

# FAMILY SUPPORT

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## ***CHILD CARE:***

[Free Metro Child Care Resource and Referral \(www.frcce.org\)](http://www.frcce.org) (303) 969-9666

### ***Child Care Centers and Preschools***

Liz Grams, Director – Douglas County Preschools	312 Cantril Street Castle Rock, CO 80104	303-814-5359
Crème’DeLa Crème”	7550 Park Meadows Dr. Littleton, CO 80124	303-662-9150
Kinder-Care	8100 E. Park Meadows Dr. Littleton, CO 80124	303-799-4650
LaPetite Academy (Lone Tree)	9950 Lone Tree Parkway Littleton, CO 80124	303-790-0532
Montessori School at Lone Tree	9396 Erminedale Littleton, CO 80124	303-799-8540
Children’s Choice	8872 E. Maximus Dr. Littleton, CO 80124	303-790-4232
Castle Academy	2354 N. Park Street Castle Rock, CO 80104	303-663-7300
Colorado Sunshine Learning Center	303 Gilbert Castle Rock, CO 80104	303-688-8833
Country Acres Day School	2607 E. Hwy. 86 Castle Rock, CO 80104	303-688-3606
DCS Montessori Charter School	311 E. Castle Pines Pkwy Castle Rock, CO 80104	303-814-3303
LaPetite Academy (The Woodlands)	2541 N. Prairie Lane Castle Rock, CO 80104	303-660-0465
Faith Lutheran Preschool	303 S. Ridge Rd. Castle Rock, CO 80104	303-688-3532
Little Bears Preschool	Christ Episcopal Church 615 Fourth St. Castle Rock, CO 80104	303-660-0744
Montessori School of Castle Rock	Hwy 86 and Founders Pkwy Castle Rock, CO 80104	303-688-9553
Promiseland Parent’s Day Out	1300 Park St. Castle Rock, CO 80104	303-660-9901
ABC KIDS	3002 n. State Hwy 83 Franktown, CO 80116	303-688-5437
Trinity Lutheran Christian School	4740 N. Hwy 83 Franktown, CO 80116	303-841-4660
Bright Beginnings	9345 S. Colorado Blvd. Highlands Ranch, CO 80126	303-791-2972

Cherry Hills Community Church/Early Childhood Learning Center	3900 E. Grace Blvd. Highlands Ranch, CO 80126	303-791-5600
Children's World East at Highlands Ranch	6388 E. County Line Highlands Ranch, CO 80126	303-770-1412
Children's World West at Highlands Ranch	8373 S. Burnley Ct. Highlands Ranch, CO 80126	303-791-1130
Christ Lutheran Preschool	8997 S. Broadway Highlands Ranch, CO 80126	303-791-0803
Esprea Child Learning Center	5811 Gleneagles Village Parkway Highlands Ranch, CO 80126	303-471-1110
Holy Cross Lutheran Early Learning Center	9770 S. Foothills Canyon Blvd.	303-683-1311
LaPetite Academy	122 Plaza Dr. Highlands Ranch, CO 80126	303-791-2175
A Little Bit of Preschool/A Little Bit of Preschool/Taste of PreK (2 sep. programs)	9568 S. University Blvd. Highlands Ranch, CO 80126	303-471-8881
Primrose School	9055 S. Ridge Line Blvd. Highlands Ranch, CO 80126	303-346-4800
St. Lukes Little School	8817 S. Broadway Highlands Ranch, CO 80126	303-791-1982
Children's World at Stonegate	16808 Village Center Dr. Parker, CO 80134	303-840-1903
Cottonwood Christian Child Care Center	17874 Cottonwood Dr. Parker, CO 80134	303-680-6566
Joyful Mission Preschool	Joy Lutheran Church 7051 E. Parker Hills Ct. Parker, CO 80134	303-841-3770
Kinder Care	10650 S. Park Glenn Way Parker, CO 80138	303-841-7327
Kinder Care at Stonegate	16975 Village Center Dr. Parker, CO 80134	303-841-7300
LaPetite Academy	11105 S. Pikes Peak Dr. Parker, CO 80134	303-841-6160
Parker Montessori Education Institute	1070 E. Victorian Dr. Parker, CO 80134	303-841-4325
Primrose School of Parker	18692 Pony Express Dr.	303-840-5300

	Parker, CO 80134	
Renaissance Child Develop. Center	16700 Keystone Blvd. Parker, CO 80134	303-840-6119
Imagination Plus Academy	12301 S. Country Meadows Dr. on Hwy 83	303-840-0712

