

Resources for Families

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GENERAL RESOURCES

Call 2-1-1

- United Way dial 2-1-1 is a free confidential service that helps people across U.S. find local resources. It's open 24 hours a day, seven days a week. It offers multilingual service that refers callers to non-emergency health and human services.
- Referrals you access by dialing 2-1-1 or <http://www.211.org/> (Zip code or City and STATE): Licensed child care, Rental/Utility assistance, Housing/Emergency shelter, Food/Clothing Banks, Mental Health assistance, Medical clinics, prescription assistance, Dealing with and preventing abuse, Support Groups, GED and ESL classes, Suicide prevention and intervention, Legal assistance, Youth programs, Subsidized spay/neuter for pets and MORE!

Arapahoe Library District

Community Services features schools, educational information, state and local government information, new resident information, local attractions, transportation, community guide, publications.

United Way of Denver

HELPLINE - 303 433-8383 free, confidential information and referrals; M – F, 8 – 5 HELP FOR HARD TIMES – an online resource for individuals experiencing financial difficulties. How to budget. Handling your credit. Employment counseling. Legal services. Managing utility payments. Food. Housing. Employment. Medical care.

Aurora Family Assistance Center 303 363-9543

Emergency transportation, clothing and food. Assistance with rent to help prevent eviction. Counseling to help establish payment plan. Payments made to Xcel Energy to prevent shut-offs (on call-by-call basis).

Interchurch Task Force (Aurora) 303 360-0260

Inter-Faith Task Force (SW Arapahoe) 303 789-0501

Emergency food & clothing, Utility and rent assistance. Prescriptions, gas & bus tokens, and more.

Parker Task Force 303 841-3460

The Parker Task Force is located at 20118 East Main Street, Unit D in Parker. The Task Force has a food bank, and can provide emergency assistance to families in Parker, Elizabeth, and Franktown areas. See the Task Force website for more information. <http://www.parkertaskforce.org/>

Douglas/Elbert Task Force 303 688-1114

Douglas and Elbert Task Force helps residents of Douglas and Ebert counties who are in financial difficulties or risk of homelessness. See the Douglas/Ebert Task Force website for more information. <https://www.detaskforce.org/>

Child Support

Assistance with recovering child support. <http://childsupport.state.co.us>

EMERGENCY SERVICES

Comitis Crisis Service

2178 Victor St; Aurora, CO 80045
303 343-9890

United Way Help Line

2505 18th St. Denver, CO 80211
303 433-8383

The Center for Trauma & Resilience

303 894-8000 or 303 718-8289 (Spanish)

Denver Rescue Mission

303 297-1815

Servicios De La Raza –303 343-1851

3131 W. 14th Ave; Denver, CO 8020

Gateway Battered Women's Shelter

303 485-5851 Spanish

AspenPointe Woodmen Walk-in Center & Outpatient Care

60721 E. Woodmen Rd Suite 135
Colorado Springs, CO 80923

Mental Health Walk in Crisis Center

844-493-8255 OR Text "TALK" 3855 OR coloradocrisisservices.org

Littleton Walk-In Crisis Services

6509 S. Santa Fe Drive; Littleton, CO

Denver Walk-In Crisis Services

4353 E. Colfax Ave; Denver, CO

Aurora Walk-In Crisis Services

2206 Victor Street; Aurora, CO

Colorado Springs Walk- In

6071 E. Woodmen Rt Ste 135;

HELPLINES/HOTLINES/SUPPORT GROUPS

American Cancer Society

800 227-2345

Judi's House (For Grieving Children & Families)

720 941-0331 or Toll Free: 877 369-0331

PFLAG (Parents, Families, & Friends, & Allies United with LGBTQ People)

Denver: 303 573-5861 or Colorado Springs 719 575-8658

NAMI Colorado (National Alliance of Mental Illness)

303 321-3104 or www.namicolorado.org

National Suicide Prevention Hotline

800 784-2433

Domestic Violence Hotline

800 829-1122

Youth Support Line

303 894-9000

Arapahoe/Douglas Health Network

303 795-6187 (24 hours/7 days a week)

Addiction and Alcohol Hotline

844 244-3171 (24 hours/7)

Self-Injury Foundation's

800 334-HELP (24 hours)

Trevor Project (for LGBTQ+ youth)

