



FOOD RESOURCES

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| Douglas County Department of Human Services – Castle Rock | 4400 Castleton Court Castle Rock, CO 80109 303-636-1170 | Hours: Mon-Fri, 8am – 5:00pm Lost or stolen EBT Card: 888-328-2656 |
| Help & Hope Center (Douglas/Elbert Task Force) | 1638 Park Street Castle Rock, CO 80109 303-688-1114 | Provides food and other assistance to homeless and low income residents. Hours: Mon-Fri 9:00AM-12:00PM |
| Parker Task Force | 19105 Longs Way Parker, CO 80134 303-841-3460 | Provides food and other assistance to homeless and low income residents. Hours: Mon-Fri 9:00AM-12:00PM |
| Mobile Food Pantry - Food Bank of the Rockies | Locations Vary 303-375-5853 | Please call to locate pantry closest to you |
| Food Pantry - St. Francis of Assisi Church/St. Vincent DePaul | 2746 E. Highway 86 Castle Rock, CO 80104 Castle Rock: 303-847-2606 Parker: 720-842-4114 | Provides food assistance and other financial assistance. |
| Food Closet | Castle Rock Baptist Church 880 3 rd Street Castle Rock, CO 80104 303-815-2486 | Offers food, some clothing available. Open 7 days a week, please call to make arrangements. |
| Food Pantry- Salvation Army (Arapahoe and Douglas counties) | 3900 E Arapahoe Rd Centennial, CO 80122 303-779-9662 | Emergency food provided. Hours: Tues 5:30pm-7:15pm Thurs 9am-11am |
| Food Pantry- Salvation Army (Arapahoe, Douglas and Elbert counties) | 3460 S Sherman St Englewood, CO 80113 303-295-3366 | Can receive food every 30 days. |
| Southeast Community Outreach/SECOR Market | 16965 Pine Lane Suite 1100 Parker, CO 80134 720-842-5621 | Food assistance. |
| Creekside Bible Church | 303-688-3745 | Call first- \$50 King Soopers Gift Card (limited to one per year) |
| Food Bank- Interfaith Community Services | 3370 S. Irving Street Englewood, CO 303-789-0507 | Food bank and rent assistance. |
| Cherry Hills Community Church H Ranch | 303-791-4500x7340 | Food assistance. |
| Food Bank- Fresh Harvest | 9830 Lone Tree Pkwy Lone Tree, CO 303-738-9416 | Food assistance. |
| Holy Cow Food Bank –Mosaic Church | 4101 S Lincoln St Englewood, CO 80113 303-789-4322 | Individuals and families are able to visit each Thursday as needed. |
| The Panther Pantry | 8250 Park Meadows Drive #130 720-381-6169 | Food assistance. |



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| Hunger Hotline | 855-855-4626 | Food assistance line. |
| Commodity Supplemental Food Program (Seniors Well Fed) – Food Bank of the Rockies (FBR) | 4201 S Cherokee Englewood, CO 80110 303-579-9043 | Works to improve the health of elderly people at least 60 years of age. |
| Home Delivered Meals-TLC Meals on Wheels | 7300 S Claremont Dr Centennial, CO 80112 303-798-7642 | Hot meals delivered Monday-Friday to seniors 50+ and disabled individuals. |
| Women, Infants, & Children (WIC) – | Castle Rock: 303-663-7650 | Provides nutrition counseling and vouchers for nutritious food to income eligible women who are pregnant or breastfeeding, and children from birth up to age five. |
| Food Bank – Twin Parishes Food Bank | 3662 Humboldt St Denver, CO 80205 303-294-0684 | Provides food, hygiene products, clothing and diapers. Hours: Tuesday and Thursday 10am - 3pm |
| Food Pantry – Zion Baptist Church | 933 E 24 th Ave Denver, CO 80205 303-861-4958 | Hot meal - Mon 10:30am-12:30pm Food Pantry & Clothing -Tues, Thurs, & Sat – 10:30 am – 12:30pm |
| Food Pantry – Denver Urban Ministries (DENUM) | 1717 E Colfax Ave Denver, CO 80218 info@denum.org | Nutritious food including non-perishable and perishable items ones every 30 days. Hours: Mon & Tues 9 am-3:30 pm Wed 9 am – 12:00 pm Thurs 9 am – 5:30 pm Fri 9am – 3:30 pm |
| St. Matthews Community Supper | 19580 E. Pilgrims Place Parker, CO 80134 303-841-0121 | The church hosts a free meal for anyone who would like to attend. Dates vary- call for details. |