***Day Camps in Douglas County***

Castle Rock Parks & Recreation Department Kids Club	Program begins at the four Castle Rock elementary schools and includes activities at the recreation center.	303 660-1036
Parker Kids Crew Camp	19329 E. Main St Parker, CO 80134	303 841-2180
Highlands Ranch Community Association Day Camp	<b>Eastridge</b> Recreation Ctr 9568 S. University Blvd Highlands Ranch, CO	303 471-8921
Highlands Ranch Community Association Day Camp	<b>Northridge</b> Recreation Ctr 8801 S. Broadway Highlands Ranch	303 471-8911
Room to Grow	South Suburban Parks & Recreation 1950 W. Littleton Blvd Littleton, CO	303 794-0177
Summer Camp	Highline YMCA 11 W Dry Creek Court Littleton, CO	303 797-9622

***Douglas County Department of Human Services / Funds to Assist Parents with Child Care Costs***

Margaret Elliott DC Department of Human Services-Funds for Children	101 Third St Castle Rock, CO 80104	303 688-4825 Fax: 303 688-0292
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***Douglas County Child Care Association***

Highlands Ranch Referral Coordinator	303-470-5758
Castle Rock referral Coordinator	303-688-6516
East Parker Area Referral Coordinator	303-841-6145
West Parker Area Referral Coordinator	303-841-3150

***Northern Douglas Child Care Association***

Referral Coordinator	303-470-0231
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***CHILD WELFARE & PROTECTIVE SERVICES:***

<b>AGENCY</b>	<b>ADDRESS</b>	<b>TELEPHONE</b>
Douglas County Human Services (To report child abuse, ask for Intake Worker)		303-688-4825
Comitis Crisis Center (Shelter and Counseling for Adolescents and housing for battered women)	9840 E. 17 <sup>th</sup> Avenue Aurora, CO 80010	303-688-4825
Hispanic Children Services	Servicios de la Raza	303-458-5851
Juvenile Diversion	Justice Building Castle Rock, CO 80104	303-688-0289
K.I.D.S. (Kids in Divorce and Separation)	Family Tree Programs 3805 Marshall Street Wheat Ridge, CO 80030	303-462-1060
National Youth Crisis Hotline		1-800-448-4663
Outward Bound (Age 14 and up – builds confidence and self esteem – also rape/sexual assault)	945 Pennsylvania Denver, CO 80203	303-837-0880
Rape Assistance and Awareness Program	640 Broadway, Box 112 Denver, CO	303-329-9922
Runaway Hotline		1-800-231-6946
Runaway Switchboard		1-800-621-4000
Women’s Crisis Center (Groups for children of domestic violence and individuals)	P.O. Box 367 Castle Rock, CO 80104	303-688-1094
Families First		303-695-7996

***DEVELOPMENTAL DELAYS:***

The Arc of Arapahoe & Douglas Counties	C.G. LaScala, Director	303-220-9228	Provides advocacy and support for people with developmental disabilities and their families.
Early Childhood Connections	423 Perry Street Castle Rock, CO 80104	303-663-3863	Services for families with children birth to 3 years including special needs help
Anchor Center for Blind Children		303-377-9732	Services for the Blind
Child Find	Douglas County School District	303-814-5391 – developmental screening 303-814-5347 – hearing screening	Developmental screening for all Douglas County children from birth to five years. No cost for Douglas County residents.
Douglas County Special Services Department		303-814-5393	Help for families with school age children with special needs

***EDUCATION:***

Douglas Public Schools 303-688-3195  
Douglas Public Library District:

Castle Rock Library 303-688-5157  
Parker Library 303-841-3503  
Highlands Ranch Library 303-791-7703  
Louviers Library 303-791-7323  
Lone Tree Library 303-799-4446

Liz Grams, Early Childhood Douglas County Schools	312 Cantril Street Castle Rock, CO 80104	303-814-5360 Fax: 303-814-5397
Mary Ann Luccock Parents as Teachers	6247 E. Long Place Englewood, CO 80112	303-721-9833 Fax: 303-290-6581
CO Dept. of Education		800-886-7687

For Early Childhood Education, - See Pg. 3

***Alternative Education***

The Star Lab	Susan Anderson	303-814-5318
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***EMERGENCY ASSISTANCE:***

***Suicide Prevention and Support***

<b>PROGRAM</b>	<b>TELEPHONE</b>
Arapahoe/Douglas Mental Health Network	303-795-6187
Comitis	303-343-9890
Suicide Depression Hotline	303-860-1200 (16 hour)
Youth Support Line	303-894-9000