866 488-7386

National Sexual Assault Hotline (RAINN)

800 656-4673 (24 hours) or online.rainn.org

Trans Lifeline

877 565-8860 (Mountain time: 9 am-3 am)

NEDA (National Eating Disorder Association)

800 931-2237

OptionLine (Pregnancy Hotline)

800 712-4357 or text" HELPLINE to 313131

Pregnancy Helpline

608 755-9739 (24 hours/ 7 days)

DAYCARE

Arapahoe County Dept of Human Services
14890 E. Alameda Dr.; Aurora, CO 80012
303 636-1130

Child Care Aware
<http://www.childcareaware.org/>

TEEN PREGNANCY

Alternatives Pregnancy Center
19202 Plaza Dr; Parker, CO
1440 Blake St; Suite 200; Denver CO
441 Wadsworth Blvd #225; Lakewood, CO
303 295-2288
www.youhavealternatives.org

Rose Midwifery Practice
www.rosemidwives.com
4545 E. 9th Ave Suite 502; Denver, CO
303 320-2944
4650 W. 85th Ave Suite 215
303 320-2711

Colorado Springs Pregnancy Center
3925 Centennial Blvd; Colorado Springs
719 623-2879 or cspregnancycenter.com

Hope House of Colorado
9088 Marshall Ct; Westminster, CO
303 429-1012 or hopehouseofcolorado.org

Planned Parenthood- Locations:
Aurora: 284 S. Abilene 303 671-7526
Denver: 921 E14th Ave. 303 832-5069;
Littleton: 131 W County Line Rd.
303 798-0963

Caring Hands Pregnancy Center
2707 W. Mississippi Ave.; Denver, CO 80219
303 349-9183 or
www.Pregnancydenver.com

UTILITIES- ENERGY ASSISTANCE

Energy Outreach Colorado
303 825-8750 or energyoutreach.org
** Assistance in keeping up with your heating bill.

Denver County
(LEAP- Leap Emergency Heat Assistance)
720 944-3666

Arapahoe County
303 636-1130

Jefferson County
303 271-1388

Douglas County
303 688-4825

TRANSPORTATION

Regional Transportation District – RTD
1600 Blake Street, CO 80202
303 628-9000 or <http://www.rtd-denver.com/>

Denver B-Cycle
2737 Larimer St, St. A; Denver, CO 80205
303 825-3325
Check out and return at B-Cycle Station
5 am-midnight

MENTAL HEALTH SERVICES

Arapahoe Mental Health

5500 S. Sycamore # 301; Littleton, CO 80120
303 797-9346/9440 or 303-795-6187 (Emergency)

Arapahoe/Douglas Mental Health

155 Inverness Drive W; Englewood, CO 80112
303 730-8858 or <http://www.admhn.org>

Queer Asterick

Location: Boulder, Denver, & Longmont
Queerasterick.com

New Heights Behavioral Health (Disabilities)

3207 N. Academy Boulevard, Suite 3300;
Colorado Springs, CO 80917
719 344-6379 or tre.org

Denver Health Refugee Clinic

Lowry Family Health Center 303 602-4545
1001 Yosemite St; Denver, CO 80230

Asian Pacific Development Center

1537 Alton Street; Aurora, CO 80010
303 393-0304 or <http://apdc.org>

Tennyson Center for Children

2950 Tennyson St.; Denver, CO
303 781-7875

Aurora Mental Health

10782 E. Alameda Ave; Aurora, CO 80014
303 617-2300 or <http://www.aumhc.org>

Mental Health Association of Colorado

1385 S. Colorado Blvd, Ste. 610; Denver, CO 2
720 208-2222 or 800 456-3249

National Alliance of Mental Illness (NAMI)

2280 S. Abion St; Denver, CO 80222
303 504-6545 or Namicolorado.org

Depression & Bipolar Support Alliance (DBSA)

