

FOUNTAIN-FORT CARSON SCHOOL DISTRICT 8 COMMUNITY RESOURCE DIRECTORY



UPDATED SUMMER 2022

Welcome Families, Students, School Staff and Community Partners.

The following pages provide a place to learn about the services and support for students and families in the Fountain-Fort Carson communities that are commonly requested.

As a school community, we understand and value that our families have a major influence on a student's achievement. When schools, families, and community groups work together to support learning, students tend to do better at school, stay in school longer, and like school more. The agencies listed offer a variety of resources for students and families. If you have specific needs, please contact your child's school and ask to speak with the school counselor for additional information and resources.

The listing of any organization in the list of community resources does not imply that the organization or the goods and services offered have been endorsed by the Fountain-Fort Carson School District nor is the list inclusive of all agencies and organizations in our communities. All numbers are local and have a 719 area code unless otherwise indicated.

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HOTLINES

COLORADO CRISIS SERVICES

1-844-493-8255 or text TALK to 38255

<https://coloradocrisisservices.org/>

HUNGER FREE COLORADO - FOOD RESOURCE HOTLINE

855-855-4626

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

800-950-6264 (M-F, 10am-8pm) or text NAMI to 741741 (24/7)

<https://nami.org/Home>

NATIONAL EATING DISORDER ASSOCIATION (NEDA) HELPLINE

Call or text 800-931-2237

NATIONAL SUICIDE PREVENTION LIFELINE

800-273-TALK (8255) or text HOME to 741741

<https://suicidepreventionlifeline.org/>

PARENTSMART HEALTHLINE

1-720-777-0123

Free health care advice from registered nurses 24/7.

SAMHSA NATIONAL HELPLINE

719-633-3819

TESSA

719-633-3819

www.tessacs.org

Domestic violence hotline, 24/7

TREVOR PROJECT (LGBTQ+)

866-488-7386 or text START to 678678

<https://www.thetrevorproject.org/>

UNITED WAY - DIAL 211

Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.

ABUSE AND NEGLECT

CASA OF PIKES PEAK REGION

719-447-9898

www.casappr.org

Court appointed special advocates for children in the courts.

HASEYA ADVOCATE PROGRAM

719-600-3939

<https://haseya.org/>

Native woman-led organization serving Indigenous survivors of domestic and sexual violence in Colorado Springs area.

PALOME CHILD AND FAMILY SPECIALISTS

3709 Parkmoor Village Dr, Suite 106 Colorado Springs, CO 80917

719-571-9950

<https://www.palomechildandfamilyspecialists.com/domestic-violence-services.html>

SAFE PASSAGE

719-636-2460

<https://www.safepassagecac.org/>

Services, in the midst of abuse investigations, including forensic interviews, forensic medical exams, victim advocacy, court preparation and accompaniment, and educational support groups.

TESSA OF COLORADO SPRINGS

435 Gold Pass Heights Colorado Springs, CO 80906

719-633-1462

<https://www.tessacs.org/>

Domestic violence resources - victim advocacy, counseling, children's programs, and safehouse.

CHILD CARE

COLORADO CHILD CARE ASSISTANCE PROGRAM (CCAP)

<https://cdhs.colorado.gov/benefits-assistance/child-care-assistance>

Helps families that are homeless, working, searching for work or in school find low-income child care assistance. Child care subsidies.

COLORADO SHINES

877-338-2273

<https://www.coloradoshines.com/home>

Service to help find child care options.

KIDS CLUB 360

719-382-9232

www.kidsclub360.org

Before and after school care. Transportation offered from Mesa, Jordahl, and Aragon to Eagleside.

KPC RESPITE CARE

719-634-5439

<https://www.lfsrm.org/programs-and-services/prevention-services/kpc-respite-center/>

Temporary crisis or planned respite childcare.

CLOTHING**DIAL 211**

Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.

CATHOLIC CHARITIES - MARIAN HOUSE

14 West Bijou St. Colorado Springs, CO 80903

719-475-7314

Open Monday-Friday from 9am-2pm

CROSSFIRE MINISTRIES

2120 East La Salle St. Colorado Springs, CO 80909

719-447-1806

<https://www.crossfireministries.org/>**FIRST UNITED METHODIST CHURCH**

1003 North Santa Fe Avenue

Fountain, CO 80817

382-5272

Clothing closet birth to teens. Appointments available upon request.

GOD'S PANTRY

102 North Main St. Fountain, CO 80817

719-382-0643

<http://godspantryco.org/index.html>**MERCY'S GATE**

4360 Montebello Drive, Suite # 300 Colorado Springs, CO 80918

719-277-7470

<https://mercygatecs.org/>

Clothing vouchers available.

OPERATION SCHOOL BELLClothing items are provided by Kohl's at the beginning of each school year. If your student is in need of clothing, contact your child's school counselor for additional information. A referral from your student's school counselor is required.**DISCOVER GOODWILL**

If you are enrolled in El Paso County Department of Human Services' TANF, SNAP, or Employment First programs, please contact your case manager for voucher assistance.

DISTRICT 8 CLOTHING CLOSET

AIM Education Center - 10705 Trojan Pt. Fountain, CO 80817

A referral needs to be made by your child's school counselor. Appointments required.

