

Helping Hands

El Paso County Community Resources

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Child Care Information

| | |
|--|----------------|
| Child Care Resource and Referral (Colorado Shines) ... | 1-877-338-2273 |
| Colorado Child Care Assistance Program | 719-444-8178 |
| CPCD <i>giving children a head start</i> | 719-635-1536 |
| Pikes Peak Region Family Child Care Association | 719-475-8828 |

Clothing & Hygiene

| | |
|--|--------------|
| Catholic Charities @ Helen Hunt Campus | 719-636-2345 |
| Charity's Hope Food & Clothing Pantry | 719-332-2360 |
| Crossfire Ministries | 719-447-1806 |
| God's Pantry (Fountain)..... | 719-382-0643 |
| Goodwill Stores | 719-635-4483 |
| Laundry Love | 719-440-8235 |
| Life Network – Family Thrift Store | 719-344-9904 |
| Mercy's Gate..... | 719-277-7470 |
| Pikes Peak Family Success Center | 719-632-1543 |
| The Place – Drop In Center (youths up to age 24) | 719-244-3959 |
| Salvation Army (no vouchers) | 719-574-4335 |
| Sanctuary Church – Children's Clothing Closet | 719-634-7232 |
| Sanctuary Church – Shower House | 719-634-7232 |
| Seventh Day Adventist Community Center | 719-578-5616 |
| Springs Rescue Mission | 719-632-1822 |
| Westside CARES | 719-389-0759 |

Crisis Services

| | |
|--|-----------------------|
| Boys Town Hotline (parenting) | 1-800-448-3000 |
| Call Blackline (BIPOC LGBTQ+) | 1-800-604-5841 |
| Cedar Springs Hospital (mental health crisis) | 719-633-4114 |
| Colorado Human Trafficking Hotline | 866-455-5075 |
| Crossroads Detox Center | 719-203-6550 |
| Diversus Health (Lighthouse – crisis danger to self) | 719-572-6100 |
| Emergency | 911 |
| Kingdom Builder's (dom. violence) (24 hrs) | 719-464-4647 |
| Mental Health Emergency | 988 |
| National Runaway Safeline | 1-800-786-2929 |
| Never Use Alone Hotline..... | 1-800-484-3731 |
| Peak View Behavioral Health (mental health crisis) | 1-888-235-9475 |
| Pikes Peak Suicide Prevention Partnership | 1-844-493-8255 |
| Safe2Tell | 1-877-542-7233 |
| TESSA (domestic violence & sexual assault) (24 hrs) | 719-633-3819 |
| Trans Lifeline | 1-877-565-8860 |
| The Trevor Project (LGBTQIA2+) | 1-866-488-7386 |
| Veterans Crisis Line..... | dial 988 then press 1 |

Disability Resources

| | |
|---|----------------|
| Achilles Pikes Peak | 828-712-3737 |
| The ARC (developmentally disabled) | 1-855-828-8476 |
| Assistance League of Colorado Springs | 719-475-1029 |
| PPLD (Rev. 09/2025) | |

Disability Resources (cont.)

| | |
|---|---------------------|
| CaptionCall | 1-833-691-1600 |
| Cerebral Palsy Assoc. of Colorado Springs | 719-638-0808 |
| Cheyenne Village | 719-592-0200 |
| Colorado Dept. of Education (SWAAAC) | 303-315-1276 |
| Colo. Division of Vocational Rehabilitation | 719-635-3585 |
| Colo. Network for Developmental Disabilities | 719-344-8015 |
| Colorado School for the Deaf and Blind | 719-578-2100 |
| Colorado Springs Down Syndrome Assoc. | 719-633-1133 |
| Colorado Springs Therapeutic Recreation Program | 719-385-5940 |
| Colorado Springs Therapeutic Riding Center | 719-634-4173 |
| Dept. of Human Services (AND & VA benefits) | 719-636-0000 |
| El Grupo Vida | 303-335-9875 |
| El Paso County Public Health | 719-578-3199, ext 7 |
| Empowered Care | 719-465-3905 |
| Envida (transportation) | 719-633-4677 |
| Goodwill of Colorado | 719-635-4483 |
| GoodWheels – Goodwill (transportation) | 719-442-2077 |
| HEARS of El Paso County | 719-352-5124 |
| The Independence Center | 719-471-8181 |
| Integrating Supports Colorado, Inc | 719-313-0626 |
| Mountain Metro Mobility (transportation) | 719-385-7433 |
| P2P: Parent to Parent of Colorado | 1-877-472-7201 |
| PASCO | 719-960-4995 |
| PEAK Parent Center | 719-531-9400 |
| Peak Vista Developmental Disabilities Health Center | 719-632-5700 |
| PlayDate Behavioral Interventions | 719-465-3989 |
| Relay Colorado | 711 |
| The Resource Exchange | 719-380-1100 |
| Roundup School | 719-447-9333 |
| Sign Language Network | 719-599-4517 |
| Social Security Admin. (SSDI & SSI Benefits) | 1-800-772-1213 |
| Special Kids Special Families | 719-447-8983 |
| Special Olympics of Colorado | 720-359-3100 |
| StableStrides | 719-495-3908 |