SHELTER/HOUSING RESOURCES

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| United Way Housing | 211 | Housing Information |
| Douglas County Housing Partnership | 303-784-7824 | www.douglascountyhousingpartnership.com |
| House of Hope Women’s Shelter (South Grant Street)- Family Tree, Inc. | 3301 S Grant St Englewood, CO 80113 303-762-9525 | 90-day, 30-bed homeless shelter for women and their children. |
| Comitis Crisis Center / VA Shelter Program- Mile High Behavioral Healthcare | 2178 Victor St Aurora, CO 80045 303-341-9160 | (24 hours/7 days a week)Emergency housing for families with children or pregnant women and their partners. Long term stay up to two years for homeless veteran families with minor aged children and women with honorable discharge |
| Long Term Shelter (West Arapahoe) – Gateway Battered Women’s Services | 303-343-1856 | 14 bed facility located in southern Arapahoe County. |



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| Short Term Shelter (Aurora) - Gateway Battered Women's Services | 303-343-1856 | 24 bed facility located in Aurora. |
| Severe Weather Motel Vouchers- Aurora Warms the Night | 1544 Elmira St Aurora, CO 80010 303-361-6905 | Vouchers provided on a first come first serve basis. Vouchers provided to homeless individuals and families based on motel availability and funding when the temperature is 20 degrees or lower. |
| Safe House Denver | 24-hour crisis line: 303-318-9959 303-830-2660 | Domestic violence shelter for women and women with children |
| Salvation Army Lambuth Center | 2741 Federal Blvd Denver, CO 303-477-3758 | Shelter - Families |
| Family Promise of Grater Denver | 303-675-0713 | Shelter - Families |
| Sacred Heart House | 2844 Lawrence St Denver, CO 303-296-6686 | Shelter - Women and Women with Children |
| Gift of Mary | 633 Fox St Denver, CO 303-860-8040 | Shelter - Single Women |
| ACTS Resource Center | 3405 Downing St Denver, CO 720-468-6130 | Shelter - Single Men |
| Catholic Workers House | 2420 Welton St Denver, CO 303-296-6390 | Shelter - Families, Couples, Single Men and Single Women |
| New Genesis | 1680 Sherman St Denver, CO 303-831-4910 | Shelter - Single Men |
| Delores Project | 303-534-5411 | Shelter - Single Women |
| Urban Peak | 1630 S Acoma St Denver, CO 80223 303-974-2900 | Shelter - Youth 15-20 years old |
| Brandon Center/Theodora House | 303-620-9190 | Shelter - Women and Women with Children |
| Samaritan House | 2301 Lawrence St Denver, CO 303-294-0241 | Shelter - Families, Men and Women |
| Denver Rescue Mission | 1130 Park Ave W Denver, CO 303-294-0157 | Shelter - Single Men |
| Salvation Army, Crossroads | 1901 29 th St Denver, CO 303-298-1028 | Shelter - Single Men |
| Samaritan House – Motel Voucher Issuance | 2301 Lawrence St Denver, CO | Shelter - Families and Women Monday – Friday, 5pm - 9pm Saturday – Sunday, 4pm – 8pm |



