

# Douglas County

## Resource Guide

2024



Connect with  
what you need!

720.643.2400  
CH@douglas.co.us



Dear Resource Guide Readers,

We are once again the healthiest county in Colorado, which is a great distinction; we also know that there are people in our community who struggle and who need help with various life issues. Douglas County Health Department is committed to working with other agencies in the county to promote the health and well-being of Douglas County residents. We help people find the right resources and hope that this guide will be of value to you in finding what you need in Douglas County.

The service providers that we have listed here are dedicated to serving everyone in need within our county. Please reach out to the appropriate provider to help you and your family with whatever issues you are facing.

Let's work to make Colorado's healthiest county even healthier!

Michael Hill  
Executive Director

410 S Wilcox Street, Suite 103, Castle Rock, CO 80104  
720-643-2400 [www.douglas.co.us/health-department](http://www.douglas.co.us/health-department)

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## LEGEND



Eligibility based on household size and income



You do not have to be a U.S. Citizen to qualify

Douglas County Health Department does not hold responsibility for the outcomes of any services provided by the agencies listed in the resource guide.

# AGING RESOURCES

<b>Aging Resources of Douglas County</b> <a href="http://agingresourcesdougco.org">agingresourcesdougco.org</a>	303.814.4300
<b>Castle Rock Senior Activity Center</b> <a href="http://castlerockseniorcenter.org">castlerockseniorcenter.org</a>	303.688.9498
<b>Colorado Visiting Nurse Association</b> <a href="http://vnacolorado.org/capable/">vnacolorado.org/capable/</a> <a href="mailto:GoodenowA@VNAColorado.org">GoodenowA@VNAColorado.org</a>	303.698.2121
<b>Highlands Ranch Metro District</b> Active Adult Programs & Services <a href="http://highlandsranch.org/recreation/senior-center-programs-services">highlandsranch.org/recreation/senior-center-programs-services</a>	720.240.4922
<b>Home Well Care Services</b> <a href="https://homewellcares.com/in-home-care-co-englewood-co1674/">https://homewellcares.com/in-home-care-co-englewood-co1674/</a>	303.487.5471
<b>Information &amp; Transportation Services</b>	303.660.7519
<b>Parker Senior Center</b> <a href="http://parkerseniorcenter.org">parkerseniorcenter.org</a>	303.841.5370
<b>To The Rescue</b> <a href="https://totherescue.net/">https://totherescue.net/</a> 10270 S. Progress Way, Parker, CO 80104	720.851.2100
<b>Visiting Angels</b> <a href="http://visitingangels.com">visitingangels.com</a>	877.618.4748 720.981.0804

# CHILD ASSESSMENT

<b>Child Find</b> <a href="http://cde.state.co.us/early/childfind">cde.state.co.us/early/childfind</a>	720.433.0020
<b>Developmental Pathways</b> <a href="http://dpcolo.org">dpcolo.org</a>	303.858.2255
<b>Early Intervention Colorado</b>	888.777.4041



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## CHILDCARE & PRESCHOOL

Colorado Shines | Assistance Finding Childcare **877.338.2273**  
[childcarereferrals@unitedwaydenver.org](mailto:childcarereferrals@unitedwaydenver.org)

Colorado Childcare Assistance Program (CCCAP) **303.688.4825**  
[cccac@douglas.co.us](mailto:cccac@douglas.co.us)

Douglas County Child Care Association Childcare Referrals  
Castle Rock **303.660.5584**  
Highlands Ranch [highlandsranchreferrals@gmail.com](mailto:highlandsranchreferrals@gmail.com)  
Parker/Elizabeth **303.805.0824**

Douglas County Early Childhood Council  
[dsmith1@douglas.co.us](mailto:dsmith1@douglas.co.us)

Douglas County School District **720.433.0025**  
Preschool Information Line

Universal Preschool [gwhalen1@dcsdk12.org](mailto:gwhalen1@dcsdk12.org)

## CHILD SAFETY

Car seat safety **303.660.1066**  
<https://www.crgov.com/1880/Car-Seat-Safety>

Car seat checks Castle Rock: **303.660.1066**  
Station 151 / Fire Headquarters  
300 Perry St., Castle Rock CO 80104

Poison Center Helpline **1.800.222.1222**  
<https://www.copoisoncenter.org>

South metro safety foundation **303.805.0228**  
<https://www.southmetrofoundation.org/car-seat-inspections/>



