

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 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)
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
Genesis Center of Hope 719-358-8132
God’s Pantry (Fountain) 719-382-0643
Goodwill Stores 719-635-4483
Laundry Love 719-440-8235
Life Network – Family Thrift Store 719-344-9904
Mercy’s Gate 719-277-7470
Pikes Peak Family Success Center 719-632-1543
The Place – Drop In Center (youths up to age 24)..... 719-244-3959
Salvation Army (no vouchers)..... 719-574-4335
Sanctuary Church – Children’s Clothing Closet..... 719-634-7232
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
Never Use Alone Hotline..... 1-800-484-3731
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
Assistance League of Colorado Springs 719-475-1029
CaptionCall 1-833-691-1600
Cerebral Palsy Assoc. of Colorado Springs 719-638-0808
Cheyenne Village 719-592-0200
Colorado Dept. of Education (SWAAAC) 303-315-1276
719-636-2345
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 & VA benefits) 719-636-0000
El Grupo Vida 303-335-9875
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
HEARS of El Paso County 719-352-5124
The Independence Center 719-471-8181
Integrating Supports Colorado, Inc..... 719-313-0626
Mountain Metro Mobility (transportation) 719-385-7433
P2P: Parent to Parent of Colorado 1-877-472-7201
PASCO 719-960-4995
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

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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
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
EPSO (Victim Assistance Program).....	719-520-7078
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	
Center for Employment Opportunities.....	719-694-5450
Colo. Division of Vocational Rehabilitation.....	719-635-3585
Community Anchor Academy	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 – Marian House.....	719-866-6285
Charity's Hope Food & Clothing Pantry	719-332-2360
Community Economic Defense Project.....	303-838-1200
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).....	719-244-3959
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)	
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	719-866-6286
Pikes Peak Family Success Center	719-632-1543
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
Solid Rock CommUNITY Food Pantry.....	719-985-8935
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
Community Alternatives of El Paso County.....	719-390-1303
Dept of Corrections, Community Re-Entry.....	719-633-1469, ext 2325

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Justice Involved Services (cont.)

Embrace (formerly ComCor)	719-473-4460
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

Legal Information & Advice

The ARC (developmentally disabled)	1-855-828-8476
Catholic Charities – Hanifen Center @ Marian House.....	719-866-6285
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
Community Economic Defense Project.....	303-838-1200
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.....	719-866-6285
Cheyenne Village (adults with disabilities)	719-592-0200
Colorado Community Health Alliance	719-598-1540
Colorado Springs Pregnancy Center (Galley).....	719-679-3105
Fountain	719-695-7030
Westside	719-451-7586
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
Eye Love Care	719-596-2020
Grandview Hospital.....	719-365-3300
Health First Colorado (Medicaid & CHP+).....	1-800-221-3943
The Independence Center (disabled)	719-471-8181
Memorial Hospital Central	719-365-5000
Memorial Hospital Health Link.....	719-444-2273
Mission Medical (low-income).....	719-219-3402
National Alliance on Mental Illness (NAMI)	719-473-8477

Medical (cont.)

Next Chapter (veterans).....	1-888-719-8387
Oak Street Health	1-866-951-4107
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
Pikes Peak Family Success Center	719-632-1543
Planned Parenthood – Westside Health Center	719-475-7162
PPACG – AAA Senior Insurance Assistance.....	719-471-2096
Rocky Mountain Health Care Services.....	719-314-2327
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
Bright Space Counseling	719-645-5637
Cedar Springs Hospital.....	719-633-4114
Colorado Community Health Alliance	719-598-1540
Depression Bipolar Support Alliance (DBSA).....	719-477-1515
Diversus Health	719-572-6100
Dos Madres – RESTORE.....	719-510-6981
Hope Mountain Behavioral Health.....	719-465-0900
Insight Services	719-447-0370
LifeStance Health (multiple locations).....	970-310-3406
National Alliance on Mental Illness (NAMI)	719-473-8477
The Patterson Center for Resiliency	719-300-5735
Peak View Behavioral Health.....	719-444-8484
Pikes Peak Family Success Center	719-632-1543
Pikes Peak Suicide Prevention Partnership	719-573-7447

Miscellaneous Counseling & Assistance

Benefits in Action.....	1-888-496-4252
Catholic Charities – Counseling Services.....	719-866-6535
Catholic Charities – Family Connections @ Helen Hunt Campus	
Center on Fathering	719-634-7797
Colo. Division of Vocational Rehabilitation (disabled).....	719-635-3585
Colorado Springs Pregnancy Center (Galley).....	719-679-3105
Fountain.....	719-695-7030
Westside	719-451-7586
Community Outreach Center (Calhan).....	719-347-7638
Diversus Health (mental health)	719-572-6100

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Dos Madres – RESTORE.....	719-510-6981
El Paso County Public Health.....	719-578-3199
Envision: You (LGBTQ Initiative).....	303-214-2119
Genesis Center of Hope.....	719-358-8132
Genetic Counseling (Memorial Hospital).....	719-365-6845
The 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
Refugee & Asylee.....	719-227-8899
Neighborhood Justice Center (mediation).....	719-520-6000
Pikes Peak Family Success Center.....	719-632-1543
The Place – Drop In Center (youths up to age 24).....	719-244-3959
Servicios de la Raza.....	303-458-5851
Silver Key Senior Services.....	719-884-2300
Solid Rock Community Development Corporation.....	719-393-7625
TESSA (domestic violence).....	719-633-1462
Voces Unidas for Justice.....	720-588-8219

Parenting & Pregnancy

Catholic Charities – Counseling Services.....	719-866-6535
Catholic Charities – Family Connections @ Helen Hunt Campus.....	
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).....	719-679-3105
Fountain.....	719-695-7030
Westside.....	719-451-7586
Joint Initiatives for Youth & Families.....	719-630-0927
Life Network.....	719-591-2609
Lutheran Family Services.....	719-227-7571
PFLAG Colorado Springs.....	719-425-9567
Planned Parenthood – Westside Health Center.....	719-475-7162
Safe Families for Children.....	719-357-7080

Senior Services

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
UCCS 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
Dream Centers Mary’s Home (single mothers).....	719-301-5411
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
Ithaka Housing.....	719-578-1629
Partners in Housing (families).....	719-473-8890
The Place (youth ages 15-20).....	719-244-3959
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).....	1-855-838-7428
Salvation Army BJ Montgomery Center (family shelter).....	719-578-9190
Salvation Army (transitional housing).....	719-636-2345
Sarah’s Home (survivors of sex trafficking).....	719-347-3026
Springs Rescue Mission (shelter - adults).....	719-632-1822
TESSA (domestic violence).....	719-633-1462

Substance Use

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
Khesed Wellness (Pro bono and discounted program).....	720-575-9889
Love Alive.....	719-283-6197
Never Use Alone Hotline.....	1-800-484-3731
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
Purple Mountain Recovery (LGBTQIA+).....	719-445-0621
Recovery Unlimited.....	719-358-7338
Sandstone Care.....	720-674-7380
Serenity Recovery Connection.....	719-465-2295

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Transportation

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
PikeRide	719-235-5862
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
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.....	719-866-6285
Community Outreach Center (Calhan).....	719-347-7638
Energy Resource Center.....	719-591-0772
LEAP.....	1-866-432-8435
Mercy’s Gate	719-277-7470
Operation Round Up (Mountain View Elec. Assoc.)	1-800-388-9881
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	7

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