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:

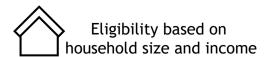
Clients in this program will get a bracelet or a necklace that will help first responders or medical professionals identify the individual and get important medical information. To sign up for these free programs contact:

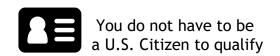
Ryan Falkner at rfalkner@dcsheriff.net or 303.663.7748

Parker Senior Center

303.841.5370

parkerseniorcenter.org







AGING RESOURCES

To The Rescue totherescue.net/ 10270 S. Progress Way, Parker, CO 80104	720.851.2100
Visiting Angels visitingangels.com	877.618.4748 720.981.0804

CHILD ASSESSMENT

Child Find cde.state.co.us/early/childfind	720.433.0020
Colorado Childcare Assistance Program (CCCAP) cccap@douglas.co.us	303.688.4825
Colorado Shines Assistance Finding Childcare childcarereferrals@unitedwaydenver.org	877.338.2273
Developmental Pathways 	

Douglas County Child Care Association Childcare Referrals

Castle Rock
Highlands Ranch
Parker/Elizabeth

303.660.5584
highlandsranchreferrals@gmail.com
303.805.0824

Douglas County Early Childhood Council

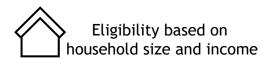
dsmith1@douglas.co.us

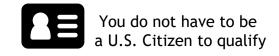
Early Intervention Colorado

dcfs.my.salesforce-sites.com/eicolorado

Universal Preschool Colorado

preschool@dcsdk12.org cdec.colorado.gov/universal-preschool-colorado





888,777,4041

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/

copoisoncenter.org

Poison Center Helpline

COMMUNITY RESOURCES

Catholic Charities 720,215,4521

ccsoco.org

DC Cares

<u>douglas.co.us/community-services/services/self-sufficiency/self-sufficiency-dc-</u>

cares/

Douglas County Libraries 303.791.7323

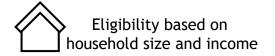
<u>dcl.org</u>

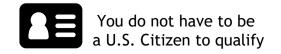
Family Center of Douglas County 303.688.4825

<u>familycenterdougco.org/</u>

Manna Resource Center 720.515.8814

mannaresourcecenter.org





1.800.222.1222

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

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

Douglas County School District Nursing Services

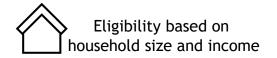
303.387.0260

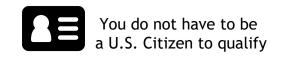
Helps students manage immunization compliance, in-school medications, and health conditions.

Douglas County School District School-based Cultural Liaison

303.387.0191

liaisonsusergroup@dcsdk12.org







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 thebluebench.org

24-Hour sexual assault hotline

Línea de servicio en español

303.329.9922 ext. 302

303.329.9922 ext. 338

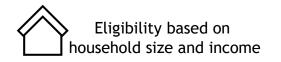
303.322.7273

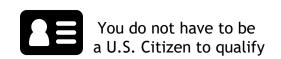
The Crisis Center

24-Hour Crisis Hotline

thecrisiscenter.org

303.688.8484 or 1.888.247.7472





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

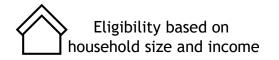
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) 720.643.2401

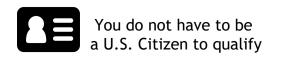
WIC@douglas.co.us

douglas.co.us/health-department/community-health/wic









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

720,458,6185

doctorscare.org/health-insurance

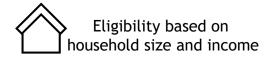
Health First Colorado: Colorado's Medicaid Program

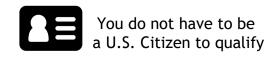
303.866.2993

healthfirstcolorado.com

OmniSalud

connectforhealthco.com/get-started/omnisalud/





HEALTH INSURANCE COVERAGE CONT.