COVID RESOURCES**FIND A VACCINATION CLINIC**

1-877-COVAXCO (1-877-268-2926)

<https://covid19.colorado.gov/vaccine/where-you-can-get-vaccinated>**EARLY INTERVENTION****D8 CHILD FIND SERVICES**

719-304-3550

Assists in the assessment and determination of the special needs of children birth through five years of age.

COMMUNITY PARTNERSHIP FOR CHILD DEVELOPMENT

2330 Robinson Street

Colorado Springs, CO 80904

719-635-1536

<https://www.cpcdheadstart.org/>

Provides free comprehensive early child education programs to include Head Start, Early Head Start, and the Colorado Preschool Program for children birth to age 5 as well as expectant parents.

EDUCATION/TUTORING**COS I LOVE YOU**<https://cosiloveyou.com/>

Backpack and school supply distribution and school clean up/maintenance days.

SUCCESS 4 LIFE

303-330-9464

<https://www.success4lifetutoring.com/>

Tutoring K-12, online learning, GED, ACT, and SAT prep.

TUTOR.COM

Provides tutoring and homework help (K-12) at no cost to active duty service members and their eligible dependents.

EMERGENCY HOUSING

DIAL 211

Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.

ECUMENICAL SOCIAL MINISTRIES- ESM

WISH House- Women in safety and hope (single women)

201 North Weber Street
Colorado Springs, CO 80903
719-636-1916

FAMILY MENTOR ALLIANCE

Catholic Charities of Colorado
917 East Moreno Avenue
Colorado Springs, CO 80903
719-578-1222

GRECCIO HOUSING UNLIMITED

1015 East Pikes Peak Avenue
Colorado Springs, CO 80903
719-475-1422

INTERFAITH HOSPITALITY NETWORK

519 North Tejon Street
Colorado Springs, CO 80903
719-329-1244

ITHAKA LAND TRUST

321 Mesa Road
Colorado Springs, CO 80905
719-578-1629

PARTNERS IN HOUSING

455 Gold Pass Heights
Colorado Springs, CO 80906
719-473-8890

SALVATION ARMY RJMC

709 South Sierra Madre St. Colorado Springs, CO 80903
719-578-9190

Valid photo ID for adults, birth certificate for children, marriage license if applicable, sober for 24 hours upon arrival. Check in: 1-3:00pm and after 5:15pm.

SPRINGS RESCUE MISSION

5 W. Las Vegas St Colorado Springs, CO 80903
719-884-2758 or 719-314-2398
<https://www.springsrescuemission.org/>

Low Barrier Homeless Shelter, seven nights a week, doors open at 5pm and close at 10pm.

URBAN PEAK

423 East Cucharas Street
Colorado Springs, CO 80903
719-630-3223

Youth shelter. Have to take a urinalysis before being accepted.

EMPLOYMENT

DIAL 211

Work Support – including financial assistance, job training, transportation assistance and education programs.

ARMY COMMUNITY SERVICES (ACS)- Military

6303 Wetzel Ave., Bldg. 1526 Fort Carson, CO 80913
526-4590

Financial/abuse counseling, consumer education, financial assistance, emergency food locker, spouse employment information, relocation assistance, and new parent support for active/retired military, DOD employees, and their eligible families.

PIKES PEAK WORKFORCE CENTER

Located inside Peak Vista Health Center
350 Lyckman Drive
Fountain, CO 80817
444-8311

Adults and Teens. Hours: First and third Monday of each month from 8am-4:30pm. Closed for lunch from noon to 1pm. Veteran representative available on Mondays.

WOMEN'S RESOURCE AGENCY

Peak Vista Building, Pikes Peak Workforce Center Office
350 Lyckman Drive
Fountain, CO 80817
471-3170

Call to make an appointment or stop by on Tuesdays and Thursdays from 10am-4pm. Available for assistance with resources, job search, resumes, interviewing, and support.

FOOD

CARE AND SHARE FOOD PANTRY LOCATOR

719-528-1247

<https://careandshare.org>

CARE AND SHARE FOOD PANTRY

Parking lot of Peak Vista Community Health Center

350 Lyckman Dr. Fountain, CO 80817

719-632-5700

2nd Friday of the month beginning at 9am.

CATHOLIC CHARITIES OF CENTRAL COLORADO

14 West Bijou St. Colorado Springs, CO 80903

719-475-7314

Emergency food baskets available.

Call between 10:30am-1pm Monday-Friday

COLORADO FOOD CLUSTER

720-699-9978

<https://www.coloradofoodcluster.com/>

Free, healthy meals for students that are delivered to their home.

CONNECTIONS 4 LIFE CENTER

6436 US Highway 85 Suite U (Behind Wendy's)

Fountain, CO 80817

719-387-9919

<http://www.connections4lifecenter.org/>

Food Pantry (fresh food) on Thursdays from 2-7pm

Commodities (non-perishable staples) 1st and 3rd

Friday of the month from 10am-2pm

CROSSFIRE MINISTRIES

2120 East La Salle St. Colorado Springs, CO 80909

719-447-1806

<https://www.crossfireministries.org/>

DISTRICT 8 FOOD PANTRY

Welte Education Center

330 Lyckman Drive

Fountain, CO 80817

Must verify you have children enrolled in D8. Every

Thursday from 3:30-5:30PM. Closed for holidays.

