

# Helping Hands

## El Paso County Community Resources

The Helping Hands El Paso County Community Resources guide is managed by Pikes Peak Library District. Contact the library for updates. You can also call 211 information and referral service at 211 or 719-955-0742 for resource referrals.

### Child Care Information

Child Care Resource and Referral (Colorado Shines) ... 1-877-338-2273  
 Colorado Child Care Assistance Program ..... 719-444-8178  
 CPCD *giving children a head start*..... 719-635-1536  
 Pikes Peak Region Family Child Care Association ..... 719-475-8828

### Clothing & Hygiene

Catholic Charities – Family Connections @ Helen Hunt Campus (kids)  
 ..... 719-636-2345  
 Charity’s Hope Food & Clothing Pantry ..... 719-332-2360  
 Community Outreach Center (Calhan) ..... 719-347-7638  
 Connie’s Cupboard (Fountain) ..... 719-205-5853  
 Crossfire Ministries ..... 719-447-1806  
 God’s Pantry (Fountain) ..... 719-392-0643  
 Goodwill Stores ..... 719-635-4483  
 Laundry Love ..... 719-440-8235  
 Life Network – Family Thrift Store ..... 719-344-9904  
 Mercy’s Gate ..... 719-277-7470  
 The Place – Drop In Center (youths up to age 24)..... 719-244-3959  
 Salvation Army (no vouchers)..... 719-574-4335  
 Sanctuary Church – Shower House ..... 719-634-7232  
 Seventh Day Adventist Community Center..... 719-578-5616  
 Springs Rescue Mission..... 719-632-1822  
 Westside CARES..... 719-389-0759

### Crisis Services

Boys Town Hotline (parenting)..... 1-800-448-3000  
 Call Blackline (BIPOC LGBTQ+) ..... 1-800-604-5841  
 Cedar Springs Hospital (mental health crisis)..... 719-633-4114  
 Colorado Crisis Services (mental health crisis) ..... 1-844-493-8255  
 Crossroads Detox Center ..... 719-203-6550  
 Diversus Health (Lighthouse – crisis danger to self)..... 719-572-6100

**Emergency..... 911**

Kingdom Builder’s (dom. violence) (24 hrs)..... 719-464-4647

**Mental Health Emergency ..... 988**

National Runaway Safeline ..... 1-800-786-2929  
 Peak View Behavioral Health (mental health crisis) ..... 1-888-235-9475  
 Pikes Peak Suicide Prevention Partnership..... 1-844-493-8255  
 Safe2Tell ..... 1-877-542-7233  
 TESSA (domestic violence & sexual assault) (24 hrs) ..... 719-633-3819  
 Trans Lifeline ..... 1-877-565-8860  
 The Trevor Project (LGBTQ+)..... 1-866-488-7386  
 Veterans Crisis Line ..... dial 988 then press 1

### Disability Resources

Achilles Pikes Peak ..... 828-712-3737  
 The ARC (developmentally disabled) ..... 1-855-828-8476

### Disability Resources (cont.)

Assistance League of Colorado Springs ..... 719-475-1029  
 CaptionCall ..... 833-691-1600  
 Cerebral Palsy Assoc. of Colorado Springs..... 719-638-0808  
 Cheyenne Village ..... 719-592-0200  
 Colorado Dept. of Education (SWAAAC) ..... 303-315-1276  
 Colo. Division of Vocational Rehabilitation ..... 719-635-3585  
 Colo. Network for Developmental Disabilities ..... 719-344-8015  
 Colorado School for the Deaf and Blind ..... 719-578-2100  
 Colorado Springs Down Syndrome Assoc. .... 719-633-1133  
 Colorado Springs Therapeutic Recreation Program ..... 719-385-5940  
 Colorado Springs Therapeutic Riding Center..... 719-634-4173  
 Dept. of Human Services (AND & BA benefits)..... 719-636-0000  
 El Paso County Public Health ..... 719-578-3199, ext 7  
 Empowered Care ..... 719-465-3905  
 Envida (transportation)..... 719-633-4677  
 Goodwill of Colorado..... 719-635-4483  
 GoodWheels – Goodwill (transportation)..... 719-442-2077  
 HEARSCOSP ..... 719-314-8605  
 Mountain Metro Mobility (transportation) ..... 719-385-7433  
 P2P: Parent to Parent of Colorado ..... 1-877-472-7201  
 PEAK Parent Center..... 719-531-9400  
 Peak Vista Developmental Disabilities Health Center..... 719-632-5700  
 PlayDate Behavioral Interventions ..... 719-465-3989  
 Relay Colorado..... 711  
 The Resource Exchange ..... 719-380-1100  
 Roundup School ..... 719-447-9333  
 Sign Language Network ..... 719-599-4517  
 Social Security Admin. (SSDI & SSI Benefits)..... 1-800-772-1213  
 Special Kids Special Families ..... 719-447-8983  
 Special Olympics of Colorado..... 720-359-3100  
 StableStrides..... 719-495-3908

