

Douglas County

Resource Guide 2025

Connect with
what you need!

720.643.2400
CH@douglas.co.us





Mission

We provide education and evidence-based services to improve health in Douglas County.

Vision

Douglas County residents have access to opportunities for achieving their healthiest possible lives.

Values

1. Collaboration – We partner to achieve shared goals.
2. Education – We provide accurate, reliable data and information.
3. Inclusiveness – We value our communities' diverse perspectives and experiences.
4. Professionalism – We provide the highest quality public health services.
5. Responsiveness – We strive to meet and adapt to our communities' evolving needs in a timely manner.
6. Transparency – We are open and honest with one another, our partners, and our communities.

410 S Wilcox Street, Suite 101, Castle Rock, CO 80104
720-643-2400 douglas.co.us/health-department

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LEGEND



Eligibility based on household size and income



You do not have to be a U.S. Citizen to qualify

Douglas County Health Department does not hold responsibility for the outcomes of any services provided by the agencies listed in the resource guide.

AGING RESOURCES

Aging Resources of Douglas County

303.814.4300

agingresourcesdougco.org

Angel Sense Program

303.660.7544

This program is for people of all ages who wander and get lost. The client wears a GPS-style device. Loved ones can track the device through an app on their smartphones for a quick and speedy recovery.

dcsheriff.net/community/angelsense/

Castle Rock Senior Activity Center

303.688.9498

castlerockseniorcenter.org

Colorado Visiting Nurse Association

303.698.2121

vnacolorado.org/capable/ GoodenowA@VNAColorado.org

Douglas Senior Safe Program

This program is designed to help isolated or lonely older adults get reintroduced to our great community.

dcsheriff.net/community/senior-safe/

Highlands Ranch Senior Center

720.240.4922

Active Adult Programs & Services

highlandsranch.org/recreation/senior-center-programs-services

Home Well Care Services

303.487.5471

homewellcares.com/in-home-care-co-englewood-co1674/

Information & Transportation Services

303.660.7519

Medic Alert Program:

Clients in this program will get a bracelet or a necklace that will help first responders or medical professionals identify the individual and get important medical information. To sign up for these free programs contact:

Ryan Falkner at rfalkner@dcsheriff.net or **303.663.7748**

Parker Senior Center

303.841.5370

parkerseniorcenter.org



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AGING RESOURCES

To The Rescue 720.851.2100
totherescue.net/
10270 S. Progress Way, Parker, CO 80104

Visiting Angels 877.618.4748
visitingangels.com 720.981.0804

CHILD ASSESSMENT

Child Find 720.433.0020
cde.state.co.us/early/childfind

Colorado Childcare Assistance Program (CCCAP) 303.688.4825
cccap@douglas.co.us

Colorado Shines | Assistance Finding Childcare 877.338.2273
childcarereferrals@unitedwaydenver.org

Developmental Pathways 303.858.2255
dpcolo.org

Douglas County Child Care Association Childcare Referrals
Castle Rock 303.660.5584
Highlands Ranch highlandsranchreferrals@gmail.com
Parker/Elizabeth 303.805.0824

Douglas County Early Childhood Council
dsmith1@douglas.co.us

Early Intervention Colorado 888.777.4041
dcfs.my.salesforce-sites.com/eicolorado

Universal Preschool Colorado
preschool@dcsdk12.org
cdec.colorado.gov/universal-preschool-colorado



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CHILD SAFETY

Car Seat Checks Castle Rock

303.660.1066

crgov.com/1880/Car-Seat-Safety

Station 151 / Fire Headquarters

300 Perry St., Castle Rock, CO 80104

Car Seat Checks South Metro Fire Rescue

303.805.0228

Schedule a Car Seat Inspection

southmetrofoundation.org/car-seat-inspections/

Children's Hospital Colorado

720.777.3185

Safety Store

childrenscolorado.org/locations/anschutz-medical-campus-aurora/safety-store/

Poison Center Helpline

1.800.222.1222

copoisoncenter.org

COMMUNITY RESOURCES

Catholic Charities

720.215.4521

ccsoco.org

DC Cares

douglas.co.us/community-services/services/self-sufficiency/self-sufficiency-dc-cares/

Douglas County Libraries

303.791.7323

dcl.org

Family Center of Douglas County

303.688.4825

familycenterdougco.org/

Manna Resource Center

720.515.8814

mannaresourcecenter.org



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COMMUNITY RESOURCES CONT.

