcare options and sometimes direct support or programs. *Emergency Assistance:* Help with basic needs like food, clothing, and shelter, as well as assistance in crisis situations. *Referrals:* Connections to other community services such as healthcare, legal aid, and educational resources. *Youth Programs:* Activities and support for children and teenagers, including tutoring, mentorship, and recreational programs. *Health and Wellness Services:* Access to health screenings, wellness programs, and resources for physical and mental health. *Community Engagement:* Opportunities for families to connect with each other and participate in community events.

Cost: Free

Eligibility: Local families, No appointment necessary

Hours: Monday – Friday (8:00 AM – 4:30 PM)

Address: 251 North Parachute Ave. Parachute CO 81635
Phone: 970-285-5700 ext. 5190
Website: <https://sbfrc.garfield16.org/our-services>

Great Expectations

Services: Support and guidance for new and expecting parents.
Cost: Free
Eligibility: All people expecting a child.
Hours: Monday – Friday as needed.
Address: Home visits, we come to you!
Phone: 970-945-1234
Website: <https://greatexpectations.co/>

La Clínica del Pueblo

Services: Bilingual Primary care, Chronic disease management, Labs and Acute Medical Visits. Call for further information.
Cost: Free. Patients do pay for labs if needed, typically \$120.
Eligibility: The uninsured or those unable to afford it. Call or go online to make an appointment.
Hours: Monday & Wednesday (9am-1pm), Tuesday (4:30pm-7:30pm), First & Third Saturday of the month (9am-1pm).
Address: 520 S 3rd St. Office #8 Carbondale, CO 81623
Phone: (970) 591-1820
Website: <https://laclinicadelpueblo.care/>

MIRA Bus

Services: We connect people to basic health education and screenings, support in applying to public assistance programs (Like Medicaid, SNAP, and the Benefit Recovery Program), insurance enrollment, food resources, immunizations, workforce development, coordination with childhood programming, perinatal support, behavioral health resources, and more. Additionally, MIRA hosts monthly community health education events.
Eligibility: No requirements, No appointments necessary
Cost: Free
Address: Various Locations - See Monthly Calendar on Website.
Hours: (9:30am-5pm) Monday, Tuesday, Wednesday and (1pm-5pm) Thursday. Available by phone on Friday.
Phone: (970) 688-0001
Website: <https://eaglevalleycf.org/our-programs/mira/>

Mountain Valley Developmental Services

Services: We provide support and services to children and adults who have intellectual and developmental delays and disabilities in Garfield, Pitkin, Eagle, and Lake Counties. We are an Early Intervention Evaluator and an Early Intervention Broker. We are also a Provider Agency for the Children's Extensive Support Medicaid Waiver, the Supported Living Services Medicaid Waiver, and the Developmental Disabilities Medicaid Waiver. Our services cover the life span and are provided through a variety of programming options.
Cost: Free, Call for an appointment.

Eligibility: Must meet state determined criteria for Early Intervention and/or as a person with intellectual and developmental disabilities.

Hours: Monday-Friday (8am-5pm). Service delivery hours are determined by need and do occur outside of the office hours.

Address: 700 Mount Sopris Drive in Glenwood Springs, CO 81601

Phone: Call 970-945-2306 or Email Info@mntnvalley.org

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

Parent & Family Wellness Center

Services: Perinatal wellness check-ins; 20-30 minute video sessions with a specially-trained mental health clinician provide psychoeducation about PMADs (perinatal mood and anxiety and disorders) and help folks understand and mitigate their risk factors.

Cost: Free

Eligibility: Pregnant and postpartum folks throughout Colorado. Schedule a session here:

<http://parentfamilywellness.com/perinatal-check-in>

Hours: Monday – Friday (8am-5pm)

Address: Main office located in Boulder, Colorado.

Email: info@parentfamilywellness.com

Phone: (303) 955-6809

Website: <https://parentfamilywellness.com/perinatal-assessment-program>

Planned Parenthood of The Rocky Mountains

Services: Reproductive health care. Birth control, emergency contraception, STI testing and treatment, well- woman exams and screening for breast and cervical cancer, abortion pill.

Cost: Affordable health services. Takes Medicaid, Medicare and Commercial insurance. Call your insurance for coverage and deductible (cost) before appointment.

Eligibility: No requirements, Walk-ins available and patients can schedule online.

Hours: Monday, Tuesday, Wednesday, and Friday (9am-5pm) and Thursday (11am-7pm)

Address: 50923 Hwy 6, Glenwood Springs, CO 81601

Phone: (970) 945-8631

Website: <https://www.plannedparenthood.org/health-center/colorado/glenwood-springs/81601/glenwood-springs-2172-90210>

WindWalkers

Services: Therapeutic Riding, Equine Assisted Learning and Psychotherapy, Wellness Counseling, All Abilities/All Inclusive Summer Camps and Veteran Services. PLEASE CALL AHEAD FOR AN APPOINTMENT.

Cost: Sliding scale, and can apply for a Riding scholarship.

Eligibility: Ages 2-82; Enrollment process is required. Please call or email info@windwalkers.org to receive more information.

Hours: Mon – Sat (9am – 5pm)

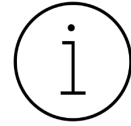
Address: 1030 CR 102, Carbondale, CO 81623

Phone: (970) 963-2909.

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

7.3. Economic Assistance

Reference 5.1. section on the page 22 for more information.



7.4. Hospitals

Aspen Valley Hospital

Services: Medicaid and Medicare medical and emergency services.

Cost: Call your insurance for coverage and deductible (cost) before appointment or after emergency services.

Eligibility: Anyone who is admitted to hospital or here for an appointment.

Hours: Hospital is open 24/7, although specialty departments have their own hours

Phone: 970-925-1120

Address: 401 Castle Creek Road Aspen, CO 81611

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

Grand River Hospital

Services: Medicaid and Medicare medical and emergency services. Including surgical, laboratory and radiology services.

Cost: Call your insurance for coverage and deductible (cost) before appointment or after emergency services. Discounted programs may be possible for self-pay, check with hospital.

Eligibility: Anyone who is admitted to hospital or here for an appointment.

Hours: Hospital is open 24/7, although specialty departments have their own hours

Address: 501 Airport Road Rifle, CO 81650

Phone: (970) 625-1100

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

Vail Health Hospital

Services: Medicaid and Medicare medical and emergency services.

Cost: Call your insurance for coverage and deductible (cost) before appointment or after emergency services.

Eligibility: Anyone who is admitted to hospital or here for an appointment.

Hours: Hospital is open 24/7, although specialty departments have their own hours

Phone: 970-479-7225

Address: 180 South Frontage Road West Vail, CO 81657

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

Valley View Hospital

Services: Medicaid and Medicare medical and emergency services. Patient interpreter and help completing financial assistance application.

Cost: Call your insurance for coverage and deductible (cost) before appointment or after emergency services.

Eligibility: Anyone who is admitted to hospital or here for an appointment.

Hours: Hospital is open 24/7, although specialty departments have their own hours.

Phone: 970-945-6535

Address: 1906 Blake Ave Glenwood Springs CO 81601

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

7.5. Older Adults

Caregiver Connections

Services: Connecting family caregivers with the resources, services and respite programs they need to be the best caregivers they can be. “The Senior Spot” Respite day programs provide loved ones with engaging, stimulating activities and the opportunity to socialize with other older adults while giving family caregivers much needed time for themselves. Care Consultations, with our Aging Life Care Specialist to get resources, education and questions answered as a family caregiver. Dementia and Parkinson’s Support Groups. Medical Supply Closet (for loans & donations of used durable medical equipment). Eagle County Caregiver Classifieds (private Facebook group connecting people needing in-home care services with paid skilled caregivers), and bi-monthly Aging Well Speaker Series.

Cost: Following is free for family caregivers and older adults; Support Groups, Medical Equipment Closet, Eagle County Caregiver Classifieds, and Aging Well Speaker Series. Low-cost for Senior Spot adult day respite program (\$40 for 3-hour afternoon session) and Care Consultation (\$100 for one-on-one meeting with Aging Life Care Specialist); ability to pay is not a requirement and financial assistance is available.

Eligibility: Contact us online or call for access to services & programs.

Hours: Services are available 7-days a week. Contact us via our website forms or phone.

Address: Resources offered throughout Eagle County. Our business address is PO Box 9727, Avon CO 81620.

Phone: Call (970) 445-0312 or Email admin@getcaregiverconnections.org

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

CarePatrol

Services: Housing and Care: We help clients navigate the different elder care options: home care, live in caregiver, independent living, assisted living, memory care, or skilled nursing. Our services are free but the services we refer to will require payment. We have resources that will help you determine when and how to qualify for the Medicaid waiver that covers this service. We have many, many other resources relating to getting care for older adults.

Cost: Our service is free to the client because we are compensated by our vast network of care and housing partners.

Eligibility: Clients that are 60 years or older. Either the client needs to be able to make decisions for themselves or we need someone to be helping them make those decisions. We have resources if a situation requires a power of attorney, guardian, or conservator.

Hours: Services available 7-days a week from 7am to 7pm. If you leave a message after hours, we will respond the next day.

Address: Resources offered from Glenwood to Denver and up and down the Front Range. We also have partner services that cover the Western Slope. CarePatrol is nationwide; so we can connect with other CarePatrol offices throughout the country allowing our clients to look in Colorado or any of the other 160 locations.