Domestic Violence Services

| | |
|---|--------------|
| Centro de la Familia | 719-227-9170 |
| Haseya Advocate Program (Native Americans only) | 719-600-3939 |
| Kingdom Builder's Family Life Center | 719-247-8190 |
| TESSA..... | 719-633-1462 |
| Voces Unidas for Justice | 720-588-8219 |

Emergency Services

| | |
|---|--------------|
| Adult Protective Services (hotline) | 719-444-5755 |
| Catholic Charities – Family Connections @ Helen Hunt Campus (families) | 719-636-2345 |

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Emergency Services (cont.)

| | |
|---|----------------|
| Catholic Charities – Marian House (adult individuals) | 719-475-7314 |
| Child Abuse (hotline) | 1-844-264-5437 |
| Colorado Springs Fire Department | 719-385-5950 |
| CSFD (Community & Public Health) | 719-385-2273 |
| Colorado Springs Police Dept | 719-444-7000 |
| CSPD (Homeless Outreach Team) | 719-444-7666 |
| CSPD (Victim Advocacy) | 719-444-7777 |
| Colorado State Patrol | 303-239-4500 |
| Diversus Health (mental health) | 719-572-6100 |
| El Paso County Dept. of Human Services | 719-636-0000 |
| El Paso County Sheriff's Office | 719-390-5555 |
| EPSO (Victim Assistance Program) | 719-520-7078 |
| KPC Respite Center | 719-634-5439 |
| Planned Parenthood | 719-475-7162 |
| Silver Key Senior Services | 719-884-2300 |

Employment & Training

| | |
|---|------------------------|
| Catholic Charities – Hanifen Employment Center..... | 719-866-6445 |
| Center for Employment Opportunities..... | 719-694-5450 |
| Colo. Division of Vocational Rehabilitation | 719-635-3585 |
| Community Anchor Academy..... | 719-203-4758 |
| Goodwill Career Development Program | 719-635-4483 |
| PCs for People | 720-278-7725 |
| Pikes Peak Workforce Center | 719-667-3700 |
| PPLD Adult Education | 719-531-6333, ext 2225 |
| Voces Unidas for Justice | 720-588-8219 |

Financial Assistance

| | |
|--|--------------|
| Catholic Charities – Marian House | 719-866-6285 |
| Charity's Hope Food & Clothing Pantry | 719-332-2360 |
| Community Economic Defense Project | 303-838-1200 |
| Mercy's Gate | 719-277-7470 |
| Mt. Carmel Veterans Service Center | 719-772-7000 |
| Pikes Peak Veteran Housing Fund..... | 719-323-2600 |
| The Place (youths up to age 24)..... | 719-244-3959 |
| Rocky Mountain Human Services (veterans) | 719-323-2600 |
| Silver Key Senior Services | 719-884-2300 |
| Southern Colorado Health Network (ind. with HIV) | 719-578-9092 |
| Tri-Lakes Cares (Tri-Lakes area and District 38) | 719-481-4864 |
| Volunteers of America (veterans) | 719-491-1974 |
| Westside CARES | 719-389-0759 |

Food

| | |
|-----------------------------------|--------------|
| Action in Action Ministries | 719-619-9412 |
| Bethany Baptist Church | 719-634-7232 |

Food (cont.)