United Way
unitedwaydenver.org

211 or 303.561.2111

DOUGLAS COUNTY HUMAN SERVICES

Childcare, child support, employment, energy, food assistance, medical, mental health, older adult, veteran, person with disability, adult and child protection, and transit resources. **303.660.7400 or 303.688.4825**
douglas.co.us/human-services/



DOUGLAS COUNTY SCHOOL DISTRICT

Douglas County School District **303.387.0100**
dcsdk12.org

Parent resources, enrollment, school directories, transportation & meals, health, wellness and prevention.

Douglas County School District Homeless Education **303.387.0142**

McKinney-Vento Services

dcsdk12.org/about/departments/health-wellness-and-prevention/homeless-studentsmckinney-vento-services

Douglas County School District Nursing Services **303.387.0260**
Helps students manage immunization compliance, in-school medications, and health conditions.

Douglas County School District School-based Cultural Liaison

liaisonsusergroup@dcsdk12.org **303.387.0191**



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DOUGLAS COUNTY SCHOOL DISTRICT CONT.

Family Education Resources

Assessments, curriculum, dyslexia information, instruction, literacy interventions.

dcsdk12.org/about/departments

DOMESTIC VIOLENCE & ABUSE

Colorado Child Abuse and Neglect Hotline

844.CO.4.KIDS

844.264.5437

Find a Shelter or Program Near You

domesticshelters.org

National Domestic Violence Hotline

800.799.7233

National Teen Dating Abuse Hotline

866.331.9474

youth.gov/federal-links/national-teen-dating-abuse-helpline

The Blue Bench

303.329.9922 ext. 302

thebluebench.org

303.329.9922 ext. 338

24-Hour sexual assault hotline

303.322.7273

Línea de servicio en español

The Crisis Center

303.688.8484 or 1.888.247.7472

24-Hour Crisis Hotline

thecrisiscenter.org



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FOOD ASSISTANCE

Backpack Society backpacksociety.org 213 W. County Line Road, Highlands Ranch, CO 80129	720.583.2224
Calvary Castle Rock calvarycr.com 1100 Caprice Dr., Castle Rock, CO 80109	303.663.2514
Help & Hope Center helpandhopecenter.org 1638 Park St., Castle Rock, CO 80109	303.688.1114
Integrated Family Community Services fcs.org 370 S. Irving St., Englewood, CO 80110	303.789.0501
Life Center Littleton lifecenterlittleton.org/service/food-bank 5804 S Datura St., Littleton, CO 80120	303.953.7180
Manna Care mannaresourcecenter.org/ 3900 Grace Blvd., Highlands Ranch, CO 80126	303.791.4500 Ext. 8340
Parker Task Force parkertaskforce.org Long Way, Parker, CO 80134	303.841.3460
SECOR Cares secorcares.com 17151 Pine Ln., Parker, CO 80134	720.842.5621
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) WIC@douglas.co.us douglas.co.us/health-department/community-health/wic	720.643.2401



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FOOD ASSISTANCE CONT.

St. Elizabeth's Pantry

303.799.1036

paxchristi.org

5716 McArthur Ranch Rd., Highlands Ranch, CO 80124

St. Vincent de Paul Society

303.847.2606

svdpcr.org

2746 5th St., Castle Rock, CO 80104

Supplemental Nutrition Assistance Program (SNAP)

303.688.4825

A federal nutrition program that helps stretch your food budget and buy healthy food.

peak.my.site.com/peak/s/peak-landing-page?language=en_US



The ROCK Food Bank

303.688.0777

therock.org/foodbank

4881 Cherokee Dr. Castle Rock, CO 80109

HEALTH INSURANCE COVERAGE

Connect for Health Colorado

connectforhealthco.com

Purchase health insurance; get financial help to reduce costs.

