1257+(51 &2/25\$'2 COMMUNITY

RESOURCE GUIDE



Updated February 2023

MENTAL HEALTH



The PSD mental health services team offers a	comprehensive approach to ser	ving students and families by	y blending school resources	with commun
		:		• • • • • • • • • • • • • • • • • • • •
		•		

MENTAL HEALTH



Salud Family Health Center

Services Provided: Screening for stressors and immediate support and/or referrals. Provides outreach to migrant school-age children with immunization, dental care, and medical services. Mobile health unit provides comprehensive saludclinic.org medical services.

Sliding scale fees.

Bilingual (English, Spanish) services available.

Also seeHealth and Emergency Services

Website: Medical Hours: Phone:

Monday-Wednesday, 7:30am-7pm 970-484-0999

Thursday-Friday, 7:30am-5pm

303-MYSALUD Two Locations: **Dental Hours:** 1635 Blue Spruce Dr (697-2583)Fort Collins, CO 80524 Monday-Friday, 8am-5pm 24/7 access to a

health provider.

1830 Laporte Ave Medical Hours: Phone:

Fort Collins, CO 80521 Monday-Friday, 7:30am-5pm 970-484-0999

> Dental Hours: 303-MYSALUD Monday-Friday, 8:30am-4:30pm (697-2583)24/7 access to a health provider.

SummitStone Health Partners

Services Provided: Counseling and family support services focused on mental Website: and behavioral health issues and concerns.

Bilingual (English, Spanish) services available.

Also seeCrisis Counseling

summitstonehealth.org

Location: Hours: Phone: Adult, Children & Family Services Monday-Friday, 8am-5pm 970-494-4200

700 Centre Ave Fort Collins, CO 80526

UCHealth Family Medicine Center

Services Provided: Primary care clinic with integrated health care model. Winor Website: GSRWIRX ERH GSR½HIRXMEPMX] PE[W ETTP]

uchealth.org/locations/uchealth-family-medicine-center-fort-collins

Accepts most forms of health insurance, including Medicaid and OmniSalud. Location:

Hours: Phone: Email: 1025 Pennock PI Monday-Friday, 8am-5pm 970-491-5093 ctrac@colostate.edu

Bilingual (English, Spanish) services available. Ste 114

Fort Collins, CO 80523

CRISIS COUNSELING



Alliance for Suicide Prevention of Larimer County

Services Provided: Information about suicide prevention, lending library, support group referral, community resources, and free educational programs for. adults and youth through grief support groups and RAPP, a school-based suicide grief support groups and RAPP, a school-based suicide education and prevention program.

Not a crisis center.

Free.

Location: Phone: 525 W Oak St 970-482-2209

Suite B10

Fort Collins, CO 80521

Crossroads Safehouse

Services Provided: Safe emergency housing for victims of domestic abuse; crisis intervention; legal assistance; transitional housing; education; information; and Website:

referral services.

Free.

Bilingual (English, Spanish) services available.

Also see Physical/Sexual Abuse and Neglecand Legal Services

crossroadssafehouse.org

Hours: 24/7 Crisis Line: Monday-Friday, 9am-5pm 970-482-3502

Emergency shelter and assistance available 24/7. Toll-Free Crisis Line: 1-888-541-SAFE (7233)

Larimer County Children, Youth, and Family Services—The Hub

Services Provided: Services for youth ages 0-18 and their families including: child protection screening and assessment, detention, early intervention services, individual and/or family counseling, and 24/7 assistance in investigating allegations Location: of child abuse and neglect.

Free.

Bilingual (English, Spanish) services available.

71C /Lang (en-US)/MCID 2gs /TT1 1 o 2I.7 9s6.105 oF3481 30 37iday,

CRISIS COUNSELING



Sexual Assault Victim Advocate (SAVA) Center

Services Provided: Crisis hotline; direct services; medical and legal advocacy to help sexual assault survivors un2.88 c -0.795 2.88 -1.44 2.235 -1.44 1.-10 (ual A1 (Se)15 e5 517m89.34 577.08 cm 0 0 m 12.67ocacy to)ms.en-UScy toWCreekl (SAy.44p

SUBSTANCE USE DISORDER



AL-ANON & ALATEEN

Services Provided:Support and programming for anyone affected by a relative's or friend's drinking.	
Free.	
Bilingual (English, Spanish) services available.	
Alcoholics Anonymous (AA)	





	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • •		
•				
•				
•				
•				
•				
•				
•				
•				
•				
•				
•				
•				
•				
•				
•				
•				
•				
•				
			· · · · · · · · · · · · · · · · · · ·	

PHYSICAL/SEXUAL ABUSE AND NEGLECT



Sexual Assault Victim Advocate (SAVA) Center

Services Provided: Crisis hotline; direct services; medical and legal advocacy to help sexual assault survivors understand their rights. Weekly support groups Website: primary and secondary survivors. Prevention and education programs for youthvacenter.org

and adults.

