

Helping Hands

El Paso County Community Resources

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Child Care Information

Child Care Resource and Referral (Colorado Shines) ... 1-877-338-2273
 Colorado Child Care Assistance Program (to apply).....719-444-8178
 CPCD *giving children a head start*.....719-635-1536
 Pikes Peak Region Family Child Care Association719-475-8828

Clothing & Hygiene

Catholic Charities – Family Connections @ Helen Hunt Campus (kids)
719-578-1222
 Crossfire Ministries719-447-1806
 Eastern El Paso Community Center (Calhan).....719-347-2976
 Goodwill Stores.....719-635-4483
 Life Network – Family Thrift Store.....719-344-9904
 Lord of Glory Church719-635-1057
 Mercy’s Gate719-277-7470
 Salvation Army (no vouchers).....719-636-3891
 Sanctuary Church – Shower House719-634-7232
 Seventh Day Adventist Community Center.....719-634-1682
 Springs Rescue Mission.....719-632-1822

Crisis Centers

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 Fam. Life Center (dom. violence)719-247-8190
 24 hr crisis line719-464-4647
 Peak View (mental health crisis)..... 1-888-235-9475
 Pikes Peak Suicide Prevention Partnership..... 1-844-493-8255
 TESSA (domestic violence & sexual assault) (24 hrs)719-633-3819

Emergency Services

Adult Protective Services (hotline).....719-444-5755
 Catholic Charities – Family Connections @ Helen Hunt Campus
 (families).....719-578-1222
 Catholic Charities – Marian House (adult individuals).....719-475-7314
 Child Abuse (hotline) 1-844-264-5437
 Colorado Springs Police Dept719-444-7000
 CSPD (Victim Advocacy)719-444-7777
 CSPD (Homeless Outreach Team)719-444-7666
 Colorado State Patrol.....719-635-0385
 Dept of Human Services.....719-636-0000
 Diversus Health (mental health) 1-844-493-8255
 Haseya Advocate Program719-600-3939
 KPC Respite Center.....719-634-5439
 Planned Parenthood.....719-475-7162

Employment & Training

Catholic Charities – English as a Second Language.....719-866-6516
 Catholic Charities – Hanifen Employment Center @ Marian House
 719-866-6290
 Colo. Division of Vocational Rehabilitation719-635-3585
 Community Works – Colorado Springs719-354-6640
 El Paso County Sheriff’s Dept.....719-390-5555
 Goodwill Career Development Program719-444-5000
 Pikes Peak Workforce Center.....719-667-3700
 Senior Comm. Service Employment Center (AARP).....719-635-3579
 Urban League of Pikes Peak Region719-634-1525
 Voces Unidas for Justice720-588-8219

Financial Assistance

Catholic Charities – Hanifen Center @ Marian House.....719-475-7314
 Mercy’s Gate719-277-7470
 The Resource Exchange719-380-1100
 Tri-Lakes Cares (Tri-Lakes area and District 38).....719-481-4864
 Westside CARES719-389-0759

Food

Black Forest Lutheran Church.....719-495-2221
 Care and Share719-528-1247
 Catholic Charities – Community Outreach (food boxes)...719-866-6550
 Catholic Charities – Marian House Soup Kitchen (hot daily meals)
 719-475-7314
 Catholic Charities – Market Place Food Pantry.....719-866-6288
 Crossfire Ministries719-447-1806
 Deerfield Hills Community Center.....719-385-5996
 Divine Redeemer Catholic Church.....719-633-5559
 Eastborough Food Pantry719-596-1929
 Eastern Plains Community Pantry (Calhan)719-347-3062
 Ellicott Helping Hands (Rush, Peyton, Yoder, Ramah).....719-683-3240
 Fresh Start Center (Falcon, Peyton).....719-495-3123
 Good News Foundation.....719-638-8985
 Good Shepherd United Methodist Church.....719-392-5782
 Holy Cross Lutheran Church.....719-596-0661
 Manna Ministries.....719-635-1057
 Meadows Park Community Center.....719-385-7940
 Mercy’s Gate719-277-7470
 Project Angel Heart303-830-0202
 Salvation Army719-636-3891
 Salvation Army – Fountain Valley719-382-1182
 Sanctuary Church719-634-7232
 Seventh Day Adventist Community Center.....719-578-5616
 Silver Key Senior Services.....719-884-2300
 Springs Rescue Mission719-632-1822
 St. Dominic Catholic Church (Security-Widefield).....719-392-7653