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| Colorado Coalition for the Homeless | 2111 Champa St 303-293-2217 | Housing and other support services Monday-Thursday 8:30am-12:45pm and Friday at 8:30am. |
| Aurora Housing Authority | 2280 S Xanadu Way Aurora, CO 80014 720-251-2100 | Hours: Mon-Fri 10am-4pm |
| Denver Housing Authority | 777 Grant St Denver, CO 80203 720-932-3000 | Hours: Mon-Fri 8am – 4:30pm |
| Adams Housing Authority | 7190 Colorado Blvd, 6 th Floor Commerce City, CO 80022 303-227-2075 | Hours: Mon-Fri 8am-5pm |
| Englewood/Sheridan Housing Authority | 3460 S Sherman St Ste. 101 Englewood, CO 80113 303-761-6200 | Hours: Mon, Tues, Thurs & Fri 8am-5pm Office is open by appointment only on Wednesday |

HEALTH RESOURCES

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| Arapahoe/Douglas Mental Health | 10350 S. Dransfeldt Road Parker, CO 80134 24-hr Crisis: 303-730-3303 | Provides professional, culturally inclusive mental health & substance abuse services, including outpatient services such as individual, family, marital, and group counseling and psychiatry- plus a full range of specialized programs. Insurance required, referrals for those without insurance. |
| NAMI National Alliance on Mental Illness | 303-321-3104 888-566-6264 | |
| Comfort Dental | 21 locations 303-455-2273 | Free half day on Christmas Eve |
| Colorado Indigent Care Program | 303-788-0782 | |
| Denver Health Enrollment Services | Multiple locations 303-602-2300 | Financial assistance |
| DC Suicide Threat Hotline | 303-660-7500 | Suicide Hotline |
| Friends of Man | P.O. Box 937 Littleton, CO 80160 303-798-2342 | Food, medicine, dentures, wheelchairs, clothing, prostheses, eyeglasses, hearing aids. *Third party needs to call for assistance applications@friendofman.org |
| Lowry Family Health Center-Denver Health | 1001 Yosemite St 100 Denver, CO 303-602-2300 | Primary care. Financial assistance available |
| Mental Health America of Colorado | 720-208-2220 | Mental health referrals. Free for short-term therapeutic needs |



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| Salud Clinic | 6255 N Quebec Pkwy Commerce City, CO 303-892-6401 | Dental; discounted services based on ability to pay |
| Sight for Students | 1-888-290-4964 | Free eye exams |
| Medicaid – Customer Contact Center | 1-800-221-3943 | Hours: M-F 7:30am-5:15pm The Contact Center is closed for staff meetings on Fridays from 10am – 11am |
| Tri-County Health Department | 4400 Castleton Court Castle Rock, CO 80109 303-663-7650 www.tchd.org | Hours: M-F 8am -4:30pm (closed for lunch noon-1pm) Immunizations for Children and Adults, HIV/STI Clinic, Medicaid Outreach, Family Planning/Birth Control, Peak Wellness Health Screenings |
| Lions Club Of Denver | 4101 E Louisiana Ave Ste. 440 Denver, CO 80246 303-504-6293 | Assistance with hearing, vision care or glasses |
| Medicaid | To apply: 1-800-221-3943 or visit Douglas County Human Services | Free or low cost public health insurance for Coloradans who qualify |
| Child Health Plan Plus (CHP+) | To apply: 1-800-221-3943 or visit Douglas County Human Services | Low-cost public health insurance for Colorado's uninsured children and pregnant women who earn too much to qualify for Medicaid , but cannot afford private insurance |
| New Eyes | P.O. Box 332 Short Hills, NJ 07078 973-376-4903 www.new-eyes.org | Eyeglass voucher- must provide financial need, have had an eye exam within the past 12 months, have no other resources to pay for glasses and have not received a New Eyes' voucher within the past 24 months *Obtain voucher application from workforce specialist |
| Partnership for Prescription | 888-477-2669 | www.pparx.org |

