

5th Edition - February 2018



Peak to Peak

Where to Get Help Guide

Prepared by: the Peak to Peak Housing & Human
Services Task Force



Foothills United Way

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ACCESS TO GENERAL INFORMATION

BOULDER COUNTY HELP

This is a web portal with links to all multiple services and support: Mental Health, Caregivers, Seniors, People with Disabilities, Parents & Teens, Veterans...

It also includes Boulder County's complete resource book.

www.bouldercountyhelp.org

EMERGENCY FAMILY ASSISTANCE ASSOCIATION

EFAA offers assistance to Boulder County Residents, with minor medical costs, short-term and transitional housing programs, housing deposit and rent assistance, assistance with energy-related utilities (gas, electric, propane), as well as food and transportation assistance.

EFAA has a Mountain Resource Liaison, based at the Community Center in Nederland, but also available to visit clients in the mountain communities.

Kristi Venditti, Mountain Resource Liaison

720-336-2326 / kristi@efaa.org

www.efaa.org

BOULDER COUNTY HOUSING & FINANCIAL COUNSELING PROGRAM

The program offers expertise in creating individualized spending plans and methods for sticking to it; coaching on getting back on track financially; advice on student loans, the home buying process, credit improvement, debt reduction, foreclosure prevention, reverse mortgages, and more. Contact for free and confidential individual appointments and group workshops.

Becky Thelen, AFC

720-564-2279 / hcinfo@bouldercounty.org

www.bouldercountyhc.org

PEAK TO PEAK HUMAN SERVICES TASK FORCE

We are a group of human service organizations and agencies that meet once a month to share information and expand services to mountain residents. We publish this guide, and hold a Human Services Fair near Thanksgiving in Nederland.

Rebecca Lawrence, Coordinator

303-815-2980 / rjlawrence333@gmail.com

INTER MOUNTAIN ALLIANCE

The Inter Mountain Alliance is an advocacy group of mountain mayors and community leaders who meet once a month. This group focuses on connecting our mountain communities and emergency preparedness.

Amy Hardy / ahardy105@yahoo.com

DIAL 2-1-1

United Way's 2-1-1 is a free, multilingual phone service that is staffed and available 24 hours a day, 7 days a week. Callers are referred to non-emergency health and human services along the Front Range.

COLORADO WORKS / TEMPORARY AID TO NEEDY FAMILIES

TANF is a federal program that provides cash assistance to needy families with dependent children. An application for Colorado Works is also considered for food assistance, Medicaid, and child support services. Child care assistance, transportation, job training and other supportive services are available for job seekers. Dental services are especially helpful.

Visit Boulder County Housing & Human Services to see if you are eligible and to apply: <http://www.bouldercounty.org/family/financial/pages/hhstanf.aspx>

PEAK

The PROGRAM ELIGIBILITY AND APPLICATION KIT (PEAK) is an online service for Coloradans to learn about, screen, apply for and manage medical, food, cash, and early childhood program benefits.

www.colorado.gov/peak

ADDICTIONS

ALCOHOLICS ANONYMOUS / AL-ANON

Meetings held at:

St Rita's Catholic Church, 326 Hwy 119, Nederland

AA, Tuesdays and Fridays, 7:00 pm / Al-Anon, Mondays, 7:00 pm

Nederland Veterinary Hospital, 646 Hwy 119 South, Nederland

Thursdays, 8:00 am

Call 303-618-0458 for more information.

NARCOTICS ANONYMOUS

Meetings held at:

Nederland Community Presbyterian Church, 210 North Jefferson St, Nederland

Mondays, 7:00 pm

More information at NederlandNarcoticsAnonymous@gmail.com

BOULDER COUNTY ADDICTIONS RECOVERY CENTER

24-Hour Walk-In Center and Crisis & Addictions Services

3180 Airport Rd

Boulder, Colorado 80301

Walk-In Crisis Phone: 1-844-493-TALK

Addictions/Detoxification Phone: 303-441-1281

www.mhpcolorado.org

ANIMAL RESCUE & REHABILITATION

BOULDER COUNTY ANIMAL CONTROL

Animal Control investigates cases involving domesticated animals, animal bites, abused or neglected animals, dogs running at large, sick or injured animals, and barking dogs.

Incidents involving wildlife (eg. bears, deer, elk, mountain lions, and the like) and hunting violations are typically referred to Colorado Parks & Wildlife (303-297-1192).

303-441-3626

GREENWOOD WILDLIFE REHAB CENTER

303-545-5849, during business hours (9 am - 4 pm, 7 days a week)

303-823-8455, for the emergency hotline

www.greenwoodwildlife.org

COLORADO HORSE RESCUE

This non-profit provides shelter, care, and rehab for horses.

720-494-1414

10386 North 65th St, Longmont

www.chr.org

CHILDCARE

ASPEN GROVE COMMUNITY PRESCHOOL

Aspen Grove is a preschool for children 2 ½ years of age through 6 years of age.

* CCAP / Private pay

303-258-0390

391 West 1st St, Nederland (above RTD Park-n-Ride)

Monday - Friday, 7:30 am - 5:30 pm

www.aspengrovespreschool.org

CARIBOU MOUNTAIN PRESCHOOL

Caribou provides preschool for 3 and 4 year olds.

Caribou follows the Nederland Elementary School schedule (BVSD calendar).

* Sliding Scale / Private pay / Free to qualifying families

303-258-7092 (or Kristi Venditti, 720-561-4833)

Tuesday - Friday, half days, either:

8:15 am - 11:10 am or 12:10 pm - 3:05 pm

LITTLE BEAR PRESCHOOL

Little Bear provides care for walking 1-year-olds thru preschool, with childcare, toddler, preschool programs, licensed to 7 years of age.