Phone: The Best way to reach us is to call 720-675-8308 or email MountainSeniorServices@carepatrol.com

Website: <https://carepatrol.com/denver/>

High Country Volunteers Medicare Counseling

Services: Certified SHIP (State Health Insurance Assistance Program) volunteers meet with Medicare beneficiaries in-person and over the phone to help them understand their medical bills, identify gaps in coverage, apply for assistance programs, help choose and enroll in plans, and investigate suspected fraud.

Cost: This program is free of charge.

Eligibility: Must be enrolled in Medicare or signing up for Medicare.

Hours: Appointments are available and are scheduled between the volunteer and the client.

Address: Main Office -1402 Blake Avenue Glenwood Springs, CO 81601

Phone: Call 970-896-6210 for more information and to schedule an appointment.

Website: <https://www.highcountryvolunteers.org/ourprograms>

7.6. Transportation

HighMountain Taxi

Services: Ride to doctor's appointment anywhere in between Aspen, Denver and Grand Junction. Must schedule ride 48 hours prior to pick-up.

Cost: Typically free but call your insurance for coverage and deductible (cost) before scheduling pick-up to double check.

Eligibility: Must have Medicaid and provide Medicaid ID number.

Hours: Lines are open 24/7

Address: Pick-up and drop-off anywhere in between Aspen, Denver and Grand Junction.

Phone: Pitkin; (970) 925-8294 Garfield; (970) 404-4402 Eagle; (970) 524-5555

Website: <https://hmtaxi.com/>

MedRide

Services: Ride to your doctor's appointment in most areas in Colorado. Must schedule ride 48 hours prior to pick-up.

Cost: Typically free but call your insurance for coverage and deductible (cost) before scheduling pick-up to double check.

Eligibility: Must have Medicaid and provide Medicaid ID number.

Hours: Lines are open Monday-Friday (6am-7pm) and Weekends (6am-5pm)

Address: Service most areas in Colorado, call or check website for confirmation.

Phone: (719) 545-3333

Website: <https://www.medridecolorado.com/service-area>

RFTA Paratransit – The Traveler

Services: Shared-ride transportation to persons who live within the service area in Garfield County and have a disability which prevents them from driving or utilizing public transportation. Must schedule ride 48 hours prior to pick-up. Go to website for further information.

Cost: Free but suggested donation of \$2 per ride.

Eligibility: An application and assessment process must be completed in order to determine eligibility. Can apply on website.

Hours: Monday-Friday (8am-5pm) excluding Holidays observed by Garfield County.

Address: Service in city limits from Carbondale to Battlement Mesa. Go to website or call to check if you live within the service area.

Phone: (970) 384-4855 (Can request that a paper application be mailed to you.)

Website: <https://www.rfta.com/paratransit/garfield-county-traveler/>

8. HOUSING

8.1. Affordable Housing

APCHA

Services: Provide affordable rental and ownership housing opportunities to qualified workers in Aspen and Pitkin County.

Cost: Application fee, call for amount.

Eligibility: Pitkin County full-time workers who comply with income and asset caps.
Hours: Monday-Thursday (9am-4pm), Friday (9am-1pm)
Address: 18 Truscott Pl, Aspen CO81611
Phone: (970) 920-5050
Website: <https://www.apcha.org/>

Garfield County Housing Authority

Services: Assists individuals, families, seniors and persons with disabilities and works to locate and rent or purchase adequate housing.
Cost: Free
Eligibility: Residents of the Roaring Fork Valley to Parachute for whom conventional housing is unaffordable.
Hours: Monday-Thursday (8am-5pm) Friday (8am-12pm) Please note the office ONLY ACCEPTS APPOINTMENTS on Thursdays.
Address: 1430 Railroad Ave Unit F Rifle, CO 81650
Phone: (970) 625-3589
Website: <https://garfieldhousing.com/>

Oxford House (Garfield County)

Services: Peer-run, self-sustaining, substance-free and affordable housing. Ashrise, all men house. Mobley, all women house.
Cost: \$750-\$800 per month, includes all utilities, Wi-Fi and household supplies.
Eligibility: Person in recovery and submit application online. Call for further information.
Hours: Monday-Friday (8am-5pm)
Address: Houses located in Rifle, Colorado.
Phone: Call (970) 200-3261 or Email sean.lawrence@oxfordhouse.org
Website: <https://www.oxfordvacancies.com/> To check current vacancies and apply online.

8.2. Emergency

Catholic Charities

Services: Emergency Financial Assistance. Circumstance outside of the patient's control impacting housing, which has a solution and is sustainable. Examples: unforeseen loss of job, surgery, and natural disasters like a fire.
Cost: Free
Eligibility: Residents of Eagle, Pitkin, Garfield Counties. Appointments preferred but can accommodate walk-ins at the Glenwood location. Appointments only at the Eagle and Avon offices.
Hours: Monday – Friday (9am – 3:30pm)
Phone: 970-384-2060
Address: 1004 Grand Ave Glenwood Springs CO 81601. Eagle River Valley by appointment only, call to make an appointment.
Website: <https://ccdenvr.org/western-slope/>

Housing Eagle County

Services: Rental assistance for move-in costs.
Cost: Partial repayment required.
Eligibility: Meets the definition of “eligible household” per Eagle County Affordable Housing guidelines. See guidelines here
https://cms5.revize.com/revize/eagle/departments___services/housing/housing_guidelines___studies.php

Hours: Monday-Friday (8am-5pm) By appointment only, to schedule an appointment call or email.
Phone: 970-328-8770
Email: housing@eaglecounty.us
Website: <https://www.housingeaglecounty.com/rentalfunds>

Salvation Army

Services: Emergency lodging.
Eligibility: Complete intake form and provide photo ID, call for further information. Anyone 18 or older. No appointments necessary.
Cost: Free
Phone: 970-945-6976
Hours: Monday, Tuesday, Thursday (9:30am – 4pm)
Address: 201 14th Street Ste. 125 Glenwood Springs CO 81601
Website: <https://westernusa.salvationarmy.org/glenwood-springs/>

8.3. Homelessness

Catholic Charities

Services: Homeless case management and prevention.
Cost: Free
Eligibility: Anyone experiencing homelessness in Eagle, Garfield or Pitkin County. Appointments preferred but can accommodate walk-ins at the Glenwood location. Appointments only at the Eagle and Avon offices.
Hours: Monday – Friday (9am – 3:30pm)
Phone: 970-384-2060
Address: 1004 Grand Ave Glenwood Springs CO 81601. Eagle River Valley by appointment only, call to make an appointment.
Website: <https://ccdenver.org/western-slope/>

Eagle County Homeless Services

Services: Programs offering engagement, support, and resources for unsheltered individuals.
Cost: Free
Eligibility: Open to residents of Eagle County experiencing homelessness.
Hours: Monday – Thursday (8am – 6pm)
Phone: 970-328-3500
Email: homeless.services@eaglecounty.us
Website/Make a Referral: www.eaglecounty.us/homeless

Feed My Sheep – Day Center

Services: Hot showers, laundry, communication services and care.
Eligibility: Homeless individuals, DUE TO LIMITED SPACE PLEASE CALL AHEAD TO SEE IF THERE IS ROOM
Cost: Free
Hours: Daily (8am-2pm)
Phone: 970-928-8340
Address: 1004 Grand Ave, Glenwood Springs CO 81601
Website: <https://www.feedmysheephomeslessministry.org/>

Recovery Resources

Services: Emergency night shelter during the winter (8:30PM-6:45AM) from November to April. Case management, showers, laundry, computer access, mail pick up, clothing vouchers, bus passes, recovery support and more.

Cost: Free

Eligibility: Anyone experiencing homelessness.

Hours: Monday – Friday (9am – 5pm)

Phone: 970-379-0955

Address: 405 Castle Creek Rd Aspen CO 81611

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

8.4. Older Adults

CarePatrol

Services: Housing and Care: We help clients navigate the different elder care options: home care, live in caregiver, independent living, assisted living, memory care, or skilled nursing. Our services are free but the services we refer to will require payment. We have resources that will help you determine when and how to qualify for the Medicaid waiver that covers this service. We have many, many other resources relating to getting care for older adults.

Cost: Our service is free to the client because we are compensated by our vast network of care and housing partners.

Eligibility: Clients that are 60 years or older. Either the client needs to be able to make decisions for themselves or we need someone to be helping them make those decisions. We have resources if a situation requires a power of attorney, guardian, or conservator.

Hours: Services available 7-days a week from 7am to 7pm. If you leave a message after hours, we will respond the next day.

Address: Resources offered from Glenwood to Denver and up and down the Front Range. We also have partner services that cover the Western Slope. CarePatrol is nationwide; so we can connect with other CarePatrol offices throughout the country allowing our clients to look in Colorado or any of the other 160 locations.

Phone: The Best way to reach us is to call 720-675-8308 or email MountainSeniorServices@carepatrol.com

Website: <https://carepatrol.com/denver/>

Cutter Law

Services: To assist those navigating this critical transition, we've developed a comprehensive guide that outlines the important factors to consider when selecting the right nursing home. To see the guide go to our website.