ECUMENICAL SOCIAL MINISTRIES- ESM

201 North Weber Street

Colorado Springs, CO 80903

719-636-1916

Applications accepted for the Emergency Food

Assistance Program Monday-Friday from 9-11:30am-

12:30-3:00pm

FIRST UNITED METHODIST CHURCH

Community Soup Kitchen

1003 North Santa Fe Avenue

Fountain, CO 80817

719-382-5113

Fridays 4:00-6:00pm

FOOD TO POWER

917 E Moreno Ave Suite 130 Colorado Springs, CO

80903

719-470-2737

<https://foodtopowerco.org/>

FOUNTAIN VALLEY CARES/FAITH LUTHERAN CHURCH

315 Security Boulevard

Colorado Springs, CO 80911

719-329-5076

Food pantry: Saturdays from 10-11am

GOD'S PANTRY

102 North Main St. Fountain, CO 80817

719-382-0643

<http://godspantryco.org/index.html>

Food pantry: Monday-Saturday 10am-2pm

Free food and clothing

Some Saturdays, they host "Bag Day" where families can fill their bag with as many items as they can fit for \$5 from 9am-3pm.

GOOD SHEPHERD UNITED METHODIST CHURCH

1201 Delta Drive

Colorado Springs, CO 80911

Food pantry: Thursdays 10am-noon

GOOD NEWS FOUNDATION

125 North Parkside Drive, Suite 105

Colorado Springs, CO 80909

719-638-8985

Food pantry: Tuesday and Thursday from 10am-2pm

HUNGER FREE COLORADO

855-855-4626

<https://hungerfreecolorado.org/>

Community resources, food and nutrition programs, and other public benefits.

LASAGNA LOVE<https://www.lasagnalove.org/>

Nonprofit and grassroots movement that aims to positively impact communities by connecting neighbors with neighbors through homemade meal delivery.

MARIAN HOUSE SOUP KITCHEN

14 West Bijou St. Colorado Springs, CO 80903

719-475-7314

<https://www.ccharitiescc.org/venue/marian-house-soup-kitchen/>

Meals and marketplace pantry

Meals M-Sun 10:30am-1pm and Pantry by appointment

M,W,F 1:30am-3pm

MERCY'S GATE

4360 Montebello Drive, Suite # 300 Colorado Springs, CO 80918

719-277-7470

<https://mercygatecs.org/>

Food Pantry: Fridays from 4-7pm

REACH PIKES PEAK

501 East Iowa Fountain, CO 80817

719-382-8515

Family Stabilization Services offers rent, utility, food, medical, prescription, housing, and transportation assistance to eligible families.

SALVATION ARMY

208 Cunningham Dr. Colorado Springs, CO 80911

908 Yuma St Colorado Springs, CO 80909

719-382-1182

<https://coloradosprings.salvationarmy.org/>

Food pantry on M, W, and F from 11am-3pm, Colorado kitchen (\$2 meals) every day for lunch from 11:30am-1pm and dinner from 5:30pm-6pm.

SPARK THE CHANGE - HARVEST PACK<https://www.harvestpack.org/>

Healthy meal packs.

SPRINGS RESCUE MISSION

5 W. Las Vegas St Colorado Springs, CO 80903

719-632-1822

<https://www.springsrescuemission.org/>

Samaritans Kitchen every day for breakfast from 5:45am-7:45am and dinner from 4-5pm.

ST. DOMINIC'S CATHOLIC CHURCH

5354 S. Highway 85 Security, CO 80911

719-392-7653

<https://www.stdominiconline.org/news/headlines/89-food-pantry>

Food pantry: Tuesdays 10am-12pm

ST. RAPHAEL EPISCOPAL CHURCH

802 Leta Dr. Security, CO 80911

719-392-3563

<https://www.straphaelepiscopalchurch.org/food-pantry>

Food pantry: Fridays 10am-12pm

TIMES OF REFRESHING CHURCH

123 West Ohio Avenue Fountain, CO 80817

719-382-0508

Food Pantry on 2nd and 4th Saturday of every month from 1-2:30pm

WESTSIDE CARES

719-389-0759

<https://www.westsidecares.org/get-help/food/>**HEALTHCARE****CEDAR SPRINGS MEDICATION MANAGEMENT**

719-633-4114 ext. 1227

Provides medication management services for pediatric, adolescent, and adult psychiatric care. Do not need to be a patient of Cedar Spring. Most insurances accepted.

COLORADO ACCESS

800-511-5010

www.coaccess.com

COLORADO CHILD HEALTH PLAN PLUS (CHP+)

1-800-359-1991

Low-cost health insurance program for uninsured Colorado children, ages 18 and under, whose families are not eligible for Medicaid and cannot afford private insurance. Parents must meet income guidelines.

DREAM CENTERS

4360 Montebello Drive, Suite 900
Colorado Springs, CO 80918
388-1594

Free clinic for women. Services include: gynecological, counseling, chiropractic and pastoral care.