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# COMMUNITY RESOURCES

**Catholic Charities**

**720.215.4521**

[ccsoco.org](http://ccsoco.org)

**DC Cares**

<https://www.douglas.co.us/community-services/services/self-sufficiency/self-sufficiency-dc-cares/>

**Douglas County Libraries**

**303.791.7323**

<https://www.dcl.org>

**Front Range Area Health Education Center**

**303.720.7600**

<https://www.frhealth.org>

**Manna Care**

**720.515.8814**

[mannaresourcecenter.org](http://mannaresourcecenter.org)

**United Way**

**211 or 303.561.2111**

[unitedwaydenver.org](http://unitedwaydenver.org)

# COVID-19 RESOURCES

**ICATT Testing sites in Douglas County** <https://testinglocator.cdc.gov/>

# DOUGLAS COUNTY HUMAN SERVICES

Childcare, child support, employment, energy, food assistance, medical, mental health, older adult, veteran, person with disability, adult and child protection, and transit resources. **303.660.7400/303.688.4825**

[douglas.co.us/human-services/](http://douglas.co.us/human-services/)



# DOUGLAS COUNTY SCHOOL DISTRICT

**Douglas County School District**

**303.387.0100**

[dcsdk12.org](http://dcsdk12.org)

Parent resources, enrollment, school directories, transportation & meals, health, wellness and prevention.



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# DOUGLAS COUNTY SCHOOL DISTRICT

## DCSD Homeless Education

[https://www.dcsdk12.org/about/our\\_district/departments/health\\_wellness\\_and\\_prevention/homeless\\_students](https://www.dcsdk12.org/about/our_district/departments/health_wellness_and_prevention/homeless_students)

## Family Education Resources

Assessments, curriculum, dyslexia information, instruction, literacy interventions.

[https://www.dcsdk12.org/about/our\\_district/departments/learning\\_services/curriculum\\_instruction\\_assessment/family\\_resources](https://www.dcsdk12.org/about/our_district/departments/learning_services/curriculum_instruction_assessment/family_resources)

## Homeless Liaison

homelessliaison@dcsdk12.org

303.387.0142

## McKinney-Vento Services

[homelessstudents/McKinney-Ventoservices](https://www.dcsdk12.org/homelessstudents/McKinney-Ventoservices)

Coordinator: Megan Tran

## Regional Cultural Liaisons

Castle Rock

Claudia Johnson | [cjohnson6@dcsdk12.org](mailto:cjohnson6@dcsdk12.org)

Highlands Ranch

Oksana Yates | [oyates@dcsdk12.org](mailto:oyates@dcsdk12.org)

Parker

Bruna Mendez | [bmendez@dcsdk12.org](mailto:bmendez@dcsdk12.org)

## School-based Cultural Liaisons

Castle Rock Middle School, Castle View High School, and Sedalia

Elementary School

[nrodriguez@dcsdk12.org](mailto:nrodriguez@dcsdk12.org)

Douglas County High School

[edeprado@dcsdk12.org](mailto:edeprado@dcsdk12.org)

South Ridge Elementary School

[mvcisneros@dcsdk12.org](mailto:mvcisneros@dcsdk12.org)

## Student teacher program

<https://www.dcsdk12.org/cms/One.aspx?portalId=220484&pageId=5813645>

Contact Mike Loitz at [mike.loitz@dcsdk12.org](mailto:mike.loitz@dcsdk12.org)

# DOMESTIC VIOLENCE & CHILD ABUSE SAFETY

Colorado Child Abuse and Neglect Hotline

844.CO.4.KIDS (264.5437)



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## DOMESTIC VIOLENCE & CHILD ABUSE SAFETY CONT.

### Find a Shelter or Program Near You

[Domesticshelters.org](http://Domesticshelters.org)

**National Domestic Violence Hotline** 800.799.7233  
**National Teen Dating Abuse Hotline** 866.331.9474

<https://youth.gov/federal-links/national-teen-dating-abuse-helpline>

**Project Safeguard** 720.618.3482  
[psghelps.org](http://psghelps.org)

**The Blue Bench** 303.329.9922 ext. 302  
<https://thebluebench.org>  
24-Hour sexual assault hotline 303.322.7273  
Línea de servicio en español 303.329.9922 ext. 338

**The Crisis Center**  
24-Hour Crisis Hotline 303.688.8484 or 1.888.247.7472  
[thecrisiscenter.org](http://thecrisiscenter.org)