* CCAP / Private Pay

303-258-3036

575 Hwy 72, Nederland

Monday - Friday, 8:00 am - 3:00 pm

Aftercare, 3:00 - 5:00 pm

WILD BEAR NATURE CENTER

The Nature Center is open to the visitors free of charge, nearly every day throughout the year. It is also an inclusive facility, licensed for school age childcare (ages 5 and older) year-round. Wild Bear provides environmental education programs, workshops and special events, including summer camp (ages 5-15), no-school-day/full day nature camps (ages 5-12), after-school nature enrichment (ages 5-12), and Bear Cubs (ages 3-5). A shuttle runs from Boulder to Nederland and back for summer camp.

* CCAP / Sliding Scale / Scholarships / Private pay

303-258-0495

20 Lakeview Dr, Caribou Shopping Center, Nederland

Nature Center hours: Monday - Sunday, 11 am - 5 pm

www.wildbear.org

EAGLES' NEST EARLY LEARNING CENTER

Eagles' Nest cares for infants, toddlers, and preschool children (8 weeks thru 6 years).

* CCAP / Sliding Scale / Private pay payment options

303-582-0895

10655 Hwy 119, Black Hawk (Next to Gilpin RE-1 School)

Monday - Friday, 7:00 am - 6:00 pm

www.eaglesnestelc.org

CLOTHING

NEDERLAND COMMUNITY CLOTHING CLOSET

The Clothing Closet offers clean, gently-used free clothing for all ages. It is volunteer-run, operated by the Nederland Food Pantry, and open for shopping and donations during pantry hours.

720-418-0892

750 Hwy 72 North, Nederland (Nederland Community Center, first door on west end)

Every Saturday and the first & last Thursday each month, 10:00 am - 12:00 pm

www.nederlandfoodpantry.org

ALLENSPARK COMMUNITY CLOTHES CLOSET

The Clothes Closet offers clean, gently used clothing, based upon pay what you can.

14863 Colorado Hwy 7, Allenspark (Allenspark Old Gallery)

303-747-2906

First and third Wednesdays, 2:00 pm - 4:00 pm

and during Old Gallery open hours.

www.theoldgallery.org

DENTAL

DENTAL AID

Dental Aid offers Cleanings, X-Rays, Exams, General Dentistry, Complete Restoration, Sealants, Extractions, Fillings, Crowns, Bridges and Partial, and other Orthodontia.

* Reduced Fees schedule / CHP+ / Medicaid accepted

303-499-7072

4155 Darley Ave, Boulder

Monday - Friday, 8:00 am - 5:00 pm

www.dentalaid.org

DISABILITIES

CENTER FOR PEOPLE WITH DISABILITIES

CPWD has services for people with all types of disabilities.

303-442-8662 / info@cpwd.org

1675 Range St, Boulder

615 North Main St, Longmont

Monday - Thursday 8:00 am - 4:00 pm / Friday 8:00 am - Noon

ENSIGHT SKILLS CENTER

Enight is an accredited, professional center for low vision services to enhance the lives of those who are struggling with vision loss.

303-757-4500 for evaluation appointment (once per month)

Lafayette location by appointment only.

AUDIO INFORMATION NETWORK OF COLORADO

Tune into this Fort Collins-based radio station, with programs in English and Spanish, for news, household tips, etc.

www.aincolorado.org

DISASTER INFORMATION

OFFICE OF EMERGENCY MANAGEMENT

OEM has current information about emergencies occurring in our communities. Sign up for emergency messages via phone, cell, text, email, and access their Emergency Preparedness Guide.

To receive emergency notifications by text, email or phone:

<https://member.everbridge.net/index/453003085612231#/login>

303-441-3390

3280 Airport Rd, Boulder

www.boulderoem.com

BOULDER COUNTY EMERGENCY

Find more information about local emergencies, and sign-up for emergency alerts.

Dial 9-1-1 for emergencies.

For non-emergencies, please call dispatch at 303-441-4444.

www.bouldercounty.org/safety/emergency

BOULDER COUNTY LIVE AUDIO FEEDS

www.broadcastify.com/listen/ctid/247

ROAD CONDITIONS

www.cotrip.org/roadconditions.htm

FOR FIRES

To reduce your risk of losing your home to wildfire, visit:

www.wildfirepartners.org

For large fires, see the Federal incident website:

<https://inciweb.nwcg.gov>

FOR NEDERLAND

www.nederlandco.org

www.nedweather.com/Nederland-Weather-Forecast.aspx

FOR MAGNOLIA ROAD

www.facebook.com/groups/419531618098523 (Magnolia Fire Watch)

www.facebook.com/groups/magnolia.road.news (Magnolia Road News)

(Membership required on group pages.)

FOR WARD AND JAMESTOWN

www.quicktopic.com/19/H/ttG9iqmEC2K

FOR GILPIN/JEFFCO

www.gilpinsheriff.wordpress.com

www.jeffcosheriff.blogspot.com (only activated in emergencies)

DOMESTIC VIOLENCE/ VICTIMS OF VIOLENCE

FOR IMMEDIATE HELP, DIAL 9-1-1

SAFEHOUSE PROGRESSIVE ALLIANCE FOR NONVIOLENCE

Safehouse serves female survivors of domestic violence and their children impacted by domestic or dating violence.

24-hour crisis hotline: 303-444-2424

Office: 303-449-8623

835 North St, Boulder, info@safehousealliance.org

www.safehousealliance.org

BLUE SKY BRIDGE

Blue Sky Bridge provides child victims and their families with support in a safe and child-focused environment. They offer forensic interviews with child victims of abuse, neglect, or who witness violent crimes, as well as support services for non-offending caregivers, including crisis intervention, therapy referrals, and assistance with victim compensation.

