

The Parent's Directory

to Boulder & Broomfield Counties

2011/2012



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Parenting Place and Boulder County Public Health have collaborated to develop this resource directory. It is designed to help families find and utilize the many programs available in Boulder and Broomfield Counties. If you would like to make corrections or be added for the next directory printing, please contact Parenting Place at 303.449.0177 or e-mail info@boulderparenting.org.

The listings in this directory are provided for information only, and are not meant to endorse any particular program or service.

This directory is available online at <http://www.bouldercounty.org/help/family/pages/chphome.aspx>.



Revised July 2011
 Printed on recycled paper

Agencies & Center Assistance

Boulder County Public Health – Child Health Promotion Program: 303-413-7500 •

www.bouldercountychildhealth.org

Child care health inspections and playground assessments. Investigates health complaints. Provides health and safety education and training for child care staff, child care health consultants, children, and families.

Children, Youth, and Family Services – Boulder County: 303-441-4357 • www.bouldercolorado.gov

Information on licensed child care centers, nanny services, summer camps, preschools, babysitters, etc. Can assist those interested in starting their own child care center or in-home child care centers. Free. Serves Boulder County.

Colorado Child Care Assistance Program (CCCAP) The Work Options Group, Inc. – Boulder County: 303-604-1043; Broomfield County: 720-887-2275

Colorado child care assistance program - financial assistance for child care costs for those who are income-eligible; various child care partial subsidy packages for employers to offer their employees; helps to locate child care, respite care; addresses needs for support groups, lessons, and recreation. Provides a babysitters club.

Colorado Department of Human Services, Division of Child Care: 303-866-5958 • www.cdhs.state.co.us/childcare

[Cdhs.state.co.us/childcare](http://www.cdhs.state.co.us/childcare)

Licensing and monitoring of child care centers, homes, and summer camp programs throughout the state. Parents can call to schedule a time to review the licensing files for child care providers.

Specialized Child Care Centers

Bal Swan Children’s Center – Broomfield: 303-466-6308 • www.balswan.org

Developmentally disabled children receive speech, occupational, physical, and warm water pool therapy in a blended setting with typical preschoolers.

Boulder County Head Start www.bouldercounty.org/cs/hs/

Boulder & Lafayette: 303-441-3980

Broomfield: 303-271-4003

Preschool and full day child care for income-eligible children, ages 3-4.

Boulder Valley School District (BVSD): Preschool Program: 720-561-5075 • www.bvsd.k12.co.us

BVSD offers a preschool program in several schools for children ages 3 to 4 who are not age eligible for kindergarten. Some slots require tuition.

Boulder Valley Family Literacy Program: 303-245-5826 • www.bvflp.org

A school-based program in Boulder and Lafayette with families participating in early childhood education; parenting, parent, and child activities; and adult English as a second language. Free with a returnable deposit of \$20.

Colorado Preschool Program

Boulder Valley School District: 303-447-5075 (includes Broomfield schools)

St. Vrain Valley School District: 303-772-6649

Free if income-eligible or child is in need of extra help. Must be four years old by September 30th.

Mom’s Day Out – Rocky Mountain Christian Academy – Longmont: 303-652-9162

Child care 1 day a week for 4 hours for 13-35 month-olds; 1-year term, \$40 to register, \$105 a month. Open to the public.

Rocky Mountain Community Preschool – Longmont: 303-772-6750

Preschool that meets the needs of special needs children in an everyday setting. Offers occupational, physical, and speech and language therapists; hearing and vision tests; toddler groups; Head Start.

Take-A-Break: 303-665-9741 • www.takeabreakchildren.com • child@mstar2.net

Back-up child care for Boulder County families with children 6 weeks to 12 years of age. Available in-home or at the Lafayette site. Fees apply.

Tiny Tim Center – Longmont: 303-776-7417 • www.tinytimcenter.org

Early childhood education and therapeutic services to help children reach their potential. Provides developmental evaluations and screening for children birth to three years.

Wild Plum Center for Young Children and Families (Head Start) – Longmont: 303-776-8523 • www.wildplumcenter.org

The Wild Plum Center is a nonprofit organization that provides comprehensive preschool programs to 3 and 4-year-old children. Topics of services include: education, health and nutrition, family services, mental health, parent involvement, and transportation. Wild Plum Center is the provider of Longmont’s federally funded Health Start program.

Wildwood Child & Adult Care Food Program: 303-730-0460 • www.wildwoodonline.org

Training classes for child care providers, including nutrition education materials, record-keeping guides, etc. If the nutrition program is used, cash reimbursements are received for meals served. Sponsored by the USDA. Free to licensed child care providers.

YWCA – Children’s Alley – Boulder: 303-449-1951 • www.ywcaboulder.org/programs • childrensalley@ywcaboulder.org

Emergency drop-off child care; must make reservation after 4:00 p.m. previous day; allowed 10 visits per month, per child; sliding scale fees. Open Monday – Saturday. Offers evening and weekday hours.

Nanny/Babysitter Placement

Broomfield Parks & Recreation Department: 303-464-5500

American Red Cross-trained sitters.

CU Student Employment Office: 303-492-7349 • stdemp@colorado.edu

Can post information for desired sitters.

YMCA Super Sitter Program Boulder and Lafayette: 303-443-4474 X333

Trains babysitters, 12-21 years old. Call for list.

Parents’ Night Out

Colorado Athletic Training School (CATS) – Boulder: 303-939-9699

Gymnastics classes for children who are at least of walking age. Rock climbing classes for children ages 8 and older. Offers parents’ nights out throughout the year.

YMCA • www.ymcabv.org

Boulder: 303-443-4474

Lafayette: 303-664-5455

Longmont: 303-776-0370

Parents’ nights out for YMCA members. Ages 6 mo+.

YWCA – Children’s Alley - Boulder: 303-449-1951 • www.ywcaboulder.org

Emergency drop-off child care. Sliding scale fees. Must register the previous day after 4 p.m. Evening and weekend child care available.

Recreation Centers - See page 30 for phone numbers.

Parents’ nights out for children 9 to 14 offered during the school year.

Classes & Coaching for Parents

Expectant & New Parents

BOULDER:

American Red Cross: 303-722-7474 • www.denver-redcross.org

Infant & child CPR and standard first aid. Classes offered regularly.

Boulder Community Hospital: 720-854-7834 • www.bch.org

The Family Birth Center offers a variety of classes, including childbirth, CPR, breastfeeding support groups, sibling preparation, and parenting classes.

Daddy Boot Camp; St. Vrain Family Center: 303-776-5348 • www.stvrainfamilycenter.org

Classes to prepare new dads on what to expect taught by veteran dads at local hospitals.

LAFAYETTE/LOUISVILLE:

Avista Hospital: 303-673-1029 • www.avistahospital.org

Childbirth preparation classes. Family life education classes, including early pregnancy, parents who adopt, sibling preparation and rivalry, baby care, breastfeeding, and infant CPR.

Exempla Good Samaritan: 303-665-0469 • www.exempla.org

Prenatal, child birth preparation, and parenting classes.

LONGMONT:

Life Choices Pregnancy Center: 303-651-2050 • www.lifechoices.org

Free pregnancy tests. Offers pregnancy counseling and resources on various options.

Longmont United Hospital: 303-485-4184 • www.luhcares.org

Childbirth preparation classes. Classes include sibling preparation for ages 3-8, family preparation for siblings present during birth, teen-childbirth preparation, breastfeeding, infant/toddler CPR and safety techniques, boot camp for dads, infant massage, mom and baby movement. Offered in Longmont, Niwot, and Lyons.

Parenting Place – 303.449.0777 • www.myparentingplace.org

Incredible Years; Cooking Matters; curriculum-based parenting and nutrition classes rotating throughout the year. Call for current schedule.

Toddlers to Teens

BOULDER:

Baby Shalom: 303-998-1900 • www.boulderjcc.org

Classes include parenting, music, baby sign language, and more. Classes are open to everyone, regardless of religious affiliation.

Boulder Youth Services Community Mediation Services: 303-441-4364

Two-hour mediation sessions for parents and teens. Improve communication and manage conflict; reach a written agreement. Available at low fee to city of Boulder residents or families with students who attend Boulder city high schools. Provides teen and adult mediators.

Co-Parenting After Divorce – YWCA: 303-443-0419 • www.ywcaboulder.org/programs/coparenting.html

Workshop required for all divorcing parents in Boulder County. Sliding fee scale. One four-hour session offered monthly.

Mile High Fullpower – Teenpower: 303-543-0987

Violence and harassment prevention skills for teens.

LONGMONT:

Colorado Family Education Resources and Training (CFERT): 1-800-457-2736

Parent education training offered for groups of 20+ upon request at sites around the state. 1-day sessions. Provides 4.5 credit hours towards child care license, parent sessions, kinship parenting, Boulder child care provider workshops, and parent education.

Friends First: 800-909-WAIT • www.friendsfirst.org

Support for teens to reach the goal of abstaining from high-risk behaviors and encourage character development. Offers WAIT (pg. 40), parent education workshops, educational library, videos, after-school mentoring program, and peer support network.

Grandparents Parenting Agaimn – Longmont Senior Center: 303-651-8411

Five 1-1/2 hour sessions. Free.

Life Choices Pregnancy Center: 303-651-2050 • www.lifechoices.org

Abstinence education and literature and resources available. Christian-based.

Positive Parenting – Parenting Center of St. Vrain Valley: 303-776-5348

Learn the value of play for children, discipline, ages and stages, building self-image, and changing the chaos. Classes available in Spanish.

St. Vrain Family Center: 303-776-5348 • www.stvrainfamilycenter.org

Variety of parenting classes on a sliding fee scale. Some classes available in Spanish.

COUNTYWIDE:

Alternatives to Spanking – Voices for Children: 303-440-7059 • www.vfccasa.org

Video-discussion group presented by Voices for Children volunteers. Upon request. No cost. Available to all groups.

Colorado Family Education Resources and Training (CFERT) - Christine: 1-800-457-2736

Parent education training offered for groups of 20+ upon request at sites around the state; 1-day sessions; provides 4.5 credit hours towards child care license, parent sessions, kinship parenting, Boulder child care provider workshops, and parent education.

CSU Extension Nutrition Program – Cecilia Jamieson: 303-678-6384 •

www.ext.colostate.edu/menufood.html

Six free one-hour classes offered to groups with limited resources upon request at any site in the county. Between 5 and 15 participants. Topics include healthy cooking and food management.