Other Ways to Apply:

Colorado PEAK 800.221.3943

colorado.gov/peak

Douglas County Human Services 303.688.4825

douglas.co.us/human-services/

HOSPITALS

AdventHealth Castle Rock 720.455.5000

adventhealth.com/hospital/adventhealth-castle-rock

AdventHealth Parker 303.269.4000

adventhealth.com/hospital/adventhealth-parker

Children's Hospital Colorado, South Campus 720,478,1234

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

HCA HealthONE Sky Ridge 720.225.1000

healthonecares.com/locations/sky-ridge

UCHealth Highlands Ranch Hospital 720,516,1000

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

HOUSING

Colorado Division of Housing 303.864.7810/ 720.775.5170

800.877.2432 Colorado Housing and Finance Authority

chfainfo.com

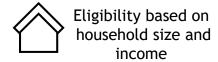
Colorado Housing Search 303.864.7810

coloradohousingsearch.com

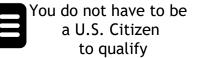
DC Cares Self-Sufficiency Program 303.814.4317

Denver Housing Authority

720.932.3030







HOUSING CONT.

Denver Metro Fair Housing Center dmfhc.org	720.279.4291
Douglas County Housing Partnership douglascountyhousingpartnership.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	303.467.2604

Homeless Engagement, Assistance and Resources Team (HEART)

douglas.co.us/homeless-initiative/heart/

) 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

303.297.0408

Housing Assistance for Seniors, Families, Veteran, and Persons with Disabilities voacolorado.org/find-housing

Winter Shelter Network

720.295.3116

therock.org/wsn/

thefamilytree.org

IMMIGRANTS RIGHTS

ACLU 303.777.5482

aclu.org/issues/immigrants-rights

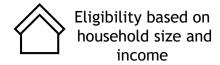
Immigrant Defense Project

<u>immigrantdefenseproject.org</u>

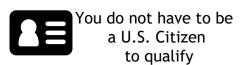
Littleton Immigrant Resources Center

303.795.3968

<u>library.littletonco.gov/Services/Littleton-Immigrant-Resources-Center</u>









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

stridechc.org

303.778.7433

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

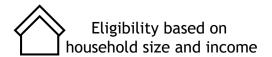
Walgreens

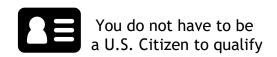
walgreens.com

Or call your nearest Walgreens pharmacy

LEGAL

Colorado Department of Local Affairs cdola.colorado.gov





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 720.618.3482

<u>psghelps.org</u> info@psghelps.org

LOW-COST OR FREE MEDICAL CARE

Doctors Care 303.730.1313

doctorscare.org

Redwood Medical 720.485.3178

redwood-medical.com

1001 S Perry St. #104B, Castle Rock, CO 80104

STRIDE Community Health Center 303.778.7433

stridechc.org

CDPHE Women's Wellness Connection (WWC) 866.951.9355

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

MENTAL HEALTH RESOURCES

988 Colorado Mental Health Line

988

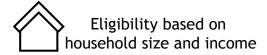
Free, immediate, confidential, human support 24/7. Call for emotional, mental, or substance use concerns.

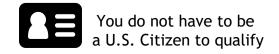
Call or text 988 or visit 988Colorado.com to live chat.

AllHealth Network

303,730,8858

allhealthnetwork.org







MENTAL HEALTH RESOURCES CONT.

Colorado Crisis Services coloradocrisisservices.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
Crief Descurses	

Grief Resources

Douglas County Coroner's Officer douglas.co.us/county-coroner/grief-services/

Healthy Expectations Perinatal Mental Health Program 303.724.1646 healthyexpectations@childrenscolorado.org

Highlands Behavioral Health System 720.348.2800

highlandsbhs.com/

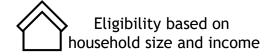
8565 South Poplar Way, Littleton, CO 80130

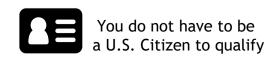
1.844.493.8255 **IMatter Program** imattercolorado.org Text TALK TO 38255 *Up to 6 free counseling sessions for any Colorado youth

1.833.9.HELP4MOMS (1.833.943.5746) Maternal Mental Health Hotline 1.833.TLCMAMA (1.833.852.6262)

Men's Mental Health Resources

- 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/







MENTAL HEALTH RESOURCES CONT.