Sliding scale fees.

Bilingual (English, Spanish) services available.

Also seeCrisis Counseling

Phone: 970-472-4204

Location: Hours:

4812 S College Ave Fort Collins, CO 80524 Monday-Friday, 8:30am-5pm

24/7 Rape Crisis

Hotline:

970-472-4200 or 877-352-7273

Crawford Child Advocacy Center (formerly Voices Carry Child Advocacy Center)

Services Provided: Child abuse prevention, victim support, family advocacy; forensic interviews, crisis intervention, referrals (i.e. domestic violence shelters. Website: parenting classes, restraining orders, housing, etc.). Information about victim rights fordcac.org and compensation, and the child protection and criminal justice systems.

Location: 5529 S Timberline Rd Fort Collins, Colorado 80528 Phone: 970-407-9739

Free.

Bilingual (English, Spanish) services available.

LGBTQ+ RESOURCES



i
•••••••••••••••••••••••••••••••••••••••
•

DIVERSITY PROGRAMS AND SERVICES



:ÞŠ 4§Š§ÞÛ§ ÿμ2Þ§Š !PöHP2Šö !μ

Website: apacc.colostate.edu Location:

Phone:

Colorado State University 333 Lory Student Center

970-491-6154

Gay, Lesbian, Bisexual, Transgender, Queer, housetishing, and! Ally Resource Center

Website:

Location:

Phone:

glbtrc.colostate.edu

Colorado State University

970-491-4342

232 Lory Student Center

Black/African American Cultural Center (B/AACC)

Website:

Phone:

baacc.colostate.edu

970-491-5781

Native American Cultural Center (NACC)

Website:

Location:

Phone:

nacc.colostate.edu

Colorado State University

970-491-1332

327 Lory Student Center

Student Disability Center

El Centro

Website:

Location:

Phone:

elcentro.colostate.edu

Colorado State University 970-491-5722 225 Lory Student Center

ENRICHMENT ACTIVITIES

Enrichment refers to the many things that students do beyond their academic pursuits and the normal requirements of their school life. Enrichment activities could include physical activity to develop motor skills; social support in the school, home, or community; access to arts and culture; etc. Enrichment Activities include mentoring; arts and culture; summer and after school activities; and learning opportunities.

- 13 Mentoring
- 14 Arts and Culture
- 17 Summer and After-School Activities
- 21 Learning Opportunities





 	• • • •	• • •	• • • •	• • •	• • • •	• • •	• • •	• • • •	• • • •	• • •	• • •	• • •	• • •	• • •	• • •	• • •	• • •	• • •	• • •	• • •	• • •	• • •	• • •	• • •	• • • •	• • • •	

ARTS AND CULTURE



Debut Theatre Company

Services Provided:Quality classical theater classes in the spring, summer and fall for ages 6-17 years. Theater performances for the entire family at the Lincoln Center in May and Oct.

Contact for pricing.

Location: 2 I ¼ F H + R X U V 827 Riverside Ave Monday-Friday, 1-4 pm Fort Collins, CO 80524 See website for class s

2 I ¼ F H + R X U V Phone: Monday-Friday, 1-4 pm 970-224-5774 See website for class schedules.

Foundation Music School

Services Provided:Music classes, music lessons, and music therapy for all ages and abilities. Ongoing programs, one-tiLg 10 11819s,las6.2so ages

ARTS AND CULTURE



Off the Hook Arts

Services Provided:Enriches children's lives through free group music lessons and instruments. Enhances the diversity of music performances in our communities:

through intimate concerts of classical, jazz, and world music.

Free and low cost programs available.

Also sed_earning Opportunities.

offthehookarts.org

1001-A E Harmony Rd

#260

Location:

Fort Collins, CO 80525

Phone:

970-305-2261

Wild Roots Studio

Services Provided:Offers soulful nature-based crafting and art skills workshops for all ages with the intention of seeking ways to tap into our wild creativity and strengthen our connection to /MCID ps tion to /MCID ps tion tovang (en-US)/MCID 973 >>BDC BT 102 28ams available.

SUMMER AND AFTER-SCHOOL ACTIVITIES



Boys & Girls Clubs of Larimer County

Services Provided: Onsite recreational, educational, and life skill programming for youth, ages 6-18 years. Personal and career counseling, leadership training, character development, space for homework, one-on-one tutoring, college and

SUMMER AND AFTER-SCHOOL ACTIVITIES



Northside Aztlan Community Center

Services Provided:Fitness and events facility with a variety of activities, classes, programs, sports, and special events.