**Women's Crisis & Family Outreach** 303.688.1094  
<https://domesticviolence.org/colorado/douglas/castle-rock/womens-crisis-and-family-outreach-center/>

## FOOD ASSISTANCE

**Backpack Society** 720.583.2224  
213 W. County Line Road, Highlands Ranch, CO 80129  
<https://www.backpacksociety.org>

**Cavalry Castle Rock** 303.663.2514  
[calvarycr.com](http://calvarycr.com)

0 Caprice Dr., Castle Rock CO 80109

**Help & Hope Center** 303.688.1114  
[helpandhopecenter.org](http://helpandhopecenter.org)

1638 Park St., Castle Rock 80109

**Integrated Family Community Services** 303.789.0501  
[fcs.org](http://fcs.org)

370 S. Irving St., Englewood 80110

**Life Center Littleton** 303.953.7180  
[lifecenterlittleton.org/service/food-bank](http://lifecenterlittleton.org/service/food-bank)

5804 S Datura St., Littleton 80120



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# FOOD ASSISTANCE CONT.

## Life Connect Pantry-Grace Chapel

303-799-4900

[www.gracechapel.org/life-connect](http://www.gracechapel.org/life-connect)

8505 S. Valley Hwy Rd., Englewood, CO 80112

## Manna Care

303.791.4500 Ext. 8340

<https://mannacare.org.au/>

3900 Grace Blvd., Highlands Ranch 80126

## Parker Task Force Food Bank

303.841.3460

[parkertaskforce.org](http://parkertaskforce.org)

Long Way, Parker 80134

## SECOR Cares, Parker

720.842.5621

[secorcares.com](http://secorcares.com)

17151 Pine Ln., Parker, CO 80134

## Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

720.643.2401

[WIC@douglas.co.us](mailto:WIC@douglas.co.us)

[douglas.co.us/health-department/community-health/wic](http://douglas.co.us/health-department/community-health/wic)



## St. Elizabeth's Pantry

303.799.1036

[paxchristi.org](http://paxchristi.org)

5716 McArthur Ranch Rd., Highlands Ranch 80124

## St. Vincent de Paul Society

303.847.2606

[svdpcr.org](http://svdpcr.org)

2746 5th St., Castle Rock 80104

## Supplemental Nutrition Assistance Program (SNAP)

303.688.4825

A federal nutrition program that helps stretch your food budget and buy healthy food.

[peak--coloradopeak.force.com](http://peak--coloradopeak.force.com)



## Application Assistance (SNAP PEAS)

720.643.2401

[SNAPPEAS@douglas.co.us](mailto:SNAPPEAS@douglas.co.us)

## The ROCK Food Bank

303.688.0777

[therock.org/foodbank](http://therock.org/foodbank)

4881 Cherokee Dr. 80109



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# HEALTH INSURANCE COVERAGE

## Connect for Health Colorado

[connectforhealthco.com](http://connectforhealthco.com)

Purchase health insurance; get financial help to reduce costs.

## Doctors Care Connection to Coverage

[doctorscare.org/health-insurance](http://doctorscare.org/health-insurance)

720.458.6185



## Health First Colorado: Colorado's Medicaid Program

[healthfirstcolorado.com](http://healthfirstcolorado.com)

303.866.2993



## OmniSalud

[connectforhealthco.com/get-started/omnisalud/](http://connectforhealthco.com/get-started/omnisalud/)

## Other Ways to Apply

### Colorado PEAK

[colorado.gov/peak](http://colorado.gov/peak)

800.221.3943

### Douglas County Human Services

303.688.4825

# HOSPITALS

## Advent Health at Castle Rock Hospital

720.455.5000

## Advent Health at Parker Hospital

303.269.4000

## Children's Hospital Colorado (South Campus)

720.478.1234

## Sky Ridge Medical Center

720.225.1000

## UCHealth Highlands Ranch Hospital

720.516.1000

# HOUSING

## Colorado Division of Housing



303.864.7810/ 720.775.5170

## Colorado Housing and Finance Authority

800.877.2432

[chfainfo.com](http://chfainfo.com)

## Colorado Housing Search

303.864.7810

[coloradohousingsearch.com](http://coloradohousingsearch.com)

## DC Cares Self-Sufficiency Program

303.814.4317



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Section 8 Resources



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## HOUSING CONT.