***Grief Support***

<b>AGENCY</b>	<b>ADDRESS</b>	<b>TELEPHONE</b>	<b>TYPE OF CARE</b>
Assistance With Grief (Swedish Hospital)	501 E. Hampden Ave. Englewood, CO80110	303-788-5677	Support groups offer 7 consecutive weekly sessions for parents grieving a baby through miscarriage, stillbirth, or newborn death.
Bittersweet Beginnings	5700 E. Greenwood Pl. Denver, CO 80222	303-759-3979	Monthly support group for parents who have experienced the death of a twin or other multiple and are caring for a surviving newborn child
Compassionate Friends	P.O. Box 19571 Denver, CO 80219	Denver – 303-469-8451 Aurora – 303-695-9553 Jeffco – 303-979-2566 Espanol – 303-433-5717	Self-help group for parents and others who have experienced the death of a child. Group meets regularly.
Caring Friends		303-989-5960	Support group for widows and widowers ages 20-45; children are invited. Meets monthly
Fetal and Newborn Loss Program	Rose Medical Center 4567 East 9 <sup>th</sup> Avenue Denver, CO 80220	303-320-2864	Support group for grieving parents following a miscarriage, stillbirth or newborn death.
Heartbeat		303-934-8464 South – 303-770-1859 West –303-424-4094	Self-help group offering monthly meetings for family and friends of suicide victims.
Hospice at Home – Bereavement Group	390 Grant Street Denver, CO 80203	303-744-6363	Provides community grief support to all ages.
Hospice Care – Exempla Lutheran	3960 Youngfield Street Wheat Ridge, CO 80033	Hospice – 303-467-4700 Answer Line - 303-425-2929	Grief education series for adults and GRIEF RELIEF, a program for children ages 6 to 18

			years and their parents. Day & evening available
Hospice of Metro Denver	425 Cherry Street #700 Denver, CO 80246	303-321-2828	Offers a variety of support groups to bereaved adults, adolescents and children. Day and evening available.
Mt. Evans Hospice	3721 Evergreen Pkwy. Suite 9 Evergreen, CO 80437	303-674-6400	Provides individual and group support for those experiencing loss through death.
Centura Home and Hospice (Inc. Hospice of Peace & Porter Hospice)	2420 W. 26 <sup>th</sup> Avenue Building D, #200 Denver, CO 80211	303-561-5100	Grief support groups; information and referrals; retreats; monthly community education programs open to the community
Mothers Against Drunk Driving	6990 W. 38 <sup>th</sup> Avenue Suite 201 Wheat Ridge, CO 80033	303-425-5905	Trained victim advocates, guidance through the judicial process, civil attorney referrals, insurance advocates, support groups and memorial programs.
Namaste Care Group	2444 Washington Street Denver, CO 80205	303-860-9915	Individual, family and group counseling, pastoral support, community memorial services, ritual development workshops, seasonally appropriate programming and intensive weekend retreats.
Parents and Friends of Lesbians and Gays	P.O. Box 18901 Denver, CO 80218	303-333-0286	AIDS family support group-for those infected and affected.
Parents of Murdered Children and Other Survivors of Homicide Victims	P.O. Box 19798 Denver, CO 80219 (Front Range Chapter)	303-232-6343	Monthly meetings in Denver for homicide survivors and/or parents of children who have been murdered and other victims of homicide.
Parents Without Partners	(Front Range Chapter)	303-430-4991	Support group for widowed, divorced, separated, or unmarried parents.
Qualife Wellness Community	1741 Gaylord Street Denver, CO 80206	303-393-9355	Grief group meets weekly. Offers support for healing and rebuilding at time of

			death loss.
Rainbows for All God's Children, Inc.	Various metro Denver locations	1-800-266-3206	Weekly peer support for children/adolescents of single-parent families following divorce or parental death.
Society of Military Widows	Denver Metro Area	Chapter 22: 303-364-8461 Chapter 29: 303-841-0651	Monthly daytime meetings
SOS Senior Outreach Services	101 Third Street Castle Rock, CO 80104	303-660-7519	SOS provides information and assistance, as well as access to local resources in Douglas County.
Sudden Infant Death Syndrome (SIDS)	6825 E. Tennessee Ave. Suite 300 Denver, CO 80224	303-320-7771 Outside Denver: 1-888-285-7437	Provides information, education and family support for those who have suffered the death of a child by SIDS
Widowed persons Service of Denver (AARP)	1301 Pennsylvania Suite 200 Denver, CO 80203	303-764-5996 Widowed Men's Breakfast Club: 303-721-1784 or 303-756-0029 Women's Breakfast Club: 303-755-0212	WPS recognizes the need to grieve after the death of a mate. Numerous helpful services are offered to all widowed persons at no charge by trained volunteers.
RAAP (Rape Crisis)		Hotline: 303-322-7273 Admin: 303-329-9922	