* All services are free of charge

2617 Iris Hollow Place, Boulder

303-444-1388 / info@blueskybridge.org

Monday - Friday, 8:30 am - 5:00 pm

www.blueskybridge.org

EMERGENCY FUNDS ASSISTANCE

EMERGENCY FAMILY ASSISTANCE ASSOCIATION

EFAA offers assistance to Boulder County Residents, with minor medical costs, short-term and transitional housing programs, housing deposit and rent assistance, assistance with energy-related utilities (gas, electric, propane), as well as food and transportation assistance.

303-442-3042 (or for EFAA's Mountain Resource Liaison call 720-336-2326)

1575 Yarmouth Ave, Boulder

Monday, Tuesday, Thursday, Friday, 9:30 am - 4:00 pm

And Wednesday, Noon - 4:00 pm

www.efaa.org

CANYON CARES of COAL CREEK

Canyon Cares provides financial assistance to individuals and families in Coal Creek Canyon, Nederland and rural Gilpin County experiencing short term crisis. Help is available with housing costs, heating, food, transportation, health expenses, school supplies, and more.

720-515-1129

www.canyoncares.org

EMPLOYMENT

CONNECTING COLORADO

This is a statewide on-line job search site with numerous filters by city and county.

www.connectingcolorado.com

WORKFORCE BOULDER COUNTY

Workforce offers a Computer Resource Center, assessment tools, career counseling, referrals to job openings, training scholarships, development workshops, and help with resume writing, interviewing skills, job seeker events. See their website for job fairs and informational sessions.

303-413-7555

5755 Central Ave, Suite B, Boulder, CO 80301

Monday - Friday, 8:00 am - 4:30 pm

www.wfbc.org

FAITH-BASED SERVICE GROUPS

NEDERLAND COMMUNITY PRESBYTERIAN CHURCH

NCPC's Deacon's Fund offers financial assistance to individuals and families experiencing short term financial crisis. Funds are available in many ways such as: medical bills, auto repairs, home heating assistance, school supplies, childcare, scholarships, grief support. The Men's group helps with odd jobs like ramps for seniors or home weatherization. They have a wood bank available for short term heating.

Rev. Hansen Wendlandt

303-258-3579 / ncpcpastor@gmail.com

210 North Jefferson St, Nederland

www.nederlandcpc.org

FAMILIES WITH CHILDREN

COLORADO CHILD CARE ASSISTANCE PROGRAM

CCAP provides financial assistance to eligible low-income families needing child care benefits, for children from birth to age 12.

* If you are eligible, a portion of the total child care cost will be paid. You will be required to pay a portion of the childcare costs directly to the provider, based upon family size and income.

303-678-6014

Boulder locations: 3460 Broadway or 2525 13th St, Suite 204

<http://www.bouldercounty.org/family/financial/pages/ccap.aspx>

COLORADO WORKS / TEMPORARY AID TO NEEDY FAMILIES

TANF is a federal program that provides cash assistance to needy families with dependent children. An application for Colorado Works is also considered for food assistance, Medicaid, and child support services. Child care assistance, transportation, job training and other supportive services are available for job seekers.

Visit Boulder County Housing & Human Services to see if you are eligible and to apply:
<http://www.bouldercounty.org/family/financial/pages/hhstanf.aspx>

NED MAMAS

Nedmamas (includes Papas, too) provides networking about child rearing or behavior, locating a healthcare provider, finding out about family-related events in the area, and to buy/sell child related items. You must apply for access to the discussion group/ mailing.
www.nedmamas.com

FOOD ASSISTANCE

NEDERLAND FOOD PANTRY

Check-in on 1st & last Thursday in the Multipurpose room of the Nederland Community Center, or in the Food Pantry Room 106 on Saturdays (access via the West Wing door). Bring proof of residence for first time sign-up. The Pantry often has special dietary foods, including limited diabetic, vegetarian, gluten-free items.

720-418-0892

Nederland Community Center, 750 Hwy 72 North, Nederland

Every Saturday and the first & last Thursday each month, 10:00 am - Noon

www.nederlandfoodpantry.org

ALLENSPARK COMMUNITY CUPBOARD

No questions asked, the Cupboard is open to anyone who needs assistance with food, fresh produce, meats, as well as non-perishables. Deliveries can be made if needed.

Linda White

303-747-9172 / stvrain3@aol.com

14863 Hwy 7, Allenspark (The Old Gallery)

1st and 3rd Wednesday, 2 - 4 pm

GILPIN COUNTY FOOD BANK

2960 Dory Hill Rd, Suite 100, Black Hawk (Gilpin County Justice Center)

Tuesday and Thursday, 1:30 - 4:00 pm

LOVIN' CUP COMMUNITY SOUP KITCHEN

Share a free, nutritious meal in a social setting for the community and those in need.

303-258-1113

The Deli at 8236, 34 East First St, Nederland

Every other Monday, 6:00 to 8:00 pm

PASTOR'S PANTRY COMMUNITY FOOD DISTRIBUTION

303-642-3201

73 Gross Dam Rd, Golden (Whispering Pines Church, behind United Power in Coal Creek Canyon)

Every Wednesday, 3:00 - 5:00 pm

www.whispering-pines-church.org

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

(Formerly known as Food Stamps)

SNAP assists individuals and families with a portion of their monthly food costs. A Quest EBT Card is issued, which looks and works like a debit card at the grocery store.

<https://www.bouldercounty.org/families/food/food-assistance/>

SUMMER SOCKS & SANDWICHES

Socks & Sandwiches offers a free meal for families, campers, children, and anyone in need. Socks, hygiene items, trash bags, and other items of support are available.