FOUNTAIN HEALTH CLINIC

310 E Iowa Ave Fountain, CO 80817
719-322-9458

HEALTH CARE AT FOUNTAIN

350 Lyckman Dr Fountain, CO 80817
719-632-5700
www.peakvista.org/location/health-center-fountain-co-80817

HCP CARE COORDINATION

719-578-3200
<https://cdphe.colorado.gov/prevention-and-wellness/hcp-a-program-for-children-and-youth-with-special-health-care-needs>

A program for children and youth, 0-21, with special health care needs. Helps families address behavioral, developmental, educational, financial, medical and/or social needs to optimize their health and wellness outcomes.

HEALTH FIRST COLORADO (Medicaid)

1-800-221-3943

MERCY'S GATE

4360 Montebello Dr, Suite #300 Colorado Springs, CO 80918
719-277-7470
<https://mercygatecs.org/>

Medical and prescription assistance.

MISSION MEDICAL CENTER

2125 E LaSalle St Colorado Springs, CO 80909
719-219-3402
<https://www.missionmedicalclinic.org/>

OPEN BIBLE MEDICAL CLINIC

555 E. Costilla Ave Colorado Springs, CO 80903
719-475-0972
<http://openbiblemedical.org>

REACH PIKES PEAK

501 E Iowa Ave Fountain, CO 80817
719-382-8515

Family Stabilization Services offers rent, utility, food, medical, prescription, housing, and transportation assistance to eligible families. Open Monday-Wednesday from 8am-4:30pm.

SET FAMILY MEDICAL CLINIC

2864 S Circle Dr Colorado Springs, CO 80906
719-776-8850
<https://www.centura.org/locations/set-family-medical-clinics>

WESTSIDE CARES

2808 W Colorado Ave Colorado Springs, CO 80904
719-389-0759
<https://westsidecares.org/what-we-do/medical-assistance/>

Prescription assistance program, medical and dental care assistance, and eyeglass voucher program.

HOLIDAY ASSISTANCE**BOB TELMOSSE FOUNDATION**

719-646-0896
<https://santa-bob.org/index.html>

Food, gifts, clothing, and toys giveaways to families for Christmas.

CHRISTMAS UNLIMITED

719-597-3891
<http://www.christmasunlimited.org/>

Toy and school supply distribution programs.

SALVATION ARMY OF COLORADO SPRINGS

908 Yuma St. Colorado Springs, CO 80909
719-636-3891
<https://coloradosprings.salvationarmy.org/>

SPRINGS RESCUE MISSION

5 W Las Vegas St. Colorado Springs, CO 80903
719-632-1822
<https://www.springsrescuemission.org/>

WESTSIDE CARES

719-389-0759

<https://westsidecares.org/>

Thanksgiving baskets, garden program, back-to-school backpacks, and Christmas program.

HOUSING/UTILITY/BILL ASSISTANCE**DIAL 211**

Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.

CATHOLIC CHARITIES OF CENTRAL COLORADO

14 West Bijou Street

Colorado Springs, CO 80903

719-475-7314

No appointments. Walk-ins only. Every Tuesday 9am-1pm.

COMCAST LOW-COST HOME INTERNET

Visit the following website for eligibility requirements

<https://apply.internetessentials.com>**COLORADO EMERGENCY RENTAL ASSISTANCE PROGRAM (ERAP)**

1-888-480-0066 (M-F 8:30am-5:30pm, Saturdays

8:30am-12:30pm)

<https://cdola.colorado.gov/rental-mortgage-assistance>**D8 MCKINNEY VENTO PROGRAM**

719-382-1640 or 719-492-8810

Servicing families living in transition.

DREAM CENTERS - MARY'S HOME

719-388-1594

<https://www.dreamcenters.com/marys-home/>

Long-term transitional housing for women. Caring and empowering women and children living in poverty.

FOUNTAIN UTILITIES - Lighten the Load

719-322-2010

Provides utilities payment assistance to individuals and families throughout the community experiencing an emergency or financial hardship, regardless of income.

HOUSING AUTHORITY OF COLORADO SPRINGS

831 South Nevada Ave. Colorado Springs, CO 80903

719-387-6700

HOUSING AUTHORITY OF FOUNTAIN

501 East Iowa Ave. Fountain, CO 80817

719-382-5639

LOW-INCOME ENERGY ASSISTANCE PROGRAM (LEAP)

1-866-432-8435

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

LEAP is designed to help eligible low-income households with winter home heating costs. LEAP is not intended to pay the entire cost of home heating.

MERCY'S GATE

4360 Montebello Drive, Suite # 300 Colorado Springs, CO 80918

719-277-7470

<https://mercysgatecs.org/>

Housing assistance is only available on the last Monday of each month and the first Monday of the month rent/mortgage is due.

MODEST NEEDS

844-667-3776

<https://www.modestneeds.org/for-applicants/>

Small emergency grants to low-income workers

REACH PIKES PEAK

501 East Iowa

Fountain, CO 80817

719-382-8515

Family Stabilization Services offers rent, utility, food, medical, prescription, housing, and transportation assistance to eligible families.