Organized activities are designed for ages 12-18 years, but all ages are welcome. 112 E Willow St

Some programs are fee-based, others are free.

Bilingual (English, Spanish) services available.

fcgov.com/recreation/north-aztlan.php

Fort Collins, CO 80524

Hours: Phone:

Monday-Friday, 6am-9pm 970-221-6256

Saturday, 8am-5pm Sunday, 9am-5pm

Youth Nights: Thursday, 3-9pm Free for ages 12-18.

Organized activities take place from 6-8pm.

LEARNING OPPORTUNITIES



• • • • • • • • • • • • •						
	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	•
						:
						•
						:
						•
						:
						•
						:
						•
						:
						•
						:
						•
						•
						•
						•
						•
						- :
						•
						- :
						•
						i
						•
						:
						•
						:
• • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • •	•••
						••
						- :
						:
						•
						:
						•
						•
						•
						•
						•
••••					• • • • • • • • • • • • • • • • • • • •	
•••••				•••••	••••	
•••••				•••••		
•••••	•••••	••••••			•••••	
•••••	•••••			••••	•••••	
•••••	••••	•••••	•••••••••••	••••••	•••••	
•••••	••••••	••••••	••••••	••••••		
	••••••	•••••••••••••••••••••••••••••••••••••••			•••••	
			•••••			
•••••						
••••••						
•••••						
••••••						
•••••						
•••••						



LEARNING OPPORTUNITIES



The Matthews House—Homework Helpers

Services Provided: After-school program for students, ages 8-14 years, to receive homework help, make new friends, and engage in fun activities. Adult Website: volunteers help with academic work and serve as mentors.

Free for families with children ages 18 years and younger.

Bilingual (English, Spanish) services available.

Also sed Mentoring, Summer and After-School Activities, and Housing Support.

thematthewshouse.org

Three Locations: Community Life Center at First Presbyterian Church 531 S College Ave

Fort Collins, CO 80524

Hours: Monday-Friday, 9am-7pm 970-449-5191

Saturday, 12-5pm

Phone:

Email:

info@thematthewshouse.org

Community Life Center at

Genesis Project 400 S Link Ln

Fort Collins, CO 80524

Phone:

970-449-5191

Youth and Family Center

415 Mason Ct #1

Fort Collins, CO 80524

Hours:

Monday-Friday, 9am-5pm

Phone:

970-472-0609

LEARNING OPPORTUNITIES



Poudre River Public Library District

Services Provided:Various family, youth, and adult learning opportunities and resources, including print and digital materials (books, eBooks, audiobooks, movies, music, magazines, newspapers, etc.); homework and test prep help; subject-area research databases; language learning; study rooms; public



Vroom

Services Provided:Helps parents boost their child's learning during the time Website: they already spend together. Vroom meets parents where they are, through the vroom.org people they already trust and the places they already go.

Free.

Bilingual (English, Spanish) services available.

Wild Roots Studio

Services Provided:Offers soulful nature-based crafting and art skills workshops for all ages with the intention of seeking ways to tap into our wild creativity and Website: strengthen our connection to nature.

Scholarships available.

Also seeArts and Culture.

wildrootsstudio.com

Location: 444 N Sunset St Fort Collins, CO 80521 Phone: 970-412-4523

Email: alie@wildrootsstudio.com

INTRODUCTION



INCOME ELIGIBILITY

FOOD AND CLOTHING



Larimer County Department of Health and Environment—WIC (Women Infants Children)

Services Provided:Support to low-income pregnant women or women with children 5 years and younger. Special supplemental nutrition program for Website: women, infants, and children. Provides nutritious foods and nutrition education with the contraction of the contract of the co pregnant, breastfeeding, and postpartum women.

Free.

Bilingual (English, Spanish) services available.

Location: 1525 Blue Spruce Dr Fort Collins, CO 80524

Hours: Phone: Monday-Friday, 8am-5:30pm 970-498-6720 'PSWIH SR XLI ½VWX

Wednesday of each month.

mŠ2Þÿμ2 ! P Ho §P¦öÞ§ μ μÛH:

Services Provided: % ZEVMIX] SJ FIRI½XW XS EWWMWX, MRHMZMHYEPW ERH JEQMPMIW including food, cash, medical, or child care assistance, as well as other specialized ÖDULPHU JRY KXPDQVHUYLFHV SXEOLF EHQH¼WV

programs.

Free.

Bilingual (English, Spanish) services available.

Location: 200 Peridot Ave Loveland, CO 80537

Hours: Monday-Friday, 8am-5pm

Phone: 970-498-6300

Meals on Wheels

Services Provided:Meals delivered to homebound seniors, individuals with disabilities, or adults who are recovering from illness or surgery and are unable Website: prepare meals for themselves.