210 North Jefferson, Nederland (Nederland Community Presbyterian Church)

Thursdays at noon between Memorial Day and Labor Day

HEALTH INSURANCE

CONNECT FOR HEALTH COLORADO

Connect for Health Colorado offers account creation, selecting a health insurance plan, applying for tax credits and other forms of financial assistance, enrolling in a plan, trouble-shooting problems. See the Connect website for community outreach and presentations.

* FREE in-person appointments are available in Boulder, no charge for services.

855-PLANS-4-YOU (855-752-6749) or 303-441-1000 (TTY: 855-346-3432)

3460 Broadway, Boulder

Monday - Friday, 9:00 am - 6:00 pm

www.connectforhealthco.org

HEATING

LOW INCOME ENERGY ASSISTANCE (LEAP)

LEAP is designed to help low-income individuals and families pay heating bills for gas, electric, propane, and firewood. It is operated under Energy Outreach Colorado (EOC) to avoid heat service shut-offs. At least one member of the household must be a U.S. citizen or legal permanent residents. Income must be less than 165% of federal poverty level.

Operates Nov 1-April 30.

1-866-HEATHELP

energyassistance@energyoutreach.org

www.energyoutreach.org/get-help/paying-your-energy-bill

HEAT PLUS

Heat Plus helps seniors 60 years or older with income below 225% of the federal poverty level pay heating bills and avoid heat service shut-offs.

Colleen Sinclair, Mountain Options Counselor, Nederland: 303-258-3068

Or contact Boulder County Community Services Help Line: 303-441-1617.

HOUSING

BOULDER COUNTY HOUSING AUTHORITY

BCHA administers programs to serve low-income families, military veterans, and families involved in the child-welfare system. Programs include: Housing Choice Vouchers, Project-Based Vouchers, HUD-Veterans Affairs Supportive Housing, Tenant-Based Rental Assistance, Family Unification Program (for child welfare and youth transitioning out of county foster care).

303-441-1000 (TTY: 800-659-3656)

www.bouldercounty.org/family/housing/pages/subsidizedhousing.aspx

FEDERAL PROGRAMS

How it works: apply through Boulder County Housing to put your name on a Wait List. You will be contacted, as units become available, generally every 3-5 years.

Subsidized: pay 30% of gross income

Affordable: pay fixed rent below local market rate

Section 8: secure your own housing. (You must earn at or below 50% of the Area Median Income. Pay the difference between the subsidy and rent amount, generally 30% of gross income.)

NEDERLAND PUBLIC HOUSING

1) Prime Haven: subsidized housing for seniors (60+), and adults with physical disabilities (6 units)

Application: www.bouldercounty.org/doc/hhs/waitlistapplicationupdatedprime_haven.pdf

2) Rodeo Court: affordable housing for families (four 2-bedroom and two 3-bedroom units)

3) Beaver Creek Apartments: affordable and Section 8 apartments (1-bedroom) for adults (12 units)

www.bouldercounty.org/doc/hhs/hhsrentappeng.pdf

P2P HUMAN SERVICES HOUSING SUB-COMMITTEE

This group advocates for housing policy & practice, connects people in need to existing programs, and volunteers do weatherization and maintenance.

Hansen Wendlandt, ncpcpastor@gmail.com

LEGAL AND PROTECTIVE SERVICES

BOULDER COUNTY LEGAL SERVICES

Offers access to high-quality, civil legal services for low-income and vulnerable populations.

* Reduced Fees Schedule

303-449-7575

315 West South Boulder Rd, #205, Louisville

Monday - Friday, 8:30 am - 5:00 pm

www.coloradolegalservices.org

ADULT PROTECTIVE SERVICES

Investigates allegations of abuse, neglect, and financial exploitation of at-risk adults.

(Boulder County residents only)

303-441-1000 (TTY: 800-659-3656)

Monday - Friday, 8:30 am - 4:30 pm

303-441-4444, weekends and after-hours

CHILD PROTECTIVE SERVICES

Investigates allegations of child abuse and neglect. *(Boulder County residents only)*

303-441-1000 (TTY: 800-659-3656)

Monday - Friday, 8:30 am - 4:30 pm

303-441-4444, weekends and after-hours

FAMILY COURT FACILITATOR

Offers mediation, forms and assistance, divorce/custody orientation, and more. (*Boulder County residents only*).

* Free service

303-441-3739 (leave a message)

1777 6th St, 3rd floor, Boulder

Monday - Thursday, 8:30 am - 4:00 pm (Thursdays at Noon in Courtroom J)

Friday, 8:00 am - Noon

LAWLINE 9

A free service of 9News, LawLine offers free general legal advice to callers, by volunteer attorneys.

303-698-0999

1st Wednesday of each month, 4:00-5:30 pm

MEDICAL

COLUMBINE FAMILY CARE - DR MICHAEL CAMARATA

Dr Camarata is a family physician offering personalized care and a full spectrum of medical services to his clients, including testing and referrals.

303-258-9355 / columbinefamily@gmail.com

20 Lakeview Dr, #204, Nederland (via Big Springs Drive)

www.columbinefamilycare.com

CLINICA FAMILY HEALTH SERVICES (*formerly People's Clinic*)

Clinica offers general medical services, adults and pediatric, immunizations and vaccinations, obstetrics and gynecology, acute, chronic, and preventive care, routine check-ups, physicals, health screenings, family planning and birth control, some mental health services and dental services (available for registered patients).

* Most medical insurance accepted, including Medicare / CHP+ / Medicaid / CICP (CO Indigent Care Program) / sliding fee scale (proof of income needed)

303-650-4460

2525 13th St, Boulder

Monday, Wednesday, Friday 8:00 am - 5:00 pm

Tuesday & Thursday 8:00 am - 8:00 pm

www.clinica.org

BOULDER COUNTY AIDS PROJECT

BCAP offers free HIV testing, with confidential services and case management.