SALVATION ARMY

208 Cunningham Dr. Colorado Springs, CO 80911

719-382-1182

<https://coloradosprings.salvationarmy.org/>**WESTSIDE CARES**

2808 W Colorado Ave. Colorado Springs, CO 80904

719-389-0759

<https://www.westsidecares.org/get-help/rent-utilities/>

HUMAN SERVICES

AMERICAN RED CROSS

1040 South 8th Street
Colorado Springs, CO 80905
719-632-3563

Provides emergency and rehabilitative assistance for disaster victims. Provides training courses in first aid, water safety, CPR, emergency services for military personnel, babysitting instruction, pet first aid, and community disaster education.

ASSISTANCE LEAGUE OF COLORADO SPRINGS

719-475-1029
<https://www.assistanceleague.org/colorado-springs/>

Provide services to improve the well-being of children and families in El Paso County. Services include a local thrift shop, monetary donations for back to school clothing, hearing screeners for preschool children, provide sexual assault survivor kits to Memorial Hospital, provide Halloween costumes to children in foster care or other residential facilities, and beds to homeless teens.

DEPARTMENT OF HUMAN SERVICES

Located inside Peak Vista Health Center
350 Lyckman Drive
Fountain, CO 80817
719-444-8303

A technician is available to answer questions about medical and food assistance, and receive all types of documents (initial applications, recertifications, and verifications). The site also offers EBT Card services.

FOOD ASSISTANCE PROGRAM (SNAP)

719-444-5124

Assists low-income households to increase food purchasing power. Must meet income guidelines. .

THE RESOURCE EXCHANGE

418 South Weber St Colorado Springs, CO 80903
719-380-1100

Provides support and intervention for children 0-18 years old with developmental delays or disabilities, including, respite care, care coordination, early childhood intervention, and family support services.

SAFE FAMILIES FOR CHILDREN

719-357-7080
<https://safe-families.org/>

Family preservation organization.

SPRINGS RESCUE MISSION

719-632-1822
<https://www.springsrescuemission.org/>

Supportive Family Services provides food, clothing, blankets, household items, small appliances, and winter clothing

- 5 W Las Vegas St. Colorado Springs, CO 80903
- M/W 1-3pm
 - Photo ID required
 - Registration required (can be done on website)
 - Lease, utility bill, and trash bill in individual's name
 - If applicable, current letter from a Sober Living house
- T/Th 1-3pm (just access to clothing on these days)
 - Photo ID requested
 - No registration needed

Resource Center for those experiencing homelessness

- 21 W Las Vegas St Colorado Springs 80903
- M-4 from 8-11:30am and 1-3:45pm

WOMEN INFANT CHILDREN (WIC)

Fountain Valley
97 Widefield Blvd Colorado Springs, CO 80911
719-578-3199

Provides qualifying women and children with supplemental food, education on nutrition topics, and referrals to community programs.

WESTSIDE CARES

2808 W Colorado Ave. Colorado Springs, CO 80904
719-389-0759
<https://www.westsidecares.org/>

Clothing, hygiene, mail, health, referrals, and more.

LEGAL SERVICES

COLORADO LEGAL SERVICES

617 South Nevada Avenue
Colorado Springs, CO 80903
719-471-0380

Provides assistance, from advice to representation in court, to low-income persons and members of vulnerable populations.

LEGAL INFORMATION NETWORK OF COLORADO

303-295-2001

<https://www.coloradolinc.org/>

Free legal information services

PIKES PEAK JUSTICE CENTER

719-473-6212

<https://www.justicecentercos.org/>

Free legal clinics and reduced cost attorneys

ROCKY MOUNTAIN VICTIM LAW CENTER

303-295-2001

<https://www.rmvictimlaw.org/>

Free legal services to victims of crimes in Colorado

MENTAL HEALTH EDUCATION

7 CUPS

<https://www.7cups.com/>

Online therapy, self help guides, and free support chat rooms.

AMERICAN ASSOCIATION OF SUICIDOLOGY (AAS)

<https://suicidology.org/school-resources/>

Data, resources, and media regarding suicide and prevention.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

<https://afsp.org/get-help>

Resources for minority communities and suicide, individuals who are thinking about or attempted suicide, individuals who are worried about someone, or individuals who have lost someone to suicide.

BEHAVIORAL TECH

<https://behavioraltech.org>

Dr. Marsha Linehan's institute for DBT training.

BE THERE

<https://bethere.org/Home>

BPD DEMYSTIFIED

<http://www.bpddemystified.com>

Comprehensive website containing information regarding BPD.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE (DBSA) of

Colorado Springs

2132 East Bijou Street, Suite 112 Colorado Springs, CO
80909

719-477-1515

Learn about mood disorders, management and treatment. Discover wellness resources through social activities, community links, a library and more. Free support groups.

EMOTIONS MATTER

<https://emotionsmatterbpd.org/>

BPD resources, awareness, and support

ERIKA'S LIGHTHOUSE

<https://www.erikaslighthouse.org/>

Depression, mental health, and suicide education.

HOPE FOR BPD

<https://www.hopeforbpd.com>

Resources and information about BPD

MCLEAN HOSPITAL

<https://www.mcleanhospital.org/borderline-personality-disorder>

Resources and information about BPD.