The Nurturing Program – Boulder County Department of Social Services • www.bouldercounty.org

Jan Rice: 303-678-6000

Free if income-eligible. Ages 0-12.

Counseling & Support Services

Adoption

Boulder County Department of Housing and Human Services Three60 Family Support Programs: 303-441-1000 • www.bouldercountyhhs.org

The Three60 Family Support programs include adoption, foster care, kinship and respite care services.

Lutheran Family Services of Colorado: 303-922-3433 • www.lfsc.org

Help with pregnancy counseling, adoption, and planning.

Child Abuse

To Report Child Abuse – Boulder County: 303-441-441-1000; Broomfield: 303-413-6388

Blue Sky Bridge Child & Family Advocacy Program: 303-444-1388 • www.blueskybridge.org

Support services for child victims of physical and sexual abuse and non-offending family members, as well as information on prevention and intervention to the community.

Voices for Children: 303-440-7059; 2305 Canyon Blvd. • www.vfccasa.org

Provides services for children when a dependency and neglect action is filed. Court-appointed volunteers (CASA) work with the child(ren), parents, and foster parents under the supervision of the guardian.

Crisis Lines

Boulder Community Hospital Psychiatric Services: 303-441-0400, press 1 •

www.bch.org/services/behavioralhealth.cfm

Inpatient/outpatient services, drug detox, hospitalization for severe psychosis, group and couples counseling, adult programs.

Boulder County Safehouse: 303-444-2424 • www.safehousealliance.org

For abused, battered women and their children; helps them to get out of an unsafe situation.

Colorado Anti-Violence Program 24-hour Crisis Line: 1-888-557-4441 ; 303-839-5204 • www.coavp.org

Support for lesbian, gay, bisexual, transgender, intersexed, and questioning (LGBTIQ) victims of violence and hate crimes, as well as educational resources for the community.

Detox Crisis Line: 303-441-1281

Child Abuse

Boulder County: 303-441-1000

Broomfield: 303-413-6388

Assesses the need for child protection. Reports of neglect, abuse, or exploitation of children are investigated. If substantiated, the family is referred to appropriate treatment resources within the agency or the community. Resources, counseling, and emotional support are used to protect the children and to help stabilize the family.

24 Hour Emergency Psychiatric Care, Mental Health Center of Boulder County: 303-447-1665 •

www.mhcbc.org

Individual counseling for psychiatric issues.

Families First – Parents Support Line: 303-695-7996 • www.familiesfirstcolorado.org

Support during difficult parenting time. Referrals to community resources. Provides a listening ear when you need to talk. Open 10 a.m. to 10 p.m. daily.

Men’s Center: 303-832-6365 • www.menstuff.org/resources/resourcefiles/centers.html

Rape Crisis Line - MESA: 303-443-7300

Assistance with rape crisis; counselor available at any time.

Safe Shelter of St. Vrain Valley • crisis line: 303-772.-4422 • www.safeshelterofstvrain.org

Open 24 hours.

Sexual Assault Support Group: 303-332-7273 • www.sassnh.org

Substance Abuse Program: 303-441-1281 (18+years); 303-441-1275 (younger than 18) •

www.bvsd.org/SubstanceAbuse

Detox for drugs and alcohol; 18 years and older; Spanish-speaking; 8 a.m.-5 p.m. daily. Maximum 5-day stay.

Death/Loss

Healing Circles – Hospice Care Grief and Education Center: 303-604-5330 •

http://hospicecareonline.org/04_griefeducation/healingcircles.php

Grieving children’s program. Support groups for children 6-12 and 12-18 years old.

Hospice Care Grief and Education Center: 303-449-7740 • www.hospicecareonline.org

Drop-in support groups. Meets throughout Boulder County. Groups led by grief facilitators. Offers grief support services, counseling, groups and consultations to kids, teens and their families who are dealing with death losses.

Divorce & Separation Resources

Center for Divorce and Remarriage – Toll Free: 1-866-494-1237

Resources and information on various topics of divorce and remarriage.

CODE: Colorado Divorce Education - YWCA – Boulder: 303-443-0419 •

www.coloradodivorcemediation.com/team/

Workshops and information sessions that give divorcing parents options on how to take effective action for them and their children.

Shared Parenting – Boulder: 303-546-9100 • www.counselingcenterboulder.org

Supervised parent visits, safe exchange center, fees apply.

St. Vrain Family Center – Longmont: 303-776-5348 • www.stvrainfamilycenter.org

Supervised parent visits, safe exchange center, fees apply.

Domestic Violence

Counseling Services of Longmont: 303-722-3853 • www.cottageschools.com

Counseling Services of Longmont provide Alcohol and Drug Abuse Division (ADAD) certified services for DUI requirements. Domestic violence services are provided by state-approved counselors. Drug and evaluations, mental health assessments, relapse prevention, anger management, and monitoring services are also provided in Spanish and English.

MESA - Boulder County Rape Crisis Team: 303-443-7300

Men’s Center – Boulder: 303-444-8064; Longmont: 303-684-9065

24-hour crisis line and support services, as well as individual and group counseling for men who abuse their partners and families.

Safehouse Progressive Alliance for Non-Violence (SPAN)

Boulder 303-449-8623

Tri-Cities: 303-673-9000

24-Hour Crisis Line: 303-444-2424

www.safehousealliance.org

SPAN is a human rights organization committed to ending violence against, women, youth, and children through support, advocacy, education, and community organizing. Services include emergency services, counseling, children’s services, legal advocacy, transitional services, and spiritual support.

Safe Shelter of St. Vrain Valley: 303-772-0432; Crisis Line: 303-772-4422 • www.safeshelterofstvrain.org

Nonprofit. Offers protection and support to women and children affected by domestic abuse, outreach program for counseling and education, safe shelter and children’s program for breaking the cycle of violence.

Youth Crisis Line: 1-800-448-4663

Individual & Family

Attachment and Trauma Network: 240-357-7369 • www.radzebra.org

The Attachment & Trauma Network is a nonprofit organization that supports families parenting children with trauma and/or attachment issues.

Boulder Community Family Resources (BCFR) – Youth Quest of Colorado: 303-516-1234 •

www.fqoc.org/

Experiential-based activities that include a variety of interactive family games and exercises, along with follow-up coaching sessions. Family coaching centers on the family's strengths, needs, and desires and creates a learning environment where all members to grow, express themselves, learn new behaviors, and be acknowledged for whom they are within the family.

Boulder County Department of Housing and Human Services Three60 Family Support Programs: 303-441-1000 • www.bouldercountyhhs.org

The Three60 Family Support programs include adoption, foster care, kinship, and respite services.

Boulder County Partners: 303-772-1411 • www.bcpartners.org

One-on-one mentoring for at-risk youth. Workshops, recreational activities, and public speaking are also available. Ages 8-17.

Boulder Psychotherapist Guild, Inc.: 303-444-1036 • www.psychotherapistsguild.com

Categorized list of psychotherapists.

Catholic Charities – Sacred Heart Parish: 303-742-0828 • www.catholiccharitiesdenver.org

Individual, child, family, and marital counseling. Sliding fee scale.

Children, Youth, and Family Mediation Program: 303-441-4369 •

www.bouldercolorado.gov/index.php?option=com_content&task=view&id=4612&Itemid=1901

Facilitates communication between parties who are in negotiation or conflict. Assists families, teens, schools, child care centers, etc.

City of Longmont Mediation Program: 303-651-8444 •

www.ci.longmont.co.us/cnr/conflict/about_mediation.htm

Free mediation of disputes within the city of Longmont, including conflict resolution in housing/rental, neighborhood issues, noise and nuisance, and landlord/tenant issues.

Counseling Ministry of First Presbyterian Church: 303-402-6434 • www.fpcboulder.org/counseling.html

Offered for the community at-large; individual couple counseling.

Counseling Services of Longmont: 303-722-3853 ☐ www.cottageschools.com

Counseling Services of Longmont provide Alcohol and Drug Abuse Division (ADAD) certified services for DUI requirements. Domestic violence services are provided by state-approved counselors. Drug and evaluations, mental health assessments, relapse prevention, anger management, and monitoring services are also provided in Spanish and English

Foothills Behavioral Health: 303-413-6263 • www.fbhcolorado.org

Foothills Behavioral Health manages mental health benefits for persons enrolled in the Colorado Medicaid program, and living in Boulder, Broomfield, Clear Creek, Gilpin, or Jefferson counties.

Life Choices Pregnancy Center – Longmont: 303-651-2050 • www.lifechoices.org

Crisis pregnancy counseling, post-abortion counseling, and abstinence education.

Men's Center – Boulder: 303-444-8064; Longmont: 303-684-9065

24-hour crisis line and support services, as well as individual and group counseling for men who abuse their partners and families.

Mental Health Center of Boulder County: www.mhcbc.org

Boulder: 303-443-8500

Lafayette: 303-665-2670

Broomfield: 303-466-3007

Longmont: 303-684-0555

Counseling for children and parents from infancy through adolescence. Sliding fee scale. Individual and family counseling.

Parenting Place: 303-449-0177 • www.myparentingplace.org

Referrals for clinical needs for parents and caregivers with children ages birth to five years.

The Raimy Clinic at CU: 303-492-5177 • www.psych.colorado.edu/~clinical/raimy.html

Psychology training clinic; provides individual therapy to adults and couples. Sliding fee scale, \$55 or less.

YWCA – Boulder: 303-443-0419 • www.ywcaboulder.org

Career counseling services. Sliding fee scale, minimum charge \$5.00. Offers one-on-one counseling. Call for appointment. Offers resume building, computer tutoring, and career workshops.

Youth Services – Longmont: 303-651-8580 • www.ci.longmont.co.us/youth_services

Free services for individuals, families, or small groups.

Parapartum/Postpartum Depression

Clinica Campesina: www.clinica.org

Boulder (People’s Clinic): 303-449-6050

Lafayette (Clinica Campesina): 303-665-9310

Community Infant Program – Boulder County: 303-661-0433 X 86; 303-413-7500 Broomfield County

Mental Health: 303-466-3007 X14 • www.bouldercounty.org/health/famhlth/cip.htm

Works with high-risk families to promote healthy attachments between parents and infants. Nurses and mental health therapists provide services in the home for parents who experience difficulty in adjusting to a new infant or young child. These services focus on positive parenting, healthy nutrition and feeding practices, and creating family support systems.

Depression After Delivery: 800-944-4773

Written information about postpartum depression.

Kaiser Permanente: 303-338-3800

Parenting Place: 303-449-0177 • www.myparentingplace.org

Facilitated postpartum group support and referrals for clinical needs. Call for current schedule.