303-444-6121

2118 14th St, Boulder

Monday - Friday, 9:00 am - 5:30 pm

www.bcap.org

TRU COMMUNITY CARE

TRU Community Care, founded as Boulder County Hospice in 1976, is a Colorado-licensed, Medicare and Medicaid-certified, nonprofit health care organization. TRU offers specialized end-of-life, supportive and bereavement services.

303-442-0961 or 877-986-4766

1100 Balsam Ave, Boulder

trucare.org

AUTISM SOCIETY OF BOULDER COUNTY

This nonprofit service helps individuals and families with autism, primarily in Broomfield and Boulder counties.

720-272-8231

www.autismboulder.org

PLANNED PARENTHOOD OF THE ROCKY MOUNTAINS

Planned Parenthood offers emergency contraception, general gynecology, abortion services, education referrals, STD testing, treatment, vaccines, and more. All services at this health center are available on a walk-in basis. Scheduled appointments are also available. Not all services are available every day.

* Credit and Debit cards / Cash, Checks, Money Orders / Medicaid / Insurance

800-230-PLAN (800-230-7526) or 303-447-1040

2525 Arapahoe Ave, Unit C200, Boulder

Monday, 9:00 am - 7:00 pm

Tuesday, 9:00 am - 6:00 pm

Wednesday, 9:00 am - 6:00 pm

Thursday, 10:00 am - 7:00 pm

Friday, 9:00 am - 5:00 pm

Saturday, 9:00 am - 3:00 pm

www.pprm.org

HEARING LOSS ASSOCIATION OF AMERICA

Offers information, education, and support to individuals and their families with hearing loss. The Boulder chapter hosts monthly meetings.

www.hearinglosscolorado.org

MENTAL HEALTH

PEAK TO PEAK COUNSELING

Peak to Peak offers counseling for children, teens, adults, families, and couples, as well as group sessions on a variety of topics.

* Sliding scale based on need / no one turned away for financial reasons

303-258-7454 x2 / richard@peaktopeakcounseling.com

159 West 2nd St (Hwy72 N), Nederland

www.peaktopeakcounseling.com

MENTAL HEALTH PARTNERS

MHP offers comprehensive psychiatric services for individuals, families, children, and adolescents, through outpatient & inpatient programs. They have school-based and home-based programs.

* Fee structure based on ability to pay.

303-443-8500

24 Hour Psychiatric Crisis Line, 844-493-TALK (844-493-8255) or text TALK to 38255

MESA Rape Crisis Line, 303-443-7300

1333 Iris Ave, Boulder

www.mhpcolorado.org

INREACH

(formerly Boulder Institute For Psychotherapy And Research)

InReach offers counseling to children, adolescents, adults, families, and couples, as well as psycho-educational and diagnostic testing.

* sliding fee scale / scholarships also available

303-442-4562 / info@bipr.org

1240 Pine St, Boulder

www.bipr.org

NATIONAL SUICIDE PREVENTION LIFELINE

This is a privately funded, confidential hotline, providing crisis counseling 24/7.

800-273-8255

www.suicidepreventionlifeline.org

ALZHEIMER'S ASSOCIATION

Call for information on classes and support for caregivers and those affected with dementia and Alzheimer's Disease.

800-272-3900

SENIOR SERVICES

BOULDER COUNTY AREA AGENCY ON AGING

AAA provides consultations to older adults and family caregivers on matters related to aging and caregiving.

* These services are provided at no charge. There are no income eligibility requirements.

Colleen Sinclair, Mountain Options Counselor, csinclair@bouldercounty.org

Direct: 303-441-4692 / Help Line: 303-441-1617

Nederland Office: 303-258-3068

750 Hwy 72 N, Nederland (Nederland Community Center)

Monday & Wednesday, 8:00 am - 4:00 pm

Lyons Office: 303-823-9016

335 Railroad Ave, Lyons

Tuesday & Friday, 8:00 am - 4:00 pm

See also: Lyons Emergency Assistance Fund, www.leaflyons.org

See also: Lyons Food Pantry, 720-864-4309

See also: Lyons Meals on Wheels, 720-507-5480

See also: Lyons Basic Needs & Resources, 720-864-4309

Allenspark Office: 303-747-2592

14861 CO-7, Allenspark (downstairs in the fire station)

Thursday, 8:00 am - 4:00 pm

SENIOR REACH

Senior Reach serves older adults by providing emotional support, problem solving help, and connection to community resources. The counselor meets with the senior in their home and provides up to 10 sessions in a given year.

866-217-5808

www.seniorreach.org

HEAT PLUS

Heat Plus helps seniors 60 years or older with income below 225% of the federal poverty level, to pay heating bills and avoid heat service shut-offs.

Colleen Sinclair, Mountain Options Counselor, Nederland: 303-258-3068

Or contact Boulder County Community Services Help Line: 303-441-1617

SENIOR NUTRITION

NEDERLAND AREA SENIORS

Join us for nutritious meals in a social setting. Reservations are required.

* Requested donation: Age 60+ requested donation is \$5 per meal. Under age 60 is \$8.25 per meal. No senior is turned away for inability to pay. Seniors unable to leave home unassisted may qualify for meal delivery twice a week.

303-258-0799

750 Hwy 72 N, Nederland (Nederland Community Center, Multipurpose Room)

Mondays & Wednesdays at Noon

www.nederlandareaseniors.org

ALLENSPARK

Join us for nutritious meals in a social setting. Reservations required by preceding Wed.

* Payment: Seniors (over 60) is \$2.50 and under 60 is \$8.00. No senior is turned away for inability to pay. Seniors unable to leave home unassisted may qualify for meal delivery.