IDENTIFICATION RESOURCES

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| Denver Urban Ministries | 1717 E Colfax Ave 303-355-4896 | Provides assistance for in-state and out of state birth certificates as well as Colorado State IDs on Tuesdays at 9am. |
| Holy Ghost Social Ministry Office | 1900 California St 303-297-3441 303-292-1556 | Financial assistance for birth, death and marriage certificates, and Colorado IDs and driver's licenses. Sign up Monday-Friday at 8:30am, 10:30am and 1:30pm. |



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| Metro CareRing | 1100 E 18 th Ave 303-860-7200 303-350-3636 | Assistance with ID and birth certificates on the first business day of each month. First come first serve |
| Denver Urban Ministries (DENUM) | 1717 E Colfax Ave Denver, CO 80218 info@denum.org | Assistance for US citizens needing ID or birth certificates for work, education, and financial or government services Hours: Mon & Tues 9 am-3:30 pm Wed 9 am – 12:00 pm, Thurs 9 am – 5:30 pm Fri 9am – 3:30 pm |

FINANCIAL RESOURCES

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| Low-Income Energy Assistance Program (LEAP) – LEAP is now administered by Discover Goodwill of Southern & Western Colorado | 1-866-432-8435 | Assists eligible households from November through April each year to assist with a percentage of home heating costs. Mail –in program only. LEAPHELP@discovermygoodwill.org |
| Social Security Office | 8000 S. Park Lane Littleton, CO 888-824-4384 | Hours: MTTHF 9am – 4pm W 9am – 12pm |
| Utility Assistance – Inter-Faith Community Services | 3370 S Irving St Englewood, CO 80110 303-789-0501 | EOC funds can only be used to pay the past due balance on a utility bill. |
| Aid to the Blind | Visit Douglas County Human Services Office 303-688-4825 | Provides financial assistance to low-income people of any age who meet the social security definition of blindness |
| Aid to the Needy Disabled | Visit Douglas County Human Service Office 303-688-4825 | Provides financial assistance to low-income people over the age of 18 who have total disability lasting six months or longer that prevents them from working |
| Old Age Pension | Visit Douglas County Human Service Office 303-688-4825 | Provides financial help for residents age 60 or older with little or no income, and provides Medicaid for eligible applicants |
| Utility Assistance – Broadway Assistance Center (BAC) | 1449 W Littleton Blvd Littleton, CO 80120 303-893-4108 | Financial assistance available to clients in the zip code of 80120. |
| Colorado Works (Temporary Assistance to Needy Families) | Visit Douglas County Human Service Office 303-688-4825 | Provides financial and employment support to low-income families If you apply for Colorado Works, you are also applying for food assistance and Medicaid, as well as child support services if applicable |



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| Child Support Services | 4000 Justice Way Room 3528 Castle Rock, CO 303-814-7145 | Works to ensure that children receive the financial and medical support that they need and deserve from both parents Hours: Mon-Fri 8am – 4:30pm |
| Burial Assistance –Douglas County Department of Human Services | Visit Douglas County Human Service Office 303-688-4825 | Provides financial assistance to help pay for funeral, burial and/or cremation costs for individuals whose estates are insufficient. |
| Rental Assistance - Douglas County Department of Human Services | Visit Douglas County Human Service Office 303-636-1170 | When funds are available, limited rental assistance is provided to U.S. citizen(s) or permanent legal U.S. resident(s) who are disabled or over age 60. |
| Catholic Charities | Phone Appointments only 720-377-1313 | Rent, mortgage and utility (gas/electric & water) assistance. Hours; Mon-Fri 8a-8:45a to make an appointment |
| Unemployment Benefits | Denver Metro: 303-318-9000 | To file a claim by telephone, inquire about the status of a claim, or to obtain general information about the unemployment insurance claims process Hours: 8am – 4pm |
| Denver Urban Ministries (DENUM) | 1717 E Colfax Ave Denver, CO 80218 info@denum.org | Homeless prevention (when available) Emergency rent and utility payments to maintain stability for families facing homelessness Hours: Mon & Tues 9 am-3:30 pm Wed 9 am – 12:00 pm Thurs 9 am – 5:30 pm Fri 9am – 3:30 pm |
| Colorado Foreclosure Hotline | 877-601-4673 | |