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Food (cont.)

St. John's Food Pantry.....	719-634-5687
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.	719-596-4000
Colorado Springs Teen Court	719-475-7815
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
Gateway Through the Rockies.....	719-390-2129
Mercy Today Ministries (Cañon City).....	719-276-9242
Remerg	303-548-3395
Zebulon Pike Youth Service Center	719-385-3370

Legal Information & Advice

The Arc (developmentally disabled).....	719-471-4800
Catholic Charities – Hanifen Center @ Marian House.....	719-475-7314
Catholic Charities – Legal Immigration Counseling.....	719-866-6515
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	1-800-288-1376
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
TESSA (domestic violence)	719-633-1462

Medical

Ascending to Health (respite care).....	719-633-2800
Catholic Charities – Hanifen Center @ Marian House.....	719-475-7314
Colorado Community Health Alliance	719-598-1540
Colorado Springs Pregnancy Center.....	719-591-2724
Westside	719-623-2870
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

Medical (cont.)

El Paso County Public Health	719-578-3199
Grandview Hospital.....	719-272-3600
Health First Colorado (Medicaid & CHP+).....	1-800-221-3943
Independence Center	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
Open Bible Medical Clinic.....	719-475-0972
Peak View Behavioral Health.....	1-888-235-9475
Peak Vista Community Health Centers	719-632-5700
Peak Vista Dental Health Center	719-475-0783
Peak Vista Homeless Clinic	719-471-2789
Penrose Hospital.....	719-776-5000
Planned Parenthood – Westside Health Center	719-475-7162
PPACG – AAA Senior Insurance Assistance.....	719-635-4891
Rocky Mountain Health Care.....	719-466-8777
SET Family Medical Clinics	719-776-8850
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

Miscellaneous Counselling

Catholic Charities – Adoption & Pregnancy Counseling ..	719-866-6535
Catholic Charities – Life Connections Pathways to Healing Individual, Family, & Couples.....	719-866-6535
Catholic Charities – Life Support Center (pregnancy)	719-578-1222
Center on Fathering.....	719-634-7797
Colorado Springs Pregnancy Center.....	719-591-2724
Westside	719-623-2870
Community Outreach Center.....	719-347-7638
Consumer Credit Counseling Services	719-576-0909
Diversus Health (mental health).....	719-572-6100
El Paso County Public Health	719-578-3199
Genetic Counseling (Memorial Hospital).....	719-365-6845
Homeward Pikes Peak Addiction Recovery	719-473-5557
Independence Center (disabled)	719-471-8181
Inside Out (LGBTQ+)	719-328-1056
Kingdom Builder's Fam. Life Center (dom. violence).....	719-247-8190
Lutheran Family Services (Pregnancy, Parenting, & Adoption Services)	719-227-7571
Neighborhood Justice Center (mediation)	719-520-6000
Phoenix Multisport (drug & alcohol)	719-434-3387
Servicios de la Raza	303-458-5851
Silver Key Senior Services	719-884-2300

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Miscellaneous Counselling (cont.)