### Domestic Violence Services

Centro de la Familia ..... 719-227-9170  
 Haseya Advocate Program (Native Americans only) ..... 719-600-3939  
 Kingdom Builder’s Family Life Center..... 719-247-8190  
 TESSA..... 719-633-1462  
 Voces Unidas for Justice ..... 720-588-8219

### Emergency Services

Adult Protective Services (hotline)..... 719-444-5755  
 Catholic Charities – Family Connections @ Helen Hunt Campus  
 (families) ..... 719-636-2345  
 Catholic Charities – Marian House (adult individuals)..... 719-475-7314  
 Child Abuse (hotline) ..... 1-844-264-5437  
 Colorado Springs Fire Department..... 719-385-5950

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### Emergency Services (cont.)

CSFD (Community & Public Health).....	719-385-2273
Colorado Springs Police Dept .....	719-444-7000
CSPD (Homeless Outreach Team) .....	719-444-7666
CSPD (Victim Advocacy) .....	719-444-7777
Colorado State Patrol.....	303-239-4500
Diversus Health (mental health) .....	719-572-6100
El Paso County Dept. of Human Services .....	719-636-0000
El Paso County Sheriff's Office .....	719-390-5555
KPC Respite Center.....	719-634-5439
Planned Parenthood.....	719-475-7162
Silver Key Senior Services .....	719-884-2300

### Employment & Training

Catholic Charities – Hanifen Employment Center @ Marian House .....	719-636-2345
Center for Employment Opportunities.....	719-694-5450
Colo. Division of Vocational Rehabilitation.....	719-635-3585
Community Works – Colorado Springs.....	719-203-4758
Goodwill Career Development Program .....	719-635-4483
PCs for People .....	720-278-7725
Pikes Peak Workforce Center.....	719-667-3700
PPLD Adult Education .....	719-531-6333, ext 2225
Senior Comm. Service Employment Center (AARP).....	719-635-3579
Urban League of Pikes Peak Region .....	719-634-1525
Voces Unidas for Justice .....	720-588-8219

### Financial Assistance

Catholic Charities – Hanifen Center @ Marian House.....	719-636-2345
Charity's Hope Food & Clothing Pantry .....	719-332-2360
Mercy's Gate .....	719-277-7470
Mt. Carmel Veterans Service Center .....	719-772-7000
Pikes Peak Veteran Housing Fund.....	719-323-2600
The Place (youths up to age 24).....	719-630-3223
Rocky Mountain Human Services (veterans) .....	719-323-2600
Silver Key Senior Services .....	719-884-2300
Southern Colorado Health Network (ind. with HIV).....	719-578-9092
Tri-Lakes Cares (Tri-Lakes area and District 38).....	719-481-4864
Volunteers of America (veterans).....	719-491-1974
Westside CARES.....	719-389-0759

### Food

Action in Action Ministries .....	719-619-9412
Bethany Baptist Church.....	719-634-7232
Black Forest Lutheran Church.....	719-495-2221
Care and Share.....	719-528-1247
Catholic Charities – Marian House Soup Kitchen (hot daily meals) .....	719-475-7314
PPLD (Rev. 12/05/2022)	