### ***Emergency Food & Shelter***

Parker Task Force Food Bank 1965 Mainstreet Parker, CO	303-841-3460	Provides basic needs for families in crisis
Castle Rock Community Inter-Church Task Force	303-688-1114	
American Red Cross	303-722-7474	
COMPA	303-294-0272	Christmas food
Christian Family Services	303-337-6747	
Food Bank	303-371-9250	
Food Stamp Office	303-798-0251	
Friends of Man	303-798-2342	

Gateway Battered Shelter (Woman)	303-343-1856	
Gemini Shelter	303-235-0630	
HSI Adolescent Shelter	303-429-4440	
Shelter Hotline	303-296-9000	
Triad Female Shelter	303-831-8502	

***EMPLOYMENT:***

Arapahoe /Douglas WORKS	(ask for Rosemary) -	303-688-4825 Ext.5323
Douglas County Job Line		303-660-7420
Job Corps		303-830-3090
Job Service		800-388-5515
Unemployment Office, State Work Permit		303-688-3195

***HEALTH/NUTRITION:***

***Tri-County Health***

Nursing Division Paula Allderdice	101 Third Street Castle Rock, CO 80104	303-663-7650
Environmental Health Division	101 Third Street Castle Rock, CO 80104	303-663-7650
WIC/Nutrition Division Alice Kremer, Coordinator	101 Third Street Castle Rock, CO 80104	303-663-7650
Planning/Information and Educational Division	Bellview, CO	303-220-9200
Vital Records Division	Bellview, CO	303-220-9200
Dental Division	Englewood, CO	303-761-1340
Wings	Susan Anderson	303-814-5318

***Eating Disorders***

AGENCY	ADDRESS	TELEPHONE
Center for Eating Management	1719 E. 19 <sup>th</sup> Avenue Denver, CO 80218	303-869-2533
Porter Memorial Hospital Eating Disorder Unit	2465 S. Downing Street Denver, CO 80210	303-778-5774
The Eating Treatment Center	8400 E. Prentice, #560 Greenwood Village, CO 80111	303-771-0861
Dr. Ken Weiner		303-220-1655
Dr. Sara VanAnrooy		303-681-9572

***Teen parenting***

AGENCY	ADDRESS	TELEPHONE
Wings		303-814-5318

***HOUSING:***

Families First		303-695-7996
LEAP	Low Income Energy Assistance Program	303-688-4825
Low Income Housing	Castle Creek Commons 220 S. Gilbert Street Castle Rock, 80104	303-688-6130
	Asian Pacific	303-365-2959 303-393-0304
	ACCESS Housing	303-289-7078
	Castle Rock Apartments	303-688-5062
	Catholic Charities	303-360-9686
	Catholic Community	303-922-5205
	Inter-Church Task Force	303-841-3460
	Champa House (Woman and Child)	303-294-9961
CO Office of Resource & Referral Agencies	Care Information	303-290-9088
	Denver Safehouse	303-830-6800
	DOVE (DV)	303-453-0641
Housing Authority		303-831-1935 303-830-8649
Landlord & Tenant Information		303-831-1035
Marilee Center		303-761-5229
Mile High United Way		303-433-8900
Neighbors Who Care		303-691-2002
Operation Blessing		303-431-8295
Safe House –Denver		303-892-8400
Salvation Army		303-688-6043 303-295-3366
Section 8 Housing – Castle Rock	Douglas County Housing Partnership	303-814-2965
Services de la Raza		303-458-5851
SHARE COLORADO		303-688-0248
Traveler’s Aid		303-832-8149
Women’s Crisis Center		303-688-1094

***INCOME SUPPORTS:***

TANF – Temporary Assistance for Needy Families	303-688-4825	
Child Care Support	303-688-4825, Ext. 5353	
Friends of Man (charity)	303-798-2342	
OAP/Old Age Assistance	303-688-4825	
AND/Age Needy Disabled	303-688-4825	
SOS/Senior Outreach Services	303-660-7519	

***JUVENILE & FAMILY COURTS:***

Juvenile and Family Court	4000 Justice Way Castle Rock, CO 80104	303-663-7200
Castle Rock Juvenile Court	100 N. Perry St. Castle Rock, CO 80104	303 663-6133
Petra Tallman Pro se Resource Center (Mondays only) 8:30-1:00 1:30-4:00 Assistance to fill out forms	4000 Justice Way Castle Rock, CO 80104	303-663-7200 Ext. 2009
Child Support Help	District Attorney's Office 18 <sup>th</sup> Judicial District	720-895-8700