NATIONAL CENTER FOR THE PREVENTION OF YOUTH SUICIDE

<https://www.preventyouthsuicide.org/>

PROJECT BORDERLINE

www.borderlineproject.org

Space where individuals with BPD can share their experiences with recovery.

TREVOR PROJECT

<https://www.thetrevorproject.org/>

LGBTQ youth resources.

MENTAL HEALTH RESOURCES & ORGANIZATIONS

BETH HAVEN INC.

616 N Royer St Colorado Springs, CO 80903

719-632-5920

<http://bethhaveninc.org/>

Residential facility for adults with mental illness

CANINE COMPANIONS

719-260-6151

<https://canine.org/location/southwest/colorado/>

Provides service dogs for children with physical and cognitive disabilities.

CENTRO DE LA FAMILIA

1287 Lake Plaza Dr Colorado Springs, CO 80906

719-227-9170

Provides counseling and advocacy services to children and families. Offers parenting classes, a children's psycho-educational play group and a group for survivors of domestic violence. All services are 100% bilingual and bicultural.

COLORADO FAMILY COUNSELING CENTER, LLC

1230 Tenderfoot Hill Road, Suite 100 Colorado Springs, CO 80906

720-506-9285

Specializes in play therapy, children, teens, families, and trauma. Provides therapy to those of all ages. Daytime, evening, and weekend appointments available.

DIAL 211

Physical & Mental Health Resources – including health insurance programs, Medicaid and Medicare, maternal health, medical information lines, crisis intervention services, support groups, counseling, and drug and alcohol intervention and rehabilitation.

Diversus

Several locations available

719-572-6100

<https://diversushealth.org/>

Provides mental and substance abuse services. Child, teen, and family counseling available.

DIVERSUS HEALTH LIGHTHOUSE WALK-IN CRISIS CENTER

115 S Parkside Dr Colorado Springs, CO 80910

719-572-6100

DREAM CENTERS

4360 Montebello Drive, Suite 900 Colorado Springs, CO 80918

719-388-1594

Free counseling services for women.

FAMILY CARE CENTER, LLC

1330 Quail Lake Loop, Suite 260 Colorado Springs, CO 80906

719-540-2100

Middle and high school Dialectal Behavioral Therapy (DBT) programs, depression, anxiety, PTSD, family stress and conflict, childhood trauma, sexual trauma, addiction and dependency, childhood problematic behavior, ADHD, etc.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) of Colorado Springs

510 East Willamette Avenue Colorado Springs, CO 80903

719-473-8477

<https://nami.org/findsupport>

NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families through advocacy, research, support, and education.

PALOME CHILD AND FAMILY SPECIALISTS

3709 Parkmoor Village Dr, Suite 106 Colorado Springs, CO 80917

719-571-9950

<https://www.palomechildandfamilyspecialists.com/index.html>

Family centered therapeutic services for children and families.

PIKES PEAK SUICIDE PREVENTION

719-573-7447

<https://www.pikespeaksuicideprevention.org/>

Virtual suicide prevention connection group on Mondays at 7pm (no cost). Virtual teen talk group on Sundays at 6pm (no cost). Virtual Mindful Movement on Wednesdays at 7pm. Surviving the storm grief group on Tuesdays at 5:30pm. Draw it out youth support group on Saturdays at 1pm

USA SUPPORT GROUPS

<https://www.mhanational.org/find-support-groups>

MENTAL HEALTH PRACTITIONERS & GROUPS

AMANDA KACENA, LCSW

108 Ohio Avenue, #B Fountain, CO 80817

719-695-0044

Provides therapy for adolescents 12 years and older as well as adults.

BARB WALDNER, LMFT

10 Boulder Crescent, Suite 203E Colorado Springs, CO 80903

719-660-8973

Specializes in trauma, play therapy, mood disorders, foster care, adoption, family systems, parent coaching, and some co-parenting.

BEHAVIORAL HEALTH CONSULTANTS

3220 North Academy Boulevard #3 Colorado Springs, CO 80917

719-888-9655

Provides individual, family and group therapy intensive outpatient programs (IOP). Specializes in depression, anxiety, adolescent issues, eating disorders, addiction, parenting, and play therapy.

BEVERLY HAWPE AND ASSOCIATES

724 North Tejon Street Colorado Springs, CO 80903

719-227-7745

<https://beverlyhawpeassociates.com/>

Substance use and mental health treatment

A CENTER FOR CHILD COUNSELING - Krista Johnson

315 North Weber Street, Suite 300 Colorado Springs, CO 80903

719-632-2663

Provides individual and play therapy for children ages 2-12 and their families.

CENTER FOR TRAUMA AND RESILIENCE

303-894-8000 for English or 303-718-8289 for Spanish

Multi level systems and wrap around services (trauma sensitive yoga, crisis intervention, advocacy, counseling, peer support, ear acupuncture, etc.) and case management for individuals that have experienced trauma.

A CHILDREN'S COUNSELING CENTER - Jamye Rico

4251 Date St Colorado Springs, Co 80917

719-639-4869

Provides play therapy for children 2-10 years old.

COLORADO MOTION

719-422-5029

<http://colorado-motion.com/>

Movement and experiential therapy, peer support mentoring, and family counseling.