Cost: Free

Website: <https://cutterlaw.com/how-to-choose-the-right-nursing-home/>

9. LEGAL

9.1. Child Support

Eagle County Department of Human Services

Services: Child Support, in Office Languages: English and Spanish and Language Link with various languages

Cost: Free

Eligibility: Walk-ins welcome, no appointments necessary. Apply online anytime at <https://childsupport.state.co.us/siteuser/do/general/application/eAppforservices>

Hours: Monday-Friday (8am-5pm) The El Jebel satellite office hours are Monday/Wednesday/Friday (9am-3pm)

Address: *Eagle Office* (main) 551 Broadway, P.O. Box 660, Eagle, CO 81631; *Avon Office* 100 W. Beaver Creek Blvd, Suite 107, Avon, CO 81620; *El Jebel Office* 0020 Eagle County Drive, Suite E, El Jebel, CO 81623

Phone: Eagle Office 970-328-8840; Avon Office 970-328-9813; El Jebel Office 970-328-9586

Website:

https://www.eaglecounty.us/departments___services/human_services/children,_childcare___early_childhood_education/child_support.php

Garfield County Department of Human Services

Services: Child Support, in Office Languages: English and Spanish and Language Link with various languages

Cost: Free

Eligibility: Walk-ins welcome, no appointments necessary. Apply online anytime at <https://childsupport.state.co.us/siteuser/do/general/application/eAppforservices>

Hours: Monday-Friday (9am-4pm)

Address: Rifle Office 195 W 14th St Building B. Rifle Colorado 81650; Glenwood Office 108 8th St. Glenwood Springs Colorado 81601

Phone: Rifle (970) 625-5282 Ext 7500; Glenwood (970) 945-9191 Ext 7500

Website: <https://www.garfield-county.com/human-services/child-support-services/>

Pitkin County Department of Human Services

Services: Child Support, in Office Languages: English and Spanish and Language Link with various languages

Cost: Free

Eligibility: Walk-ins welcome, no appointments necessary. Apply online anytime at <https://childsupport.state.co.us/siteuser/do/general/application/eAppforservices>

Hours: Monday – Thursday (9AM-4PM)

Address: 405 Castle Creek Road, Suite 102, Aspen, Colorado 81611

Phone: 970-920-5244

Website: <https://pitkincounty.com/1504/Child-Support-Services>

9.2. Legal Assistance

Alpine Legal Services

Services: Alpine Legal Services, Inc. is a private, non-profit civil legal assistance agency dedicated to providing legal services and upholding fundamental legal rights from Parachute to Aspen since 1987.

Cost: Free

Eligibility: Depending on the specifics of your legal case, Alpine Legal Services may be able to help. To help us determine whether we are able to assist you with your legal issue, please complete our online intake form in English <https://alpinelegalservices.cliogrow.com/intake/53b56155926e59cd54aa36d87d1f2497> or Spanish <https://alpinelegalservices.cliogrow.com/intake/f074e86bd017695c77114d1ce9f83ae1> and our staff will contact you within 5 business days.

Hours: Monday – Friday (9am – 5pm)

Address: 110 8th St. Glenwood Springs CO 81601 (but we meet with clients from Parachute to Aspen)

Phone: Reach us at 970-945-8858

Website: <https://alpinelegalservices.org/what-we-do-1>

Resource Page: <https://alpinelegalservices.org/events-and-resources>

Benefit Recovery Fund

Services: Statewide program for unemployed undocumented workers in Colorado who have or will receive a W-2 tax form from their employer, who have lost their job through no fault of their own and who are not eligible to receive traditional wage replacement assistance. It provides direct cash payments for eligible W-2 or pay stub workers without work authorizations to help them pay for things like food, shelter, healthcare, clothing and other critical needs due to a loss of employment.

Cost: Free

Eligibility: Unemployed undocumented workers in Colorado, must be 16 years or older, have earned income as a W-2 worker in a qualified or alternative base period (typically within the last 15-18 months) and complete application. Can apply online on website.

Hours: Monday – Friday (9am-5pm)

Address: 633 17th Street, Suite 201 Denver, CO 80202

Phone: (303) 318-8230

Website: <https://ona.colorado.gov/our-work/benefit-recovery-fund>

CASA of the Ninth

Services: Court Appointed Child Advocates, Supervised Family Time Program and Care for the Caregivers Retreats.

Cost: Supervised Family Time Program offers a sliding scale.

Eligibility: Court appointment, or In-take interview. (Call for more information)

Hours: Monday – Friday (9am-5pm) and varied times for Supervised Family Time.

Address: 110 8th Street, Glenwood Springs, CO 81601

Phone: (970) 987-4332

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

Catholic Charities

Services: Information, referral, and mediation services for those needed transitional assistance to a new culture. Advocacy and mediation for victims of a crime.

Cost: Free

Eligibility: Residents of Eagle, Pitkin, Garfield Counties. Appointments preferred, but can accommodate walk-ins at the Glenwood location. Appointments only at the Eagle and Avon offices.

Hours: Monday – Friday (9am – 3:30pm)

Phone: 970-384-2060

Address: 1004 Grand Ave Glenwood Springs CO 81601. Eagle River Valley by appointment only, call to make an appointment.

Website: <https://ccdenvr.org/western-slope/>

Colorado Legal Services

Services: High-quality civil legal services to eligible low-income Coloradans and seniors. Please note, we have an intake process that all applicants must complete. You can apply online on our website. We aren't a hotline, which means that we must screen all applicants before help can be provided.

Cost: Free

Eligibility: Low-income Coloradans seeking assistance with civil legal needs.

Hours: Garfield; Monday – Friday (9am-4:30pm) Eagle & Pitkin; Monday – Friday (8:30am-5pm)

Address: Garfield; 422 White Avenue, Suite 300, Grand Junction 81501

Eagle & Pitkin; 1905 Sherman St., Suite 300, Denver 80203

Phone: Garfield; (970) 243-7940 ex. 287 Eagle & Pitkin; 1-800-521-6968

Website: <https://www.coloradolegalservices.org/node/333/what-we-do>

High Country Volunteers Tax Assistance Program

Services: Certified IRS volunteers prepare and e-file Federal and State income taxes for individuals and families with incomes less than \$67,000. This program runs February through April 15th. Appointments available in Glenwood Springs, Rifle, and Parachute.

Cost: This program is free of charge.

Eligibility: Individuals and families with incomes less than \$67,000.

Hours: Appointments are available Monday-Friday (9am-5pm) February through April 15th, call to schedule an appointment.

Address: Main Office -1402 Blake Avenue Glenwood Springs, CO 81601

Phone: Call 970-896-6210 for more information and to schedule an appointment.

Website: <https://www.highcountryvolunteers.org/ourprograms>

YouthZone

Services: Comprehensive family assessment, juvenile court advocacy, restorative justice programming, substance use education, mental health services, parent support programming.

Cost: \$200 for a three- to six-month program, with a sliding scale based on income.

Eligibility: Adjudicated youth and their families, as well as non-adjudicated youth who are exhibiting risky, disruptive, or criminal behavior.

Hours: Monday-Thursday (8am-6pm), with the provision of a 24/7 crisis service when youth are detained by police outside of business hours.

Address: Walk-in locations 413 9th St., Glenwood Springs, CO and 136 E. 12th St., Rifle, CO. By-appointment locations in Aspen, Basalt, Carbondale, Parachute, and Meeker. Call for appointment.

Phone: (970) 930-6540

Website: <https://youthzone.com/referrals/>

10. MENTAL & BEHAVIORAL HEALTH

10.1. Crisis Intervention

Aspen Hope Center

Services: If you are in crisis or concerned about someone else, call our **24/7 HopeLine**

Location and Phone: Aspen to Glenwood Springs Call 970-925-5858

Location and Phone: New Castle to Parachute Call 970-945-3728

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

National Suicide Prevention Lifeline

Services: The 988 Lifeline provides **24/7**, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Call 988 or Text TALK to 8255



10.2. Harm Reduction

High Rockies Harm Reduction

Services: Naloxone, fentanyl and xylazine test strips, sterile syringe disposal, sterile equipment for smoking, snorting and injecting drugs, hygiene and wound care supplies, overdose prevention and response education, Peer Support Services, resource referrals and more.

Cost: Free

Eligibility: Anyone can access, no eligibility requirements.

Hours: Hours and location vary, full schedule can be found on our website. *Pitkin* every Thursday at Aspen HHS Building (12pm-2pm) and Brush Creek Intercept Lot (4pm-6pm). *Garfield* every Friday at Mid Valley Family Practice (12pm-2pm) and 3rd Street Center (Carbondale) (4pm-6pm). *Eagle* every 4th Thursday of the month at Eagle Medical Center (12pm-2pm) and Edwards CMC (4pm-6pm)

Address: Organization is located in Carbondale, providing direct services in 5 counties: Garfield, Eagle, Pitkin, Summit and Lake.

Phone: (970) 618-4194

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

10.3. Rehabilitation

A Way Out

Services: Substance use resource center, financial aid for treatment, and recovery support available.

Cost: Free

Eligibility: Clients must be motivated to get help for their issue and they have to have lived in our region for 6 months or longer.

Hours: Monday – Friday (8:00am – 5:00pm) Staff will respond after hours as well when available.

Address: Carbondale, CO 81623

Phone: 970-340-4505 for services in Spanish please call: 970-504-3061

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

MidValley Family Practice

Services: Outpatient detox program offering clinical support and medication management. Medical-supported in-patient detox may need to be completed elsewhere prior to our two-week outpatient detox program. English and Spanish

Cost: Free – Two weeks of free therapy and medication management.

Eligibility: No requirements, Call for services

Address: 1450 E Valley Road, Unit 102, Basalt, CO, 81621

Hours: Monday – Friday (8:30am-5:30pm)

Phone: 970-927-4666

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

Mind Springs Health

Services: Mental Health and Substance Use Treatment and Support services.

Cost: We offer our services to uninsured clients, accept Medicaid and most commercial insurances, and have a sliding scale as well. Call your insurance before service for coverage and deductible (cost).

Eligibility: Anyone seeking treatment or support for Mental Health and/or Substance Use. To initiate services, please call 1-877-603-7045, or 970-683-7289 for our Spanish-speaking line or go to our website and click on “make an appointment” or come in-person to our office to complete the intake paperwork and make an appointment.