***Victims Assistance***

Douglas County Sheriff's Office		303- 660-7505, Ext. 7535	
Castle Rock Police Department	100 Perry Street Castle Rock, CO 80104	303-660-1000	
Parker Police Department	19600 E. Parker Square Drive Parker, CO 80134	303-805-3310	
Clerk of Douglas County Combined Courts		303-688-6800	
Parker Town Hall and Court		303-841-0353	

***Legal Information***

Arapahoe County Mediation	303-649-6275
Child Support	303-643-4630
Child Support Enforcement	303-866-5994
CO Bar Assoc. (Denver)	303-860-1112
CO Rural Legal Services	303-534-5702
Consumer Credit Counseling Info	303-750-2227
Crime Victim Comp	303-643-4500
DC Probation	303-814-7170
Denver Metro Mediation	303-837-3672
D.U. Law School	303-871-6140
Father's for Equal Rights	303-937-3911
Gillian Detention	303-649-0964
Grandparent's Resource Center	303-980-5707
DC Pro se Resource Center (Div)	303-663-7200

Legal Aid (not filed)	303-866-1313
Legal Aid (filed)	303-866-9313
Justice Information Center	303-832-1200
Metro Lawyer Referral Service	303-831-8000
Office of Dispute Resolution	303-837-3667
Public Defender	303-688-3081
Probation	303-814-7170
Project Safeguard	303-863-7233
Rocky Mt. Children's Legal	303-814-7135

***LITERACY & JOB TRAINING:***

Penny Perkins Adult Literacy Program	Douglas Public Libraries District/Provides volunteer tutors, English as a 2 <sup>nd</sup> language, preparation for the GED exam. The literacy program is free to anyone who lives or works in Douglas or Elbert County.	303-841-6942
Douglas County Government Job Line		303-660-7420
CO Dept. of Labor & Employment		303-620-4718

***MEDICAL SERVICES:***

<b>AGENCY</b>	<b>ADDRESS</b>	<b>TELEPHONE</b>
Aurora Regional Medical Center – ER	1501 S. Potomac Street Aurora, CO 80012	303-695-2628
Castle Rock Medical Clinic	Three Oakwood Park Professional Building Castle Rock, CO 80104	303-688-0660
Centennial Healthcare Plaza	14200 E. Araphahoe Road Englewood, CO 80112	303-699-3000
Children’s Hospital	1056 E. 19 <sup>th</sup> Avenue Denver, CO 80218	303-861-8888
Elizabeth Family Health Center	34061 Forrest Park Drive Elizabeth, CO 80107	303-646-4071
Kiowa Healthcare Center (AMI)	404 Comanche Kiowa, CO 80117	303-621-2039
Littleton Adventist Hospital	7700 S. Broadway Littleton, CO 80120	303-730-8900
Parker Family Medicine	10471 Parker Rd. Parker, CO 80134	303-841-4028
Plum Creek Medical	410 Wilcox Castle Rock, CO 80104	303-688-6900
Porter Memorial Hospital	2525 S. Downing Street Denver, CO 80210	303-778-1955
Swedish Medical Center – ER	501 E. Hampden Avenue Englewood, CO 80110	303-788-6911
Castle Rock Family Physicians	1025 Perry Street Castle Rock, CO 80104	303-688-8989
Invision Imaging Center at Highlands Ranch	9330 S. University Blvd. #139 Highlands Ranch, CO 80123	303-471-0500
New West Physicians	200 West County Line Road #310 Highlands Ranch, CO 80126	303-791-2841
Children’s Hospital Physicians Office	206 West County Line Road #260 Highlands Ranch, CO 80126	303-470-1954
Horizon’s Women’s Care	200 West County Line Road #100 Highlands Ranch, CO 80126	303-791-2112
Highlands Ranch Family and Adult Medicine	200 West County Line Road #130 Highlands Ranch, CO 80126	303-791-0418
Castle Rock Pediatrics	1 Oakwood Park #106 Castle Rock, CO 80104	303-688-2228

PorterCare Family Physicians at Highlands Ranch	8671 S. Quebec Street Highlands Ranch, CO 80126	303-660-8670
Allergy and Asthma Consultants	410 Wilcox Street Castle Rock, CO 80104	303-660-8670
OB/GYN Center	1001 S. Perry St., # B Castle Rock, CO 80104	303-688-1410
Tri County Health	Castle Rock	303-663-7650
Model 200		303-688-4825
QNB/ pays Medicare premiums, food stamps, Baby Care and Kid's Care		303-688-4825
University Hospital		303-399-1211