FAMILY RESOURCE NETWORK/ KALEIDOSCOPE COUNSELING

5360 North Academy Boulevard, Suite 130 Colorado Springs, CO 80918

719-277-7477

1-866-900-KIDS (5437)

<https://familyresourcenetworkco.com/>

Through strength based, person centered, and goal oriented approach we aim to help individuals and families find solutions that work for them. Two certified EMDR treatment providers to assist adults and children with recovery from traumatic experiences.

FRONT RANGE INSTITUTE

2864 South Circle Drive, #625 Colorado Springs, CO 80906

719-531-9211

Provides mental health and substance abuse services to teens and adults utilizing brief, solution-focused therapy. Individual, marital, and family therapy available

HEALTH HEALING HOPE MINISTRIES

<https://www.healthhealinghopeministries.org/>

Equine therapy.

JILL KARSH-MIKOLL, LCSW

University Office Park
1843 Austin Bluffs Pkwy #202 Colorado Springs, CO
80918
719-660-5351

Provides individual, couples/marital, and family counseling, specializing in adolescents.

MIKE PAULY, LCSW, CACIII

10 Boulder Crescent Colorado Springs, CO 80903
719-209-0108

Provides counseling services to adolescents and adults. Specializes in substance abuse, depression, anxiety, and PTSD.

OPEN DOORWAYS COUNSELING - Renae Delacrose

2565 Airport Road Colorado Springs, CO 80910
719-632-3510

Provides experiential play therapy to individuals, families, and adults 2 years old and up. Specializes in trauma.

PEAK VISTA COMMUNITY HEALTH CENTERS

(Need to be seen by a Peak Vista primary care physician in order to receive mental health services)
350 Lyckman Dr Fountain, CO 80817
719-475-0783

SECOND WIND FUND

303-988-245 (Referral number)
<https://thesecondwindfund.org/>

Provides financial assistance for youth 19 and younger who have experienced a loss of a loved one by suicide or for a youth who has suicidal ideation to receive counseling services. A referral needs to be made by the child's school counselor.

SPARK THE CHANGE

www.sparkthechangecolorado.org

Pro Bono mental health counseling for low income individuals.

STABLE STRIDES

13620 Halleluiah Trail Elbert, CO 80106
719-495-3908
<https://www.stablestrides.org/>

Equine therapy.

UTE PASS PSYCH EVAL - Chris Estep, PsyD

719-457-6568
<https://utepasspsycheval.com>

Psychological, neuropsychological, and forensic psychology assessments and testing.

MILITARY

CHILD AND FAMILY ASSISTANCE CENTER

Evans Army Community Hospital, Soldier Family Care Center (East side of hospital)
1650 Cochrane Circle Fort Carson, CO 80913
719-503-7070

Provides comprehensive evaluations and consultations for children and adolescents who exhibit a wide variety of behavioral and psychiatric challenges.

CITIZEN SOLDIER CONNECTION

<http://citizensoldierconnection.org/>

Provides support to military connected families through advocacy, events, activities, and awareness.

EXCEPTIONAL FAMILY MEMBER PROGRAM

719-526-0446

Mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to families with special needs.

MILITARY FAMILY LIFE COUNSELORS (MFLC)

719-338-7216

MFLC offers intervention and support to military members and their families. They provide non-medical, short-term counseling per person, per issue for every day issues, such as anger management, stress, parenting, communication, family relationships, deployment, and other military-related topics. Anonymous (no names or records kept, except for Duty to Warn issues).

MILITARY ONE SOURCE

1-800-342-9647

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, and reserve members, and their families. Information includes, but is not limited to, deployment, reunion, relationships, grief, spouse employment and education, parenting and childhood services.

PIKES PEAK NETWORK OF CARE

pikespeak.co.networkofcare.org

Connect service members, veterans, and their families to resources.

VA ROCKY MOUNTAIN NETWORK

303-202-8165

www.visn19.va.gov

WARRIOR WAREHOUSE

5050 Tevis Street, Building 305 Fort Carson, CO 80913

Provides active-duty soldiers E-5 and below with up to 5 free household items a month. Open Tuesday-Thursday from 10:30am-1:30pm.

RECREATION

BIG BROTHERS BIG SISTERS

111 South Tejon Street, Suite 302 Colorado Springs, CO 80903

719-633-2443

Provides children facing adversity with strong and enduring, professionally supported one-to-one relationships.

BOYS AND GIRLS CLUB

3595 East Fountain Boulevard, Suite E1 Colorado Springs, CO 80910

719-570-7077

CHILD, YOUTH & SCHOOL SERVICES (CYS) – Military

1675 Ellis Street, Building 1217 Fort Carson, CO 80913
719-526-1101

CYS has a variety of programs designed for children ages six-weeks through 18 years.

EL PASO COUNTY PARKS

<https://www.visitcos.com/directory/el-paso-county-parks/>

EVERY KIDS SPORTS

<https://everykidsports.org/>

A National organization available to youth ages 8 to 18 to help families pay for sport registration costs. This organization will provide families \$150 three times a year/child. To be eligible the child/family needs to be enrolled in SNAP, Medicaid, WIC, or in Foster Care.