Hours: Monday – Friday (8am – 5pm)

Address: 2802 S. Grand Avenue, Glenwood Springs, CO 81601
Phone: Call 1-877-603-7045 or 970-683-7289 for our Spanish-speaking line.
Website: <https://www.mindspringshealth.org/>

Oxford House (Garfield County)

Services: Peer-run, self-sustaining, substance-free and affordable housing. Ashrise, all men house. Mobley, all women house.

Cost: \$750-\$800 per month, includes all utilities, Wi-Fi and household supplies.

Eligibility: Person in recovery and submit application online. Call for further information.

Hours: Monday-Friday (8am-5pm)

Address: Houses located in Rifle, Colorado.

Phone: Call (970) 200-3261 or Email sean.lawrence@oxfordhouse.org

Website: <https://www.oxfordvacancies.com/> To check current vacancies and apply online.

The Meeting Place

Services: Provides a space for over 30 12-step meetings for substance abuse, disordered eating, and behavioral addictions. We also have free yoga classes weekly for people in recovery from addiction, meetings with free childcare, meditation groups, and other recovery events.

Cost: Free

Eligibility: If you have an issue with substance abuse or any form of addiction, you can go to our website and find a meeting, yoga class, or meditation group that fits your needs!

Hours: Meetings are held Monday-Sunday (6:45 am-9:30 pm.)

Address: 981 Cowen Dr. Carbondale, CO 81623 | Located in the Cowen Center below Mountain Temps

Phone: We do not have a phone number, please email us info@meetingplacecarbondale.org

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

Vail Behavioral Health – Behavioral Health Case Management

Services: Helps Eagle County residents navigate the complex system of behavioral health care and connects people to available resources and services that best meet their needs when they experience barriers to access. Connect with therapists, Access drug and alcohol treatment, Understand treatment options, Connect with an insurance navigator, Explore financial assistance options, Connect to short- or long-term care, Find additional financial alternatives to assist with medical expenses, housing assistance, food assistance, and emergency funding to help with immediate needs.

Cost: Free

Eligibility: Must be a resident or work in Eagle County. Call for more information or to schedule appointment, services in English or Spanish.

Hours: Monday-Friday (8am-5pm)

Address: 439 Edwards Access Rd, A207 Edwards CO 81632

Phone: (970) 445-2489

Website: <https://www.vailhealthbh.org/services/behavioral-health-case-management>

Vail Behavioral Health – Medication Assisted Treatment (MAT)

Services: The use of medications, in combination with counseling and other therapeutic techniques, are used to provide a “whole-patient” approach to the treatment of substance use disorders. Providers can see patients in-person at the Wiegers Mental Health Clinic or remotely via telehealth.

Cost: Accepts Medicaid, Medicare and Commercial Insurance. Vail Health Behavioral Health offers financial assistance through partnering with a variety of organizations to assist individuals with financial strain. Call your insurance for coverage and deductible (cost) before appointment then call clinic to see what you qualify for.

Eligibility: Call for more information or to schedule appointment, services in English or Spanish.

Hours: Monday-Friday (8am-5pm)
Address: 439 Edwards Access Rd, A207 Edwards CO 81632
Phone: (970) 445-2489
Website: <https://www.vailhealthbh.org/services/medication-assisted-treatment-mat>

10.4. Support Groups

A. Addiction

Alcoholics Anonymous

Services: Addiction and Recovery, 12-Step, Support Group
Cost: Free
Eligibility: No requirements other than a desire to stop drinking
Hours: 24/7
Address: Current meetings with address, days, times can be found here: <https://aa-westerncolorado.com/meetings/>
Phone: 888-333-9649 (Answered 24 Hours a Day)
Website: <https://aa-westerncolorado.com/>

High Rockies Harm Reduction

Services: Peer Support services, resource referrals and more for people who use drugs, those seeking recovery and affected loved ones.
Cost: Free
Eligibility: No requirements, No appointments necessary
Hours: Hours and locations vary please check schedule on website or call for further information.
Address: Organization is located in Carbondale, providing direct services in 5 counties: Garfield, Eagle, Pitkin, Summit and Lake.
Phone: 970-618-4194
Website: <https://www.highrockiesharmreduction.com/>

MidValley Family Practice

Services: Drop-in all substances recovery group
Cost: Free
Eligibility: No requirements, No appointment necessary
Address: 1450 E Valley Road, Unit 102, Basalt, CO, 81621 (MidValley Family Practice Conference Room)
Hours: Thursdays 1:30 – 2:30pm and Fridays 5:00 – 6:00pm
Phone: 970-927-4666
Website: <https://midvalleyfamilypractice.org/>

MidValley Family Practice

Services: The Phoenix Multisport – drop in gym resource. English and Spanish
Cost: Free
Eligibility: For folks in recovery with at least 24 hours of sobriety. No appointments necessary.
Address: TAC Fitness Center – 1460 E Valley Road Basalt CO 81621
Hours: Fridays (3pm-5pm)
Phone: 970-927-4666
Website: <https://midvalleyfamilypractice.org/>

Oxford House (Garfield County)

Services: Peer-run, self-sustaining, substance-free and affordable housing. Ashrise, all men house. Mobley, all women house.

Cost: \$750-\$800 per month, includes all utilities, Wi-Fi and household supplies.

Eligibility: Person in recovery and submit application online. Call for further information.

Hours: Monday-Friday (8am-5pm)

Address: Houses located in Rifle, Colorado.

Phone: Call (970) 200-3261 or Email sean.lawrence@oxfordhouse.org

Website: <https://www.oxfordvacancies.com/> To check current vacancies and apply online.

The Meeting Place

Services: Provides a space for over 30 12-step meetings for substance abuse, disordered eating, and behavioral addictions. We also have free yoga classes weekly for people in recovery from addiction, meetings with free childcare, meditation groups, and other recovery events.

Cost: Free

Eligibility: If you have an issue with substance abuse or any form of addiction, you can go to our website and find a meeting, yoga class, or meditation group that fits your needs!

Hours: Meetings are held Monday-Sunday (6:45 am-9:30 pm.)

Address: 981 Cowen Dr. Carbondale, CO 81623 | Located in the Cowen Center below Mountain Temps

Phone: We do not have a phone number, please email us info@meetingplacecarbondale.org

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

B. Cancer

Colorado Cancer Coalition

Services: Cancer support groups and education. (Virtual and In-person)

Cost: Free

Eligibility: None

Hours: Go to the website to navigate through the Support Group listings for dates and times.

Address: Offered all throughout Colorado

Phone: Please contact the support group to register or for questions.

General phone number (720) 381-4403

Website: <https://www.coloradocancercoalition.org/supportgroups/>

C. Mental Wellbeing

HeadQuarters

Services: Peer Support Groups

Cost: Free

Eligibility: No requirements, anyone welcomed.

Hours: Men's Group First Thursday of the month. Women's group Last Thursday of the month. See website for other events, locations and times.

Address: 23400 Two Rivers Road #46 Basalt, CO 81621

Phone: (970) 718-2842

Website: <https://headq.org/support/events/>

10.5. Therapy Support

A. General

Aspen Hope Center

Services: Therapy

Cost: Sliding scale, and can apply for a therapy scholarship.

Eligibility: None, call for more information.

Hours: Monday – Friday (8:30am-4:30pm), inquire for other flexible hours.

Address: 227 Midland Avenue, Suite 15B, Basalt, Colorado 81621

Phone: (970) 924-0703

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

HeadQuarters

Services: Sliding scale coaching

Cost: \$50-\$125

Eligibility: No requirements, anyone welcomed.

Hours: Monday – Thursday (9am-4:30pm)

Address: 23400 Two Rivers Road #46 Basalt, CO 81621

Phone: (970) 718-2842

Website: <https://headq.org/support/coaches/>

HeadQuarters

Services: Mental Health Fund

Cost: \$0-\$50

Eligibility: Those that cannot afford therapeutic services. Clients must access the fund through a therapist. Contact HeadQuarters to get matched with a therapist if you are not already connected with one.

Hours: Monday – Friday (9am-4:30pm)

Address: 23400 Two Rivers Road #46 Basalt, CO 81621

Phone: (970) 718-2842

Website: <https://headq.org/mentalhealthfund/>

MidValley Family Practice

Services: Therapy session with social work student

Cost: Low cost \$25 visits

Eligibility: No requirements, No appointments necessary just call

Address: 1450 E Valley Rd. Ste 102 Basalt CO 81621

Hours: Tuesdays and Thursdays (8:30am-5pm)

Phone: 970-927-4666

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

MidValley Family Practice

Services: Therapy and Behavioral Health support. English and Spanish

Cost: Insurances accepted, call your insurance before service for coverage and deductible (cost).