<b>Denver Housing Authority</b>	8	720.932.3030
<b>Denver Metro Fair Housing Center</b> <a href="http://dmfhc.org">dmfhc.org</a>		720.279.4291
<b>Douglas County Housing Partnership</b> <a href="http://douglascountyhousingpartnership.org">douglascountyhousingpartnership.org</a>		303.784.7856
<b>Douglas County School District Homeless Liaison</b> <a href="mailto:homelessliaison@dcsdk12.org">homelessliaison@dcsdk12.org</a>		303.387.0142
<b>Douglas County Veterans Affairs</b>		303.663.6200
<b>Family Tree</b> <a href="http://thefamilytree.org">thefamilytree.org</a>		303.467.2604
<b>Homeless Engagement, Assistance and Resources Team (HEART)</b> <a href="http://www.douglas.co.us/homeless-initiative/heart/">www.douglas.co.us/homeless-initiative/heart/</a>	8	303.660.7301
<b>Housing Choice Voucher</b> <a href="http://hud.gov/program_offices/public_indian_housing/pha/contacts">hud.gov/program_offices/public_indian_housing/pha/contacts</a>		303.660.7301
<b>South Metro Housing Options</b>	8	303.794.9608
<b>Volunteers of America</b> Veteran Housing Assistance <a href="http://voacolorado.org/find-housing">voacolorado.org/find-housing</a>		303.297.0408
<b>Winter Shelter Network</b> <a href="http://wintershelternetwork.org">wintershelternetwork.org</a>		720.295.3116

## IMMIGRANTS RIGHTS

<b>ACLU</b> <a href="http://aclu.org/issues/immigrants-rights">aclu.org/issues/immigrants-rights</a>		303.777.5482
<b>Immigrant Defense Project</b> <a href="http://immigrantdefenseproject.org">immigrantdefenseproject.org</a>		
<b>Littleton Immigrant Resources Center</b> <a href="http://library.littletonco.gov/Services/Littleton-Immigrant-Resources-Center">library.littletonco.gov/Services/Littleton-Immigrant-Resources-Center</a>		303.795.3968



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Section 8 Resources



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# IMMUNIZATION SERVICES

## CDPHE Free or Low-Cost Vaccine Map

[cdphe.colorado.gov/find-free-vaccine-provider](http://cdphe.colorado.gov/find-free-vaccine-provider)

## King Soopers

[kingsoopers.com/health/clinic/vaccinations](http://kingsoopers.com/health/clinic/vaccinations)

## Safeway

[safeway.com/pharmacy.html](http://safeway.com/pharmacy.html)

## STRIDE Community Health Center

303.778.7433

[stridechc.org](http://stridechc.org)

3515 S Delaware St, Englewood, CO 80110

## The Little Clinic

<https://www.kingsoopers.com/health/clinic/vaccinations>

## Walgreens

[www.walgreens.com](http://www.walgreens.com)

Or call your nearest Walgreens pharmacy

# IMMUNIZATION SERVICES TRAVELLING

## AFC Urgent Care

303.660.9700

[www.afcurgentcare.com/castle-rock/patient-services/travel-medicine/](http://www.afcurgentcare.com/castle-rock/patient-services/travel-medicine/)

5700 Abbey Ln., Castle Rock 80108

## Passport Health

303.442.8728

[www.passporthealthusa.com/locations/co/parker/909/](http://www.passporthealthusa.com/locations/co/parker/909/)

19641 E. Parker Square Dr., Parker 80134

## Walgreens

[www.walgreens.com](http://www.walgreens.com)

Or call your nearest Walgreens pharmacy

# LEGAL

## Colorado Legal Services

303.837.1321

## Colorado State Public Defenders

303.688.3081

## Douglas County

## Project Safeguard

720.618.3482

[psghelps.org](http://psghelps.org)

[info@psghelps.org](mailto:info@psghelps.org)

## Services Child Support Douglas County

303.814.7145



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## LOW- COST MEDICAL CARE

<b>Doctors Care</b> <a href="http://doctorscare.org">doctorscare.org</a>	303.730.1313
<b>Heartlight Family Clinic</b> <a href="http://heartlightclinic.com">heartlightclinic.com</a> 1001 S Perry St. #104B, Castle Rock 80104	720.485.3178
<b>STRIDE Community Health Center</b> <a href="http://stridechc.org">stridechc.org</a> 750 S Potomac St, Aurora, CO 80012 3515 S Delaware St, Englewood, CO 80110	303.778.7433