***MENTAL HEALTH TREATMENT:***

AGENCY	ADDRESS	TELEPHONE	TYPE OF SERVICE
Families First		303-695-7996	Provides parenting information and referrals to sources of information
Arapahoe/Douglas Mental Health Network	61 W. Davies Littleton, CO 80120 and 409 S. Wilcox #E Castle Rock, CO 80104	303-797-9420 303-688-6276 Parker: 303-841-5255	Child and family treatment – outpatient clinic. Provides counseling on a sliding fee scale
Comitis		303-343-9890	Hotlines and referrals for families in crisis; house teenagers (12-17) while family has ongoing counseling; suicide prevention and support.
Douglas County Amend		303-220-1911	Helps men in their family relationships
K.I.D.S.		303-462-1060	(Kids in Divorce and Separation) Programs for children and parents of divorce.
Parker Counseling		303-841-0259	Provides counseling on a sliding fee scale; offers support groups and parenting classes.
Family Support Line		303-695-7996	Provides information and resources for parenting classes, housing and transportation.
Parents Encouraging Parents		303-866-6846	Support and information group for parents and children with disabilities
RAAP (Rape Crisis)		Hotline: 303-322-7273 Admin: 303-329-9922	
(Runaways) National Switchboard		Teens: 1-800-231-6946 Parents: 1-800-621-4000	
Women’s Crisis Center		303-688-1094	Provides basic needs and counseling, including parenting classes for families in a domestic violence crisis.
Judy Pierson	P.O. Box 262025 Highlands Ranch, CO 80163	303-346-9008	ChildWise Consulting Services, Inc.

***PARENTING:***

AGENCY	ADDRESS	TELEPHONE	TYPE OF SERVICE
Families First		303-695-7996	Provides parenting information and referrals to sources of information
Arapahoe Mental Health Child and Family Services	61 W. Davies Littleton, CO 80120	303-797-9420	Child and family treatment – outpatient clinic
Child Support Help	District Attorney's Office – 18 <sup>th</sup> Judicial District	720-895-8700	
Colorado State University Cooperative Extension in Douglas County		303-660-7316	Parenting information and referrals. Parenting newsletters.
Comitis		303-343-9890	Hotlines and referrals for families in crisis; house teenagers (12-17) while family has ongoing counseling; suicide prevention and support.
Douglas Counseling Center/ Arapahoe/Douglas Mental Health Network	409 S. Wilcox # E Castle Rock, CO 80104	303-688-6276 Parker: 303-841-5255	Provides counseling on a sliding fee scale
Douglas County Amend		303-220-1911	Helps men in their family relationships
Douglas County School District		303-688-3195 Special Services: 303-688-9510 Child Find: 303-688-3195/ x308	Sponsor STEP classes and support groups for parents with children from birth on having special challenges.
K.I.D.S.		303-462-1060	(Kids in Divorce and Separation) Programs for children and parents of divorce.
Parker Counseling		303-841-0259	Provides counseling on a sliding fee scale; offers support groups and parenting classes.
Parents Encouraging Parents		303-866-6846	Support and information group for parents and children with disabilities
Partners in Parenting	Colorado State University	1-800-457-2736	Resources for parents including a free newsletter
(Runaways) National Switchboard		Teens: 1-800-231-6946 Parents: 1-800-621-4000	
Women's Crisis Center		303-688-1094	Provides basic needs and counseling, including parenting classes for families in a

			domestic violence crisis.
MOMS/Rena	Ave Maria Catholic Church 9056 E. Parker Rd. Parker, CO 80134	303-663-3294	Meets 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 9:15-11:30 a.m. (Sept – May)
MOPS/First Baptist Church.	First Baptist Church of Castle Rock 821 5 <sup>th</sup> St. Castle Rock, CO 80104	303-688-3745	Meets 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday beginning Sept. 9:00-11:30
MOPS/Mary Dunn	Church of the Rock 1638 N. Park Castle Rock, CO 80104	303-688-1671	Meets 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday Sept-May 9:30-12:00
MOPS/Jamie Eason	Parker UMC P.O. Box 1287 Parker, CO 80134	303-840-2470	Meets 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday Sept-May 9:00 a.m. 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday Sept – May 9:00 a.m.
MOPS/Linda Tong	Parker Evangelical Presbyterian Church 9100 E. Parker Rd. Parker, CO 80138	303-805-8836	Meets 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday Sept-May 9:00-11:30 a.m.
MOPS/Jill Holman or Katie Martens	Faith Baptist Church of Parker 11150 E. Hilltop Rd. Parker, CO 80134	303-841-9817 (Jill) 303-840-1670 (Katie)	Meets 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 9:00 a.m.
Mothers & More/Sara Munro	Mission Hills Church University Blvd. & Orchard Rd. Littleton, CO	303-346-2758	Meets 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays 7:00-9:00 p.m.
Mothers & More	First UMC of Castle Rock and Pinery Fire Station	303-285-3483 Ext. 1460	Meets 2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 2 <sup>nd</sup> Thursday – First UMC 4 <sup>th</sup> Thursday – Pinery Fire Station
Parent University	Douglas County School District	303-814-5283	Call for catalogue twice a year
Colorado Office of Resource and Referral for Douglas County	1330 W. 6 <sup>th</sup> Avenue Lakewood, CO 80228	303-914-6527	Family Resource & Referral for child care
WINGS		303-814-5318	
Parenting Classes	Littleton Hospital 7700 S. Broadway Littleton, CO	303-730-5810	
ADHD – ADAGE		303-675-5337	
Big Brothers/Sisters		303-433-6002	
Children’s Hospital		303-756-3611	
Conflict Center		303-433-4983	
Crossroads Counseling		303-232-7111	General Parenting 5 sessions
Family Anon.		303-420-1782	
Family First		303-745-0327	
Family Support Center Active Parenting (Sun Gate)		303-671-9088	
Parents Helpline		303-620-4444	