2132 E. Bijou St. Suite 112
Colorado Springs, CO 80909
dbsacoloradosprings.org

Action Family Violence Program

710 Broadway Ste 205; Denver, CO
303 429-7144 or www.actionfoundation.net

Life Support Behavior Institute

7853 E. Arapahoe Ct; Suite 3550; Centennial
888 516-5995 or www.lifesupportinstitute.com

Family Resource Pavilion

9700 E. Easter Lane, Centennial, CO 80112
720 213-1400 or familyresourcepavillion.org

ADDICTION & RECOVERY COUNSELING

Alcoholics Anonymous - Denver

2785 North Speer Blvd, Suite 224; Denver, CO
303 322-4440

Arapahoe House

8801 Lipan Street; Thornton, CO
303 657-3700

Multi-Services Clinic

3221 W. 1st Ave; Denver, CO
303 922-0234

Synergy Adolescent Treatment Services

3738 W. Princeton Cir.; Denver, CO
303 781-7875 or www.artstreatment.com

Denver Youth Meeting:

Monday & Friday at 8 PM

Alcoholics Anonymous – Colorado Springs

1353 S. 8th Street; Suite 209
719 573-5020

GI Forum Veteran Outreach Program

2870 No. Speer Blvd. Suite 103; Denver, CO
303 458-1700 or 303-964-0701

Alanon & Alateen

3595 E. Fountain Blvd, Colorado Spring
719 632-0063

Chrysalis Counseling Center

14201 E. 4th Ave #130; Aurora, CO
303 360-0900

EATING RECOVERY & SUPPORTS

Eating Recovery Center

877 711-1690

*Offers Inpatient, Residential, Partial, and Intensive

The Eating Disorder Foundation

303 322-3373

*Offers drops in & Support Group

CONTACT LIST FOR ASSISTANCE

Comitis Crisis Center- 24 hour

9840 E. 17th Ave; Aurora, CO 80010

303 343-9890

*Offers 24/hour crisis helpline, emergency walk-in service, or emergency housing, food, clothing, and necessities. They also have community and street outreach, problem prevention & educational programs.

St. Andrews Hospitality Center

1525 Dallas St; Aurora, CO 80010

303 364-2329

**Day shelter for homeless individuals and families. Receive help with job search, have and address to receive mail, food bank, hot lunch

Lowry Family Center

9235 E. 10th Drive; Denver, CO 80230

303 340-7030

*Full service center: Medical and Dental, Mental Health, LGBT Health, labs, etc.

Hope Program (homeless shelter)

1555 Race St; Denver, CO 80206

303 832-3354

Catholic Charities Samaritan House

2301 Lawrence St; Denver, CO 80205

303 294-0241

*Homeless shelter

Christ Body Ministries (homeless shelter)

850 Lincoln St; Denver, CO 80235

303 860-1272

*Offers showers, food, clothing, laundry and counseling services

Sacred Heart House of Denver

2844 Lawrence St; Denver, CO 80205

303 296-6686

*Homeless shelter for families, temporary housing, food, and clothing

Stout Street Clinic

2100 Broadway; Denver, CO 80205

303 293-2220

*Full Service Center: Medical & Dental Clinic, Mental Health, Eye Clinic, Substance Treatment, etc. More info. <https://www.colorado.gov/pacific/sites/default/files/EPSDT%20Stout%20Street%20Clinic%20Flyer.pdf>

St. Francis Center

2323 Curtis St; Denver, CO 80205

303 297-1576

*Homeless shelter for men & women. Focus on daytime shelter, social services, health & wellness, housing, employment, & outreach

Mercy Housing

601 E. 18th Avenue; Denver, CO 80203

303 830-3300

**Low-income housing for families, and others with special needs

Catholic Charities Employment

2301 Lawrence St; Denver, CO 80205

303 294-0241

Father Ed Judy House

4024 S. Newton Street; Denver, CO 80236

303 866-7641

*(Shelter for homeless women and children)

New Genesis Mission

1680 Sherman St; Denver, CO 80203

303 831-4910

*Housing, food, and social services for men, women, and families

Women's Bean Project

3201 Curtis Street; Denver, CO 80205

303 22-1919

*Giving women opportunity to gain new skills for employment and offer positive life style changes for those who have experienced difficult situations.

TRANSITIONAL HOUSING FOR FAMILIES

- **Decatur Place**

1155 Decatur Street; Denver, CO 80204

303 89302718

Two-year Transitional Housing Program for single parent families. No felonies or past evictions. Applicants must be either full-time employed or part-time employed while attending school.

- **Warren Village**

1323 Gilpin Street Denver, CO 80218

303 321-2345

One to two-year Transitional Housing Program for single parent families. No felonies accepted. Must participate in case management services. To apply bring ID, birth certificates for all in the household, social security cards and high school diploma or GED.