Eligibility: Individuals with Medicaid, Medicare, and TRIAD. Call for services

Address: 1450 E Valley Road, Unit 102, Basalt, CO, 81621
Hours: Monday – Friday (8:30am-5:30pm)
Phone: 970-927-4666
Website: <https://midvalleyfamilypractice.org/>

Mind Springs Health

Services: Mental Health and Substance Use Treatment and Support services.
Cost: We offer our services to uninsured clients, accept Medicaid and most commercial insurances, and have a sliding scale as well. Call your insurance before service for coverage and deductible (cost).
Eligibility: Anyone seeking treatment or support for Mental Health and/or Substance Use. To initiate services, please call 1-877-603-7045, or 970-683-7289 for our Spanish-speaking line or go to our website and click on “make an appointment” or come in-person to our office to complete the intake paperwork and make an appointment.
Hours: Monday – Friday (8am – 5pm)
Address: 2802 S. Grand Avenue, Glenwood Springs, CO 81601
Phone: Call 1-877-603-7045 or 970-683-7289 for our Spanish-speaking line.
Website: <https://www.mindspringshealth.org/>

MIRA Bus

Services: We connect people to basic health education and screenings, support in applying to public assistance programs (Like Medicaid, SNAP, and the Benefit Recovery Program), insurance enrollment, food resources, immunizations, workforce development, coordination with childhood programming, perinatal support, behavioral health resources, and more. Additionally, MIRA hosts monthly community health education events.
Eligibility: No requirements, No appointments necessary
Cost: Free
Address: Various Locations- See Monthly Calendar on Website.
Hours: (9:30am-5pm) Monday, Tuesday, Wednesday and (1pm-5pm) Thursday, Available by phone on Friday.
Phone: (970) 688-0001
Website: <https://eaglevalleycf.org/our-programs/mira/>

Pathfinders

Services: Low cost counseling for Grief, Loss and Serious Illnesses.
Cost: First three counseling sessions are free then co-pay based on affordability.
Eligibility: Anyone dealing with impactful grief, loss or illness. Call to be set up with a counselor.
Hours: Mon – Fri (9am-6pm) (Each counselor has different availability)
Phone: 970-379-5276
Address: Offices in Aspen, Carbondale, Glenwood Springs and Rifle
Website: <http://www.pathfindersforyou.org/>

SpeakUp ReachOut; Peer Support

Services: Adult Peer Support
Cost: Free
Eligibility: Peer support encourages people with lived experience to join groups best suited to their needs. No appointments necessary, Ages 18+ are welcome.
Hours: Varied hours please see schedule on website.
Address: Various locations across Eagle County please see schedule on website.
Phone: 970-632-3858
Website: <https://www.speakupreachout.org/peer-groups>

Vail Behavioral Health – Behavioral Health Case Management

Services: Helps Eagle County residents navigate the complex system of behavioral health care and connects people to available resources and services that best meet their needs when they experience barriers to access. Connect with therapists, Access drug and alcohol treatment, Understand treatment options, Connect with an insurance navigator, Explore financial assistance options, Connect to short- or long-term care, Find additional financial alternatives to assist with medical expenses, housing assistance, food assistance, and emergency funding to help with immediate needs.

Cost: Free

Eligibility: Must be a resident or work in Eagle County. Call for more information or to schedule appointment, services in English or Spanish.

Hours: Monday-Friday (8am-5pm)

Address: 439 Edwards Access Rd, A207 Edwards CO 81632

Phone: (970) 445-2489

Website: <https://www.vailhealthbh.org/services/behavioral-health-case-management>

Vail Behavioral Health – Olivia’s Fund

Services: Financial assistance for youth and uninsured individuals in Eagle County to help pay for mental health services for up to six sessions per person per year. This means in-person or virtual counseling with a therapist is available at no cost to those struggling in our community.

Cost: Free

Eligibility: Must be a resident or work in Eagle County. To apply, submit an application here <https://app.mountainstrong.org/register> or call for more information, can apply in English or Spanish.

Hours: Monday-Friday (8am-5pm)

Address: 439 Edwards Access Rd, A207 Edwards CO 81632

Phone: (970) 445-2489

Website: <https://www.vailhealthbh.org/patient-resources/financial-assistance-information/olivias-fund>

WindWalkers

Services: Therapeutic Riding, Equine Assisted Learning and Psychotherapy, Wellness Counseling, All Abilities/All Inclusive Summer Camps and Veteran Services. PLEASE CALL AHEAD FOR AN APPOINTMENT.

Cost: Sliding scale, and can apply for a Riding scholarship.

Eligibility: Ages 2-82; Enrollment process is required. Please call or email info@windwalkers.org to receive more information.

Hours: Mon – Sat (9am – 5pm)

Address: 1030 CR 102, Carbondale, CO 81623

Phone: (970) 963-2909

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

B. Latina/x Mothers

Parent & Family Wellness Center

Services: Perinatal wellness check-ins; 20-30 minute video sessions with a specially-trained mental health clinician provide psychoeducation about PMADs (perinatal mood and anxiety and disorders) and help folks understand and mitigate their risk factors.

Cost: Free

Eligibility: Pregnant and postpartum folks throughout Colorado. Schedule a session here:
<http://parentfamilywellness.com/perinatal-check-in>
Hours: Monday – Friday (8am-5pm)
Address: Main office located in Boulder, Colorado.
Email: info@parentfamilywellness.com
Phone: (303) 955-6809
Website: <https://parentfamilywellness.com/perinatal-assessment-program>

Valley Settlement – Alma

Services: Mental Health in Spanish. An innovative peer-support program for women experiencing perinatal depression.
Cost: Free
Eligibility: Mothers experiencing stress, anxiety or depression who have a child 0-5 years old or have lost a child within the year. Call for service
Hours: Monday-Friday (9am-7pm)
Address: 1901 Grand Ave Suite 206, Glenwood Springs CO 81601
Phone: (970) 963-0851
Website: <https://valleysettlement.org/programs/alma/>

C. LGBTQ+

I Matter Colorado

Services: Connects youth with a therapist for up to 6 free virtual counseling sessions (some in-person appointments available, too) that are completely confidential. English and Spanish, never asked about legal status.
Cost: Free
Eligibility: Colorado Youth – Ages 12 to 18 can sign up for the program without parent/guardian assistance or consent. Ages 11 and younger must have a parent/guardian sign up for the program on their behalf.
Hours: 24/7 – Sign up at any time on website
Website: <https://imattercolorado.org/>
Phone: To receive help with the website or support in scheduling a session, email support@imattercolorado.org
Address: N/A Colorado State Organization

MidValley Family Practice

Services: LGBTQ+ and gender-affirming psychotherapy services. English and Spanish
Cost: LGBTQ+ individuals can get discounted therapy \$10 – \$50 depending on income and if uninsured.
Eligibility: No requirements, Call for services
Address: 1450 E Valley Road, Unit 102, Basalt, CO, 81621
Hours: Monday – Friday (8:30am-5:30pm)
Phone: 970-927-4666
Website: <https://midvalleyfamilypractice.org/>

Second Wind Fund

Services: When a child or teen is at risk for suicide and faces a financial or social barrier to accessing mental health treatment, Second Wind Fund covers the cost of therapy. For families who are not facing a financial or social barrier

and need help finding a quality provider, Second Wind Fund can provide navigation assistance. Youth can receive 12 free sessions of therapy.

Cost: Free

Eligibility: Colorado youth up to 19 years old. Spanish and English, never asked about legal status. A youth, parent or guardian, or any other youth-serving professional must submit an online referral.

Hours: 24/7 – Submit referral at any time on website

Website: <https://thesecondwindfund.org/what-we-do/>

Address: 303 East 17th Ave Suite 400 Denver CO 80203

Phone: N/A Colorado State Organization

D. Youth

Colorado State Government Resource Inventory

Services: This resource inventory is a collection of all opportunities (i.e., service offerings, resources, funding opportunities, training/technical assistance) made available by Colorado's state government that relate to the behavioral health of children, youth and families.

Website: <https://co-cyf-resourceinventory.glide.page/dl/74c4fe>

Family Resource Center School District no 16

Services: Counseling and Support Services: Individual, or group counseling to address mental health and provide social-emotional services. Parenting Education: Workshops and classes that provide parenting skills, child development information, and resources. Childcare Assistance: Information about affordable childcare options and sometimes direct support or programs. Emergency Assistance: Help with basic needs like food, clothing, and shelter, as well as assistance in crisis situations. Referrals: Connections to other community services such as healthcare, legal aid, and educational resources. Youth Programs: Activities and support for children and teenagers, including tutoring, mentorship, and recreational programs. Health and Wellness Services: Access to health screenings, wellness programs, and resources for physical and mental health. Community Engagement: Opportunities for families to connect with each other and participate in community events.

Cost: Free

Eligibility: Local families, No appointment necessary

Hours: Monday – Friday (8:00 AM – 4:30 PM)

Address: 251 North Parachute Ave. Parachute CO 81635

Phone: 970-285-5700 ext. 5190

Website: <https://sbfrc.garfield16.org/our-services>

I Matter Colorado

Services: Connects youth with a therapist for up to 6 free virtual counseling sessions (some in-person appointments available, too) that are completely confidential. English and Spanish, never asked about legal status.

Cost: Free

Eligibility: Colorado Youth – Ages 12 to 18 can sign up for the program without parent/guardian assistance or consent. Ages 11 and younger must have a parent/guardian sign up for the program on their behalf.

Hours: 24/7 – Sign up at any time on website

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

Phone: To receive help with the website or support in scheduling a session, email support@imattercolorado.org

Address: N/A Colorado State Organization

Second Wind Fund

Services: When a child or teen is at risk for suicide and faces a financial or social barrier to accessing mental health treatment, Second Wind Fund covers the cost of therapy. For families who are not facing a financial or social barrier and need help finding a quality provider, Second Wind Fund can provide navigation assistance. Youth can receive 12 free sessions of therapy.

Cost: Free

Eligibility: Colorado youth up to 19 years old. Spanish and English, never asked about legal status. A youth, parent or guardian, or any other youth-serving professional must submit an online referral.