## MENTAL HEALTH RESOURCES

<b>AllHealth Network's</b> <a href="http://allhealthnetwork.org">allhealthnetwork.org</a> 2356 Meadows Blvd STE 230B, Castle Rock, CO 80109 6509 S Santa Fe Dr, Littleton, CO 80120	303.730.8858
<b>Colorado Crisis Services</b> <a href="http://coloradocrisisservices.org">coloradocrisisservices.org</a> 6509 S. Santa Fe Drive Littleton, 80120	1.844.493.8255
<b>Denver Springs</b> <a href="https://denversprings.com/">https://denversprings.com/</a>	720.643.4300
<b>Douglas County Mental Health Resources</b> <a href="http://www.douglas.co.us/mentalhealth/">www.douglas.co.us/mentalhealth/</a>	303.814.4368
<b>Ellie Mental Health</b> <a href="http://elliementalhealth.com/locations/highlands-ranch-co/">elliementalhealth.com/locations/highlands-ranch-co/</a>	720-696-9460
<b>Highlands Behavioral Health System</b> <a href="https://highlandsbhs.com/">https://highlandsbhs.com/</a> 8565 South Poplar Way, Littleton, CO 80130	720.348.2800
<b>IMatter Program</b> <a href="http://imattercolorado.org">imattercolorado.org</a>	1.844.493.8255 Text TALK TO 38255
<b>Maternal Mental Health Hotline</b> 1.833.9.HELP4MOMS (943.5746) 1.833.TLCMAMA (852.6262)	1.833.943.5746 1.833.852.6262



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# MENTAL HEALTH RESOURCES CONT.

## OwnPath

Behavioral health service navigation

[ownpath.co](https://ownpath.co)

## Spark the Change Colorado

[www.sparkthechangecolorado.org/mentalhealth.html](https://www.sparkthechangecolorado.org/mentalhealth.html)

Crisis services: Colorado Crisis Hotline:

1.844.380.6355

1-844-493-TALK (8255)

## The Care Compact Partner Network

[thecarecompact@douglas.co.us](mailto:thecarecompact@douglas.co.us)

303.242.2492

# PREGNANCY & PARENTING

## Alternatives Pregnancy Center

[youhavealternatives.org](https://youhavealternatives.org)

Inverness Way East, Suite 101 b, Englewood, CO 80112

303.295.2288

## Black Mamas Circle Support group

[childrenscolorado.org/globalassets/departments/mental-health/mental-health-for-new-moms/black-mamas-circle-2023-flyer.pdf](https://childrenscolorado.org/globalassets/departments/mental-health/mental-health-for-new-moms/black-mamas-circle-2023-flyer.pdf)

303.864.5252

## Breastfeeding Peer Counselor Program

[hwilliams@arapahoegov.com](mailto:hwilliams@arapahoegov.com)

303.734.5457

## Colorado Childcare Assistance Program (CCAP)



303.814.7135

## Colorado Resources for NICU Parents

Love for Lily [loveforlily.org](https://loveforlily.org)

Newborn Hope [newbornhope.org](https://newbornhope.org)

720.526.2556

## UCH Connections Mother-Infant Group

[WBHW@cuanschutzu.edu](mailto:WBHW@cuanschutzu.edu)

303.724.1646

## Colorado Resources for Supporting Perinatal Loss

### Angel Eyes

[angeleyes.org](https://angeleyes.org)

303.320.7771

### Denver Share

[denvershare.org](https://denvershare.org)

720.316.9917

## Connections Program for High-Risk Infants and Families

[WBHW@cuanschutzu.edu](mailto:WBHW@cuanschutzu.edu)

303.724.1646

## Cub Clinic: Psychotherapy, psychological assessment

<https://psychology.du.edu/clinics/content/contact-us>

303.871.3626



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# PREGNANCY & PARENTING CONT.