303-747-2888

Memorial Day to Labor Day: Allenspark Community Church.

Labor Day to Memorial Day: Highlands Camp and Retreat Center.

Thursdays at Noon

LYONS BISTRO

Walt Self Senior Housing, 335 Railroad Ave, Lyons, CO

Wednesdays & Fridays, 11:30-12:30

Reservations are required. Please call 2 days in advance (303-441-1415).

* Requested donation: Age 60+ is \$3 per meal / under age 60 is \$7.50 per meal
(No senior is turned away for inability to pay)

SENIOR WELLNESS PROGRAMS

NEDERLAND AREA SENIORS

NAS offers Monday & Wednesday lunch, as well as fitness, pickle ball, writing, art, education, social, and cultural outings.

The **Mountain Midlife** program offers social dinners & breakfasts, outings and activities for ages 50+.

303-258-0799

750 Hwy 72 N, Nederland (Nederland Community Center, Multipurpose Room)

www.nederlandareaseniors.org

BOULDER COUNTY CARE CONNECT

The Fix-it Program - This program connects members of the community with seniors who face the challenges of maintaining their home, promoting safety and provide friendly interactions by visiting seniors' homes to perform simple home repairs.

Carry-Out Caravan - This program connects members of the community with seniors who face the challenge of securing reliable access to groceries, through the entire process of ordering, purchasing and delivering groceries from our partner, King Soopers, straight to seniors' homes.

Medical Mobility - This program connects members of the community with seniors who face the challenge of obtaining reliable transportation to and from their medical appointments.

Ice Busters - Connects members of the community to shovel snow, providing friendly interactions, and promoting safety and peace of mind.

Yard Busters – Connects members of the community to perform basic yard cleanup.

RSVP 55+ Volunteers - BCCC recruits and places volunteers in organizations throughout Boulder County.

303-443-1933

6325 Gunpark Dr #F, Boulder

www.careconnectbc.org

TEMPORARY SHELTER

BOULDER BRIDGE HOUSE

For anyone experiencing homelessness, the Bridge House provides case management, temporary shelter, meals at various locations, and referrals.

303-442-8300

www.boulderbridgehouse.org

BOULDER SHELTER FOR THE HOMELESS

Through housing-focused programs, the Boulder Shelter for the Homeless offers shelter, meals, and support services for qualified homeless adults in Boulder County.

Those seeking Shelter services must first go through the countywide Coordinated Entry System at Path to Home (formerly Robb's Music) 2691 30th St., Boulder
Hours of operation for Coordinated Entry: Monday - Sunday: 10:00 am - 4:00 pm (Tuesday only: Noon - 4:00 pm)
(Longmont Coordinated Entry is at the OUR Center, Monday - Friday only, 220 Collyer St., Longmont)

Walk-up **Morning Services** (breakfast, showers, lockers, laundry, mail) at the Shelter continue to be available 6:00 am - 8:00 am every day. (Check-in by 7:30 am.)

Access to the **Locker Room** is available each evening 5:00 pm - 7:00 pm.

303-442-4646

Shelter address: 4869 North Broadway, Boulder

www.bouldershelter.org

ATTENTION HOMES

The Source is open to all people ages 12 to 24. The Source is the only shelter in Boulder County dedicated specifically to helping young people between the ages of 12-24. They provide access to food, clothing, showers, or laundry. They also help with medical care, legal services, counseling, finding long-term housing, and more.

Daytime **Drop-In Services** are open every day from 12:30pm to 5pm, for anyone ages 24 and under. Drop-in services include access to food, clothing, showers, laundry, and hygiene items. They also provide access to medical care, education, legal services, Internet, and more.

The **Overnight Emergency Shelter** is open every night from 5pm to 8am, for anyone ages 20 and under. They can host up to 12 guests per night in a comfortable, safe house. Staff can also work with you to arrange long-term housing and additional support.

303-447-1206 or 303-447-1207

1443 Spruce St, Boulder

www.attentionhomes.org

TRANSPORTATION

BOULDER COUNTY CARE CONNECT

The Medical Mobility program connects members of the community with seniors who face the challenge of obtaining reliable transportation to and from their medical appointments.

6325 Gunpark Dr #F, Boulder

303-443-1933

www.careconnectbc.org

REGIONAL TRANSPORTATION DISTRICT

Get a free Eco-pass, if you are a resident of the Nederland Library District. For eligibility and required document information, contact Town of Nederland, 303-258-3266.

Ecopasses are issued at Nederland Town Hall on Wednesdays.

Plan Your Trip - Download the Go Denver Smart Phone Application

(www.godenverapp.com) to search for the cheapest, fastest, and greenest transportation options for each trip using real-time RTD bus information.

Access-a-Ride - Access-a-Ride is the federally required ADA paratransit service provided to those with certified disabilities who are traveling within ¾ mile of a fixed RTD route. ADA service must be provided during the same hours and days of operation of the fixed route. (Contact RTD for ADA certification requirements, 303-299-2960 or see website)

RTD information: 303-299-6000

www.rtd-denver.com

VIA MOBILITY SERVICES

Via's **Paratransit** program is an on-demand, call-up, door-to-door shared ride service. Beginning February 2018, Via will be launching into a pilot program with [zTrip](#) to provide expanded service in Nederland. Through this partnership, service will be available Monday - Friday, 8am - 4pm. Trips within Nederland cost \$2.00 each way (\$4.00 round trip), and trips to Boulder are \$6.00 each way (\$12.00 round trip). For a wheelchair accessible vehicle, give at least 48 hours notice. To schedule a ride you must be registered through Via. To register please contact Via at 303-447-2848 x1014 / mobilityspecialist@viacolorado.org

Via's **Travel Training** program teaches older adults and adults with disabilities how to use the RTD. For more information, contact Susan Unger, 303-447-2848 x1048 / sunger@viacolorado.org.