Doctors Care

doctorscare.org/health-insurance



720.458.6185

Health First Colorado: Colorado's Medicaid Program

303.866.2993

healthfirstcolorado.com



OmniSalud

connectforhealthco.com/get-started/omnisalud/



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HEALTH INSURANCE COVERAGE CONT.

Other Ways to Apply:

Colorado PEAK

colorado.gov/peak

800.221.3943

Douglas County Human Services

douglas.co.us/human-services/

303.688.4825

HOSPITALS

AdventHealth Castle Rock

adventhealth.com/hospital/adventhealth-castle-rock

720.455.5000

AdventHealth Parker

adventhealth.com/hospital/adventhealth-parker

303.269.4000

Children's Hospital Colorado, South Campus

childrenscolorado.org/locations/south-campus-highlands-ranch/

720.478.1234

HCA HealthONE Sky Ridge

healthonecares.com/locations/sky-ridge

720.225.1000

UCHealth Highlands Ranch Hospital

uchealth.org/locations/uchealth-highlands-ranch-hospital/

720.516.1000

HOUSING

Colorado Division of Housing



303.864.7810/ 720.775.5170

Colorado Housing and Finance Authority

chfainfo.com

800.877.2432

Colorado Housing Search

coloradohousingsearch.com

303.864.7810

DC Cares Self-Sufficiency Program

303.814.4317

Denver Housing Authority



720.932.3030



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Section 8
Resources



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HOUSING CONT.

Denver Metro Fair Housing Center dmfhc.org	720.279.4291
Douglas County Housing Partnership douglascounthousingpartnership.org	303.784.7856
Douglas County School District Homeless Liaison homelessliaison@dcsdk12.org	303.387.0142
Douglas County Veterans Affairs	303.663.6200
Family Tree thefamilytree.org	303.467.2604
Homeless Engagement, Assistance and Resources Team (HEART) douglas.co.us/homeless-initiative/heart/	⑧ 303.660.7301
Housing Choice Voucher hud.gov/program_offices/public_indian_housing/pha/contacts	
South Metro Housing Options	⑧ 303.794.9608
Volunteers of America Housing Assistance for Seniors, Families, Veteran, and Persons with Disabilities voacolorado.org/find-housing	303.297.0408
Winter Shelter Network therock.org/wsn/	720.295.3116

IMMIGRANTS RIGHTS

ACLU aclu.org/issues/immigrants-rights	303.777.5482
Immigrant Defense Project immigrantdefenseproject.org	
Littleton Immigrant Resources Center library.littletonco.gov/Services/Littleton-Immigrant-Resources-Center	303.795.3968



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IMMUNIZATION SERVICES

CDPHE Free or Low-Cost Vaccine Map
cdphe.colorado.gov/find-free-vaccine-provider

King Soopers
kingsoopers.com/health/clinic/vaccinations

Safeway
safeway.com/pharmacy.html

STRIDE Community Health Center 303.778.7433
stridechc.org

The Little Clinic
kingsoopers.com/health/clinic/vaccinations

Walgreens
walgreens.com
Or call your nearest Walgreens pharmacy

IMMUNIZATION SERVICES FOR TRAVELING

Passport Health 303.442.8728
passporthealthusa.com/locations/co/parker/909/

The Little Clinic
kingsoopers.com/health/clinic/vaccinations

Walgreens
walgreens.com
Or call your nearest Walgreens pharmacy

LEGAL

Colorado Department of Local Affairs
cdola.colorado.gov



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LEGAL CONT.

Colorado Legal Services	303.837.1321
Colorado State Public Defenders - Douglas County	303.688.3081
Legal Assistance for Evictions cdola.colorado.gov/residents	
Project Safeguard psghelps.org info@psghelps.org	720.618.3482

LOW-COST OR FREE MEDICAL CARE

Doctors Care doctorscare.org	303.730.1313
Redwood Medical redwood-medical.com 1001 S Perry St. #104B, Castle Rock, CO 80104	720.485.3178
STRIDE Community Health Center stridechc.org	303.778.7433
CDPHE Women's Wellness Connection (WWC) Program provides access to free mammograms and pap smears to those who are eligible. Individuals can use the maps on CDPHE's website or call to find a location nearest to them. cdphe.colorado.gov/wwc	866.951.9355

MENTAL HEALTH RESOURCES

988 Colorado Mental Health Line Free, immediate, confidential, human support 24/7. Call for emotional, mental, or substance use concerns. Call or text 988 or visit 988Colorado.com to live chat.	988
AllHealth Network allhealthnetwork.org	303.730.8858



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MENTAL HEALTH RESOURCES CONT.