Postpartum Support International: 805-967-7636; Colorado Chapter: Joan: 303-759-9171 •

www.postpartum.net

Local contacts and support groups, phone support, and resources and materials.

Substance Abuse

Addiction Treatment Center of Longmont (ATC): 303-651-9200

Intensive outpatient program. Sliding fee scale.

Alcoholics Anonymous (AA): 303-447-8201 • www.bouldercountyaa.org

Alcoholics Anonymous (AA) is a free support group for recovering alcoholics. ALANON supports groups are available for adults and teens who have been affected by the drinking of another person.

Boulder Area of Narcotics Anonymous: 24-hour helpline – 303-412-2884 • www.naboulder.org

The Boulder Area is part of the Colorado Region of Narcotics Anonymous (NA) with meetings in Boulder, Brighton, Longmont, and Louisville.

Boulder County Public Health (BCPH) Addiction Recovery Center (ARC)

Boulder: 303-441-1275 • www.BoulderCountyARC.org

Inpatient detoxification for up to 5 days; education, treatment, and referral. Also offers outpatient individual and group therapy.

BCPH Behavioral Health Program: 303-678-6166 • www.bouldercounty.org/health/programs.htm

Individual and group counseling services related to substance abuse issues.

BCPH Specialized Women’s Services: 303-678-6157 • www.bouldercounty.org/health/programs.htm

Help for pregnant women and women with babies (up to one year) that have substance abuse-related problems Child care provided. Must live in Boulder County. Provides outpatient treatment for women with substance abuse issues who have children up to age 18.

Centennial Peaks Hospital – Louisville: 303-673-9990; 1-800-842-4673 • www.centennialpeaks.com

Free confidential assessments. 24-hour services. Psychiatric and recovery counseling. Offers inpatient/outpatient services, after-care, detox. Provides referrals to meet specific needs.

Counseling Services of Longmont: 303-722-3853 ☎ www.cottageschools.com

Counseling Services of Longmont provide Alcohol and Drug Abuse Division (ADAD) certified services for DUI requirements. Domestic violence services are provided by state-approved counselors. Drug and evaluations, mental health assessments, relapse prevention, anger management, and monitoring services are also provided in Spanish and English

Longmont United Hospital – Behavioral Health Services: 303-651-5388 • www.luhcares.org

Addiction services, including outpatient individual/family counseling, substance abuse treatment, and community education.

Monolingual Spanish-Speaking

Alternatives for Youth - Celebrando la Familia (Celebrate the Family): 303-776-8184

<http://www.alternativesforyouth.org/aboutafy-publications.html>

A preventive program for Hispanic, Latino, and Mexican youth that discourages the use of alcohol, tobacco, and other drugs through education and positive activities.

Circulo De La Vida Familiar (Circle of Family Life) - Lafayette: 303-661-0433

Services for monolingual and monocultural Hispanics in Boulder County. Available to females in third trimester and infants 0-3 years. Offers infant-parent psychotherapy, case management treatment, and support groups.

Community Cultural Outreach Library Program - Boulder: 303-441-4941 •

<http://boulderlibrary.org/espanol/>

Provides information through library services. Interpreters and translation services in Spanish. ESL and citizenship classes.

Parenting Center of St. Vrain Valley: 303-776-5348 • www.stvrainfamilycenter.org

Learn the value of play for children, discipline, ages and stages, building self-image, and changing the chaos. Classes available in Spanish.

El Centro Amistad: 303-443-3790 • www.elcentroamistad.org • info@elcentroamistad.org

A multicultural alliance for immigrants offering training in leadership and community organizing skills; informational services on immigration, legal and general issues; connection to Boulder County programs; immigration law changes; and activities of interest for the immigrant community.

El Comite – Longmont: 303-651-6125 • www.elcomitedelongmont.com

A nonprofit organization. Offers advocacy, case management, outreach, and information on resources and referrals, including translations in Spanish for court proceedings. Helps monolingual residents with understanding legal papers, landlord problems, and negotiation. Notary public.

Grupo de Padres Latinos - Program Parenting Place: 303-449-0177 • www.myparentingplace.org

Parent child support/playgroups for parents with children 0-5. Family advocacy. English classes and parent support. Offered in Boulder, Longmont, and Lafayette.

Intercambio de Comunidades Espanol/Ingles (exchange of Spanish/English Communities): 303-996-0275 • www.intercambioweb.org

Free, small, individual English classes. Resource information. Intercultural events.

Los Padres (Colorado Statewide Parent Coalition): 720-890-0123 • www.coparentcoalition.org • contactus@coparentcoalition.org

Program designed for dads to enhance leadership and communication skills and learn more about child growth and development. Offered in both English and Spanish.

Parenting Place: 303-449-0177 • www.myparentingplace.org

Parent/child cultural and/or language-based playgroups in Spanish, German, French, Japanese, Mandarin, Russian, or as need warrants. All groups are drop-in. \$3 donations requested.

SIDA – Countywide: 303-444-6121 • www.bcap.org

Boulder County AIDS Project for monolingual Spanish participants.

Other Cultures

Asian Pacific Development Center – Denver, Employment & Training: 303-355-0710; Youth Service: 303-393-2959; Victim’s Advocate: 303-393-0304 • www.apdc.org

Educational programs for Asian high school and college students, counseling, therapy, job search help, translators, and victim advocacy.

AT&T Language Line – Children’s Services: 1-877-886-3885 • www.language.com

Interpretation available via phone; call in advance.

Boulder Jewish Community Center: 303-998-1900 • www.boulderjcc.org • linda@boulderjcc.org

Preschool program and summer camp, toddler classes, and support groups. Open to the public.

Cambodian Organization of Colorado - Longmont: 303-678-8879, 303-581-5121

Services for the Cambodian ethnic community in the metro area, including interpreters and translations.

Catholic Charities: Denver: 303-742-4971 • www.ccdenver.org

Immigration services. Call for walk-in. Reasonable fees.

Denver Indian Center, Inc.: 303-936-2688; 1-877-8-INDIAN • www.denverindiancenter.org

Culturally appropriate employment services and a food bank for American Indians.

Native American Rights Fund: 303-447-8760 • www.narf.org

Legal representation to tribes, villages, and individuals in cases of major significance.

Developmental Screenings

Child Find (0-5) – Boulder Valley School District: 303-447-5078; Broomfield: 303-988-0883 • www.bvsd.org

Free developmental screening for children.

Child Find (0-5) – St. Vrain Valley School District: 303-776-6200 • www.stvrain.k12.co.us/departments/specialEducation

Call when questions arise about baby's appropriate development of skills. Free checks by a team of professionals when needed.

Financial Assistance

Food & Housing Assistance

COUNTYWIDE

CSU Cooperative Extension Boulder County: 303-678-6238 • www.coopext.colostate.edu/boulder/

Classes and handouts on good nutrition/eating habits.

Boulder County Department of Social Services:

Boulder: 303-441-1000;

Longmont: 303-678-6000

Louisville: 303-413-7000

www.BoulderCounty.org/ss/

M-F, 8 a.m.-4:30 p.m.; Information on food stamps, Medicaid, temporary assistance for needy families, child support enforcement, and child care assistance.

Boulder County Housing Authority: 303-440-9373 • www.BoulderCounty.org/cs/ho/index/htm

Housing assistance for income-eligible. The municipalities of Broomfield, Lafayette, Lyons, Superior, Nederland, Ward, and Jamestown have joined the County Housing Authority. The cities of Boulder, Longmont, and Louisville created their own housing authorities, which work cooperatively with the Boulder County Housing Authority through intergovernmental agreements. Wait list applies.

Boulder County Housing Authority – Housing Counseling Program: 720-564-2279 • www.BoulderCounty.org/cs/ho/counseling/index.htm

People in jeopardy of foreclosure in Boulder County are encouraged to contact the BCHA Housing Counseling Program directly to find out their options. BCHA housing counselors act as facilitators between the borrowers and lenders and as informational resources for borrowers.

Boulder Shelter for the Homeless – Boulder: 303-442-4646; 4645 N. Broadway • www.bouldershelter.org

Emergency shelter; intake 5:45 p.m. – 7 p.m.; must be out by 8:00 a.m. Offers dinner and breakfast. Maximum 21-day stay. Closed 12 p.m. – 4 p.m. Open for emergencies Oct. 1 – Apr. 30.

Colorado Shares: 303-428-0400 www.sharecolorado.com

Once-a-month food program. Receive a large basket of food for \$10-\$20 by giving two hours of volunteer service in the community. Sites are countywide.

Consumer Credit Counseling Service – Boulder: 303-750-2033 • www.cccsdenver.org

Debt counseling, education programs, assistance scheduling payments to creditors. Call for appointment. 24-hour recorded information line: 303-750-2227

Department of Social Services/Medicaid:

Boulder: 303-441-1000

Longmont: 303-678-6000; **Tri-Cities:** 303-413-7000

Broomfield: 303-866-3513

www.BoulderCounty.org/ss/#Assistance%20Payments

Medicaid, CHP+, Food Stamps, Temporary Assistance to Needy Families (TANF), loan assistance.

Emergency Family Assistance Association (EFAA)

Boulder: 303-442-3042

Lafayette: 303-665-8064

Longmont: 303-651-2388

www.efaa.org; info@efaa.org

Food, shelter, transportation, furniture, medical prescription, and rent assistance for families in crisis. Can provide six weeks of living assistance and two years of transitional housing.

Health Colorado: 303-839-2120

Counselors are available to help you find a Medicaid provider, pick your plan, and explain your options.

Mother House: 303-447-9602 • www.mother-house.org

Supportive, home-like environment for pregnant women 16 years and older. Must interview. Available statewide. No income barrier. Offers counseling and resources. Mothers must be in school or work 20 hours per week.

Personal Investment Enterprise Program (a program of Foothills United Way and Boulder Community Action) 303-441-3998 •

http://www.unitedwayfoothills.org/index.php?pr=Personal_Investment_Enterprise_PIE

Provides tools that empower low-income people to save and build assets to strengthen their economic stability through training and grant opportunities.

Project Work Together: 303-441-1000 • www.bouldercountyhhs.org

Support and encouragement to people who are struggling to get back on their feet. Must be involved with Temporary Assistance for Needy Families (TANF).

Thistle Community Housing: 303-443-0007 • www.thistlehousing.org

Subsidized housing available in Boulder County.