| | |
|--|--------------|
| Care and Share | 719-528-1247 |
| Catholic Charities – Marian House Soup Kitchen..... | 719-475-7314 |
| Catholic Charities – Market Place Food Pantry | 719-636-2345 |
| Charity's Hope Food & Clothing Pantry | 719-332-2360 |
| Crossfire Ministries | 719-447-1806 |
| Deerfield Hills Community Center | 719-385-5996 |
| Divine Redeemer Catholic Church | 719-633-5559 |
| Eastborough Food Pantry | 719-596-1929 |
| Eastern Plains Community Pantry (Calhan) | 719-347-3062 |
| Food to Power Hillside Hub | 719-470-2737 |
| Fresh Start Center | 719-495-3123 |
| God's Pantry (Fountain) | 719-382-0643 |
| Good Shepherd United Methodist Church..... | 719-392-5782 |
| Holy Cross Lutheran Church | 719-596-0661 |
| Lord of Glory Church Manna | 719-635-1057 |
| Meadows Park Community Center | 719-385-7940 |
| Mercy's Gate..... | 719-277-7470 |
| Pikes Peak Family Success Center | 719-632-1543 |
| Project Angel Heart | 719-323-0084 |
| Salvation Army | 719-636-3891 |
| Salvation Army – Fountain Valley | 719-382-1182 |
| Sanctuary Church | 719-634-7232 |
| Seventh Day Adventist Community Center | 719-578-5616 |
| Silver Key Senior Services | 719-884-2300 |
| Solid Rock CommUNITY Food Pantry..... | 719-985-8935 |
| Springs Rescue Mission | 719-632-1822 |
| St. Dominic Catholic Church (Security-Widefield) | 719-392-7653 |
| St. John's Food Pantry | 719-634-5388 |
| Tri-Lakes Cares (Tri-Lakes area and District 38) | 719-481-4864 |
| Trinity United Methodist Church | 719-633-9295 |
| Westside CARES | 719-389-0759 |
| WIC Program, El Paso County Health | 719-578-3199 |

Immigration & Refugee Services

| | |
|---|--------------|
| AFSC Colorado Immigrant Rights..... | 303-623-3464 |
| Catholic Charities – Family Immigration Services..... | 719-866-6515 |
| The Justice Center..... | 719-473-6212 |
| Lutheran Family Services..... | 719-227-8899 |
| Office of New Americans..... | 303-318-3660 |
| UN Refugee Agency..... | 202-296-5191 |
| Voces Unidas for Justice | 720-588-8219 |

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Justice Involved Services

| | |
|--|------------------------|
| Colorado Laser Clinic Gang Tattoo Removal (under 25).... | 719-596-4000 |
| Community Alternatives of El Paso County | 719-390-1303 |
| Dept of Corrections, Community Re-Entry | 719-633-1469, ext 2325 |
| Embrave (formerly ComCor) | 719-473-4460 |
| Forge Evolution | 719-475-7815 |
| Gateway Through the Rockies | 719-390-2129 |
| Mercy Today Ministries (Cañon City) | 719-276-9242 |
| Remerg | 303-993-3551 |
| Zebulon Pike Youth Service Center | 719-385-3370 |

Legal Information & Advice

| | |
|--|----------------|
| The ARC (developmentally disabled) | 1-855-828-8476 |
| Catholic Charities – Hanifen Center @ Marian House | 719-866-6285 |
| Catholic Charities – Legal Immigration Counseling..... | 719-636-2345 |
| Child Support Services (El Paso County) | 719-457-6331 |
| Colorado Child Protection Ombudsman | 720-625-8640 |
| Colorado Cross-Disability Coalition | 303-869-1775 |
| Colorado Legal Services | 719-471-0380 |
| Community Economic Defense Project | 303-838-1200 |
| Disability Law Colorado | 303-722-0300 |
| Family Court Facilitators | 719-452-5104 |
| The Justice Center | 719-473-6212 |
| Neighborhood Justice Center (mediation) | 719-520-6000 |
| Pro Se Self-Help Center | 719-452-5000 |
| Public Defenders Office | 719-475-1235 |
| Rocky Mountain Victim Law Center | 303-295-2001 |
| TESSA (domestic violence) | 719-633-1462 |