### Food (cont.)

Catholic Charities – Market Place Food Pantry.....	719-636-2345
Charity's Hope Food & Clothing Pantry .....	719-332-2360
Crossfire Ministries .....	719-447-1806
Deerfield Hills Community Center.....	719-385-5996
Divine Redeemer Catholic Church.....	719-633-5559
Eastborough Food Pantry .....	719-596-1929
Eastern Plains Community Pantry (Calhan) .....	719-347-3062
Food to Power Hillside Hub .....	719-470-2737
Fresh Start Center.....	719-495-3123
God's Pantry (Fountain).....	719-382-0643
Good News Foundation.....	719-638-8985
Good Shepherd United Methodist Church.....	719-392-5782
Holy Cross Lutheran Church.....	719-596-0661
Lord of Glory Church Manna.....	719-635-1057
Meadows Park Community Center.....	719-385-7940
Mercy's Gate.....	719-277-7470
Project Angel Heart .....	719-323-0084
Salvation Army .....	719-636-3891
Salvation Army – Fountain Valley .....	719-382-1182
Sanctuary Church .....	719-634-7232
Seventh Day Adventist Community Center.....	719-578-5616
Silver Key Senior Services .....	719-884-2300
Springs Rescue Mission .....	719-632-1822
St. Dominic Catholic Church (Security-Widefield).....	719-392-7653
St. John's Food Pantry.....	719-634-5388
St. Patrick's Catholic Church .....	719-598-3595
Tri-Lakes Cares (Tri-Lakes area and District 38).....	719-481-4864
Trinity United Methodist Church .....	719-633-9295
True Spirit Baptist Church.....	719-575-9287
Voces Unidas for Justice .....	720-588-8219
Westside CARES .....	719-389-0759
WIC Program, El Paso County Health .....	719-578-3199

### Justice Involved Services

Colorado Laser Clinic – Gang Tattoo Removal Prog. (under 25) .....	719-596-4000
ComCor, Inc.....	719-473-4460
Community Alternatives of El Paso County.....	719-390-1303
Dept of Corrections, Community Re-Entry.....	719-633-1469, ext 2325
Forge Evolution.....	719-475-7815
Gateway Through the Rockies .....	719-390-2129
Mercy Today Ministries (Cañon City).....	719-276-9242
Remerg .....	303-993-3551
Zebulon Pike Youth Service Center .....	719-385-3370

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### Legal Information & Advice

The ARC (developmentally disabled) .....	1-855-828-8476
Catholic Charities – Hanifen Center @ Marian House .....	719-636-2345
Catholic Charities – Legal Immigration Counseling .....	719-636-2345
Child Support Services (El Paso County) .....	719-457-6331
Colorado Child Protection Ombudsman .....	720-625-8640
Colorado Cross-Disability Coalition .....	303-869-1775
Colorado Legal Services .....	719-471-0380
Disability Law Colorado .....	303-722-0300
Family Court Facilitators .....	719-452-5104
The Justice Center .....	719-473-6212
Neighborhood Justice Center (mediation) .....	719-520-6000
Pro Se Self-Help Center .....	719-452-5000
Public Defenders Office .....	719-475-1235
Rocky Mountain Victim Law Center .....	303-295-2001
TESSA (domestic violence) .....	719-633-1462

### Medical

Ascending to Health Respite Care .....	719-635-7639
Catholic Charities – Hanifen Center @ Marian House .....	719-636-2345
Cheyenne Village (adults with disabilities) .....	719-592-0200
Colorado Community Health Alliance .....	719-598-1540
Colorado Springs Pregnancy Center (Galley) .....	719-249-7389
Fountain .....	719-824-4977
Westside .....	719-451-7610
Community Dental Health .....	719-310-3315
Diversus Health (mental health) .....	719-572-6100
DNA Testing .....	719-457-6331
Dream Center (Women’s Clinic) .....	719-388-1594
El Paso County DHS – Family Medical .....	719-444-5349
El Paso County Public Health .....	719-578-3199
Grandview Hospital .....	719-365-3300
Health First Colorado (Medicaid & CHP+) .....	1-800-221-3943
The Independence Center (disabled) .....	719-471-8181
Memorial Hospital Health Link .....	719-444-2273
Memorial Hospital Central .....	719-365-5000
Mission Medical (low-income) .....	719-219-3402
National Alliance on Mental Illness .....	719-473-8477
Next Chapter (veterans) .....	1-888-719-8387
Open Bible Medical Clinic .....	719-475-0972
Peak View Behavioral Health .....	719-444-8484
Peak Vista Community Health Centers .....	719-632-5700
Peak Vista Dental Health Center .....	719-475-0783
Penrose Hospital .....	719-776-5000
Planned Parenthood – Westside Health Center .....	719-475-7162
PPACG – AAA Senior Insurance Assistance .....	719-471-2096
Rocky Mountain Health Care Services .....	719-314-2327