Wildwood Child and Adult Care Food Program: 303-730-0460 • www.wildwoodonline.org

Training classes for child care providers, including nutrition education materials, record-keeping guides, etc. If the nutrition program is used, a cash reimbursement is received for meals served. Sponsored by the USDA. Free to licensed child care providers.

Women, Infants, and Children (WIC)

Boulder: 303-413-7520; 3482 Broadway, Boulder, CO 80304

Broomfield: 720-887-2225; 3482 Broadway, Boulder, CO 80304

Longmont: 303-678-6130; 529 Coffman Street, Suite 200, Longmont, CO 80501

Lafayette: 720-564-2213; 1345 Plaza Court North, Suite 3A, Lafayette, CO 80026

http://www.bouldercounty.org/health/famhlth/wic; healthinfo@co.boulder.co.us

Helps families help themselves by providing nutrition and breastfeeding education, growth checkups, and referrals to other health care resources. Provides vouchers for nutritious and healthy foods, such as eggs, milk, cheese, peanut butter, cereals, juices, beans, and infant formula.

BOULDER

Boulder Housing Partners: 720-564-4610 • www.boulderhousing.org

Housing assistance for income-eligible. Wait list applies.

Community Food Share - Boulder: 303-652-3663 www.communityfoodshare.org • cfs@communityfoodshare.org

Nonprofit organizations are provided with food and other consumable goods. Nominal fee. Offers monthly food pantry to public. Call for locations.

Sacred Heart of Jesus Church – Boulder: 303-442-6158 • www.shjboulder.org

Sack lunches provided Monday – Friday from 11 a.m. – 1 p.m.

Salvation Army – Boulder: 303-440-7183 • www.salvationarmyusa.org

Assistance with rent, utilities, prescription medication, bus tokens. Has food bank available 3x per year. Must qualify to receive assistance.

St. Thomas Aquinas Food Bank – Boulder: 303-443-8383

BROOMFIELD

Broomfield County Department of Social Services: 720-887-2200 • www.broomfield.org/hhs/

Information on food stamps, Medicaid, temporary assistance for needy families, child support enforcement, and child care assistance.

Broomfield Fish – Broomfield: 303-465-1600

Food for needy families. Must live in Broomfield.

Broomfield Housing: 303-438-6396 • www.broomfield.org/housing/index.shtml

info@broomfield.org

Broomfield United Methodist Church: 303-466-1719 • www.broomfieldumc.org

Food for those in need.

First Fruits Pantry (Calvary Evangelical Free Church, 12700 N. Sheridan Blvd.): 303-466-9750 •

www.calvaryefree.org

Food and clothing. Open to all. Thursdays, 5 p.m.

Salvation Army - Broomfield Office: 303-635-3018 • www.salvationarmyusa.org/

For Broomfield residents only. Call for appointment.

ERIE

Erie Food Pantry: 303-828-3546

The Erie Food Pantry provides food for Erie residents that reside in Weld County.

LONGMONT

Good News Center – Longmont: 303-6789550 • www.goodnewscenter.net

Emergency food supplies, clothing, baby needs, coats, and personal care products. Useful life skills, such as budget counseling, problem solving, and planning. Spiritually based.

Inn Between of Longmont, Inc.: 303-684-0810 • www.theinnbetween.org/ theinn@innbetween.org

Transitional housing and services for diverse homeless individuals and families to help them achieve self-sufficiency. Offers low-cost housing, case management services, parent support and education, life skills, conflict resolution, resource and referral.

Safe Shelter of St. Vrain Valley: 303-772-0432; Crisis Line 303-772-4422 • www.safeshelterofstvrain.org

Support, shelter, and information to women and children who are victims of domestic violence. Nominal fee for shelter. Must call first. Outreach for individuals and group counseling.

Longmont Housing Authority: 3036518581 • www.longmontha.com • info@longmontha.com

HUD (Housing and Urban Development) assistance program, rental assistance program. Based on family size & income. Wait list applies.

O.U.R. Center – Longmont: 303-772-5529 • www.ourcenter.org

Nonprofit. Assists with households in crisis that are unable to meet basic needs. Food bank. Clothing bank. Hot lunches for St. Vrain residents. No fee. Case workers are available for individuals facing homelessness or utility problems, etc. Requires appointment.

St. John the Baptist Catholic Church – Longmont: 303-776-0737 • www.johnthebaptist.org

Emergency food bank. Call first.

Vinelif Community Church – Longmont: 303-449-3330 • www.vinelif.org

Food for anyone in need.

LAFAYETTE & LOUISVILLE

Louisville Community Food Bank (Louisville United Methodist Church): 303-666-8812 ☎

www.louisvilleumc.org

The Louisville Community Food Bank is an outreach ministry of the Louisville United Methodist Church. The food bank provides quarterly food deliveries and emergency food baskets upon request.

Louisville Housing Authority: 720-564-2284 •

<http://www.louisvilleco.gov/GOVERNMENT?BoardsCommissions/HousingAuthority/tabid/262/Default.aspx>; bonnies@louisvilleco.gov

Sister Carmen Center – Lafayette: 303-665-4342 • www.sistercarmencenter.org

Emergency food, clothing, and furniture available at thrift store. Call for hours. Louisville and Lafayette residents only. Services limited to three times/year.

United Methodist Church of Louisville: 303-666-8812 • www.louisvilleumc.org

Food bank. Call for hours.

NEDERLAND, WARD, JAMESTOWN

Mountain Community Resource Center – Ward: 303-838-7552 • www.mrcco.org; info@mrcco.org

For mountain residents in need. Call first for an appointment.

Nederland Community Presbyterian Church USDA & Food Pantry Distributions: 303-258-3579 ☎

www.nederlandcpc.org

The Nederland Community Presbyterian Church funds the local food distributions in the mountain community, and partners with St. Rita's Catholic Parish in supplying the shelves and distributing food to those in need. Call for hours.

Health Care Assistance

Adult Care Management: 303-964-2440 • www.acmicolorado.bbnw.org/

Helps families through Medicaid and private insurance. Set up in home care. No age requirements. Has separate programs for special needs assistance.

Children's Extensive Support (CES) Medicaid Waiver: 303-926-6486 •

www.cdhs.state.co.us/ddd/PDFs/DIR_Desk_Re1.pdf

Children's Home Community-Based Services (CHCBS): 303-926-6439

Helps families with paperwork to get Medicaid cards.

Children with Special Needs Program: 303-678-6064 •

www.bouldercounty.org/help/family/pages/csnprogram.aspx

Access to diagnostic services and care for eligible children from birth to 21 years of age with physical disabilities/special needs; information and referrals available.

Healthy Communities • www.bouldercountyhhs.org

Boulder, Lafayette, Louisville: 303-413-7518

Longmont: 303-678-6141

Assistance in finding doctors, arranging medical needs, finding dentists and eye doctors. Arranges for transportation, and explains medical benefits covered by Medicaid, CHP+, and managed care plans for pregnant women and children ages birth to 20.

Medicaid/Social Services

Boulder: 303-441-1000

Longmont: 303-678-6000

Tri-Cities: 303-413-7000

Supplemental Security Income (SSI): 800-772-1213 www.workworld.org/wwwwebhelp/ssiget.htm

Information on Social Security cards, retirement benefits, Social Security benefits, and Medicare.

Other Assistance

Aspen Family Services Child Care Assistance Program (CCAP): 303-604-1043 •

www.aspenfamilyservices.com

The Child Care Assistance Program (CCAP) provides federally-funded financial assistance for childcare to qualified low income families.

Life Choices Pregnancy Center – 303-651-2050 www.lifechoices.org

Families receive free infant clothing, car seats, etc.

Low-Income Energy Assistance Program (LEAP) Boulder: 303-441-1065; Longmont:

303-678-6097 • www.cdhs.state.co.us/leap/forcounties.htm

Assistance with utility payments for eligible low-income clients.

Longs Peak Energy Conservation (LPEC) - 720-864-6401 •

www.BoulderCounty.org/cs/ho/weatherization

Free home energy conservation retrofits (weatherization services). In addition to weatherization services, LPEC also offers a variety of home rehabilitation programs to residents of the cities of Boulder and Longmont and to residents of Boulder County.

Real Choices Pregnancy Center – Boulder: 303-494-3262 www.realchoicespcc.org

Saturday morning clothing and furniture closet for expecting parents and those with young children. Children’s clothing, furniture, and toys provided to families in need.

YWCA – Lifeskills: 303-443-0419 www.ywcaboulder.org

Extended training program for women currently on government assistance. The course helps plan and cope with the transitions from welfare to work.

Lesbian, Gay, Bisexual, Transgender, Intersex, and Questioning (LGBTIQ)

Colorado Anti-Violence Program: 303-839-5204 • 24-hour crisis line: 1-866-557-1551 • www.coavp.org • info@coavp.org

Support for LGBTIQ victims of violence and hate crimes, as well as educational resources for the community.

Gay Info Line: 303-939-8588

Get the latest on LGBTIQ events, socials, group meetings, and gatherings.

GLBT Center of Colorado: 303-733-7743 • www.glbtcOLORADO.org • info@glbtcOLORADO.org

Support groups, help-line, information, and referrals.

Open and Affirming Sexual Orientation/gender identity Support (O.A.S.O.S.) Program:

303-678-6259 • www.BoulderCountyOASOS.org

This program offers direct services for LGBTIQ youth ages 13-20 in and around Boulder County.

PFLAG (Parents, Families, and Friends of Lesbian, Gay, Bisexual, and Transgender people): 303-444-8164 • www.PFLAG.org

Support, education, and advocacy for parents, families, and friends of LGBTIQ people.

Safe Zone Program: 303-413-7512

Boulder County Public Health’s program that provides LGBTIQ cultural competency training for school personnel and medical/mental health service providers in Boulder County.

Speaking Out: 303-499-5777 • www.boulderpride.org/ • info@boulderpride.org

Boulder County’s LGBTIQ Speaker’s Bureau.

The Free Teen Clinic: 303-442-5160 • www.teenclinic.org/parent_info/index.html

LGBTIQ-competent staff will provide free sexual health care for youth 19 and younger.

Health Care

Emergency

Ambulance, Fire: 911

Rocky Mountain Poison and Drug Center: 303-739-1123/1-800-222-1222 • www.rmpdc.org

Information about exposure (via touch, inhalants, ingestion, etc.) to a poisonous or toxic substance.

Health & Dental Care

COUNTYWIDE

CO DHCA Low-Income Dental Program – Longmont Offices: 303-430-7399

Preventive and diagnostic services, restorative, oral surgery. All ages allowed.