- **Archdiocesan Housing/Catholic Charities**

4045 Pecos Street, Suite A Denver, CO 80211

303 830-0215

Several subsidized family housing units in Denver. Contact above number for application. Criminal and credit issues assessed on a case by case basis.

- **Archdiocesan Housing - Catholic Worker House**

2420 Welton Street Denver CO 303 296-6390

Transitional Housing for single and two-parent families. Two-parent families must be married.

- **Colorado Coalition for the Homeless**

Family Support Services

111 Champa Street Denver, CO 80205

303 293-2217

Two-year Transitional Housing for families. Contact for application process. Has a waitlist.

- **Denver Rescue Mission**

Family Services

3501 East 46th Avenue Denver, CO 80216

303 297-1815

Provides Transitional Housing assistance for permanent housing, mentoring, life-skills training, education & case management. Family Rescue Ministries helps working families' secure stable housing & helps with 1st month's rent & deposit. Provides support through a mentoring program.

- **Colorado Homeless Families**

P.O. Box 40186 Denver, CO 80218

303 420-6634

Two-year Transitional Housing Program for single or two-parent families. Two-parent families must provide marriage or common law certificate. Felonies and court-ordered evictions not accepted. Applicants must have income & sponsor who will pay rent if resident cannot pay rent.

- **Family Homestead**

999 Decatur P.O Box 40186 Denver, CO 80218

303 623-6514

Provides independent housing and case management for a maximum period of six months for families. Applicant needs to be referred by a case manager.

- **Interfaith Community Services**

3370 South Irving Street Englewood, CO 80110

303 789-0501

Two-year Transitional Housing Program for families.

- **Salvation Army - Lambuth Center**

2201 Stout Street Denver, CO

303 295-3366

Transitional Housing for families. Two parent families must be legally married. Must be looking for employment and participate in a savings account program.

TRANSITIONAL HOUSING FOR FAMILIES continued

- Volunteers of America - Family Housing Program

2660 Larimer Street Denver, CO 80205 303 297-0408

Families work with a case manager to prevent homeless and promote stability. No recent felonies and must be referred by a case manager or advocate.

- Joshua Station/Mile High Ministries

2330 West Mulberry Place Denver, CO 80204 720 377-1103

15-month Transitional Housing program for single and two parent families with children under the age of 18. Must be working towards obtaining full-time employment. Call for application.

- Providence Network

801 Logan Street Denver, CO 303 860-8404

Christian-based transformational housing for low-income women and their children who have experienced domestic violence/abuse. Community based living. Church attendance is required.

TRANSITIONAL HOUSING FOR WOMEN WITH CHILDREN

- Still Water Housing/Open Door Ministries

Treasure House P.O. Box 18018 Denver, CO 80218 303 830-2201

3 month to 2 year transitional housing program for single mothers ages 15 and above. Residents must be working or in school. Mandatory attendance 3 nights per week for dinner.

- Denver Rescue Mission - Champa House

P.O. Box 5206 Denver, CO 80217 303 294-9961

Transitional housing for women with children and pregnant women 18 years and older. Program is 12 to 27-months. Applicants must be eligible for TANF Program and children must be under 12 years old. Call to schedule orientation.

- The Gathering Place

1535 High Street; Denver, CO 80218 303 321-4198

Supports women, children, and transgender individuals. They serve about 260 women and children per day.

- House of Hope- The Family Tree

3301 S. Grant St; Englewood, CO 80113 303 762-9525

<http://www.thefamilytree.org>

EMERGENCY HOUSING AND SHELTERS- FAMILIES WITH CHILDREN

- Samaritan House (Accepts undocumented Immigrants)

2301 Lawrence Street Denver, CO 80205 303 294-0241

Family shelter for up to ninety days. Must participate in case management and weekly house meetings. Also provides motel vouchers from 5:00 P.M. to 9:00 P.M. if all family shelters are full. Must be a Denver resident to be issued a motel voucher.

- Growing Home

3489 West 72nd Avenue, #112 Westminster, Colorado 80030 303 426-0430

Emergency Shelter for Families in Adams County. Can stay for up to 60 days.