CHILDREN & YOUTH RESOURCES

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| Douglas County Youth & Family Resource Guide | 4400 Castleton Court Castle Rock, CO 80109 303-688-4825 | An extensive list of the resources available is available online. www.douglas.co.us/humanservices |
| Child Care Assistance Program (CCAP) – Douglas County Department of Human Services | Visit Douglas County Human Service Office 303-688-4825 | Helps eligible families with the costs of child care for children from birth to age 12 while parents work towards self-sufficiency |
| YMCA of Metropolitan Denver | 720-524-2700 Multiple locations | Affordable childcare and day camps in the Denver area for children age 5 to 14 years old |
| Colorado Preschool Program | 620 Wilcox Street Castle Rock, Co 80104 | A state funded tuition assistance grant providing funding for families who may |



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| | 303-387-0806 | not be able to enroll their children in a quality preschool. |
| Free/Reduced School Lunches | 303-387-0368 | https://www.applyforlunch.com |
| School Supplies DCSDK12 | 303-387-0505 | Case number required. |
| DC WrapAround/Youth Initiative | 4400 Castleton Court Castle Rock, CO 80109 303-688-4825 Ext 5327 | A support program for families with teens who are having family conflicts or problems dealing with troubled youth. Participation is voluntary and usually free of charge. |
| Comifis Crisis Center | 2178 N. Victor Street Aurora, CO 80040 24 Hr Crisis Line: 303-343-9890 Office: 303-343-9160 | 24 hour crisis help line; runaway and homeless youth service; emergency walk-in service. Emergency housing, food, clothing, and necessities. |
| Children's Immunizations | 303-451-0123 Appointment only | Immunizations are needed to prevent many childhood illnesses. The cost is \$14 per immunization administration fee, but no child is ever turned away because of an inability to pay. |
| Juvenile Assessment Center | 7375 S. Potomac Street Centennial, CO 80112 24 hr JAC Phone 720-874-3381 | Providing no-cost screening and assessment to adolescents exhibiting concerning changes in behavior, truancy, possible drug use, or potential mental health issues. |
| Liasons for Students Without a Permanent Home | 620 Wilcox Street Castle Rock, CO 80104 303-387-0206 | Liasons offer support to any student who lacks a fixed, adequate, or regular nighttime residence. |

CLOTHING RESOURCES

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| Sharing and Caring Ministries | 3739 Downing St Denver, CO 80205 303-295-3301 | Please call first Provides clothing for low income persons Monday through Thursday from 11am to 2pm |
| Dress for Success | 1510 High St #200 Denver, CO 80218 303-832-1889 | Hours: Tues-Fri 10am-3pm Must be referred |
| Denver Works, Inc. – Clothing Closet | 5725 E 39 th Ave Denver, CO 80207 03-433-0300 | Provides jobseekers with up to three outfits for interviewing |