Dental Aid, Inc.:

Boulder: 303-499-7010

Louisville: 303-665-8228

Longmont: 303-682-2619

www.dentalaid.org

Dental care for low-income and homebound individuals, including Medicaid. Offers screenings, x-rays, extractions, prescriptions, emergency care; inability to pay dealt with on a case-by-case basis. Call for appointment. Bilingual services.

Planned Parenthood of the Rocky Mountains

Boulder: 303-447-1040

Longmont: 303-772-3600

www.plannedparenthood.org/rocky-mountains/index.htm

Services include annual gynecological exam and pap smear; emergency contraception; hormones without exam; HIV tests; hormone replacement; birth control methods, including treatment of sexually transmitted disease for men and women; adoption and abortion referrals. Fixed fees in Boulder; Sliding scale fees in Longmont.

BOULDER

Boulder Valley Women's Health Center: 303-442-5160 • www.bvwhc.org • info@bvwhc.org

Provision of the following services to all women, regardless of income: gynecological care, assistance with pregnancy decision, counseling, first trimester abortions, community education, birth control supplies, and treatment for sexually transmitted diseases. Bilingual materials available. Fees for birth control and gynecological services based on income and family size. Abortion services supported entirely by patient fees.

Clinica Campesina (People's Clinic), 2525 13th St: 303-449-6050 • clinica.org

Prenatal, pediatric, well-child and adult care, immunizations, family planning, parenting support, translation, transportation, refugee physicals. Sliding fee scale. Medicaid and Medicare accepted. A Colorado Children's Health Plan Plus(CHP+) provider.

BROOMFIELD

Children's Medicaid Dental Clinic: 303-280-8878

Free dental care for children 0-21 on Medicaid/CHP+.

Broomfield Health and Human Services : 720-887-2220 • www.broomfield.org/hhs • info@broomfield.org

Immunization clinics. Women's reproductive health: pregnancy tests, birth control, physical exams, confidential teen services. Women, Infants, and Children's (WIC) Nutrition Program. Health care programs for children with special needs. Call for appointment.

LAFAYETTE/LOUISVILLE

Clinica Campesina, 2000 W. South Boulder Road: 303-665-9310 • www.clinica.org

Family practice health services on a sliding fee scale, including prenatal care; labor and delivery; family planning; immunizations and illness; dental, vision, and hearing care. Medicare accepted. Fluent Spanish-speaking staff.

LONGMONT

Salud Family Health Center, 220 E. Rogers Road: 303-776-3250 • www.saludclinic.org

Immunizations, prenatal care, well-child and pediatric health care, family planning, and dentistry. Family and acute health services. On-call 24-hours. Sliding fee scale.

Southwest Weld County Clinic, 4209 WCR 24 ½: 720-652-4238

Weld County Public Health clinic provides immunizations and family planning services. Do not need to be a Weld County resident.

NEDERLAND

Mountain Family Health Center: 303-928-1605 • www.mountainfamily.org

Hospitals

Avista Hospital: :: 303-673-1000 • www.avistahospital.org

Emergency room: 303-673-1111

Ask-A-Nurse: 303-777-6877

Boulder Community Hospital: : : Broadway Campus -303-440-2273; Foothills Campus – 720-854-7000 • www.bch.org

Children's Hospital North Campus (Broomfield): 720-777-1340 • www.thechildrenshospital.org

Exempla Good Samaritan Hospital: : – Lafayette: 303-689-4000 • www.exempla.org

Longmont United Hospital: 303-651-5111 • www.luhcares.org

Immunizations

Boulder County Public Health Immunization Clinics

Boulder: 303-413-7500

Longmont: 303-678-6166

www.BoulderCounty.org/hpe/iz/clinicinformation.htm

Call for appointment. Bring record of prior immunizations.

Broomfield Health and Human Services: 720-887-2220 • www.broomfield.org

Call for appointment and schedules.

Clinica Campesina – Lafayette: 303-665-9310 • www.clinica.org

People’s Clinic – Boulder: 303-449-0858 • www.clinica.org

Mountain Family Health Center: 303-258-3206 • www.mountainfamily.org/

Planned Parenthood of the Rocky Mountains – Boulder: 303-447-1040

www.plannedparenthood.org/rocky-mountains/index.htm

By appointment only for children under 18 with no insurance or who are receiving Medicaid or the Colorado Children’s Health Plan Plus (CHP+) benefits.

Salud Clinic – Longmont: 303-776-3250 • www.saludclinic.org/Longmont.html

Public Health Departments

Boulder County Public Health: 303-441-1100 • www.BoulderCounty.org

Resources available on a variety of health topics.

Broomfield Health and Human Services: 720-887-2220 • www.broomfield.org

Children with special health needs, family planning, and school-based program, smoking cessation, AIDS and STD information and referral.

HIV/AIDS Assistance

Boulder County AIDS Project (BCAP) : 303-444-6121; (Español) 303-444-7181 • www.bcap.org

Support, advocacy, and education to those in our community who are infected with, or affected by, HIV and AIDS. Serves as an outreach and information center to prevent further transmission of HIV. Provides anonymous testing for \$50 or sliding fee scale by appointment using the OraQuick ADVANCE HIV 1/2 antibody test.

Boulder County Public Health HIV/STI Outreach Program: 303-413-7500 •

<http://www.bouldercounty.org/health/hpe/sti/>

Provides both anonymous and confidential testing using the OraQuick HIV antibody test for \$35 by appointment. Clients will receive test results in 20 minutes of test being administered. Also provides education and referral for HIV and sexually transmitted infection (STI) issues.

Clinica Campesina: 303-665-9310 • www.clinica.org

Offers confidential HIV testing on a sliding fee scale.

National AIDS Hotline: 1-800-342-2437; Spanish: 1-800-344-7432 (8 a.m. – 2 a.m./7days/week); TTY

Line: 1-800-243-7889 (10 a.m. – 10 p.m./ M-F) • www.thebody.com/index/hotlines/national.html • www.ashastd.org/

Confidential advice and counseling for persons with AIDS.

National Pediatric AIDS Network (NPAN): 303-527-0185 • www.npan.org/ • gary@npan.org

Access to information on such topics as treatment, clinical tests, services for children and adolescents with HIV/AIDS, conferences, publications, and educational resources.

Planned Parenthood of the Rocky Mountains – Boulder: 303-447-1040; Longmont: 303-772-3600 •

www.plannedparenthood.org

Provides confidential HIV testing using the OraQuick ADVANCE HIV 1/2 antibody test. Testing is by appointment and costs \$62 or \$37 with another service in Boulder and sliding fee scale in Longmont.

Salud Clinic: 303-776-3250 • www.saludclinic.org

Offers confidential HIV testing.

SIDA – Countywide: 303-444-6121

Boulder County AIDS Project for monolingual Spanish participants.

Help Lines

2-1-1 Colorado: 303-444-4013 • www.211colorado.org • bpingrey@unitedwayfoothills.org

Mile-High United Way information and referral call center. Covers most of Colorado.

Alcohol & Cocaine Abuse Action Helpline: 1-800-888-9383

Ask-A-Nurse: 303-777-6877

Available for consultations Monday through Saturday from 8 a.m. to 11 p.m. Closed Sunday.

Colorado Medicaid FirstHelp: 1-800-283-3221

Health care (not coverage) for income-eligible families.

Families First Support Line: 303-695-7996 • www.familiesfirstcolorado.org

info@familiesfirstcolorado.org

Free, confidential help and referrals for non-medical concerns about raising children. Provides support, information, and referrals to parents.

Family Healthline: 1-800-688-7777

Referral to free and low-cost health care.

Lifeline of Colorado: 303-458-7777 (long distance in Boulder County)

National AIDS Hotline: 1-800-342-2437; Spanish: 1-800-344-7432 (8 a.m.-2 a.m. 7 days/week)

TTY Line: 1-800-243-7889 (10 a.m.-10 p.m./ M-F)

Confidential advice and counseling for persons with AIDS.

National STD Hotline: 1-800-227-8922 (M-F, 8 a.m.-11 p.m. Eastern Standard Time)

Counseling and/or diagnosis not available.

PFLAG (Parents, Families and Friends of Lesbian, Gay, Bisexual, and Transgender people): 303-444-8164

• www.pflag.org/

Support, education, and advocacy for parents, families, and friends of LGBTIQ people.

Job & Career Resources

Boulder County Youth Corps: 303-441-4960 • www.BoulderCounty.org/youthcorps

Team-based outdoor conservation work. For youth 14 to 17.

Broomfield Workforce Center: 303-464-5855

http://www.ci.broomfield.co.us/hhs/Workforce_Center/index.shtml

Offers job seekers services, including listings, resume assistance, and career assessments, employer services, and supportive resources.

Career Services – YWCA – Boulder: 303-443-0419 • www.ywcaboulder.org

Offers low-cost career counseling and job search assistance. Job resource center with materials on careers and job hunting. No fee.

Colorado Self-Sufficiency Program: 303-441-3929 or 303-441-3923 •

<http://www.coloradoselfsufficiencystandardcalculator.org>

Program designed to help low-income families gain education and job skills in order to improve their family's financial situation, as well as the whole family's quality of life. Open to low-income families and single parents with at least 1 child under the age of 13 and less than 2 years (30 credits) of college education.

Colorado Rehabilitation Services – Longmont: 303-685-2766 •

www.coloradorehab.com/designation.shtml

Counseling, guidance, placement, follow-up, post-employment rehabilitation. Assists physically and mentally handicapped persons in attaining a level of functioning to enter/re-enter full employment.

Department of Labor and Employment – Denver: 303-894-7541 • www.coworkforce.com/

Information about employment, labor laws, job safety, and unemployment.

**Dreamcatcher Direction Instruction Centers – Boulder: 303.444.8422 • [www.dreamcatcherlearning.com](http://www.dreamcatcherlearning.com;);
dreamcatcherlearning@gmail.com**

Provides basic academic instruction in reading, spelling, math, writing, critical thinking, and organizational skills to learners of all ages. Also preps in GED, ACT, and SAT. Homework help and tutoring in advanced math, foreign languages, and the sciences is also offered. Research validated and learner verified curriculum. Sliding scale. Colorado approved supplemental provider.

Jobline – Boulder: 303-441-3985, Longmont: 303-651-8710 • www.bouldercolorado.gov
Colorado city and county job listings.

Project Self-Sufficiency: 303-441-4853 • www.ps-s.org

Case manager helps single and dual-parent families go back to school. Five-year commitment. GED or community college. Puts you in contact with other services. Call for qualifications.