Hours: 24/7 – Submit referral at any time on website

Website: <https://thesecondwindfund.org/what-we-do/>

Address: 303 East 17th Ave Suite 400 Denver CO 80203

Phone: N/A Colorado State Organization

Vail Behavioral Health – Olivia’s Fund

Services: Financial assistance for youth and uninsured individuals in Eagle County to help pay for mental health services for up to six sessions per person per year. This means in-person or virtual counseling with a therapist is available at no cost to those struggling in our community.

Cost: Free

Eligibility: Must be a resident or work in Eagle County. To apply, submit an application here <https://app.mountainstrong.org/register> or call for more information, can apply in English or Spanish.

Hours: Monday-Friday (8am-5pm)

Address: 439 Edwards Access Rd, A207 Edwards CO 81632

Phone: (970) 445-2489

Website: <https://www.vailhealthbh.org/patient-resources/financial-assistance-information/olivias-fund>

11. OTHER RESOURCE DIRECTORIES

11.1. Eagle, Pitkin & Garfield Counties

Colorado State Government Resource Inventory

Services: This resource inventory is a collection of all opportunities (i.e., service offerings, resources, funding opportunities, training/technical assistance) made available by Colorado’s state government that relate to the behavioral health of children, youth and families.

Website: <https://co-cyf-resourceinventory.glide.page/dl/74c4fe>

Community Compass

Services: These resources include addiction recovery programs, mental health and trauma support, youth groups, and more. These are trusted resources to help you, your family, and your loved ones. Service in Eagle, Pitkin, Garfield, Summit and Lake counties.

Website: <https://www.communitycompass.co/roaringforkvalleyresources>

Mountain Youth

Services: Finally! All of Eagle County's resources are together in one place. Let us help you find a dentist, learn where to get WIC benefits, find a summer camp or join an LGBTQ+ meeting.

Website: <https://www.mountainyouth.org/resourcedirectory>

12. TRANSPORTATION

12.1. Eagle County

Eagle County Healthy Aging Senior Nutrition Site Transportation

Services: Door to door bus service from your home to one of our Healthy Aging sites for lunch & activities. Tuesdays and Thursdays in Eagle and El Jebel and Wednesdays and Fridays in Minturn.

Cost: Suggested donation of \$3 per ride.

Eligibility: Must be 60 or older and live within the main valley corridors. Call for service.

Hours: Lunches are at noon for activity times see website.

Address: Eagle – Golden Eagle Senior Center El Jebel – Community Annex Building

Minturn – Maloit Park Senior Space

Phone: Eagle: (970) 328-8896 El Jebel: (970) 379-0020 Minturn: (970) 328-8831

Website: https://cms5.revize.com/revize/eagle/departments___services/public_health/healthy_aging.php

Eagle County Healthy Aging Volunteer Driver Program

Services: Community volunteers help older adults get to important appointments.

Cost: Free

Eligibility: Must be 60 or older and provide at least 72 hour notice prior to the ride need.

Call for notice.

Hours: Monday – Friday (8am-5pm)

Address: Eagle – Golden Eagle Senior Center, 715 Broadway Eagle El Jebel – Community Annex Building 0020

Eagle County Dr. Ste E El Jebel

Phone: Eagle River Valley: (970) 328-8896 Roaring Fork Valley: (970) 379-0020

Website: https://cms5.revize.com/revize/eagle/departments___services/public_health/healthy_aging.php

12.2. Garfield County

Downtowner

Services: Door-to-door air-conditioned "taxi van" service within Carbondale town limits. Space for a stroller, wheelchair or a walker and they will even take your dog! Spanish speaker available.

Cost: Free

Eligibility: Anyone 12 years or older. 8 people fit in at a time. Just call DOWNTOWNER at 970-504-0054, most rides show up within 10 min.

Hours: Mondays-Fridays (7am-10pm) and Weekends (9am-10pm)

Address: Carbondale town limits

Phone: 970-504-0054

Website: <https://www.rfta.com/town-of-carbondale-introduces-carbondale-downtowner/>

RFTA Paratransit – The Traveler

Services: Shared-ride transportation to persons who live within the service area in Garfield County and have a disability which prevents them from driving or utilizing public transportation. Must schedule ride 48 hours prior to pick-up. Go to website for further information.

Cost: Free but suggested donation of \$2 per ride.

Eligibility: An application and assessment process must be completed in order to determine eligibility. Can apply on website.

Hours: Monday-Friday (8am-5pm) excluding Holidays observed by Garfield County.

Address: Service in city limits from Carbondale to Battlement Mesa. Go to website or call to check if you live within the service area.

Phone: (970) 384-4855 (Can request that a paper application be mailed to you.)

Website: <https://www.rfta.com/paratransit/garfield-county-traveler/>

12.3. Medicaid

HighMountain Taxi

Services: Ride to doctor's appointment anywhere in between Aspen, Denver and Grand Junction. Must schedule ride 48 hours prior to pick-up.

Cost: Typically free but call your insurance for coverage and deductible (cost) before scheduling pick-up to double check.

Eligibility: Must have Medicaid and provide Medicaid ID number.

Hours: Lines are open 24/7

Address: Pick-up and drop-off anywhere in between Aspen, Denver and Grand Junction.

Phone: Pitkin; (970) 925-8294 Garfield; (970) 404-4402 Eagle; (970) 524-5555

Website: <https://hmtaxi.com/>

MedRide

Services: Ride to your doctor's appointment in most areas in Colorado. Must schedule ride 48 hours prior to pick-up.

Cost: Typically free but call your insurance for coverage and deductible (cost) before scheduling pick-up to double check.

Eligibility: Must have Medicaid and provide Medicaid ID number.

Hours: Lines are open Monday-Friday (6am-7pm) and Weekends (6am-5pm)

Address: Service most areas in Colorado, call or check website for confirmation.

Phone: (719) 545-3333

Website: <https://www.medridecolorado.com/service-area>

13. YOUTH & FAMILY

13.1. Activities

Carbondale Clay Center

Services: Adult clay classes (complete beginner to advanced), workshops, kids classes, private lessons.

Cost: Varies, but partial to full scholarships are available by filling out the following application:

https://docs.google.com/forms/d/e/1FAIpQLSepie1xUre88ZfludMQL-Q5HAv2--CJ7_kU1-_lRQmVBgAkOQ/viewform

Eligibility: No requirements, however, classes must be scheduled or registered for in advance via online, email, or phone. For scheduling, email programs@carbondaleclay.org.

Hours: Office hours Monday – Friday (10am-5pm), Saturday (11am-4pm) | Classes/lessons may occur outside of office hours.
Address: 135 Main St. Carbondale, CO 81623
Phone: (970) 963-2529
Website: <https://www.carbondaleclay.org/>

Eagle Valley Library District

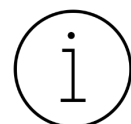
Services: Educational programs, Educational resources, Library of Things, Spark Studio, Community rooms.
Cost: Free
Eligibility: Training required for Spark Studio use. Community rooms and spaces are able to be reserved by non-profits and are otherwise available on a first-come, first-served basis to the public. No requirements to attend programs, use computers, browse resources, or spend time in the library. Photo ID needed to obtain a library card to check out materials.
Eagle: Hours; Monday – Thursday (10:00am – 8:00pm), Friday – Saturday (10am – 5:00pm), Sunday (1:00pm – 5:00pm).
Phone; (970) 328-8800
Address; P.O. Box 240, 600 Broadway St. Eagle, CO 81631
Avon: Hours; Monday – Thursday (10:00am – 8:00pm), Friday – Saturday (10am – 5:00pm), Sunday (1:00pm – 5:00pm).
Phone; (970) 949-6797
Address; P.O. Box 977, 200 Mikaela Way, Avon, CO 81620
Gypsum: Hours; Monday – Thursday (10:00am – 7:00pm), Friday – Saturday (10am – 5:00pm), Sunday (Closed)
Phone; (970) 524-5080
Address; P.O. Box 979, 47 Lundgren Blvd. Gypsum, CO 81637
Website: <https://evld.org/>

Summit54

Services: Summer Advantage Academic & Life Enrichment Program for Elementary Students + After-School Tutoring Program for Elementary Students
Cost: Free
Eligibility: Summer Advantage is available for all elementary-aged children who reside within the Roaring Fork School District boundaries (regardless which elementary school the child attends during the school year). The Roaring Fork School District offers our tutoring program to children who most need support.
Hours: Summer Advantage is five-weeks of high-quality summer programming from mid-June to mid-July, Monday through Friday from 8 a.m. to 2:30 p.m. After-School Tutoring is offered Monday, Tuesday & Thursday immediately after school for one hour each day.
Address: 625 E. Main Street, Suite 102B-115, Aspen, CO. 81611
Phone: (970) 618-2219
Website: <https://summit54.org/>

13.2. Economic Assistance

Reference 5.1. section on the page 22 for more information.



13.3. Family & Child Development

Catholic Charities

Services: Information, referral, and mediation services for those needing transitional assistance to a new culture. Advocacy and mediation for victims of a crime.

Cost: Free

Eligibility: Residents of Eagle, Pitkin, Garfield Counties. Appointments preferred, but can accommodate walk-ins at the Glenwood location. Appointments only at the Eagle and Avon offices.

Hours: Monday – Friday (9am – 3:30pm)

Phone: 970-384-2060

Address: 1004 Grand Ave Glenwood Springs CO 81601. Eagle River Valley by appointment only, call to make an appointment.

Website: <https://ccdenvver.org/western-slope/>

Challenge Aspen

Services: Challenge Aspen Community Programming (Locals) provides adaptive recreation for individuals with disabilities, physical and/or cognitive in the Roaring Fork and Colorado River Valleys. Multi-day regional programming for adults in the Roaring Fork Valley that creates inclusive participation and social opportunities for 8 weeks in the Summer, 6 weeks in the Fall, and 8 weeks in the Winter. Activities include alpine skiing, Nordic skiing, archery, cycling, bowling, etc.