LEGAL RESOURCES

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| Colorado Legal Services | 1905 Sherman St Ste. 400 Denver, CO 80203 | Only provides assistance with civil legal matters |
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| | 303-837-1321 | |
| Denver Urban Ministries (DENUM) | 1717 E Colfax Ave Denver, CO 80218 info@denum.org | Advice on civil matters offered twice monthly by local law firm volunteers Hours: Mon & Tues 9 am-3:30 pm Wed 9 am – 12:00 pm Thurs 9 am – 5:30 pm Fri 9am – 3:30 pm |
| Justice & Mercy Legal Aid Clinic | 2330 W. Mulberry Place Denver, CO 80204 303-839-5198 | A non-profit dedicated to serving the abused and impoverished. Free representation, consultation to individuals struggling with: domestic matters, immigration, bankruptcy, general civil matters and landlord tenant issues. |
| Office of the Colorado State Public Defenders- Douglas County Regional Office | 1161 Perry Street Suite 200 Castle Rock, CO 80104 303-688-3081 | Provides court appointed criminal defense for low income residents of Douglas and Elbert County. |
| Metro Volunteer Lawyers | 1905 Sherman Street Suite 400 Denver, CO 80203 303-837-1313 | Part of the Denver Office of Colorado Legal Services. You must be interviewed with Colorado Legal Services before you can be helped by Metro volunteer Lawyers. |
| Project Safeguard | Denver, CO 80205 303-863-7233 | Legal advocacy for victims of domestic violence and abuse. Call for an appointment. |

TRANSPORTATION RESOURCES

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| First Transit | 855-264-6368 | Rides- Medicaid clients |
| Neighbor Network | 303-660-7519 | Senior Transportation |

OTHER RESOURCES

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| DC Veterans Services | 303-663-6200 | www.douglas.co.us/veterans |
| Veterans Crisis Line | 800-273-8255 | Press 1 |
| Crisis/Abuse Hotline | 303-663-6270 | Crisis Hotline |
| DC Suicide Threat Hotline | 303-660-7500 | Suicide Hotline |
| Domestic Violence Outreach Crisis Center | 303-688-8484 | Outreach Center |
| Divorce Care | 9030 Miller Road Parker, CO 80138 303-841-2125 | Weekly support group, seminar for those going through a divorce, separation. Meetings are Wed evenings at the church. |
| English as a Second Language | Mainstreet Center 19650 E. Mainstreet Parker, CO 80134 | ESL is an outreach mission that provides adults with the opportunity to learn the |



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| | 303-841-6211 | English Language in a classroom setting. |
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EMPLOYMENT RESOURCES

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| Arapahoe/Douglas Works! | 6974 S. Lima Street Centennial, CO 80112 303-636-1160 www.adworks.org | Offers detailed information about available services, resources, current workshops and hosts job fairs. Provides links to other job searching web sites & a link to file for Colorado. Free services for job seekers- Free use of computers, copiers, fax machines; skills assessments; workshops. |
| AARP | www.aarp.org | The web site has helpful information for seniors looking for employment. Click on the topic WORK to find helpful job search information and web sites. |
| Colorado Division of Vocational Rehabilitation | 2111 W. Evans Denver, CO 80223 303-866-2500 | Helps find employment for people who have physical, deaf and blind, mental or emotional disabilities that present a barrier to finding employment. |
| DISCOVERY Job Network, Inc- St. Thomas Moore Church | 8035 S. Quebec Street Centennial, CO 80112 303-220-3384 | Non-profit, interfaith organization that offers job seekers free assistance with resume writing, interviewing techniques, etc. |
| Parker Task Force Job Board | 20118 E. Mainstreet Unit D, Lower Level Parker, CO 80138 303-841-3460 | The Parker Task Force has a JOB BOARD that has information on current job openings in Parker and the surrounding area. |
| School to Work Alliance Program (SWAP) | 2841 Front Street Castle Rock, CO 303-387-1103 | Offers employment assistance services to individuals, ages 16-25 who are exiting seniors, dropouts, or prior students, who have barriers to employment (such as dyslexia, depression, migraines, physical disabilities, and ADHD). |
| Ten Til' Two | 303-909-3868 | A placement services that places college-educated professionals into long term part-time positions. They advertise that their positions can help one keep their college-educated mind functioning, and at the same |



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| | | time, have a better life/work balance and flexibility as a parent. |
| Unemployment Insurance | 633 17 th Street Suite 201 Denver, CO 80202 303-318-9000 | The UI Program provides temporary and partial wage replacement to workers who have become unemployed through no fault of their own. |