LGBTQIA+

| | |
|--|----------------|
| Bread and Roses..... | 303-570-9362 |
| Envision: You..... | 303-214-2119 |
| Hey719 (health and well-being) | 719-357-4188 |
| Inside Out Youth Services..... | 719-328-1056 |
| LGBT National Hotline..... | 888-843-4564 |
| One Colorado..... | 303-396-6170 |
| Prism Community Collective..... | 719-301-0635 |
| Purple Mountain Recovery..... | 719-445-0621 |
| The Trevor Project..... | 1-866-488-7386 |
| Transgender Center of the Rockies..... | 303-825-8113 |
| Trans Lifeline..... | 877-565-8860 |
| Trans Youth Equality Foundation..... | 207-478-4087 |
| TRUE Center..... | 720-777-8783 |
| SAGE..... | 212-741-2247 |

Medical

| | |
|--|----------------|
| Ascending to Health Respite Care | 719-635-7639 |
| Catholic Charities – Hanifen Center @ Marian House | 719-866-6285 |
| Cheyenne Village (adults with disabilities) | 719-592-0200 |
| Colorado Community Health Alliance | 719-598-1540 |
| Colorado Springs Pregnancy Center (Galley) | 719-679-3105 |
| Fountain | 719-695-7030 |
| Westside | 719-451-7586 |
| Community Dental Health | 719-310-3315 |
| Diversus Health (mental health) | 719-572-6100 |
| DNA Testing | 719-457-6331 |
| Dream Center (Women’s Clinic) | 719-388-1594 |
| El Paso County Public Health | 719-578-3199 |
| Eye Love Care | 719-596-2020 |
| Fountain Valley Health Care | 719-653-7776 |
| Grandview Hospital | 719-365-3300 |
| Health First Colorado (Medicaid & CHP+) | 1-800-221-3943 |
| The Independence Center (people with disabilities) | 719-471-8181 |
| Memorial Hospital Central | 719-365-5000 |
| Memorial Hospital Health Link | 719-444-2273 |
| Mission Medical (low-income) | 719-219-3402 |
| National Alliance on Mental Illness (NAMI) | 719-473-8477 |
| Next Chapter (veterans) | 1-888-719-8387 |
| Oak Street Health | 833-725-1541 |
| Open Bible Medical Clinic | 719-475-0972 |
| Peak View Behavioral Health..... | 719-444-8484 |
| Peak Vista Community Health Centers | 719-632-5700 |
| Peak Vista Dental Health Center | 719-475-0783 |
| Penrose Hospital | 719-776-5000 |
| Pikes Peak Family Success Center | 719-632-1543 |
| Planned Parenthood – Westside Health Center | 719-475-7162 |
| PPACG – AAA Senior Insurance Assistance | 719-471-2096 |
| Rocky Mountain Health Care Services..... | 719-314-2327 |
| SET Family Medical Clinics | 719-776-8850 |
| SET Homeless Clinic | 719- 475-7314 |
| Southern Colorado Health Network – HIV Education, Prevention, & Care Services | 719-578-9092 |
| St. Francis Hospital | 719-571-1000 |
| Tri-Lakes Cares | 719-481-4864 |
| Westside CARES | 719-389-0759 |

Mental Health

| | |
|--|--------------|
| Another Life Foundation | 719-216-7238 |
| Bright Space Counseling | 719-645-5637 |
| Cedar Springs Hospital | 719-633-4114 |
| Colorado Community Health Alliance | 719-598-1540 |

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Mental Health (cont.)

| | |
|--|--------------|
| Depression Bipolar Support Alliance (DBSA) | 719-477-1515 |
| Diversus Health | 719-572-6100 |
| Elk Meadow Enduring Connections..... | 719-452-0393 |
| Gateway to Success | 719-374-1650 |
| Hope Mountain Behavioral Health | 719-465-0900 |
| Insight Services | 719-447-0370 |
| Itza Corazon Community Services..... | 719-500-6009 |
| LifeStance Health (multiple locations) | 970-310-3406 |
| National Alliance on Mental Illness (NAMI) | 719-473-8477 |
| The Patterson Center for Resiliency | 719-300-5735 |
| Peak View Behavioral Health..... | 719-444-8484 |
| Pikes Peak Family Success Center | 719-632-1543 |
| Pikes Peak Suicide Prevention Partnership | 719-573-7447 |