Men's Mental Health Resources Cont.

Man Therapy - <u>mantherapy.org/</u>
NAMI Arapahoe/Douglas Counties

Support group for fathers of adult children living with serious mental illness namiadco.org/mental-health-support-groups/nami-family-supportgroup/

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

303.295.2288

vouhavealternatives.org

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

Black Mamas Circle Support Group

303.864.5252

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

Colorado Childcare Assistance Program (CCAP)



303.814.7135

Connections Program for High-Risk Infants and Families

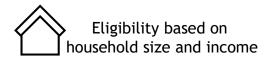
303.724.1646

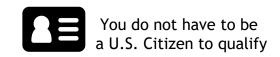
WBHW@cuanschutz.edu

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** 970.232.0740 lacocinahome.org/clinical





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

303.795.HLTH (4584)

nursefamilypartnership@arapahoegov.com

Nurturing Newborns

720,252,4503

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

Parenting Classes at AdventHealth Castle Rock

720.455.0355

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

Parents Thrive Colorado

parentsthrive.org

Postpartum Support International (PSI)

CO PSI Chapter: psichapters.com/co/

Text in English: 800.944.4773

Text en Español: 971,203,7773

Resources for NICU Parents

• Love for Lily <u>loveforlily.org</u> 720.526.2556

• Newborn Hope <u>newbornhope.org</u>

• UCH Connections Mother-Infant Group 720.724.1646
WBHW@cuanschutz.edu

Resources for Perinatal Loss

• Angel Eyes <u>angeleyes.org</u> 303.320.7771

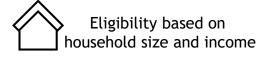
• Denver Share denvershare.org 720.316.9917

STRIDE Community Health Center

stridechc.org

You do not have to be

a U.S. Citizen to qualify





303.778.7433

PREGNANCY & PARENTING CONT.

Thriving Families/Mother Wise 720.504.4624 https://doi.org

Tough as a Mother 844.493.8255 toughasamother.org/find-help/ Text TALK to 38255

You Are Not Alone 720.926.7122

yanamom.com

RESOURCES FOR NAVIGATION & SELF-SUFFICIENCY

Catholic Charities 720.215.4521

ccharitiescc.org

Family Center of Douglas County

<u>familycenterdougco.org</u>
Highlands Ranch
720.505.3689

Manna Resource Center 720.515.8814
mannaresourcecenter.org

United Way Help Center 211 or 303.561.2111 unitedwaydenver.org

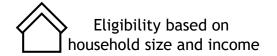
RESOURCES FOR PERSONS WITH DISABILITIES

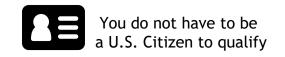
Developmental Pathways 303.360.6600

dpcolo.org14280 E. Jewell Ave., Suite A, Aurora, CO 80012

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

The ARC - Arapahoe, Douglas, Elbert 303.220.9228 arc-ad.org





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

<u>hardbeauty.life/</u>

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 douglas.co.us/community/transportation/

303.814.4374

Link on demand, City of Lone Tree (Free Shuttle Service)

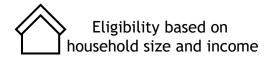
cityoflonetree.com/link-on-demand/

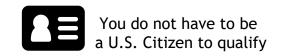
719.212.2430

Non-Emergency Medical Transportation

855.489.4999

gointelliride.com/colorado





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

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

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



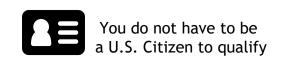
1.866.HEAT.HELP (1.866.432.8435)

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



WORFORCE 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