Cost: Summer Daily Drop-in: \$35, 2x/Week: \$400. Scholarships Available, contact for more information.

Eligibility: All ages, all disabilities

Hours: Summer Monday-Friday (9am-5pm) and Winter open 7 days a week (8am-5pm)

Address: 309 Snowmass Village Mall with program offerings throughout the Roaring Fork Valley.

Phone: (970) 923-0578

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

Eagle County Public Health and Environment; Healthy Families

Services: Nurse Family Partnership (NFP) and Family Connects (both are nurse home visiting programs), and HCP (a care coordination program for children and youth with special health care needs).

Eligibility: NFP is available to first time moms who meet income eligibility. Family Connects is available to all Eagle County residents, without any other eligibility requirements. HCP is available to all Eagle County residents who are caring for children 21 and under with a special health care need.

Cost: All programs are offered at no cost.

Phone: NFP – To learn more about Nurse Family Partnership or schedule a visit contact Shannon Wagner at Shannon.Wagner@EagleCounty.us or call 970-471-3437. Family Connects – Contact us at

FamilyConnects@EagleCounty.us or at 970-328-2619. HCP – For more information, contact Gabriela Velazco, HCP Patient Navigator, at Gabriela.Velazco@EagleCounty.us or (970) 471-1486.

Hours: Monday – Friday (8am-5pm)

Website: Information about all four programs can be found here:

https://www.eaglecounty.us/departments___services/public_health/healthy_families.php

Address: Have offices in Avon, Eagle and El Jebel.

Family Resource Center of the Roaring Fork Schools

Services: Help navigating student enrollment, academic and social-emotional interventions. Parent leadership and advocacy opportunities. Public benefit application assistance ex. medical, vision, dental, mental health care. Free and

reduced lunch application support. Internet access and assistance. Rent and utilities assistance. Transportation assistance and support. Financial literacy coaching and access to resources. Increase in positive parenting skills. Family meetings to support students who are at-risk of chronic absenteeism or drop out to access resources.

Cost: Free

Eligibility: Families with children 0-21 years of age attending schools within the Roaring Fork School District boundaries (Glenwood, Carbondale and Basalt). Unaccompanied Youth enrolled in the Roaring Fork Schools. You can also connect with your school family liaison.

<https://docs.google.com/document/d/1aqFhpSWHyQ7JCaaW6Xk9rguOOFOwmGtl2CfFn1qAHs/edit?tab=t.0>

Hours: During school hours, Monday – Friday between 8am-4pm.

Address: Within each of the twelve traditional Roaring Fork Schools.

Phone: (970) 384-9500

Website: <https://familyresourcecenter-fs-rfsd.com/programs/school-based-family-liaisons/>

Family Resource Center School District no 16

Services: Counseling and Support Services: Individual, or group counseling to address mental health and provide social-emotional services. Parenting Education: Workshops and classes that provide parenting skills, child development information, and resources. Childcare Assistance: Information about affordable childcare options and sometimes direct support or programs. Emergency Assistance: Help with basic needs like food, clothing, and shelter, as well as assistance in crisis situations. Referrals: Connections to other community services such as healthcare, legal aid, and educational resources. Youth Programs: Activities and support for children and teenagers, including tutoring, mentorship, and recreational programs. Health and Wellness Services: Access to health screenings, wellness programs, and resources for physical and mental health. Community Engagement: Opportunities for families to connect with each other and participate in community events.

Cost: Free

Eligibility: Local families, No appointment necessary

Hours: Monday – Friday (8:00 AM – 4:30 PM)

Address: 251 North Parachute Ave. Parachute CO 81635

Phone: 970-285-5700 ext. 5190

Website: <https://sbfrc.garfield16.org/our-services>

Great Expectations

Services: Support and guidance for new and expecting parents.

Cost: Free

Eligibility: All people expecting a child.

Hours: Monday – Friday as needed.

Address: Home visits, we come to you!

Phone: 970-945-1234

Website: <https://greatexpectations.co/>

MIRA Bus

Services: We connect people to basic health education and screenings, support in applying to public assistance programs (Like Medicaid, SNAP, and the Benefit Recovery Program), insurance enrollment, food resources, immunizations, workforce development, coordination with childhood programming, perinatal support, behavioral health resources, and more. Additionally, MIRA hosts monthly community health education events.

Eligibility: No requirements, No appointments necessary

Cost: Free

Address: Various Locations- See Monthly Calendar on Website.

Hours: (9:30am-5pm) Monday, Tuesday, Wednesday and (1pm-5pm) Thursday.

Available by phone on Friday.

Phone: (970) 688-0001

Website: <https://eaglevalleycf.org/our-programs/mira/>

Mountain Valley Developmental Services

Services: We provide support and services to children and adults who have intellectual and developmental delays and disabilities in Garfield, Pitkin, Eagle, and Lake Counties. We are an Early Intervention Evaluator and an Early Intervention Broker. We are also a Provider Agency for the Children's Extensive Support Medicaid Waiver, the Supported Living Services Medicaid Waiver, and the Developmental Disabilities Medicaid Waiver. Our services cover the life span and are provided through a variety of programming options.

Cost: Free, Call for an appointment.

Eligibility: Must meet state determined criteria for Early Intervention and/or as a person with intellectual and developmental disabilities.

Hours: Monday-Friday (8am-5pm). Service delivery hours are determined by need and do occur outside of the office hours.

Address: 700 Mount Sopris Drive in Glenwood Springs, CO 81601

Phone: Call 970-945-2306 or Email Info@mtnvalley.org

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

Parent & Family Wellness Center

Services: Perinatal wellness check-ins; 20-30 minute video sessions with a specially-trained mental health clinician provide psychoeducation about PMADs (perinatal mood and anxiety and disorders) and help folks understand and mitigate their risk factors.

Cost: Free

Eligibility: Pregnant and postpartum folks throughout Colorado. Schedule a session here:

<http://parentfamilywellness.com/perinatal-check-in>

Hours: Monday – Friday (8am-5pm)

Address: Main office located in Boulder, Colorado.

Email: info@parentfamilywellness.com

Phone: (303) 955-6809

Website: <https://parentfamilywellness.com/perinatal-assessment-program>

Raising A Reader

Services: Book Programs for Preschool & Kindergarten-aged Children and Families-Red Book Bags and 123 Let's Read in all 4 school districts and other schools from Aspen to Parachute. Bolsitas Rojas/Red Book Bag Clubs-Spanish-language, early childhood, weekly programs for parents/caregivers with children ages 0-5. The programs are in all public libraries, from Aspen to Parachute, Spring Valley Library, the El Jebel Firehouse/TACAW, and at the community center in DeBeque. Check website for times and dates. Summer Camps-Spanish-language, early childhood, summer camp programs for parents/caregivers with children ages 0-5. The programs take place in Parachute, Rifle, Glenwood Springs, El Jebel, Silt and Carbondale. Check the website for times and dates.

Cost: Free

Eligibility: Families with children ages 0-5 for our 2-generation programs. Our book programs are for preschool and kindergarten children.

Hours: Weekly programs are Monday – Friday in the mornings. Check website for programming places and times.

Website: <http://www.rar4kids.org/>

Phone: 970-319-5034

Address: (Office Only) 817 Colorado Avenue #205 Glenwood Springs CO 81601

SimpliFed

Services: Virtual breastfeeding and baby feeding support during pregnancy through weaning.

Cost: Free

Eligibility: Mom, birthing parent or baby insured through Health First Colorado, Medicaid, Colorado Access CHP+, TRICARE, Aetna, or other commercial plans. Apply on website.

Hours: Seven days a week 7am-7pm
Phone: 888-458-1364
Website: <https://www.simplified.com/>
Address: Colorado State Organization, for more information email team@simplified.us

Valley Settlement – Alma

Services: Mental Health in Spanish. An innovative peer-support program for women experiencing perinatal depression.
Cost: Free
Eligibility: Mothers experiencing stress, anxiety or depression who have a child 0-5 years old or have lost a child within the year. Call for service
Hours: Monday-Friday (9am-7pm)
Address: 1901 Grand Ave Suite 206, Glenwood Springs CO 81601
Phone: (970) 963-0851
Website: <https://valleysettlement.org/programs/alma/>

Valley Settlement – Aprendiendo con Amor / Learning with Love

Services: Home Visiting & Parenting Group. Program in Spanish for parents of children ages 0 to 3, where parents and children learn and grow together. A focus on early childhood development and a space to share and learn with other families. Group classes meet 2 times a week and home visits 2 times a month. Classes throughout various neighborhoods in Basalt, Carbondale, Glenwood Springs and New Castle.
Cost: Free
Eligibility: Children 0-3 years (3 years old after October 1st) and their caregivers. Participate in group classes and home visits, the primary caregiver must participate in both. Participate in family nights. For information about the enrollment process and next steps call or email.
Hours: Program Hours – Tuesdays and Thursdays (10am-11:30am or 12:30pm-2pm)
Main Office Hours – Monday-Friday (9am-5pm)
Address: Main Office – 1901 Grand Ave Suite 206, Glenwood Springs CO 81601
Basalt Group Class – 200 Elk Run Drive, Basalt 81621 (10am-11:30am only)
Carbondale Group Class – 110 Snowmass Drive, Carbondale 81623 (12:30pm-2pm only)
West Glenwood Group Class – 260 Soccer Field Rd, Glenwood Springs 81601
New Castle Group Class – 2306 Blake Ave, Glenwood Springs 81601
Phone: Call (970) 379-3663 or email diana@valleysettlement.org Main Office – (970) 963-0851
Website: <https://valleysettlement.org/programs/learning-with-love/>

Valley Settlement – Educacion Continua / Lifelong Learning

Services: Adult English Development, Computer Literacy, Basic Spanish and Math educational programs/classes. Virtual and in-person classes located in Basalt, Carbondale and Glenwood Springs.
Cost: Free
Eligibility: Must be 18 years or older. Please fill out paperwork and attend the program orientation before starting a class. For more information about the registration process and next steps call or email.
Hours: Classes are held Monday-Saturday (morning, afternoon and evening)
Main Office Hours: Monday-Friday (9am-5pm)
Address: Main Office – 1901 Grand Ave Suite 206, Glenwood Springs CO 81601
For class address contact program.
Phone: Main Office – (970)963-0851 Email – info.@valleysettlement.org
Website: <https://valleysettlement.org/programs/lifelong-learning/>

Valley Settlement – El Busesito Prescolar

Services: Preschool & Childcare. A mobile preschool program that provides bilingual early education in various neighborhoods in El Jebel, Carbondale and Glenwood Springs.