Colorado Crisis Services coloradocrisiservices.org	1.844.493.8255
Denver Springs denversprings.com/	720.643.4300
Douglas County Mental Health Resources douglas.co.us/mentalhealth/	303.814.4368
Ellie Mental Health elliementalhealth.com/locations/highlands-ranch-co/	720.696.9460
Family Care Center fccwellbeing.com	720.792.9490
Grief Resources Douglas County Coroner's Officer douglas.co.us/county-coroner/grief-services/	
Healthy Expectations Perinatal Mental Health Program healthyexpectations@childrenscolorado.org	303.724.1646
Highlands Behavioral Health System highlandsbhs.com/ 8565 South Poplar Way, Littleton, CO 80130	720.348.2800
IMatter Program imattercolorado.org *Up to 6 free counseling sessions for any Colorado youth	1.844.493.8255 Text TALK TO 38255
Maternal Mental Health Hotline	1.833.9.HELP4MOMS (1.833.943.5746) 1.833.TLCMAMA (1.833.852.6262)
Men's Mental Health Resources <ul style="list-style-type: none">• Dads of Castle Rock - docrco.org• Fathers of Special Needs Children 21stcenturydads.org/about-the-special-fathers-network/• Man UNCivilized - Douglas County based groups - manuncivilized.com/	



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MENTAL HEALTH RESOURCES CONT.

Men's Mental Health Resources Cont.

- **Man Therapy** - mantherapy.org/
- **NAMI Arapahoe/Douglas Counties**
Support group for fathers of adult children living with serious mental illness
namiadco.org/mental-health-support-groups/nami-family-support-group/

OwnPath

Behavioral health service navigation
ownpath.co

Spark the Change Colorado

sparkthechangecolorado.org/mentalhealth.html

1.844.380.6355

The Care Compact Partner Network

thecarecompact@douglas.co.us

303.242.2492

The Riley Center for Hope & Healing

5603 S Prince St, Littleton, CO 80120

theryliecenter.com

720.213.8016

PREGNANCY & PARENTING

Alternatives Pregnancy Center

youhavealternatives.org

Inverness Way East, Suite 101 B, Englewood, CO 80112

303.295.2288

Black Mamas Circle Support Group

childrenscolorado.org/globalassets/departments/mental-health/mental-health-for-new-moms/black-mamas-circle-2023-flyer.pdf

303.864.5252

Colorado Childcare Assistance Program (CCAP)



303.814.7135

Connections Program for High-Risk Infants and Families

WBHW@cuanschutz.edu

303.724.1646

Cub Clinic: Psychotherapy, psychological assessment

psychology.du.edu/clinics/content/contact-us

303.871.3626

Cultural Cura-Belly (CCB) Bilingual (Spanish/English) Perinatal Mental Health Services

lacocinahome.org/clinical

970.232.0740



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PREGNANCY & PARENTING CONT.

Family Center of Douglas County
3900 Grace Blvd., Highlands Ranch 80126
familycenterdougco.org/

720.633.5621

Healthy Families Partnership

Maternal Child Health and Family Wellness Parenting Resources and Tools for Every Stage
YourHealthyFamily.org

Nurse Family Partnership

nursefamilypartnership@arapahoegov.com

303.795.HLTH (4584)

Nurturing Newborns

Offers respite care to families with infants and toddlers that were born prematurely, have delays, disabilities, or health issues from 0-3.
nurturingnewborns.com/

720.252.4503

Parenting Classes at AdventHealth Castle Rock

CRK.BirthConcierge@Adventhealth.com
centura.org/location/castle-rock-adventist-hospital/birth-center

720.455.0355

Parents Thrive Colorado

parentsthive.org

Postpartum Support International (PSI)

CO PSI Chapter: psichapters.com/co/

1.800.944.4773

Text in English: 800.944.4773
Text en Español: 971.203.7773

Resources for NICU Parents

- Love for Lily loveforlily.org
- Newborn Hope newbornhope.org
- UCH Connections Mother-Infant Group
WBHW@cuanschutzh.edu

720.526.2556

720.724.1646

Resources for Perinatal Loss

- Angel Eyes angeleyes.org
- Denver Share denvershare.org

303.320.7771

720.316.9917

STRIDE Community Health Center

stridechc.org

303.778.7433



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PREGNANCY & PARENTING CONT.