### Medical (cont.)

SET Family Medical Clinics .....	719-776-8850
SET Homeless Clinic .....	719- 475-7314
Southern Colorado Health Network – HIV Education, Prevention, & Care Services .....	719-578-9092
St. Francis Hospital .....	719-571-1000
Tri-Lakes Cares .....	719-481-4864
Westside CARES .....	719-389-0759

### Mental Health

Another Life Foundation .....	719-216-7238
Cedar Springs Hospital .....	719-633-4114
Colorado Community Health Alliance .....	719-578-1540
Diversus Health .....	719-572-6100
Dos Madres – RESTORE .....	719-510-6981
Insight Services .....	719-447-0370
LifeStance Health (multiple locations) .....	970-310-3406
National Alliance on Mental Illness (NAMI) .....	719-473-8477
Peak View Behavioral Health .....	719-444-8484
Pikes Peak Suicide Prevention Partnership .....	719-573-7447

### Miscellaneous Counselling

Achieve Whole Recovery .....	719-373-9703
Catholic Charities – Counseling Services .....	719-866-6535
Catholic Charities – Family Connections @ Helen Hunt Campus .....	719-636-2345
Center on Fathering .....	719-634-7797
Colo. Division of Vocational Rehabilitation (disabled) .....	719-635-3585
Colorado Springs Pregnancy Center (Galley) .....	719-249-7389
Fountain .....	719-824-4977
Westside .....	719-451-7610
Community Outreach Center (Calhan) .....	719-347-7638
Diversus Health (mental health) .....	719-572-6100
Dos Madres – RESTORE .....	719-510-6981
El Paso County Public Health .....	719-578-3199
Envision: You .....	303-214-2119
Genetic Counseling (Memorial Hospital) .....	719-365-6845
Homeward Pikes Peak Addiction Recovery .....	719-473-5557
Independence Center (disabled) .....	719-471-8181
Inside Out Youth Services (LGBTQ+) .....	719-328-1056
Insight Services .....	719-447-0370
LifeStance Health (multiple locations) .....	970-310-3406
Lutheran Family Services .....	719-227-7571
Neighborhood Justice Center (mediation) .....	719-520-6000
Phoenix Multisport (drug & alcohol) .....	720-440-9175
The Place – Drop In Center (youths up to age 24) .....	719-244-3959
Recovery Unlimited .....	719-358-7338

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### Miscellaneous Counselling (cont.)

Sandstone Care .....	303-552-5278
Serenity Recovery Connection (formerly Springs Recovery Connection) .....	719-465-2295
Servicios de la Raza.....	303-458-5851
Silver Key Senior Services .....	719-884-2300
TESSA (domestic violence) .....	719-633-1462
Voces Unidas for Justice .....	720-588-8219

### Parenting and Pregnancy

Catholic Charities – Counseling Services.....	719-866-6535
Catholic Charities – Family Connections @ Helen Hunt Campus .....	719-636-2345
Center on Fathering .....	719-634-7797
Child Abuse (hotline) .....	1-844-264-5437
Colorado Safe Haven for Newborns.....	1-888-510-2229
Colorado Springs Pregnancy Center (Galley).....	719-249-7389
Fountain.....	719-824-4977
Westside .....	719-451-7610
Life Network .....	719-591-2609
Lutheran Family Services.....	719-227-7571
Planned Parenthood – Westside Health Center.....	719-475-7162
Safe Families .....	303-209-8475

### Senior Services

Calhan Senior Services .....	719-347-2221
Colorado Springs Senior Center .....	719-955-3400
Fountain Valley Senior Center .....	719-600-2644
PPACG – Area Agency on Aging (AAA) .....	719-471-2096
AAA Family Caregiver Support Center.....	719-886-7526
Rocky Mountain PACE.....	719-314-2327
Senior Comm. Service Employment Program (AARP).....	719-635-3579
Silver Key Senior Services .....	719-884-2300
University of Colorado Aging Center.....	719-255-8002