Project Work Together – Boulder County: 303-301-2911 •

www.BoulderCounty.org/cs/project_work_together.htm • boulder_es@wfbc.org

A one-on-one mentoring program for people who are transitioning off of welfare toward self-sufficiency. Support includes educational tutoring, job search and networking, parenting support, community resource access, and career guidance.

Workforce Boulder County – Boulder: 303-301-2900, Longmont: 303-651-1510 • www.wfbc.org

Job placement, training and skills, tuition, books, transportation, child care funds, and referrals.

Volunteer Connection – Boulder: 303-444-4904; Longmont: 303-772-5772 •

www.volunteerconnection.net

Volunteer placement, training, and recruitment in Boulder County.

Legal Assistance

Boulder County Legal Services: 303-449-7575 • www.coloradolegalservices.org

Child Protection Services, Boulder: 303-441-1000; Longmont: 303-678-6000

Boulder City Attorney Office: 303-441-3020

www.bouldercolorado.gov/index.php?option=com_content&task=view&id=328&Itemid=200

Channel 9 News Law Line9: 303-698-0999 • <http://www.9news.com>

Law Line9 sponsors volunteer attorneys who offer free legal information from callers every Wednesday evening from 4:00 p.m. to 6:30 p.m. with the exception of major holidays.

Colorado Bar Association: 303-860-1112 • www.cobar.org

CU Legal Aid and Defender Program: 303-492-8126 •

www.colorado.edu/law/clinics/legalaid/crimdefense.htm

Very low-cost assistance with criminal and civil cases for low-income clients.

Colorado Legal Services: 303-449-7575 • www.coloradolegalservices.org

Colorado Legal Services (CLS) is a nonprofit corporation that assists low-income persons and seniors.

Department of Social Services - Child Support Enforcement: 303-678-6300

Assistance in establishing paternity, locating non-custodial parent, and enforcing child support. Available to all county residents. Application fee: \$20; allow 4-6 weeks to process. Call for appointment.

Immigrant Legal Center of Boulder: 303-444-1522 • www.boulderayuda.org

The Immigrant Legal Center of Boulder is a nonprofit agency that specialized in immigration law.

Legal Aid: 303-863-9544 • www.legalaidfoundation.org • laf@legalaidfoundation.org

Legal Center for People with Disabilities and Older People: 303-722-0300 www.thelegalcenter.org

Metro Lawyers Referral Services: 303-831-8000 • www.mlronline.org

Parent Opportunity Program (POP): 303-678-6331

www.acf.hhs.gov/programs/cse/pol/DCL/1999/dcl9940.htm

Links non-custodial parents to services, helping them become more involved in their children's lives.

Patient Advocacy Coalition (Ombudsman For Managed Care): 303-744-7876 •

www.medicalreporter.health.org/tmro497/PAC.HTM

Pro Se Divorce: 303-441-3750 •

www.divorcesource.com/cgi-bin/search/catsearch.pl?cat=Pro_Se_Divorce

General

Colorado Bright Beginnings – Boulder, Broomfield, and Gilpin counties: 303-449-0177 • www.myparentingplace.org or www.brightbeginningsco.org

Celebrating the birth of every child and welcoming them into the community by offering parents a packet of information and resources. Materials include a booklet of interactive games parents can play with their babies, children's board book, developmental growth charts, information of child care and brain development, a small gift for the parents, and connection to community resources. Offered to children prenatal to age 3 in three phases: 0-12 months, 12-24 months and 24-36 months. Services are available to *all* parents free of charge.

Community Infant Program – Boulder County: 720-562-0560; Mental Health Partners: 303-466-3007 X14 • www.BoulderCounty.org/famhlth/cip.htm

Works with high-risk families to promote healthy attachments between parents and infants. Nurses and mental health therapists provide services in the home for parents who experience difficulty in adjusting to a new infant or young child. These services focus on positive parenting, healthy nutrition and feeding practices, and creating family support systems.

Nurse-Family Partnership: 303-413-7500 • www.bouldercounty.org • info@nurseryfamilypartnership.org

Assists first-time parents in succeeding while learning new skills. Families develop confidence and proficiency with parenting and economic self-sufficiency by volunteering to work with a nurse home visitor. Must be a first-time mother-to-be who is no more than 16 weeks pregnant and who meets the income guidelines; exceptions apply.

Parenting Place – Boulder: 303-449-0177 • www.myparentingplace.org

Resource and referral information for parents and caregivers with children birth to age 5.

Especially for Dads

Dads and Kids Parenting Place Play Group: 303-449-0177 • www.myparentingplace.org

Playgroup for fathers & their children, 1st and 3rd Mondays of each month, 6-8 p.m.

Expectant and New Fathers Support Group: 303-449-5713

Support group focusing on joys, fears, and expectations of having a new child; fee per session. Playgroup for fathers and their children Wednesday evenings.

Los Padres (Colorado Parent Coalition) 720-890-0123 • www.coparentcoalition.org • contactus@coparentcoalition.org

Program designed for dads to enhance leadership and communication skills and learn more about child growth and development. Offered in both English and Spanish.

St. Vrain Family Center: 303-776-5348 • www.stvrainfamilycenter.org • info@stvrainfamilycenter.org

Regularly scheduled support groups, fathering classes, special events, resources, and referral.

Mostly for Moms

Boulder Community Hospital: 720-854-7160 • www.bch.org

Drop-in moms group facilitated by a nurse. Includes guest speakers and a baby weigh in. Must deliver at Boulder Community Hospital to attend.

Le Leche Groups – Denver Metro Helpline: 303-779-6722 • www.lli.org

Support provided by volunteer mothers for the pregnant and/or breastfeeding mother. Telephone help-line. Free, ongoing monthly gatherings. Call for leaders in your area.

Mothers Circle – Nederland: 303-642-7654

A monthly gathering of friendship and support for pre- and postnatal moms. Discussions evolve around various healthful living topics such as breastfeeding and introducing solids, vaccinations, guiding our children lovingly, finding a balance in nurturing our family and ourselves.

Mothers & More – Toll-Free Number: 1-866-841-9139 x3173

Support, friendship, and networking for moms who have left the full-time, paid workplace to be at home with their children. Evening meetings, mom's night out, playgroups, children's activities, and book clubs.

Moxie Moms: 303-413-0852 • www.moxie-moms.com • askus@moxie-moms.com

Provides expecting moms and moms with a better way to meet others for casual and charitable events, attend fitness classes that welcome little ones, and find discounts at the best local retailers and service providers. Offer playgroups, socials, hikes, walks, movies, friends, and fitness.

Parenting Place: 303-447-0177 • www.myparentingplace.org

Facilitated support groups for parents or caregivers and their children. Postpartum/infant, toddler, and preschool groups available. All groups are drop-in. \$3 donation requested. Call for current schedule.

St. Vrain Family Center: 303-776-5348 • www.stvrainfamilycenter.org

Playgroups for parents with young children, parenting classes, and community connection.

Single Parents

Parenting Place – Single Moms Group – Boulder: 303-449-0177 • www.myparentingplace.org

Weekly single parent support groups for moms and their children. Meal provided. Call for current schedule.

Real Choices Pregnancy Care Center – Lafayette: 303-665-2341 • www.realchoicespcc.org

A support group for expectant or new single mothers. Dinner provided. Christian-based.

Parents Without Partners: 303-430-49918 • www.parentswithoutpartners.org

Meetings with speakers.

YWCA Single Parent Program: 303-443-0419 • www.ywcaboulder.org

Support groups on emotional and personal issues of single parents. Sliding fee scale.

Teen Parents

BOULDER:

Lutheran Family Services Crisis Pregnancy and Adoption – Denver: 303-922-3433 • www.lfsc.org

Provides unbiased, professional counseling to assist clients in making a decision and plan for a crisis pregnancy. Family members are welcome to participate in the counseling. Adoption services are available. Birth parents can choose a couple to meet from a pool of families that has been carefully screened. Services are confidential.

COUNTYWIDE:

GENESIS Program – Boulder County: 303-413-7529 • www.bouldercounty.org/health/commhlth/genesis

Home-based services for teens who are pregnant or have an infant under one year, including parenting education, emotional support and counseling, transportation, assistance in obtaining access to other helpful services, and no-cost pregnancy tests. Can continue to baby's third birthday.

Real Choices Pregnancy Care Center – Boulder and Lafayette: 303-494-3282 (Hotline appointments) •

www.realchoicespcc.org

Services include free confidential pregnancy tests; support and planning for adoption; childbirth education; labor coaching; free baby and maternity clothes; support groups for post-abortion men and women, pregnant, and single women (Expectations!); and M.O.M.S. (mentoring of moms).

Teen Parenting Programs

Boulder Valley School District: 303-447-5346 (students must participate in the classes and the nursery; GED completion also available) St. Vrain Valley School District: 303-772-3333

For teen parents with infants to six months of age and pregnant teenagers who haven't graduated from high school.

Enables completion of high school. Child care provided. Classes teaching parenting and workplace skills. Augments the standard high school curriculum.

Specialized Support Groups & Services

Adoptive Families of Boulder County: 303-939-8375 • www.BoulderCounty.org/

Support group for parents who have adopted. Open to all forms of adoption.

Adoption Options: 303-695-1601 • www.adoption-options.com

Information on adoption for birth parent and adoptive parents; must call for an appointment; adoptive parents must be 25 years old, and if married, married for 1-1/2 years.

Boulder County Parents of Twins and More: 303-412-4202 • www.bouldertwins.org

A support group for families with twins or more. Membership fee.

Exceptional Families of Boulder County: 303-441-1555 x92243

Local families with children who have developmental issues or special health care needs share their experiences, exchange information, and promote a parent voice in shaping the community. Offers one-to-one parent matching, support groups, workshops, social events, newsletter, speakers, family directory, library, parent liaisons to local hospitals, and opportunity for parent leadership in community.

Newcomers Club (Boulder Greeters) 720-732-4050 • www.bouldernewcomers.org

Networking group for anyone who has moved to Boulder County within the last year.

Niwot Center for Integrative Therapies-303-652-3775 • www.imaginecolorado.org

A therapeutic team of professionals specializing in pediatrics and families with autism, sensory integration disorders, language and motor skills in a playbased, holistic setting.

Parenting Place: 303-449-0177 • www.myparentingplace.org

Facilitated adoption support group for parents with their adopted children, as well as those awaiting adoptions. Call for current schedule.

Parents of Children with Food Allergies, 720-890-7265**Parenting Education Materials****Boulder Public Library - Main Branch: 303-441-3100 • www.boulderlibrary.org**

Variety of videos on parenting available.