Cost: Free

Eligibility: Children ages 3 to 5. Must be 3 on or before their first day of class. Students must know how to go to the bathroom on their own. Not be registered in any other preschool, we prioritize children who have barriers to accessing preschool education. Participation in family nights, home visits and parent-teacher conferences.

Hours: Tuesday, Wednesday, Thursday, Friday (9am-3pm) schedule dependent on availability and location. Main Office – Monday-Friday (9am-5pm)

Address: Main Office – 1901 Grand Ave Suite 206, Glenwood Springs CO 81601

Prescolar El Busesito 1: Church of Christ – 260 Soccer Field Rd, Glenwood Springs 81601

Prescolar El Busesito 2: Defiance Church – 23006 Blake Ave, Glenwood Springs 81601

Prescolar El Busesito 3: English in Action – 33 Gillespie Dr, El Jebel 81623

Prescolar El Busesito 4: Orchard Church – 110 Snowmass Dr, Carbondale 81623

Phone: For information about the enrollment process and next steps call (970)379-3663 or email karla@valleysettlement.org and Main Office – (970)963-0851

Website: <https://valleysettlement.org/programs/busesito/>

Valley Settlement – Equipo de Apoyo Familiar / Family Support Team

Services: Case Management & Community Services. Wraparound services; Family Navigators conduct home visits, assist families in times of crisis, and provide one-on-one support to connect families with the resources they need to thrive. This can include support with healthcare, food, transportation, government assistance, etc. Service in English and Spanish

Cost: Free

Eligibility: Anyone who needs help accessing community resources, just call or come to our office.

Hours: Program Hours: Monday-Saturday (9am-5pm) Main Office Hours: Monday-Friday (9am-5pm)

Address: Main Office – 1901 Grand Ave Suite 206, Glenwood Springs CO 81601

Phone: You can call our Navigator Chantel at (970) 404-6365 or our main office at (970) 963-0851

Website: <https://valleysettlement.org/programs/>

Valley Settlement – Familia, Amigos y Vecinos / Family, Friends and Neighbors

Services: Home Visiting & Provider Coaching. This program provides informal, in-home childcare workers the skills and tools they need to ensure children are in a safe and healthy environment. Commit to this 2-year in-home coaching and training program to improve the quality, safety and care for children.

Cost: Free

Eligibility: Adult providing childcare for 1 or more children in their home. Call for enrollment information

Hours: Monday – Friday (9am-5pm)

Address: 1901 Grand Ave suite 206, Glenwood Springs CO 81601

Phone: (970) 963-0851

Website: <https://valleysettlement.org/programs/ffn/>

WindWalkers

Services: Therapeutic Riding, Equine Assisted Learning and Psychotherapy, Wellness Counseling, All Abilities/All Inclusive Summer Camps and Veteran Services. PLEASE CALL AHEAD FOR AN APPOINTMENT.

Cost: Sliding scale, and can apply for a Riding scholarship.

Eligibility: Ages 2-82; Enrollment process is required. Please call or email info@windwalkers.org to receive more information.

Hours: Mon – Sat (9am – 5pm)

Address: 1030 CR 102, Carbondale, CO 81623
Phone: (970) 963-2909
Website: <https://windwalkers.org/>

YouthZone

Services: Comprehensive family assessment, juvenile court advocacy, restorative justice programming, substance use education, mental health services, parent support programming.
Cost: \$200 for a three- to six-month program, with a sliding scale based on income.
Eligibility: Adjudicated youth and their families, as well as non-adjudicated youth who are exhibiting risky, disruptive, or criminal behavior.
Hours: Monday-Thursday (8am-6pm), with the provision of a 24/7 crisis service when youth are detained by police outside of business hours.
Address: Walk-in locations 413 9th St., Glenwood Springs, CO and 136 E. 12th St., Rifle, CO. By-appointment locations in Aspen, Basalt, Carbondale, Parachute, and Meeker. Call for appointment.
Phone: (970) 930-6540
Website: <https://youthzone.com/referrals/>

13.4. Food

Family Resource Center of the Roaring Fork Schools

Services: Help navigating student enrollment, academic and social-emotional interventions. Parent leadership and advocacy opportunities. Public benefit application assistance ex. medical, vision, dental, mental health care. Free and reduced lunch application support. Internet access and assistance. Rent and utilities assistance. Transportation assistance and support. Financial literacy coaching and access to resources. Increase in positive parenting skills. Family meetings to support students who are at-risk of chronic absenteeism or drop out to access resources.
Cost: Free
Eligibility: Families with children 0-21 years of age attending schools within the Roaring Fork School District boundaries (Glenwood, Carbondale and Basalt). Unaccompanied Youth enrolled in the Roaring Fork Schools. You can also connect with your school family liaison.
<https://docs.google.com/document/d/1aqFhpSWHyQ7JCaaW6Xk9rguOOFOwmGtl2CfFnr1qAHs/edit?tab=t.0>
Hours: During school hours, Monday – Friday between 8am-4pm.
Address: Within each of the twelve traditional Roaring Fork Schools.
Phone: (970) 384-9500
Website: <https://familyresourcecenter-fs-rfsd.com/programs/school-based-family-liaisons/>

Family Resource Center School District no 16

Services: On site pantry (Pantry of Hope) – food, clothing and even small household items.
Eligibility: Local families, No appointment necessary
Cost: Free
Phone: 970-285-5700 ext. 5190
Hours: Monday – Thursday (8am-4pm); Friday – Appointment only, call for appointment
Address: 251 North parachute Ave Parachute CO 81635
Website: <https://sbfrc.garfield16.org/our-services>

RE2 School District

Services: Breakfast, Lunch

Eligibility: All students enrolled in the district. Students attending home school must place their orders one week in advance.

Cost: Free

Hours: Regular school days

Phone: 970-665-7600

Address: Student's school

Website: <https://www.garfieldre2.net/>

Roaring Fork School District

Services: Breakfast, Lunch

Eligibility: Children (0-18), child does not have to be enrolled in the district. No appointment necessary

Cost: Free

Phone: 970-384-6000

Hours: Monday – Friday (7:30am-4:30pm)

Address: 400 Sopris Ave Carbondale CO 81623

Website: <https://www.rfsd.k12.co.us/school-meal-information-4326548e>

The River Center of New Castle

Services: Totes of Hope, food bags to take home after school for the weekend.

Cost: Free

Eligibility: Children enrolled in an elementary/middle school in New Castle or Silt. For service families should sign up with the school counselors at their children's schools, the front desk can help if needed.

Hours: Kids take the bags home on Thursday's; bags are taken to their school for pick-up.

Address: Any elementary or middle school in New Castle or Silt.

Phone: 970-984-4333

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

The River Center of New Castle

Services: Meal Monkey, a fresh packed lunch.

Cost: Free

Eligibility: Children 18 & younger. Just show up to one of the distribution locations at the appropriate time.

Hours: Friday's Year-round (No deliveries on Fridays after or on a Holiday).

Address: Silt Locations: 11am-Heron's Nest; 11:30am-Silt Library / New Castle Locations: 11:30am-Apple Tree Park; 12pm-Burning Mtn. Park

Phone: 970-984-4333

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

13.5. Mentor Programs

Stepping Stones of the Roaring Fork Valley

Services: Drop-in youth programming and after school activities.

Cost: Free

Eligibility: Ages 10-24. No appointment or application needed. Participants must fill out a registration form (under 18 must have parent/guardian fill out).

Hours: M, Tu, Th, Fr 3-6 pm, Wed 2-6 pm (school year schedule)

Address: 1010 Garfield Ave. Carbondale CO 81623

Phone: 720-207-7646

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

The Buddy Program

Services: One on one Community and School-based mentoring, Group Experiential mentoring for teens.

Cost: Free

Eligibility: Ages 6-18. Enrollment process is required. Please call or email to receive more information.

Hours: Mon – Fri (9am – 5pm)

Phone: 970-920-2130

Address: Offices at the Aspen Red Brick Building and Carbondale Third St. Center PLEASE CALL AHEAD FOR AN APPOINTMENT.

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

The completion of the **Resource Guide 2025** project was made possible through WMRHA's Regional Health Connector, Berta Riviera's diligent work in collecting and organizing all the data, and Aleksandra Cejovic's expertise in its design.

To support more community-based initiatives like this, we encourage you to visit our donate page.