HOUSING

- Aurora Community Development Division 303 739-7900
Services include: emergency repair grants; limited exterior rehab program loans; single family rehab loans, home ownership assistance; foreclosure prevention counseling; pre- foreclosure sale program counseling; and reverse equity mortgage counseling (age 62 or older).
- Consumer Credit Counseling – Housing 303 632-2227
Free. Includes classes and one on one counseling by HUD trained counselors.
- Property Tax Deferral
Adams County 303 654-6160 Denver County 720 865-7007
Arapahoe county 303 795-4550 Douglas County 303 660-7450
- Tax/Rent Rebate
Denver 720 865-7000 Littleton 303 795-3764

EVICTION ASSISTANCE- METRO DENVER HOUSING AUTHORITIES

Call your local agency to see what affordable and subsidized housing is available. Section 8 lotteries are held one time throughout the year.

- Aurora Housing Authority 10745 E Kentucky Ave., Aurora, CO 80012
Phone: 720 351-2100
- Denver Housing Authority 777 Grant St., Denver, CO 80204
Phone: 720 932-3000 or 720 932-3106 Fax: 720 932-3009
- Englewood/Sheridan Housing Authority 3460 S Sherman St., Englewood, CO 80113
Phone: 303 761-6200 Fax: 303 781-5503 www.Englewoodhousing.homestead.com
- Littleton Housing Authority (South Metro Housing Options)
303 794-9608

ADDITIONAL RESOURCES

Jewish Family Services – Safety NetWork Program
3201 S. Tamarac Dr. Denver, CO 80231
720 248-4716

Catholic Charities- St. Veronica Outreach Ministry
4045 Pecos St.; Denver, CO 80211
720 377-1313

Urban Peak

Supports youth (ages; 15-20 years old) experiencing homelessness and at risk of becoming homeless (shelters, drop-in center & outreach; education, employment & housing)

Locations: (website: urbanpeak.org)
2100 Stout; Denver CO, 80205
303 974-2900

423 E. Cucharras St; Colorado Springs, CO 80903
719 630-3223

ADDITIONAL RESOURCES

Colorado Immigrant Rights Coalition (CIRC)

Organization to improve the lives of immigrants and refugees through non-partisan civil engagement, education and advocacy

2825 W. Alameda Ave; Denver, CO 80219

Muslim Family Services of Colorado

Supports and advocates

303 755-5228/303 298-8776

HEALTH CARE

Doctors Care 303 730-1313

609 W. Littleton Blvd Suite 100; Littleton, CO

Provides health care based on your ability to pay. Include sick check-ups, blood work & tests, X-rays, medicines, hospitalization, referrals to community support programs. Call for information.

Caritas Clinic at St. Joseph Hospital 303 318-2250

Provides care for low income, underinsured and uninsured in: internal medicine, obstetrics and gynecology, minor surgery and breast cancer screening.

Tri-County Health

4857 S. Broadway; Englewood, CO 80110

303 761-1340

Colorado Child Health Plan

800 730-1991

Tri-County Health

15400 E. 14th #309; Aurora, CO 80011

303 341-9379

Rocky Mountain Poison Control Center

800 222-1222

Deaf Access/TTY : 303 739-1127

Center for Disease Control

800 232-4636

Aids Hotlines

Denver Health Medical Center

777 Bannock St.; Denver, CO 80204

303 436-6000

University of Colorado Health Sciences Center

1635 Aurora Ct., Aurora, CO 80045

3055 Roslyn St.; Denver, CO 80238

720 848-0000

FOOD BANKS/PANTRIES/SOUP KITCHENS

- Salvation Army of Arapahoe and Douglas County
3900 E Arapahoe Rd., Centennial, CO, 80122 303 290-9043
3460 S Sherman St., Englewood, CO, 80113 303 761-6111

One of the leading social service organizations in the county. Can provide access to a thrift store, food bank, & clothing closet. May also have funds for heating bills or rent.

- SNAP- Food Stamps (based upon family size and income)
Adams County 303 227-2350
Douglas County 303 688-4825
Arapahoe County (in Aurora) 303 636-1130 or (in Littleton) 303 734-4300
Jefferson County 303 271-4339
Denver County 720 944-3666
- WIC Supplemental Nutrition for Families, Tri-County Health Dept, 800 688-7777

FOOD BANKS

Many food banks require a photo ID and proof of residence.

Please call in advance to determine what is required and confirm hours.