Parents Support		303-695-7996	
Portercare Hospital STEP		303-778-5643	
Raising Today's Teens		1-800-475-8255	
Running Creek – Franktown		303-688-8231	
Dr. Kay Sheehan (Resolution of Power Struggles)		303-795-1761	
The Conflict Center		303-433-4983	
Therapeutic Alliance (FPP)		303-806-0661	
Tough Love		303-657-0164	
Save our Youth (Mentor)		303-455-1126	
Urban Children		303-639-5240	
Youth Gang		303-893-4264	

***RECREATION:***

<b>PROGRAM</b>	<b>ACTIVITIES</b>	<b>TELEPHONE</b>
Castle Rock Parks and Recreation Programs	Roller skating, bowling, arts and crafts, babysitting classes, basketball, drama, first aid, karate, swimming, T-ball and softball, tennis, and field trips to surrounding counties, movies, sports.	303-660-1036
Goodson Recreation Center		303-798-2476
Adventure Day Camp – (South Suburban)	Arts and crafts, lectures, field trips, games, swimming, hikes for ages 5 to 8 and 8 to 12. Open mid June to the end of August in two week sessions on Monday through Friday from 9:00 a.m. to 4:00 p.m.	303-794-0177
American Camping Association	Girl Scout headquarters, provides complete list of residential and day camps	303-778-8774 1-888-926-2267
Red Cross	Babysitting classes	303-781-5511
Summer Huskie Little League	Baseball	303-814-9414
Spring Dolphins	Baseball	303-660-9187
Reach the Peak Outfitters	Biking	303-798-7515
AMF Highlands Ranch Bowling Center	Bowling	303-779-5599
Parker Recreation Dept.	Provides: art and craft lessons, babysitting classes, baseball, basketball, and football, programs. Also dance, gymnastics, and indoor soccer, roller hockey, soccer, swimming, T-ball and softball, tennis, track and volleyball le.	303-841-6650
South Suburban Rec. Center	Provides art and craft lessons, babysitting classes, basketball, biking, bowling, canoe, dance, drama gymnastics, hiking, horseback riding, ice skating, racquetball, roller hockey, skiing, swimming, T-ball and softball, tennis, track, volleyball and karate lessons.	303-483-7016
Castle Rock Players	Drama	303-814-1129
All Star Gymnastics Academy	Gymnastics	303-797-8082
Arapahoe Riding Club	Horseback riding	303-841-9090
Stockton's Plum Creek Stables	Horseback riding	303-791-1966
Omega Karate	Karate	303-688-6404
Rock Roller Hockey	Roller hockey	303-313-9620
Colorado Division of Wildlife	Shooting sports/Hunter	303-291-7530
O'Brien Pool	Swimming	303-841-2526

Burgess Pool	Swimming	303-660-1044
Butterfield Pool	Swimming	303-660-1048
Girl Scouts and Brownies		303-778-8774
Boy Scouts and Cub Scouts		303-455-5522
Little Britches Youth Assoc.	Horseback riding	303-646-4307
4-H Clubs of Douglas County	Provides nonformal, educational program for youth between the ages of 8-18.	303-660-7315

***SOCIAL SERVICES – Support Services for Families***

AGENCY	ADDRESS	TELEPHONE	TYPE OF SERVICE
Women's Crisis Center		303-688-1094	Provides basic needs and counseling, including parenting classes for families in a domestic violence crisis.
Douglas County Depart. Of Human Services	101 Third Street Castle Rock, CO 80104	303-688-4825	
SOS/Senior Outreach Services		303-660-7519	