Free.

Bilingual (English, Spanish) services available.

fcmow.org

Location: Hours: Phone: 1217 E Elizabeth St, Unit 11Monday-Friday, 8:30am-2pm 970-484-6325

Fort Collins, CO 80524

Email:

info@mealsonwheelsfc.org

FOOD AND CLOTHING



No Kid Hungry

Services Provided: Information for educators and families about school breafterschool meals, summer meals, and SNAP.	eafast,	
Salvation Army		

HOUSING SUPPORT



Larimer County Food, Medical, and Financial Assistance—LEAP

Lammer County 1 000, Medical, and 1 manicial Assistan	ICC LLAI	
Services Provided: Financial assistance to help low income households wit winter home heating costs.	h	
Free.	Location: 1501 Blue Spruce Dr	Phone: 970-498-6300
Bilingual (English, Spanish) services available.		

HOUSING SUPPORT



Murphy Center for Hope

Services Provided:A core service provider and a collaborative of agencies assembled under one roof to serve anyone who is homeless or at risk of becoming homeless. Provides mail services; lockers; shower and hygiene supplies; laundry facilities; computers and Wi-Fi; bus passes; telephones and long distance calling.

Free.

Bilingual (English, Spanish) services available.

Also seeTransportation and Legal Services

Location: 242 Conifer St Fort Collins, CO 80524 Hours: Monday-Friday, 8am-5pm Phone: 970-494-9940

Neighbor to Neighbor

Phone:

HEALTH AND EMERGENCY SERVICES



Larimer County Health and Environment	
Poudre Valley Hospital	

HEALTH AND EMERGENCY SERVICES



Phone:

970-494-2626

The Youth Clinic

Services Provided:Medical services for infants, children, and young adults, along ebsite: with prevention and wellness programs.

Sliding scale fees.

Bilingual (English, Spanish) services available.

youthclinic.com

Four Locations: Phone: Hours: Monday-Friday, 9am-3pm 1200 E Elizabeth St 970-267-9510

Fort Collins, CO 80524

1214 Oak Park Dr Hours: Phone:

Fort Collins, CO 80525 Monday-Friday, 9am-3pm 970-267-9510

.....

Medical Center of the Rockies Hours: Phone:

2500 Rocky Mountain Ave Ste 26 Monday-Friday, 9am-3pm 970-267-9510

Loveland, CO 80538

4845 Weitzel St Ste 101 Hours: Phone:

Timnath, CO 80547 Monday-Friday, 9am-3pm 970-267-9510

Pediatric Urgent Care

Website:

pediatricurgentcareofnortherncolorado.com

Location: Hours: Monday-Friday, 9am-9pm 4845 Weitzel St Ste 101

Weekends & Holidays Timnath, CO 80547

10am-4pm

For a complete list of Larimer County health care providers, visit: larimer.org/health/maternal-child-and-family-health/healthy-communities.

TRANSPORTATION



Transfort

Services Provided:Free transportation throughout Fort Collins city area via buses and the MAX transit line.

Free.

Bilingual (English, Spanish) services available.

Website:

ridetransfort.com

Location:

250 N Mason St Fort Collins, CO 80524 Phone:

970-221-6620

CHILDCARE



Early Childhood Council of Larimer County	
	•
	•

CHILDCARE



Poudre School District—Early Childhood Education	

LEGAL SERVICES



Catholic Charities	
Carrono Charmos	
Colorado Legal Services	
Colorado Legal Cel vices	
	••••••••••••••••••••••••••••••••••••••
	••••••••••••••••••••••••••••••

LEGAL SERVICES



Murphy Center for Hope

Services Provided: 0 | KEP W | V Z M G | W M R G P Y H M R K F | R | ½ X W | R V S P P Q | R X 'S P S V E H S - (
: S Y G L I V H V M Z I V 'W P M G | R W I Z S Y G L I V W E R H W S G M E P W I G Y V M X] H M W E F M P M X] F I R I ½ X W applications.

Free.

Assistance for Undocumented Families



ADDITIONAL RESOURCES



This guide is not comprehensive of all resources in our community that support youth and families. Below are just a few additional resources.

BizWest Community Giving Guide

(MVIGXSV] SJ RSRTVS½XW WIVZMRK &SYPHIV &VSSQ½IPH 0EVMQIV ERH;IPH GSYRXMIW

Homeless Resource Guide—Fort Collins

Directory of resources for people experiencing homelessness.

Larimer County Resource Guide

Directory of Larimer County resources.

United Way of Larimer County 2-1-1

Referral specialists provide information about community services.

Macaroni KID

Database of local events, activities, and resources for parents, kids, and families.