Aurora:

Ansar Pantry, 216251 E. Colfax Ave #208; Aurora CO

Hours: Sat. 9:30 – Noon. Walk-In or By Appt.

Arapahoe County Department of Human Services, 14980 E. Alameda Dr., Aurora

303 636-1170 Hours: Mon – Fri, 8 a.m. - 4:30 p.m.

Aurora Alliance Church, 15600 E Alameda Pkwy, Aurora

303 751-6971 Hours: Mon – Fri, 1 p.m. - 2 p.m.

Aurora Inter-Church Task Force, 1553 Clinton St., Aurora

303 360-0260 Hours: By appointment only

Calvary Chapel Bread of Life Food Pantry, 18900 E Hampden Ave, Aurora

303 628-7200 Hours: Tues, Thurs,

Colfax Community Network, Aurora First Presbyterian Church, 1585 Kingston St., Aurora

303 360-9175 Hours: Wed, Fri. 10:30 a.m. - 12:30 p.m.

Food Bank of the Rockies Mobile Pantry, Locations Vary

303 375-5853 Hours: Vary by location

Friends of St. Andrew, 1525 Dallas St., Aurora

303 364-2329 Hours: Mon – Fri, 10:15 a.m. - 1:20 p.m.

Mississippi Baptist Church, 13231 E. Mississippi Ave, Aurora

303 344-0226 Hours: Second Tues, 10 - 11 a.m.

Aurora continued:

Peace with Christ Lutheran Church, 3290 S. Tower Road, Aurora
303 693-5618 Hours: By Delivery

Restoration Outreach Programs, E. Colfax Ave and Boston St., Aurora
720 859-2513 Hours: Tues. 1-2 p.m.

Salvation Army Aurora Corps, 802 Quari Ct, Aurora
303 366-7585 Hours: Mon-Thurs, 9 a.m. – noon, 1 p.m. - 3p.m.

Smoky Hills Vineyard, Aurora Academy Charter School, 10251 E. 1st Ave., Aurora
303 690-2520 Hours: Sun, 1 p.m. - 2:30 p.m.

World Gospel Tabernacle, 1278 Abilene St., Aurora
303 732-5900 Hours: Fri. 10-11 a.m.; Sun. 11 a.m

Centennial:

Salvation Army Centennial Corps, 3900 E. Arapahoe Rd., Centennial
303 779-9662 Hours: Tues. 5:30 –7:15 p.m.; Thurs. 9-11 a.m.

Smoky Hill Vineyard, 20050 E. Smoky Hill Rd., Centennial
303 690-2520 Hours: Sat. 8:30 - 10:30 a.m.

Englewood:

Cornerstone Food Bank, Englewood Bible Church, 3190 S. Grant St., Englewood
720 229-2336 Hours: Mon. 5-7 p.m.; Tues. 1-3 p.m.

InterFaith Community Services, 3370 S. Irving St., Englewood
303 789-0501 Hours: Weekdays, times vary

The Well at Wellspring Anglican Church, 4300 S. Lincoln St., Englewood
303 789-2878 Hours: Sun. 12-2 p.m.

Well Fed Food Pantry at Maddox Elementary School, 700 W. Mansfield Ave.
303 806-2525 Hours: Fri. 11 a.m. - 5 p.m.

Greenwood Village:

Covenant Cupboard, Presbyterian Church of the Covenant, 5400 S. Yosemite St.
720 841-5129 Hours: Fri. 1 p.m. - 4 p.m.

Orchard Road Christian Center, 8081 E. Orchard Rd., Greenwood Village
303 771-0202 Hours: Sun: 11:15 a.m. - 12:30 p.m.

Littleton:

Arapahoe County Department of Human Services, 1690 W. Littleton Blvd., Littleton,
303 734-5220 Hours: Mon – Fri, 8 a.m. - 4:30 p.m.

St. James Presbyterian Church, 3601 W. Belleview Ave., Littleton
303 794-6851 Hours: Every other Thurs, 3 - 5 p.m.

Grace Point Community Church, 90 E Orchard Rd, Littleton
303 798-6387 Hours: First and third Fri, 4 p.m. - 5:30 p.m.

Arapahoe County Department of Human Services, 1690 W. Littleton Blvd., Littleton,
303 734-5220 Hours: Mon – Fri, 8 a.m. - 4:30 p.m.