***SUBSTANCE ABUSE/PREVENTION/TREATMENT:***

AGENCY	ADDRESS	TELEPHONE
Alcohol and Drug Helpline		1-800-821-4357
Al-Anon and AlATeen		303-321-8788
Alcoholics Anonymous (AA)		303-322-4440
Arapahoe Mental Health Center Drug-Alcohol Aquarius		303-797-9440
Arapahoe House	(12 locations)	303-789-1401
Cenikor Foundation	1533 Glen Ayr Drive Lakewood, CO 80215	303-234-1288
Cocaine Anonymous		1-800-347-8998
Comitis Crisis Center	9840 E. 17 <sup>th</sup> Avenue Aurora, CO	303-343-9890
Denver Mile Hi Council of Alcoholism & Drug Abuse		303-825-8113
Douglas Counseling Center (Arapahoe/Douglas Mental Health Network)	409 S. Wilcox, #E Castle Rock, CO 80104	303-688-6276
Dynamic Directions Counseling, Inc.	Castle Rock	303-688-1116 303-751-5060
Gateway Treatment Center	1191 S. Parker Rd., #100 Denver, CO 80231	303-696-8407
Families Anonymous		1-800-736-9805
Insight Counseling Service	15200 E. Girard Avenue Aurora, CO 80014	303-699-8181
Lost and Found	9189 S. Turkey Creek Rd. Morrison, CO 80465	303-697-5049
National Clearinghouse for Alcohol and Drug Abuse		1-800-729-6686
The Center for Behavioral Health	2465 S. Downing, #110 Denver, CO 80210	303-778-5774
Presbyterian St. Luke's Hospital "Support Line"	1719 E. 19 <sup>th</sup> Street Denver, CO 80218	303-869-1999
Stout Street Foundation	1647 Gaylord Street Denver, CO 80206	303-322-0499
Timberline Consulting Center	333 W. Hampden Avenue Englewood, CO 80110	303-781-3977
TSAP (Teen Substance Abuse Prevention Program)		303-840-2636
Valley Hope	22422 East Mainstreet Parker, CO 80134	303-841-7857
Drug Testing		303-691-4723
First Step Counseling	Parker, CO	303-840-2636
I.S.A.E.		303-433-1900

Lost & Found		303-697-5049
Maria Droste		303-756-9052
Respond Program (Columbine Psy. Center)	C470 & Quebec	303-470-9500
P.A.C.E.		303-688-2002
PAVE (Anger)		303-322-2382
Transition Recovery (men)		303-750-0614
Youth Recovery Center		970-945-3440
Warren Village		303-321-2345

***ALCOHOLICS ANONYMOUS MEETINGS:***

The following is a listing of Alcoholics Anonymous meetings in the Castle Rock, Parker and Elizabeth areas. For AA information please call 303-322-4440 and for CA information please call 303-650-8989.

**SUNDAY**

7:00 p.m. Open Meeting  
Christ Episcopal Church  
615 4<sup>th</sup> Street  
Castle Rock, CO

**MONDAY**

8:00 p.m. Closed Meeting  
(Open meeting – 2<sup>nd</sup> Monday each month)  
St. Francis of Assisi Church  
2726 E. Highway 86  
Castle Rock, CO

8:00 p.m. Closed Meeting  
Crossroads Community Church  
10816 S. Parker  
Parker, CO

**TUESDAY**

12:00 Noon Closed Meeting  
9650 Jordan Road  
Parker, CO

7:00 p.m. Closed Men's Meeting  
United Methodist Church  
1200 South Street  
Castle Rock, CO

7:30 p.m. Closed Women's Meeting  
United Methodist Church  
1200 South Street  
Castle Rock, CO

8:00 p.m. Meeting  
United Methodist Church  
11805 S. Pine Drive, Room 112  
Parker, CO

**TUESDAY (Continued)**

8:00 p.m. Closed Meeting  
St. Mark's Presbyterian Church  
325 S. Banner (basement)  
Elizabeth, CO

#### **THURSDAY**

6:45 p.m. Meeting  
7051 Parker Hills Ct.  
Parker, CO

8:00 p.m. Closed Meeting  
7051 Parker Hills Ct.  
Parker, CO

8:00 p.m. Open Meeting  
Christ Episcopal Church  
615 4<sup>th</sup> Street  
Castle Rock, CO

#### **FRIDAY**

8:00 p.m. Open Meeting  
St. Mark's Presbyterian Church  
325 S. Banner  
Elizabeth, CO  
(Sitter available)

#### **SATURDAY**

9:00 a.m. Men's Meeting  
7051 E. Parker  
Parker, CO  
9:30 a.m. Closed Women's Meeting  
(Open meeting – 1<sup>st</sup> Sat. of each month)  
United Methodist Church  
6636 E. Parker Rd., (off Pikes Peak Drive)  
Parker, CO

NOTES