2855 North 63rd St, Boulder

www.viacolorado.org

MEDICAID TRANSPORTATION

Veyo-Colorado Non-Emergency Medical Transportation is available for Medicaid-Eligible Medical Trips. To determine whether this service is available to you, visit the website at <https://medicaidco.com>.

To schedule a trip you must call 855-264-6368 and have the following information:

The address where we are picking you up; your doctor's name & address, as well as a telephone number for confirmation of your appointment; the date & time of your medical appointment, along with an estimated time for your return trip.

UTILITIES ASSISTANCE

LOW INCOME ENERGY ASSISTANCE PROGRAM

LEAP assists low-income families and individuals with their heating costs. Applications are taken as of November 1 and the program runs through April 30. Allow 50 days for processing an application. If you receive a shut-off notice after submitting your application, immediately contact the local LEAP office.

303-441-1000

www.bouldercounty.org/family/housing/pages/hhsleap.aspx

NEDERLAND COMMUNITY WOOD BANK

The Community Church has a pile of firewood for anyone in temporary need.

303-258-3579 / ncpcpastor@gmail.com

www.nederlandcpc.org/wood-bank

VETERANS

BOULDER COUNTY VETERANS SERVICES

We assist veterans and their families with explanation and application for VA benefits, to include service connected disability, non-service connected disability pension, enrollment for VA Healthcare, home loan, VA Life Insurance, burial benefits, Death Pension, and Death & Indemnity Compensation.

Boulder Center: Michael Holliday, 303-441-3890

4999 Pearl East Cr, Suite 106, Boulder

Longmont Center: Karen Townsend, 720-864-6663

515 Coffman St, Longmont

www.bouldercounty.org/departments/community-services/area-agency-aging/veterans-services

GILPIN VETERANS SERVICES OFFICE

Gilpin County Justice Center, Leon Pohl, VSO, lapohl@gilpincounty.org

Office, 303-582-5444 x1103

Direct, 303-515-4297

Cell, 720-434-4273

Veteran Service Office, 2960 Dory Hill Rd, Suite 100, Black Hawk

Monday, Wednesday, Thursday & Friday, 9 am - 1 pm, or call for appointment.

VETERANS' CRISIS LINE

The Crisis Line connects military veterans with qualified Department of Veteran Affairs responders through a confidential toll-free 24/7 hotline, online chat, or text.

800-273-8255 or text 838255

www.veteranscrisisline.net

NATIONAL HELP

Two websites for help with mental health and addiction services.

<https://nami.org/veterans>

<https://www.drugrehab.com/addiction/veterans>

YOUTH

TEENS, INC.

TEENS, Inc. offers information & referral at a teen center full of recreation opportunities. They provide a safe drug- and alcohol-free place for teens to be with friends and adult mentors. They offer youth employment opportunities year-round as well as outdoor leadership programs.

* Free for 6th graders through 21 years of age.

Chinook West Alternative High School, housed in the TEENS, Inc. building, is an accredited, Boulder Valley School District contract school.

303-258-3821

151 East St, Nederland

Monday - Thursday, 3:30 pm - 7 pm

Friday, 3:30 pm - 10 pm

www.teensinc.org

www.facebook.com/teensinc

TEEN CLINIC @ Boulder Valley Women's Clinic

The Teen Clinic offers STD testing/treatment, HPV vaccine (Gardasil), birth control (including free condoms) emergency contraception (EC), yearly checkups, pregnancy testing, HIV testing, and more. (*Services by appointment only.*)

303-442-5160 (text questions to TC66746)

2855 Valmont Rd, Boulder

Monday - Wednesday 9:00 am - 6:00 pm (by appointment)

Thursday, 2:00-6:00 pm (by appointment)

Saturday, 11:00 am - 3:00 pm (walk-in clinic)

www.teenclinic.org

WEATHERIZATION PROGRAMS

LONGS PEAK ENERGY CONSERVATION

Longs Peak makes cost-effective, energy-efficient improvements and upgrades in your home. Free improvements are available to qualifying homeowners and renters with property owner permission. If you currently receive assistance from any of the following programs you qualify automatically for weatherization.

Low Income Energy Assistance (LEAP); Temporary Assistance for Needy Families (TANF); Supplemental Security Income (SSI); Aid to the Needy and Disabled (AND); Old Age Pension (OAP)

(Boulder County residents only)

720-864-6401 (TTY: 1-800-659-3656)

1288 Alaska Avenue, Boulder (Mail: PO Box 471, Boulder, CO 80306)

www.longspeakenergy.org

NON-EMERGENCY FIRE & POLICE CONTACTS

PUBLIC SAFETY

Nederland Marshal 303-258-3250 (weekdays)

Sheriff Dispatch 303-441-4444 (after hours)

FIRE DEPARTMENTS

Nederland 303-258-9161

Sugarloaf 303-442-1050

Allenspark 303-747-0145

GILPIN COUNTY HEALTH & HUMAN SERVICES

GILPIN COUNTY DEPARTMENT OF HUMAN SERVICES

For emergencies, dial law enforcement at 911.

For non-emergencies, if no one is available, leave a message.

303-582-5444

2960 Dory Hill Road, Suite 100, Black Hawk (Gilpin County Justice Center)

Monday - Friday, 8:00 am - 4:30 pm

HEALTH COVERAGE GUIDE FOR GILPIN & CLEAR CREEK COUNTIES

Medicaid advice for Clear Creek and Gilpin Counties:

Stephanie McCaulley, 855-752-6749

For Connect for Health, see Boulder County information above, or call Connect for Health Colorado Customer Service at 855-752-6749.