Thriving Families/Mother Wise
thrivingfamiliescolorado.org

720.504.4624

Tough as a Mother
toughasamother.org/find-help/

844.493.8255
Text TALK to 38255

You Are Not Alone
yanamom.com

720.926.7122

RESOURCES FOR NAVIGATION & SELF-SUFFICIENCY

Catholic Charities
ccharitiescc.org

720.215.4521

Family Center of Douglas County
familycenterdougco.org
Highlands Ranch

720.505.3689

Manna Resource Center
mannaresourcecenter.org

720.515.8814

United Way Help Center
unitedwaydenver.org

211 or 303.561.2111

RESOURCES FOR PERSONS WITH DISABILITIES

Developmental Pathways
dpcolo.org
14280 E. Jewell Ave., Suite A, Aurora, CO 80012

303.360.6600

DMV Disability Services
douglas.co.us/motorvehicle/disability-services/

The ARC - Arapahoe, Douglas, Elbert
arc-ad.org

303.220.9228



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SUBSTANCE USE/MISUSE RESOURCES

Douglas County Health Department 720-643-2400

Preventing smoking, vaping, and tobacco use

douglas.co.us/health-department/preventing-smoking-vaping-and-tobacco-use/

Findtreatment.gov 800.662.HELP (4357)

Hard Beauty 303.993.7030
hardbeauty.life/

Resources Tobacco/Nicotine/Vaping Cessation

- Baby & Me Tobacco Free babyandmetobaccofree.org
- Colorado Quit Line coquitline.org

1.800.QUIT.NOW
1.800.784.8669

- My Life My Quit co.mylifemyquit.org

Smokefree.gov

TRANSPORTATION

Carepool 1.833.268.2688
carepool.us/

Douglas County Transit Services 303.814.4374
douglas.co.us/community/transportation/

Link on demand, City of Lone Tree (Free Shuttle Service) 719.212.2430
cityoflonetree.com/link-on-demand/

Non-Emergency Medical Transportation 855.489.4999
gointelliride.com/colorado



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TRANSPORTATION CONT.

RTD Access a Ride

303.299.2960

Regional Transportation District - RTD Denver
rtd-denver.com/

Way to Go - Commuter Services

drcog.org/services-and-resources/way-go-commuter-services

UTILITY ASSISTANCE

Emergency/General Assistance

303.688.4825

douglas.co.us/human-services/assistance/financial-assistance/emergency-general-assistance/

Help & Hope Center

303.688.1114

helpandhopecenter.org

1638 Park St., Castle Rock, CO 80109

Low-Income Energy Assistance Program (LEAP)

cdhs.colorado.gov/leap

1.866.HEAT.HELP

(1.866.432.8435)



VITAL RECORDS - DOUGLAS COUNTY HEALTH DEPARTMENT

Available in person or online at:

720.643.2480

douglas.co.us/health-department/vital-records/

410 S. Wilcox St., Castle Rock, CO 80104

vitalrecords@douglas.co.us



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WORKFORCE RESOURCES

ADWorks!

303.636.1160

adworks.org

Workforce Centers:

15400 E. 14th Place, Aurora, CO 80011

4500 Limelight Ave, Castle Rock, CO 8010

Arapahoe Community College

303.660.3160

arapahoe.edu

Connecting Colorado

connectingcolorado.com/

Douglas County Youth Employment Program

303.981.1236

YouthEmploymentProgram@douglas.co.us

Employment First

employmentfirstcolorado.org

Workforce Centers

cdle.colorado.gov/jobs-training/workforce-centers



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