Miscellaneous Counseling & Assistance

| | |
|--|----------------|
| Benefits in Action | 1-888-496-4252 |
| Catholic Charities – Counseling Services | 719-866-6535 |
| Catholic Charities – Family Connections..... | 719-636-2345 |
| Center on Fathering | 719-634-7797 |
| Colo. Division of Vocational Rehabilitation (disabled) | 719-635-3585 |
| Colorado Pet Pantry..... | 303-818-0618 |
| CO Quitline (tobacco)..... | 1-800-784-8669 |
| Colorado Springs Pregnancy Center (Galley)..... | 719-679-3105 |
| Fountain | 719-695-7030 |
| Westside..... | 719-451-7586 |
| Diversus Health (mental health) | 719-572-6100 |
| El Paso County Public Health | 719-578-3199 |
| Envision: You (LGBTQ Initiative) | 303-214-2119 |
| Genetic Counseling (Memorial Hospital) | 719-365-6845 |
| The Independence Center (people with disabilities) | 719-471-8181 |
| Inside Out Youth Services (LGBTQ+) | 719-328-1056 |
| Insight Services | 719-447-0370 |
| LifeStance Health (multiple locations) | 970-310-3406 |
| Lutheran Family Services | 719-227-7571 |
| Refugee & Asylee | 719-227-8899 |
| Neighborhood Justice Center (mediation) | 719-520-6000 |
| Pikes Peak Family Success Center | 719-632-1543 |
| The Place – Drop In Center (youths up to age 24) | 719-244-3959 |
| Servicios de la Raza | 303-458-5851 |
| Silver Key Senior Services | 719-884-2300 |
| Solid Rock Community Development Corporation | 719-393-7625 |
| TESSA (domestic violence) | 719-633-1462 |
| Voces Unidas for Justice | 720-588-8219 |

Parenting & Pregnancy

| | |
|---|----------------|
| Catholic Charities – Counseling Services | 719-866-6535 |
| Catholic Charities – Family Connections..... | 719-636-2345 |
| Center on Fathering | 719-634-7797 |
| Child Abuse (hotline) | 1-844-264-5437 |
| Colorado Safe Haven for Newborns | 1-888-510-2229 |
| Colorado Springs Pregnancy Center (Galley) | 719-679-3105 |
| Fountain | 719-695-7030 |
| Westside | 719-451-7586 |
| Joint Initiatives for Youth & Families | 719-630-0927 |
| Life Network | 719-591-2609 |
| Pikes Peak Family Success Center | 719-632-1543 |
| Lutheran Family Services | 719-227-7571 |
| PFLAG Colorado Springs..... | 719-425-9567 |
| Planned Parenthood – Westside Health Center | 719-475-7162 |
| Safe Families for Children | 719-357-7080 |

Senior Services

| | |
|---|--------------|
| AAA Family Caregiver Support Center | 719-886-7526 |
| Colorado Springs Senior Center | 719-955-3400 |
| Fountain Valley Senior Center | 719-600-2644 |
| Pikes Peak Elder Justice Center | 719-318-7459 |
| PPACG – Area Agency on Aging (AAA) | 719-471-2096 |
| Rocky Mountain PACE | 719-314-2327 |
| Silver Key Senior Services | 719-884-2300 |
| UCCS Aging Center | 719-255-8002 |

Shelter & Housing

| | |
|--|----------------|
| Ascending to Health Respite Care | 719-635-7639 |
| Colorado Housing & Finance Authority | 1-800-877-2432 |
| Colorado Springs Housing Authority | 719-387-6700 |
| Dale House Project (youth) | 719-471-0642 |
| Family Life Services (single mothers) | 719-632-4661 |
| Family Promise (transitional housing for families) | 719-329-1244 |
| Fountain Housing Authority | 719-382-5639 |
| Gospel Homes for Women (Christian home for women) .. | 719-291-3406 |
| Greccio Housing | 719-475-1422 |
| Homeward Pikes Peak | 719-473-5557 |
| Ithaka Housing | 719-578-1629 |
| Kingdom Builders Fam. Life Center (dom. violence) | 719-247-8190 |
| Mary's Home (residential program women with children) | 719-301-5411 |
| Partners in Housing (families) | 719-473-8890 |
| The Place (youth ages 15-20) | 719-244-3959 |
| After hours number | 719-205-7129 |
| Pikes Peak Habitat for Humanity | 719-475-7800 |