GILPIN COUNTY FOOD BANK (and TEFAP commodities)

2960 Dory Hill Rd, Suite 100, Black Hawk (Gilpin County Justice Center)

Tuesday and Thursday, 1:30 pm - 4:00 pm

ADULT FINANCIAL SERVICES

Call for information about Old Age Pension (OAP), Aid to the Needy Disabled (AD), Aid to the Blind (ABT), and the Supplemental Security Income/Colorado Supplement (SSI/CS) programs.

303-582-5444

MEDICARE SAVINGS PROGRAMS

Medicare Savings Programs help people with low income and asset levels pay for health care coverage, including some or all of Medicare's premiums, and may also pay Medicare deductibles and coinsurance.

303-582-5444

HOME AND COMMUNITY BASED SERVICES

Home care and financial assistance is provided on a monthly basis to prevent out-of-home placement of seniors and persons with disabilities living in Gilpin County. This program can provide an alternative to nursing homes.

303-582-5444

SEASONAL FINANCIAL ASSISTANCE HOME HEATING BILLS

LEAP can provide information on weatherization and prevention of utility shut-offs, for low-income Gilpin residents. The program runs from November 1 through April 30.
866-432-8435

CHILD HEALTH PLAN PLUS

Child Health Plan Plus (CHP+) is a low cost health insurance program for uninsured Colorado children ages 18 and under, whose families earn or own too much to qualify for Medicaid, but cannot afford private insurance.
303-582-5444

MEDICAID

Medicaid is a medical assistance program for eligible low income residents of Gilpin County.
303-582-5444

COLORADO CHILD CARE ASSISTANCE PROGRAM

CCCAP provides day care financial assistance to families who meet income guidelines.
303-582-5444

FOOD ASSISTANCE

Programs include SNAP (Food Stamps) for income qualified individuals or families.
303-582-5444

COLORADO WORKS

The Colorado Works Program serves low income families with children by providing income assistance and supportive services to help participants become and remain self-sufficient.
303-582-5444

CHILD PROTECTION SERVICES

CPS investigates and may offer intervention in suspected cases of child abuse and/or neglect. The reporting person's name remains confidential.
303-582-5444

Or, call the new statewide child abuse and neglect hotline:
844-CO-4-KIDS (844-264-5437)

ADULT PROTECTIVE SERVICES

Investigates and may offer intervention in cases of suspected abuse, neglect, or exploitation of seniors. Always confidential.
303-582-5444

SENIOR SERVICES—GILPIN COUNTY

HOME DELIVERED MEALS

Call for home delivered meals for seniors who are unable to prepare their own meals and who have no household members that can/will prepare nutritionally balanced meals.

Meals are delivered Monday through Friday mornings.

303-515-4292

NUTRITION AND ACTIVITIES

Call for lunches for seniors and their spouses, served twice a week at the Community Center. The Senior Program also provides educational and recreational activities. Call to be put on the monthly mailing list of a calendar of events

303-515-4292

TRANSPORTATION

Call for transportation for seniors and their spouses living in Gilpin County, including scheduled senior luncheons, grocery shopping, and medical/dental visits. Door-to-door service is provided.

303-515-4292

GILPIN COUNTY PROPERTY TAX WORK OFF

This is a program to allow senior citizens and disabled taxpayers the opportunity to work on projects in order to pay a portion of their property taxes. For more information contact the Assessor's Office at 303-582-5451.

Sharon Cate, Coordinator, 303-582-5214 / scate@co.gilpin.co.us

VICTIM SERVICES

GILPIN COUNTY COMBINED VICTIM SERVICES

2960 Dory Hill Road, Suite 300 (Gilpin County Justice Center)

Office hours: 303-582-5926

After hours: Gilpin County Dispatch at 303-582-5500

MENTAL HEALTH

CENTER FOR MENTAL HEALTH CRISIS LINE

The Center serves Jefferson, Gilpin and Clear Creek Counties.

Colorado Crisis Line: 844-493-8255

Suicide Hotline: 800-273-8255

General Information & Appointments: 303-425-0300.

DISASTER INFORMATION

www.gilpinsheriff.wordpress.com

www.jeffcosheriff.blogspot.com (only activated in emergencies)

VETERANS SERVICES

GILPIN VETERANS SERVICES OFFICE

Gilpin County Justice Center, Leon Pohl, VSO, lapohl@gilpincounty.org

Office, 303-582-5444 x1103

Direct, 303-515-4297

Cell, 720-434-4273

Veteran Service Office, 2960 Dory Hill Rd, Suite 100, Black Hawk

Monday, Wednesday, Thursday & Friday, 9 am - 1 pm, or call for appointment.

*Thanks to
The Town of Nederland and
Nederland Community Presbyterian Church
for hosting the Help Guide on their websites.*

Our Sponsors

Saturdays & Thursdays in Nederland The Nederland Food Pantry and Community Closet

Nederland Food Pantry is open the first and last Thursdays of each month 10:00 am - noon, and every Saturday 10:00 am - noon, in room 106 of the West Wing of the Nederland Community Center. Check in via the Multipurpose Room on Thursdays. Proof of local address and ID required.

Community Clothing Closet (*Donations & Shopping*) is open Saturdays 10:00 am - 1:00 pm, and on the first and last Thursdays of the month, 10:00 am - noon. Gently used, freshly laundered clothing available free for all ages in the Peak-to-Peak Community. Contact 720-418-0892 with questions or to volunteer.



BOULDER COUNTY HOUSING AND
HUMAN SERVICES
www.bouldercounty.org
303-441-1000



2-1-1 is a free, confidential, multilingual service that provides border to border coverage by referring callers to non-emergency Health and Human Services across Colorado.