**Cultural Cura-Belly (CCB) Bilingual (Spanish/English) Perinatal Mental Health Services** 970.232.0740  
<https://www.lacocinahome.org/clinical>

**Developmental Pathways** 303.858.2229  
<https://www.dpcolo.org>

**Family Center of Douglas County** 720.633.5621  
3900 Grace Blvd., Highlands Ranch 80126 720.926.7122  
<https://www.familycenterdougco.org/> Castle Rock

**Healthy Expectations Perinatal Mental Health Program** 303.724.1646  
[healthyexpectations@childrenscolorado.org](mailto:healthyexpectations@childrenscolorado.org)

**Maternal Mental Health Hotline** 1.833.9.HELP4MOMS (943.5746)

**National Maternal Mental Health Hotline** 1.833.TLC.MAMA (852.6262)

**Nurse Family Partnership** 303.795.HLTH (4584)  
[nursefamilypartnership@arapahoegov.com](mailto:nursefamilypartnership@arapahoegov.com)

**Parenting Classes at Castle Rock Adventist Hospital** 720.455.0355  
[chelseadykstra@centura.org](mailto:chelseadykstra@centura.org)  
[centura.org/location/castle-rock-adventist-hospital/birth-center](http://centura.org/location/castle-rock-adventist-hospital/birth-center)

**Parents Thrive Colorado**  
[parentsthive.org](http://parentsthive.org)

**Postpartum Support International (PSI)** 1.800.944.4773  
CO PSI Chapter: [psichapters.com/co/](http://psichapters.com/co/)  
Text in English: 800-944-4773  
Text en Español: 971-203-7773

**STRIDE Community Health Center** 303.778.7433  
[stridechc.org](http://stridechc.org)  
15132 E Hampden Ave, Aurora, CO 80014  
3515 S Delaware St, Englewood, CO 80110

**The Birth Squad Denver** 303.970.0441  
[psichapters.com/co/#birth-squad](http://psichapters.com/co/#birth-squad)

**Thriving Families/Mother Wise** 720.504.4624  
[thrivingfamiliescolorado.org](http://thrivingfamiliescolorado.org)

**Tough as a Mother** 844.493.8255  
[toughasamother.org/find-help/](http://toughasamother.org/find-help/) Text TALK to 38255



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## PREGNANCY & PARENTING CONT.

**Women's Behavioral Health and Wellness** 303.724.1646  
[WBHW@cuanschutz.edu](mailto:WBHW@cuanschutz.edu)

**Yana Support Group** 720.926.7122  
[yanamom.com](http://yanamom.com)  
7173 S. Havana St Suite 600-220, Centennial, CO 80112

## RESOURCES FOR NAVIGATION & SELF-SUFFICIENCY

**Catholic Charities** 720.215.4521  
[www.ccharitiescc.org](http://www.ccharitiescc.org)

**Family Center of Douglas County**  
[familycenterdougco.org](http://familycenterdougco.org)  
Castle Rock 720.215.4521  
Highlands Ranch 720.505.3689

**Manna Resource Center** 720.515.8814  
[mannaresourcecenter.org](http://mannaresourcecenter.org)

**United Way Help Center** 211 or 303.561.2111  
[unitedwaydenver.org](http://unitedwaydenver.org)

## RESOURCES FOR PERSONS WITH DISABILITIES

**Developmental Pathways** 303.360.6600  
[dpcolo.org](http://dpcolo.org)  
14280 E. Jewell Ave., Suite A, Aurora CO 80012

**Douglas County Resource Guide**  
[douglas.co.us/community/persons-with-disabilities/](http://douglas.co.us/community/persons-with-disabilities/)

**The ARC - Arapahoe, Douglas, Elbert** 303.220.9228  
[arc-ad.org](http://arc-ad.org)

## SUBSTANCE ABUSE RESOURCES

**Baby & Me Tobacco Free**  
[babyandmetobaccofree.org](http://babyandmetobaccofree.org)  
**Colorado Quit Line** 1.800.QUIT.NOW (784.8669)  
[coquitline.org](http://coquitline.org)

[Findtreatment.gov](http://Findtreatment.gov) 800.662.HELP (4357)



Eligibility based on household size and income



You do not have to be a U.S. Citizen to qualify



# SUBSTANCE ABUSE RESOURCES CONT.

**Hard Beauty** 303.993.7030  
<https://hardbeauty.life/>  
**My Life My Quit** [co.mylifemyquit.org](https://co.mylifemyquit.org)