St. James Presbyterian Church, 3601 W. Belleview Ave., Littleton
303 794-6851 Hours: Every other Thurs, 3 - 5 p.m.

Grace Point Community Church, 90 E Orchard Rd, Littleton
303 798-6387 Hours: First and third Fri, 4 p.m. - 5:30 p.m.

Parker

Parker Task Force Food Bank, 19105 Long Ways, Parker, CO 80134
Hours: Tuesday, Wednesday, Friday, Saturday, 9 am-11 PM 303 841-3460

Strasburg:

Strasburg CARES Food Bank, 56155 Sunset Ave, Strasburg
303 622-4600 Hours: Fri. 4 - 6 p.m.

FOOD PANTRIES/SOUP KITCHENS

Beacon of Hope Outreach Center
PO Box 46107; Aurora CO 80046
303 290-7412

Women's Bean Project
3201 Curtis St.; Denver, CO 80205
303 292-1919

Children's Haven of Hope Food Bank
PO Box 473541; Aurora, CO 80047

Denver Urban Ministries
1717 E. Colfax Ave; Denver, CO 80218

Heart to Hand Resource Center
123332 E. Colfax Ave; Aurora, CO 80011

Senior High Rise Food Bank
2611 S. Decatur St; Denver, CO 80219

Food Bank of The Rookies
10700 E. 45th Ave; Denver, CO 80239
303 371-9250

Rose of Sharon Food Bank
5306 Lincoln St. ; Denver, CO 80216
303 308-1652

Denver Catholic Worker Soup Kitchen
5825 E. 17th Avenue; Denver, CO 80220

Colorado Health Network, Inc.
2490 W. 26th Ave.; Denver, Co 80211

Sec
9650 Jordan Road; Parker, CO 80134
720 842-5621

Parker Task Force for Human Services
20118 E. Main St; Parker, CO 80138
303 841-3460

FOOD PANTRIES/SOUP KITCHENS continued

Elizabeth Presbyterian Church
 381 South Banner Street, Elizabeth, CO
 303 646-4825
 Hours: Fridays 12:30-3 & Saturday 9-11:30

Metro Food Banks
 2450 Clay St. Denver, CO 80211
 1001 Perry St Denver, CO 80204
 303 238-2132

Kiowa Creek Community Church
 231 Cheyenne St; Kiowa, CO 80116
 303 621-2376 (Kiowa & Elbert County Area)
 Hours: Tuesday 8-12

Southeast Community Outreach
 16965 Pine Ln #100; Parker, CO
 720 842-5261
 Hours: Wed: 9-4; Thur: 11-6:30; Fri: 9-2; Sat: 9-1

CLOTHING BANK LIST

Please call locations first to find out eligibility requirements.

- Aurora
 Aurora Interchurch Task Force 1553 Clinton St 303 360-0260

- Denver

Adventist Comm. Center	5045 W. 1 st Ave	303 935-7386
Agape Christian Church	2515 California	303 296-2454
Broadway Assistance Center	6 th and Galapago	303 893-8363
Christ Body Ministries – Adult clothes	850 Lincoln	303 860-1272
Clothes to Kids of Denver	2890 S. Colorado BLVD, Suite # M#3	720 379-80222
Crossroads of the Rockies	4201 W. Kentucky	303 922-8772
Curtis Park Comm. Center	29 th and Curtis	303 292-6415
Denver Rescue Mission Ministry Outreach	1130 Park Avenue West 3501 E. 46 th Ave	303 294-0157 303 297-1815
St. Francis Center –swap for chores	2323 Curtis	303 297-1576
Volunteers of America	2877 Lawrence	303 295-2165
Park Hill 7 th Day Adventist	3385 Albion	303 333-2029
Community Ministry- Kids clothes	1755 S. Zuni St.	303 936-0469

- Englewood
 Inter-Faith Communication Services 3370 S. Irving St. 303 789-0501
(For people living in Centennial, Cherry Hills, Englewood, Glendale, Littleton, Greenwood Village, Sheridan, Highlands Ranch, & unincorporated Arapahoe County.)