### Shelter & Housing

Ascending to Health Respite Care.....	719-635-7639
Colorado Housing & Finance Authority.....	1-800-877-2432
Colorado Springs Housing Authority .....	719-387-6700
Dale House Project (youth) .....	719-471-0642
Family Life Services (single mothers).....	719-632-4661
Family Promise (transitional housing for families) .....	719-329-1244
Fountain Housing Authority.....	719-382-5639
Gospel Homes for Women (Christian home for women) ..	719-291-3406
Greccio Housing.....	719-475-1422
Homeward Pikes Peak.....	719-473-5557
Kingdom Builders Fam. Life Center (dom. violence) .....	719-247-8190

### Shelter & Housing (cont.)

Ithaka.....	719-578-1629
Mary’s Home (homeless single mothers) .....	719-301-5411
Partners in Housing (families).....	719-473-8890
The Place (youth ages 15-20).....	719-630-3223
After hours number.....	719-205-7129
Pikes Peak Habitat for Humanity .....	719-475-7800
Rocky Mountain Community Land Trust.....	719-447-9300
Rocky Mountain Human Services (veterans).....	1-855-838-7420
Salvation Army RJ Montgomery Center (family shelter) ..	719-578-9190
Salvation Army (transitional housing).....	719-636-3891
Springs Rescue Mission (shelter - adults).....	719-632-1822
TESSA (domestic violence) .....	719-633-1462

### Substance Abuse

Achieve Whole Recovery.....	719-373-9703
Colorado Community Health Alliance .....	719-598-1540
Colorado Springs Alcoholics Anonymous .....	719-573-5020
Crossroads Detox Center.....	719-203-6550
Diversus Health.....	719-572-6100
Front Range Clinic .....	719-419-7735
Homeward Pikes Peak Addiction Recovery.....	719-473-5557
Insight Services .....	719-447-0370
Love Alive.....	719-283-6197
Oxford House (sober living - multiple locations).....	1-800-689-6411
Phoenix Multisport (drug & alcohol) .....	719-434-3387
Pikes Peak Area of Narcotics Anonymous .....	719-637-1580
Recovery Unlimited .....	719-358-7338
Sandstone Care.....	303-552-5278
Serenity Recovery Connection (formerly Springs Recovery Connection) .....	719-465-2295

### Transportation

Calhan Senior Services (seniors).....	719-347-2221
Envida .....	719-633-4677
Fountain Valley Senior Center (seniors) .....	719-600-2644
GoodWheels – Goodwill (disabled) .....	719-442-2077
IntelliRide – Health First Colorado .....	719-766-4660
Mountain Metro Mobility (disabled).....	719-385-7433
Silver Key Para Transit (seniors).....	719-884-2300

### Veterans Services

El Paso County Veterans Services.....	719-520-7750
Home Front Military Care Network .....	719-577-7417
The Independence Center .....	719-471-8181
Mt. Carmel Veterans Service Center.....	719-772-7000
Next Chapter .....	1-888-719-8387

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### Veterans Services (cont.)

Pikes Peak Veterans Housing Fund .....	719-323-2600
PFC Floyd K. Lindstrom Outpatient Clinic .....	719-327-5660
Rocky Mountain Human Services .....	719-323-2600
UCCS Veterans Health & Trauma Clinic .....	719-255-8003
Veterans Administration .....	719-471-9992
Volunteers of America .....	719-491-1974

### Weatherization & Utilities

Brothers Redevelopment .....	719-888-9134
Catholic Charities – Hanifen Center @ Marian House .....	719-636-2345
Community Outreach Center (Calhan) .....	719-347-7638
Energy Resource Center .....	719-591-0772
LEAP .....	1-866-432-8435
Mercy’s Gate .....	719-277-7470
Project COPE .....	719-448-4800
Red Cross .....	719-632-3563
Salvation Army .....	719-636-3891
Salvation Army (Fountain Valley) .....	719-382-1182
Silver Key Senior Services .....	719-884-2300
Tri-Lakes Cares (Tri-Lakes area and District 38) .....	719-481-4864
Westside CARES .....	719-389-0759