Children, Youth, and Family Services - Boulder: 303-441-4357 •**www.bouldercolorado.gov/index.php?option=com_content&task=view&id=424&Itemid=1795**

Videos, books, and journals for two-week check-out or on-site browsing. Available to the public. Topics include discipline, infants, toddlers, child development, special needs, activities, nutrition, health, grief, divorce, etc. Newsletter with informative articles.

Colorado Bright Beginnings: 303-449-0177 • www.myparentingplace.org or**www.brightbeginningsco.org**

Celebrating the birth of every child and welcoming them into the community by offering parents a packet of information and resources. Materials include a booklet of interactive games parents can play with their babies, children's board book, developmental growth charts, information of child care and brain development, a small gift for the parents, and connection community resources. Offered to children prenatal to age 3 in three phases: 0-12 months, 12-24 months, and 24-36 months. Services are available to *all* parents free of charge.

Partners in Parenting – CSU Cooperative Extension: 800-457-2736 •**www.coopext.colostate.edu/arapahoe/yd-main.htm**

Extensive resource catalog listing books, videos, and other materials related to parenting loaned to public upon request. Materials received through mail at no cost, although must pay return postage. Materials loaned for three weeks. Newsletter and referrals to other parent educators in local area also available. Available on-line at www.coopext.colostate.edu/pip

YWCA Resource Room: 303-443-0419 • www.ywcaboulder.org

Section of reading materials on parenting; resource room with newspapers.

Pre/Postnatal Services & Products**Pre- & Postnatal Support & Services****American Massage Therapy Association: 877-905-2700 • www.amtamassage.org**

Online database of certified massage therapists. Search by name, city, or type of massage.

Boulder College of Massage Therapy: 303-530-2100 • www.bcmt.org

An opportunity each spring and fall for women in their last trimester of pregnancy to work with massage therapy students taking this diploma program elective as a practice model.

Boulder Community Hospital – Rehabilitation Services: 303-441-0493 • www.bch.org

Non-surgical treatment for prenatal and postpartum joint or muscle pain and dysfunction of the bladder, gastrointestinal, and pelvic areas. Our goal is to help you gain control of your body.

Chiropractory Directory • www.chirodirectory.com/dir/co/boulder

Referral service for chiropractic care.

ICAN (International Cesarean Awareness Network): 303-477-6243 • www.ican-online.net

Support for women having cesareans.

Longmont United Hospital: 303-485-4184 • www.luhcares.org

Infant massage classes offered.

National Certification Board for Therapeutic Massage and Body Work: 800-296-0664 • www.ncbtmb.com

Online database of certified massage therapists. Search by name, city or type of massage.

Summertree Cares – Longmont United Hospital: 303-651-5224 • www.luhcares.org

Postpartum services to Boulder County families using registered nurses. Cares for your newborn and older siblings, prepares meals, light housekeeping, and runs errands.

Childbirth

Birth Assistance – Doula

Colorado Doulas Association • 720-394-6995 www.coloradodoulas.com

Provides contact information for doulas across the state.

Longmont Doulas • www.longmontdoulas.com

The Longmont Doulas is a group of doulas who serve, educate, and broaden public awareness about the benefits of professional labor support. It is their goal to help create positive, memorable, and fulfilling birth experiences.

Midwife (Home Birth)

Boulder Nurse Midwives: 303-443-2229 • www.boulderbirth.com

Certified nurse midwives offer prenatal care, labor and birth assistance and post-natal care.

Department of Regulatory Agencies (registered midwives) • www.dora.state.co.us/midwives

Search for registered midwives.

Midwives Alliance of North America: 888-923-6262 • www.mana.org

Search for midwives by location.

Breastfeeding

Breast Pump Rental/Purchase & Scale Rentals

BOULDER

Boulder Community Hospital: 720-854-7230 • www.bch.org

LONGMONT

Longmont United Hospital; 303-485-4277

Medela Lactinas rental

Walgreens Pharmacy (17th & Pace): 303-651-7468

Medela Symphony, Baby-Weigh Scale Rental

COUNTYWIDE

Medela, Inc.: 1-800-435-8316 (Bilingual) • www.medela.com

Provides a resource list (available in Spanish) for pump rental and purchase in Boulder County; limited number of pumps at no charge to income-eligible moms.

Women, Infants, and Children (WIC): Boulder: 303-413-7520; Lafayette: 720-564-2213; Longmont: 303-678-6130 • www.BoulderCountyWIC.org

Limited number of electric pumps available on loan to WIC (income-eligible) participants.

Lactation Specialists

Avista Hospital: 303-673-1088 • www.avistahospital.org

Answers questions on breastfeeding/trouble-shooting. Test baby's weight to see how much milk the baby is getting; pump rentals.

Boulder Community Hospital: 720-854-7230 • www.bch.org

Lactation consultants available, breast feeding classes and ongoing support groups.

Le Leche Groups – Denver Metro Helpline: 303-779-6722 • www.lli.org

Support provided by volunteer mothers for the pregnant and/or breastfeeding mother; telephone help-line; free ongoing monthly gatherings. Call for leaders in your area.

Longmont La Leche Group: Margaret/303-485-0385; Amy/303-684-9305; Tanya / 303-833-3546 • Samantha / 303-667-7005 • Leisl / 303-833-2008 • www.longmontlll.org

Longmont United Hospital: 303-485-4277; Baby Weigh Clinic: 303-485-4278 • www.luhcares.org
Breastfeeding support, inpatient and outpatient services, free office lactation consultations, breastfeeding classes. Baby Weight Clinic: Thursday mornings – call 303-485-4278 for time. Mama Milk & tea: 3rd Tuesday morning – 9:30 a.m. – 11:00 a.m. Tea time and social get-together for mom; chance to practice breastfeeding “in public.” Lactation consultant available for questions during this time.

Women, Infants, and Children (WIC) - Boulder: 303-413-7520; Lafayette: 720-564-2213; Longmont: 303-678-6130

Individual, on-site counseling for WIC participants with lactation problems.

Other Breastfeeding Resources

Colorado Breastfeeding Task Force: 303-315-6263 • www.cobf.org

Resources for nutrition consultation and support, rentals, and purchases.

Mother’s Milk Bank – Denver: 303-869-1888

Provides mothers in need with donated human milk; must have a prescription to receive; information on donations; donors are screened; processing fee, fee depends on insurance.

Women, Infants, and Children (WIC) – Boulder: 303-413-7520; Broomfield: 720-887-2225; Longmont: 303-678-6130; Lafayette: 720-564-2213 • www.BoulderCountyWIC.org

Helps families help themselves by providing nutrition and breastfeeding education, growth check-ups, and referrals to other health care resources. Provides vouchers for nutritious and healthy foods such as eggs, milk, cheese, peanut butter, cereals, juices, beans, and infant formula.

Newborn Hearing Screening

Child Health Promotion Program, Boulder County Public Health: 303.413.7549 •

www.BoulderCountyChildHealth.org

More than 50% of babies born with hearing loss are otherwise healthy and have no family history of hearing loss.

Identifying hearing loss before six months of age and taking action, can give your baby the best opportunity for optimal learning and development. If your baby was born at home or you did not have access to this quick test, Boulder County Public Health can do it for you – in your home for free.

Car Seats

Rentals And Loans

Rocky Mountain Kiwanis – William: 303-931-3443 • www.rmdkiwanis.com

Car seats to families in need.

Proper, Safe Use

Auto Safety Hotline: 1-800-424-9393

US Department of Transportation National Highway Traffic Safety Administration. Reporting safety problems or to obtain child passenger safety information. Provides information on proper car seat use, answers questions, and provides technical assistance. Search for local car seat inspection locations.

Children, Youth, and Family Services – Library and Resource Room: 303-441-4357

“Protecting your newborn” video and written guide from the Department of Transportation. Available for parents to take home.

Colorado State Patrol – Safety Check: 303-239-4537 • www.carseatscolorado.com

Web site with listing of safety check locations in your area.

Playgroups

LifeBridge Christian Church: 303-776-2927 x211 • www.lbcc.org

Playgroup for mothers of young children.

Moms’ Club: www.momsclub.org for local chapters

Monthly meetings, get-togethers, outings, family parties, playgroups, babysitting co-ops, and activities.

MOPS: Mothers of Preschoolers • www.mops.org for local chapters

Boulder: First Presbyterian Church of Boulder: 303-402-6400

Broomfield: Calvary Evangelical Free Church: 303-466-9750

Broomfield Assembly of God Church: 303-466-2632

Broomfield United Methodist: 303-466-1719

Lafayette: Flatirons Community Church: 720-240-4364

Longmont: Calvary Church: 303-776-2400

Niwot: Rocky Mountain Christian Church: 303-652-2211 or Stacy: 303-684-9031

Nederland Youth and Family Center: 303-258-3821 • www.teensinc.org/

Weekly parent/child groups, music classes, and open gym.

Newcomers Clubs: <http://www.newcomersclub.com/co.html>

Search for newcomers and playgroups in your area.

Parenting Place – Boulder: 303-449-0177 • www.myparentingplace.org

Regularly scheduled parent-child playgroups for children birth to five years. Drop-in basis. \$3 donation requested each visit for non-members. Memberships available on sliding fee scale. Call for schedules.

St. Vrain Family Center – Longmont: 303-776-5348 • www.stvrainfamilycenter.org

Longmont-based parenting center. Offers various resources and support groups for families.

Police, Sheriff, & Fire Departments

Emergency

Statewide: 911

Poison Control: 303-739-1123 • www.rmpdc.org

Non-Emergency

Boulder, Lafayette, and Louisville: 303-441-4444 Info: 303-441-3333

Broomfield: 303-438-6400

Gilpin County: 303-582-5500

Longmont & Vicinity: 303-651-8555 or 303-651-8501

Recreational Activities

Camps

Children, Youth, and Family Services: 303-441-3180 • www.bouldercolorado.gov/cyfhrs

Provides listing of countywide camps for all ages.

Children's Museums

Discovery Corner for Kids - University of Colorado Museum - Boulder: 303-492-6892

Exhibits on natural history, dinosaurs, and culture. Parking \$1 per hour.

Discovery Days – Longmont Museum: 303-651-8374 •

www.ci.longmont.co.us/museum/education/discovery_days.htm

A hands-on learning environment where kids learn at their own pace. Provides activities in history, science, and art. For ages two to five years and their parents. Summer education program for children 5 to 14 years old.