## TRANSPORTATION

**Carepool** 1.833.268.2688  
<https://www.carepool.us/>  
**Douglas County Transit Services** 303.814.4374  
[www.douglas.co.us/community/transportation/](http://www.douglas.co.us/community/transportation/)  
**Douglas County Transit Solutions**  
[douglas.co.us/community-services/partnerships-transportation-dcts/](http://douglas.co.us/community-services/partnerships-transportation-dcts/)  
**Link on demand, City of Lone Tree (Free Shuttle Service)**  
[cityoflonetree.com/link-on-demand/](http://cityoflonetree.com/link-on-demand/) 719.212.2430  
**Non-Emergency Medical Transportation** 855.489.4999  
[gointelliride.com/colorado](http://gointelliride.com/colorado)  
**RTD Access a Ride** 303.299.2960  
**Regional Transportation District | RTD-Denver**  
**Way to Go - Commuter Services**  
[drcog.org/services-and-resources/way-go-commuter-services](http://drcog.org/services-and-resources/way-go-commuter-services)

## UTILITY ASSISTANCE

**Emergency/General Assistance** 303.688.4825  
[douglas.co.us/human-services/assistance/financial-assistance/emergency-general-assistance/](http://douglas.co.us/human-services/assistance/financial-assistance/emergency-general-assistance/)  
**Help & Hope Center** 303.688.1114  
[helpandhopecenter.org](http://helpandhopecenter.org)  
1638 Park St. 80109, Castle Rock CO 80109  
**Low-Income Energy Assistance Program (LEAP)**  
1.866.HEAT.HELP (432.8435)  
[cdhs.colorado.gov/leap](http://cdhs.colorado.gov/leap)



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# VITAL RECORDS - DOUGLAS COUNTY HEALTH DEPARTMENT

Available in person or online at:

720.643.2480

[www.douglas.co.us/health-department/vital-records/](http://www.douglas.co.us/health-department/vital-records/)

410 S. Wilcox St., Castle Rock 80104

[vitalrecords@douglas.co.us](mailto:vitalrecords@douglas.co.us)

## WORFORCE RESOURCES

**ADWorks!**

303.636.1160

[adworks.org](http://adworks.org)

**Workforce Centers:**

15400 E. 14th Place, Aurora, CO 80011

4500 Limelight Ave, Castle Rock, CO 80109

**Arapahoe Community College**

303.660.3160

[arapahoe.edu](http://arapahoe.edu)

**Connecting Colorado**

[connectingcolorado.com](http://connectingcolorado.com)

**Douglas County Temporary Services Inc.**

303.688.6795

[www.dctemps.biz/home](http://www.dctemps.biz/home)

**Douglas County Youth Employment Program**

[YouthEmploymentProgram@douglas.co.us](mailto:YouthEmploymentProgram@douglas.co.us)

**Employment First**

303.981.1236

[employmentfirstcolorado.org](http://employmentfirstcolorado.org)

**Parker Task Force**

303.841.3460

[parkertaskforce.org/WP/](http://parkertaskforce.org/WP/)

**Youth Build/Mile High Youth Corps**

[www.milehighyouthcorps.org](http://www.milehighyouthcorps.org)

**Workforce Centers**

[cdle.colorado.gov/jobs-training/workforce-centers](http://cdle.colorado.gov/jobs-training/workforce-centers)



Eligibility based on  
household size and income



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## ADDITIONAL RESOURCES

### AGING RESOURCES

**Angel Sense Program:** this program is for people of all ages who wander and get lost. The client wears a GPS-style device. Loved ones can track the device through an app on their smartphones for a quick and speedy recovery.

<https://dcsheriff.net/community/angelsense/> 303.660.7544

**Douglas Senior Safe Program:** this program is designed to help isolated or lonely older adults get reintroduced to our great community.

<https://dcsheriff.net/community/senior-safe/>

**Medic Alert Program:** clients in this program will get a bracelet or a necklace that will help first responders or medical professionals identify the individual and get important medical information.

To sign up for these free programs, contact Ryan Falkner at

[rfalkner@dcsheriff.net](mailto:rfalkner@dcsheriff.net) 303.663.7748

### MENTAL HEALTH/ PREGNANCY & PARENTING

**Nurturing Newborns:** offers respite care to families with infants and toddlers that were born prematurely, have delays, disabilities, or health issues from 0-3.

720.252.4503

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

**The Riley Center for Hope & Healing**

5603 S Prince St, Littleton, CO 80120

720.213.8016

[theyliecenter.com](http://theyliecenter.com)

### WOMEN'S WELLNESS

**CDPHE Women's Wellness Connection (WWC):** this program provides access to free mammograms and pap smears to those who are eligible. Individuals can use the maps on CDPHE's website or call 866.951.9355 to find a location nearest to them.

<https://cdphe.colorado.gov/wwc>



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**CONTACT US**  
**720.643.2400**  
**CH@douglas.co.us**