LOW COST- AFFORDABLE CLOTHING AND HOUSEHOLD ITEMS

Goodwill Stores

22880 East Smoky Hill Road	Aurora CO 80016	
14400 E Belleview Ave.	Aurora CO 80015	720 870-5196
15509 E Iliff Ave	Aurora CO 80013	303 745-4481
Aurora Outlet 13600 E. Mississippi	Aurora CO 80012	720 748-3866
8501 East Arapahoe Road	Centennial CO 80112	
5000 Leetsdale Dr	Denver CO 80222	303 321-8798
4160 S Broadway	Englewood CO 80110	303 781-8511
8168 South Holly St	Littleton CO 80122	
11000 S. Parker Rd	Parker CO 80134	

ARC Thrift Stores

Mississippi & Sable	1070 South Sable	Aurora, CO 80012	303 369-5858
Parker & Dartmouth	3106 S Parker Road, C-1	Aurora, CO 80014	303 283-0337
Colfax & Florence	10000 East Colfax	Aurora, CO 80010	303 343-9843
Broadway & Florida	1515 South Broadway	Denver, CO 80210	303 777-3703
Alameda & Hooker	255 South Hooker	Denver, CO 80219	303 936-4371
Iliff & Quebec	7485 East Iliff Ave.	Denver, CO 80231	303 752-2731
Bowles Marketplace	8996 W. Bowles	Littleton, CO 80123	303 933-2967

FREE ACTIVITIES IN COLORADO

Check out "Denver.org" for more information: <http://denver.org> (under Free Things to Do)

Free tours at: the State Capitol, the US Mint, Tattered Covered Book Store, INVESCO Field & Celestial Seasonings factory. Live music is played weekly during the summer months at many open air parks in the metro area. Movies/films are shown under the stars throughout the summer in many communities and Festivals Year-Round. Check local listings for locations and dates. May want to check your local library.

Since 1989, Scientific and Cultural Facilities District (SCFD) has distributed funds from a 1/10 of 1% sales and use tax to cultural facilities throughout the seven-county Denver, Colorado metropolitan area. The Free Days for the first 5 listed below are announced at the beginning of each year and many offer at least 1 Free Day per month!! All locations are suggested family activities in Colorado.

<u>Aurora History Museum</u>	15051 East Alameda Parkway Aurora, CO	303 739-6666
<u>Bluff Lake Nature Center</u>	9801 E. Colfax Ave. #100; Aurora, CO	303 344-1836
<u>Children's Museum of Denver</u>	2121 Children's Museum Dr, Denver CO 80211	303 433-7444
<u>Colorado Railroad Museum</u>	17155 W. 44th Avenue Golden, CO 80403	
<u>Denver Firefighters Museum</u>	1326 Tremont Place; Denver, CO	303 892-1436
<u>Denver Museum of Miniatures, Dolls and Toys</u>	1880 Gaylord Street; Denver, CO	303 322-1053
<u>Denver Museum of Nature & Science</u>	2001 Colorado Boulevard; Denver, CO	303 322-7009
<u>Denver Art Museum</u>	100 West 14th Avenue Parkway Denver, CO	720 865-5000
<u>Denver Botanic Gardens</u>	1005 York Street; Denver, CO	720 865-3500
<u>Denver Botanic Gardens at Chatfield</u>	8500 Deer Creek Canyon Road Littleton, CO	303 973-3705
<u>Denver Zoo</u>	2300 Steele Street; Denver, CO	303 376-4800
<u>Foothills Art Center</u>	809 Fifteenth Street; Golden, CO	303 279-3922
<u>Golden History Museums</u>	923 10th Street; Golden, CO	303 278-3557
<u>Golden Bike Library</u>	1010 10 th Street, Golden, CO	303 597-3600
<u>Hannah Kahn Dance Company</u>	75 South Cherokee Street Denver, CO	303 789-4181
<u>Imagination Makers Theater Company</u>	2590 Walnut Street, Suite 3; Boulder, CO	720 565-105
<u>Molly Brown House</u>	340 Pennsylvania St. Denver, CO 80203	303 832-4092
<u>Museum of Contemporary Art -Denver</u>	1485 Delgany Street; Denver CO	303-298-7554
<u>Rocky Mountain Center for Musical Arts</u>	200 E. Baseline Road P.O. Box 698 Lafayette, CO	303 665-0599
<u>The Children's Museum of Denver</u>	2121 Children's Museum Drive Denver, CO	303 561-0111
<u>The Hudson Gardens & Event Center</u>	6115 South Santa Fe Drive; Littleton, CO	303 797-8565