Springs Recovery Connection719-465-2295
 TESSA (domestic violence)719-633-1462
 Vocational Rehabilitation (disabled)719-635-3585
 Voces Unidas for Justice720-588-8219

Parenting & Pregnancy

Catholic Charities – Adoption & Pregnancy Counseling...719-866-6535
 Catholic Charities – Life Connections Pathways to Healing Individual,
 Family, & Couples.....719-866-6535
 Catholic Charities – Life Support Center (pregnancy).....719-578-1222
 Center on Fathering719-634-7797
 Child Abuse (hotline) 1-844-264-5437
 Colorado Safe Haven for Newborns 1-888-510-2229
 Colorado Springs Pregnancy Center.....719-591-2724
 Westside719-623-2870
 Life Network719-591-2609
 Lutheran Family Services (Pregnancy, Parenting, & Adoption
 Services)719-227-7571
 Planned Parenthood – Westside Health Center.....719-475-7162
 Safe Families719-357-7080

Senior Services

Catholic Charities – Community Outreach (senior food boxes)
719-866-6550
 PACE (Program of All-Inclusive Care for the Elderly).....719-314-2327
 PPACG – Area Agency on Aging (AAA)719-471-2096
 AAA Senior Information & Assistance719-471-2096
 AAA Senior Insurance Assistance.....719-635-4891
 AAA Family Caregiver Support Center.....719-886-7526
 AAA Ombudsman Program (advocates for long-term care
 facility residents)719-471-2096
 Salvation Army Senior Center (meals & activities).....719-636-3891
 Senior Comm. Service Employment Program (AARP).....719-635-3579
 Silvercrest (low-income senior housing)719-389-0329
 Silver Key Senior Services719-884-2300
 211 Pikes Peak United Way (information resource).....211 or
 From your cell phone.....719-955-0742

Shelter & Housing

Crawford House (veterans).....719-477-1639
 Dale House Project (youth)719-471-0642
 Family Life Services (single mothers).....719-632-4661
 Family Promise (short-term transitional housing for families).....
719-329-1244
 Gospel Homes for Women (Christian home for women)..719-291-3406
 Greccio Housing.....719-475-1422

Shelter & Housing (cont.)

Homeward Pikes Peak.....719-473-5557
 Housing Authority (Colorado Springs).....719-387-6700
 Housing Authority (Fountain)719-382-5639
 Ithaka (single men).....719-578-1629
 Mary’s Home (homeless single mothers)719-301-5411
 New Promise Family Shelter.....719-358-6220
 Partners in Housing (families).....719-473-8890
 The Place (formerly Urban Peak) (youth ages 15-20)
 Daytime number719-630-3223
 After hours number.....719-205-7129
 Rocky Mountain Community Land Trust.....719-447-9300
 Salvation Army RJ Montgomery Center (shelter)719-578-9190
 Salvation Army (transitional housing).....719-635-1287
 Springs Rescue Mission719-632-1822

Transportation

Envida719-633-4677
 Fountain Valley Senior Center (seniors)719-520-6472
 Mountain Metro Mobility (disabled).....719-385-7433
 Silver Key Para Transit (seniors).....719-884-2300

Veterans Services

Crawford House719-477-1639
 Mt. Carmel Veterans Service Center719-772-7000
 Peak Military Care Network.....719-577-7417
 PFC Floyd K. Lindstrom Outpatient Clinic.....719-327-5660
 Rocky Mountain Human Services1-855-838-7428
 UCCS Veterans Health & Trauma Clinic.....719-255-8003
 Veterans Administration.....719-327-5660

Weatherization & Utilities

Catholic Charities – Hanifen Center @ Marian House.....719-475-7314
 Colorado Telephone Assistance Program.....1-800-782-0721
 Community Outreach Center.....719-347-7638
 Energy Resource Center719-591-0772
 LEAP.....1-866-432-8435
 Mercy’s Gate719-277-7470
 Project COPE719-448-4800
 Red Cross719-632-3563
 Salvation Army (Fountain Valley)719-382-1182
 Tri-Lakes Cares (Tri-Lakes area and District 38).....719-481-4864
 Westside CARES719-389-0759