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Shelter & Housing (cont.)

| | |
|---|----------------|
| Rocky Mountain Community Land Trust | 719-447-9300 |
| Rocky Mountain Human Services (veterans) | 1-855-838-7428 |
| | 719-323-2600 |
| Salvation Army Family Hope Center | 719-578-9190 |
| Salvation Army (transitional housing) | 719-635-1287 |
| Sarah’s Home (survivors of sex trafficking) | 719-347-3026 |
| Springs Rescue Mission (shelter - adults) | 719-632-1822 |
| TESSA (domestic violence) | 719-633-1462 |

Substance Use

| | |
|--|----------------|
| Achieve Whole Recovery | 719-373-9703 |
| Al-Anon/Alateen | 719-632-0063 |
| Colorado Community Health Alliance | 719-598-1540 |
| Colorado Springs Alcoholics Anonymous | 719-573-5020 |
| Crossroads Detox Center | 719-203-6506 |
| Diversus Health | 719-572-6100 |
| Elk Meadow Enduring Connections..... | 719-452-0393 |
| Front Range Clinic | 719-419-7735 |
| Homeward Pikes Peak Addiction Recovery | 719-473-5557 |
| Insight Services | 719-447-0370 |
| Love Alive | 719-283-6197 |
| Never Use Alone Hotline | 1-800-484-3731 |
| Oxford House (sober living - multiple locations) | 1-800-689-6411 |
| Phoenix Multisport (drug & alcohol) | 719-434-3387 |
| Phoenix Sober Living | 719-266-1882 |
| Pikes Peak Area of Narcotics Anonymous | 719-637-1580 |
| Purple Mountain Recovery (LGBTQIA+) | 719-445-0621 |
| Recovery Unlimited | 719-358-7338 |
| Rocky Mountain Sober Living | 719-357-6529 |
| Rocky Mountain Transformational Recovery | 719-203-7260 |
| Sandstone Care | 720-674-7380 |
| Serenity Recovery Connection | 719-465-2295 |
| Times Therapy (Pro bono and discounted program) | 720-575-9889 |

Transportation

| | |
|---|--------------|
| Envida | 719-633-4677 |
| Fountain Valley Senior Center (seniors) | 719-600-2644 |
| GoodWheels – Goodwill (disabled)..... | 719-442-2077 |
| IntelliRide – Health First Colorado | 719-766-4660 |
| Mountain Metro Mobility (disabled) | 719-385-7433 |
| Peak Family Transport | 719-716-7325 |
| PikeRide | 719-235-5862 |
| Silver Key Para Transit (seniors) | 719-884-2300 |

Veterans Services

| | |
|--|----------------|
| El Paso County Veterans Services | 719-520-7750 |
| Home Front Military Care Network | 719-577-7417 |
| The Independence Center | 719-471-8181 |
| Mt. Carmel Veterans Service Center | 719-772-7000 |
| Next Chapter | 1-888-719-8387 |
| Pikes Peak Veterans Housing Fund | 719-323-2600 |
| PFC Floyd K. Lindstrom Outpatient Clinic | 719-327-5660 |
| Rocky Mountain Human Services | 719-323-2600 |
| UCCS Veterans Health & Trauma Clinic | 719-255-8003 |
| Veterans Administration | 719-471-9992 |
| Veterans Guide | 888-982-1009 |
| Volunteers of America | 719-491-1974 |

Weatherization & Utilities

| | |
|--|----------------|
| Brothers Redevelopment | 719-888-9134 |
| Catholic Charities – Hanifen Center @ Marian House | 719-866-6285 |
| Energy Resource Center | 719-591-0772 |
| LEAP | 1-866-432-8435 |
| Mercy’s Gate | 719-277-7470 |
| Operation Round Up (Mountain View Elec. Assoc.) | 1-800-388-9881 |
| Project COPE | 719-448-4800 |
| Red Cross | 719-632-3563 |
| Salvation Army | 719-636-3891 |
| Salvation Army (Fountain Valley) | 719-382-1182 |
| Silver Key Senior Services | 719-884-2300 |
| Tri-Lakes Cares (Tri-Lakes area and District 38) | 719-481-4864 |
| Westside CARES | 719-389-0759 |