FORT CARSON FAMILY & MORAL WELFARE & RECREATION (MWR)- Military

1675 Ellis St. Fort Carson, CO 80913

333-7929

FORT CARSON GRANT LIBRARY

1637 Flint Street, Building 1528 Fort Carson, CO 80913

526-2350

FOUNTAIN LIBRARY

230 South Main St. Fountain, CO 80817

719-382-5347

FOUNTAIN VALLEY YMCA

326 W Alabama Ave. Fountain, CO 80817

719-884-2198

MILITARY ARTS CONNECTION

Connects military service members, veterans, and families with free art enrichment experiences you're your student is interested in participating in a community art program, contact your child's school counselor.

<https://www.culturaloffice.org/programs/creative-forces/>

PARKS AND RECREATION- CITY OF FOUNTAIN

Visit the City of Fountain website for additional information.

<https://www.fountaincolorado.org/>

PEAK RADAR

www.PeakRadar.com

A one-stop shop for all the cultural happenings in the Pikes Peak Region.

ROYAL FAMILY KIDS

A faith-based summer camp for youth who are supported through foster care.

<https://royalfamilykids.org/>

SPECIAL NEEDS RESOURCES

ALPINE AUTISM CENTER

2760 Fieldstone Rd Colorado Springs, CO 80919

719-203-6903

www.alpineautismcenter.org

Advocacy services and one-on-one instruction using ABA through a variety of settings: center based, home based, and day habilitation.

AUTISM SOCIETY OF COLORADO

720-214-0794

www.autismcolorado.org

Serves as a resource and bridge to connections for the autism community. Provide support groups, education, community events, and resource connection.

BRAIN INJURY ALLIANCE OF COLORADO

303-355-9969

<https://biacolorado.org/>

Resource for help and services for survivors of an injury to the brain, their families, and providers. Provide support groups, education, resources, mentoring, etc.

COLORADO BEHAVIOR AND LEARNING GROUP

2976 N Academy Blvd Colorado Springs, CO 80917

719-465-2986

<https://www.coloradobehavior.com/>

COLORADO COUNCIL OF THE BLIND AND VISUALLY IMPAIRED

303-895-7140

<https://acb.org/affiliate-colorado>

MOSAIC

4775 Centennial Blvd Suite 150 Colorado Springs, CO 80919

719-380-0451

www.mosaicinfo.org/

Services designed for people with intellectual and developmental disabilities, senior care, and behavioral health needs and Autism.

NEW HEIGHTS BEHAVIORAL HEALTH

Located within the Developmental Disabilities Health Center (DDHC)

3207 North Academy Boulevard, Suite 3300 Colorado Springs, CO 80917

719-344-6378

Provides services to children and adults with developmental/intellectual disabilities. Offers integrated family, individual, group, child and adolescent therapies, counseling with foster families, military families, and in-home or primary care settings.

PEAK PARENT CENTER

917 E Moreno Ave Suite 140 Colorado Springs, CO 80903

719-531-9400

<https://www.peakparent.org/>

Parental resources for students with a disability regarding special education, advocacy, transition services, and support.

THE ARC

719-471-4800

<https://www.thearcppr.org/>

Advocacy, guardianship, education, judicial advocacy, and inclusive life-skills resources center for individuals with intellectual and developmental disabilities.

THERAPEUTIC RECREATION PROGRAM

719-385-6964

<https://coloradosprings.gov/parks/page/therapeutic-recreation-program-trp>

Opportunities for individuals with disabilities to participate in leisure activities and function within the community setting through arts and culture, sports, social enrichment, community integration, and outdoor activities.

SUBSTANCE ABUSE AND RECOVERY

CENTER FOR COMMUNITIES THAT CARE

719-216-6909

<https://www.communitiesthatcare.net>

Evidence based programs to prevent youth substance use in the Fountain Valley through resources, education, and opportunities.

Diversus

Several locations available

719-572-6100

<https://diversushealth.org/>

BEHAVIORAL HEALTH CONSULTANTS

3220 North Academy Boulevard #3 Colorado Springs,
CO 80917

719-888-9655

COLORADO COUNSELING AND CONSULTING

2790 North Academy Boulevard, Suite # 312 Colorado
Springs, CO 80917

719-444-0250

**SPRINGS RESCUE MISSION NEW LIFE REHABILITATION
PROGRAM**

15 E Las Vegas St Colorado Springs, CO 80903

719-314-2369

12 month residential addiction recovery program for
men.

TRANSPORTATION**FOUNTAIN MUNICIPAL TRANSIT**

Visit the City of Fountain website for maps and
schedules.

*Free summer transportation with D8 student ID.

HOP SKIP DRIVE

844-467-7547

<https://www.hopskipdrive.com>

Safe transportation for students.

MERCY'S GATE

4360 Montebello Drive, Suite # 300 Colorado Springs,
CO 80918

277-7470

Bus tokens and gas vouchers available.

REACH PIKES PEAK

501 East Iowa Fountain, CO 80817

382-8515

Family Stabilization Services offers rent, utility, food,
medical, prescription, housing, and transportation
assistance to eligible families.

Other**KID POWER COLORADO**

719-520-1311

kidpowercs.org/

Offer comprehensive safety education programs in
several formats.