Wow! Children's Museum - Louisville: 303-604-2424 www.wowmuseum.com

Hands-on music, computers, and arts & crafts for children; snack area.

Library Programs

BOULDER

Main Public Library - 303-441-3099 • www.boulderlibrary.org

Meadows Public Library - 4800 West Baseline: 303-441-4390 • www.boulderlibrary.org

George Reynolds Public Library - 3595 Table Mesa Drive: 303-441-3120 • www.boulderlibrary.org

Call for story hours and children's programs.

BROOMFIELD

Mamie Doud Eisenhower Public Library: 720-887-2315 • www.ci.broomfield.co.us/library

Offers story hours for parents & children 0-12 years. Must register for toddler story hours.

ERIE

Lorraine David Children's Library: 303-828-5417 • www.eriechildrenslibrary.org

Hours vary call for information.

GILPIN

Gilpin County Public Library: 303-582-5777 • www.gilpinlibrary.org

Call for story hours.

LAFAYETTE

Lafayette Public Library: 303-665-5200 x3 • www.cityoflafayette.com/library

Story hours for toddlers and preschoolers ages 18 months to 5 years; family hour for parents and children preschool to third grade.

LONGMONT

Longmont Public Library: 303-651-8470; Children's Desk: 303-651-8477 • www.ci.longmont.co.us/library

Story hour mixed with crafts for toddlers and preschoolers.

LOUISVILLE

Louisville Public Library: 303-666-6037 (ext. 3 for Youth Services) • www.ci.louisville.co.us/library

Story hours for children ages 18 months to 6 years; summer reading program for school-age children.

LYONS

Lyons Depot Library: 303-823-5165 •

http://www.townoflyons.com/index.php?option=com_content&view=article&id=98&Itemid=158

Story hours for young children.

NEDERLAND

Nederland Community Library: 303-258-1101 • www.nederland.colibraries.org

Weekly preschool story hour.

Music

Boulder Arts Academy – 303-449-929

Boulder Arts Academy is committed to excellence in arts education through private and class instruction, and performance and outreach opportunities in partnership with the Boulder Philharmonic Orchestra.

Boulder Youth Choir: 303-449-9819

The Boulder Youth Choir is a nonprofit organization dedicated to teaching young singers the proper techniques of singing and stage performance. The BYC welcomes membership of both boys and girls from the ages of 8 through 18 years.

Boulder Youth Symphony: 303-506-8105 • www.bysymphony.org

Open by audition to musicians from 8 to 22 years of age, Boulder Youth Symphony Society believes that music should be fun, exciting, and benefit young musicians and the performing arts community of Boulder County.

Longmont Youth Symphony: 303-351-1452 • www.longmontyouthsymphony.org

The Longmont Youth Symphony is an orchestra program committed to serving the young musicians of the St. Vrain Valley School District and the outlying area since 1996. Symphony members work under the guidance of professional musicians and members of the Longmont Symphony Orchestra.

Rocky Mountain Center for Musical Arts – 303-665-0599 • www.rmcmma.org

Non-profit community music school in Lafayette. Lessons on all instruments and voice, early childhood classes, and more. Tuition assistance and musical instrument bank for families in need.

Parks

Boulder: 303-413-7200

Broomfield: 303-438-6335

Lafayette: 303-665-4206

Louisville: 303-666-6565, Ext. 4735

Longmont: 303-651-8446

Boulder County Parks And Open Space: 303-413-7600

Information on city parks and playgrounds.

Recreation Centers

BOULDER:

East Center - 5660 Sioux Drive: 303-441-4400

South Center - 1360 Gillaspie: 303-441-3448

North Center - 3170 Broadway: 303-413-7260

www.boulderparks-rec.org

ERIE

Erie Community Center – 460 Powers Street: 303-926-2550 • www.erieco.gov

LAFAYETTE

Bob L. Burger Recreation Center - 111 W. Baseline Road: 303-665-0469

LONGMONT

Longmont Recreation Center - 310 Quail Road: 303-774-4800

Ed & Ruth Lehman YMCA: 303-776-0370 • www.longmontymca.org

BROOMFIELD

Broomfield Community Center - 280 Lamar Street: 303-464-5500

Paul Derda Recreation Center – 13201 Lowell Boulevard: 303-460-6900

www.broomfield.org/recreation/

LOUISVILLE

Louisville Recreation and Senior Center - 900 W. Via Appia: 303-666-7400 •

www.louisvillerecreation.com

All offer a variety of opportunities for kids to participate in team and individual sports or classes including dance, art, pottery, and swimming. Summer camp programs. Many centers offer parent-child activities. Watch for catalogues mailed to city residents with activity listings. Catalogues are also available at each center.

YMCA – Boulder: 303-442-2778; **Lafayette:** 303-664-5458; **Longmont:** 303-776-0370 www.ymcabv.org • www.longmontymca.org

Recreation centers offering summer camps, gym and athletic programs, swimming pool, and ice rink. Please contact each location for special events. Sliding scale fees available.

Science

CU Science Discovery Program: 303-492-7188 • www.colorado.edu/sciencediscovery/

After-school and summer hands-on science classes. Day and overnight camps throughout the state during the summer months. Ages 4+.

CU Wizards: 303-492-7188 • www.colorado.edu/physics/Web/wizards/cuwizards.html

Fun physics and chemistry demonstrations by University of Colorado professors. 4th Saturday during the academic year; 1 hour. Free.

Fiske Planetarium - Regent Drive (CU Campus): 303-492-5001 or 303-492-5002 • www.fiske.colorado.edu

Public astronomy shows. Ages 5+.

Thorne Ecological Institute - Thorne Natural Science School: 303-499-3647 • www.thorne-eco.org

Interactive field trip programs that incorporate science-based instruction with hands-on activities. Offered in the summer to ages 6 to 14. Summer programs offered.

Skating

CU Ice – Boulder: 303-492-7255 • www.colorado.edu/rec-center/facilities/icearena.html

Learn-to-skate lessons for hockey, figure, private, and basic ice skating.

Broomfield Skate Park – Broomfield: 720-887-8285 www.denverskatepark.com/broomfield.html

Boulder Valley Ice at Superior – Superior: 303-494-4777 • www.bvice.com

Ice Rink at One Boulder Plaza: 303-209-3722 • www.bouldericerink.com/

Longmont Ice Rink – Longmont: 303-774-4777 • www.ci.longmont.co.us/rec/icerink/index.htm

Swimming

Aqua Vista Swim School: 303-499-3188 • www.aquavistaswimschool.com/

Infants to adult swim classes in Boulder and Lafayette.

The Bay in Broomfield: 303-464-5520

Pool and water park for children of all ages.

Centennial Pool – Longmont: 303-651-8406 • www.ci.longmont.co.us/rec/gen/cent.htm

Swim classes for children and adults.

Eldorado Artesian Springs: 303-499-1316 • www.eldoradosprings.com

Infant Aquatic: 303-499-BABY (2229) • www.infantaquatics.com

Boulder's comprehensive swim school for children 6 months to 6 years. Infant survival to advanced strokes. Private instruction and small groups. Established in 1974.

Kanemoto Activity Pool – Longmont: 303-651-6934 • www.ci.longmont.co.us/rec/gen/kanemoto.htm

La Mont Does Park Pool – Lafayette: 303-673-9207 • www.cityoflafayette.com/page.asp?navid=158

Longmont United Hospital Therapy Pool: 303-651-5234 • www.luhcares.org

Mapleton Center: 303-441-0542

Parent/tot swim classes offered for children six months to three years. Introduction to kicking, pulling skills, back floats, going underwater, and safety through games and songs.

Memory Square Pool – Louisville: 303-666-7909

Roosevelt Activity Pool – Longmont: 303-774-4455 www.ci.longmont.co.us/rec/gen/roosevelt.htm

Scott Carpenter Pool – Boulder: 303-441-3427 •

www.bouldercolorado.gov/index.php?Itemid=455&id=1352&option=com_content&task=vi

Spruce Pool – Boulder: 303-441-3426

Sunset Pool – Longmont: 303-776-5823 • www.ci.longmont.co.us/rec/gen/sunset.htm

Other

4-H Youth – Colorado State University Cooperative Extension in Boulder County;

Boulder: 303-444-1121; Longmont: 303-776-4865

Informal education in agriculture, home economics, energy conservation, recreation and hobbies. Fees: club dues; scholarships available.

Boulder Community Family Resources (BCFR) – Family Quest of Colorado: 303-516-1234

Uses experiential-based activities that include a variety of interactive family games and exercises, along with follow-up coaching sessions that can enhance learning. Family coaching is a direct conversation and experience, centered on the family's strengths, needs, and desires.

Boulder County Fish and Game, Inc.: 303-449-3926

Trout-stocked pond for kids 6-13 years. Always welcome. Allowed to keep three fish per day.

Boy Scouts of America, Longs Peak Council: 303-442-8511 • www.longspeakbsa.org

Character development, citizenship training, and physical fitness activities for boys 7 and older. Scholarships available.

Camp Fire Council of Boulder County: 303-440-9647

Character building, fun, friendship, outdoor mountain activities, summer day camp program for boys and girls. Scholarships available.

Girl Scouts of Colorado: 866-827-7033 • www.girlscoutsof Colorado.org

Character development, friendship, activities.

Special Education & Special Needs

Aboutface: 303-425-9138 • www.aboutfaceusa.org

Colorado cleft palate association.

Adult Care Management: 303-439-7011

Help families, through Medicaid and private insurance, set up in-home care. No age requirements. Have separate programs for special needs assistance.

Anchor Center for Blind Children - Denver: 303-377-9732 • www.anchorcenter.org

School setting that provides services for the visually handicapped/impaired. Ages birth - preschool. Classes include infant/toddler session twice a week for 1-1/2 hours and preschool session 3 days a week from 9:30-1:30 p.m. Sliding fee scale.

Association for Community Living: 303-527-0888 • www.aclboulder.org

Assists those with developmental disabilities and their families. Offers 'focus on friendship,' which helps others learn how to meet friends with similar interests. Provides resources. No fee.

Autism Society of America - Boulder: 720-272-8231 • www.autismboulder.org

Monthly support group, free lecture series, workshops, and conferences, quarterly newsletter, lending library, mailing list, and respite care. Membership available for national and state.

Avista Therapy Center - Louisville: 303-673-1240

Infant and pediatric evaluation and treatment, physical and occupational therapy, speech language pathology rehabilitation services.

Bal Swan Children's Center – Broomfield: 303-466-6308 • www.balswan.org

Developmental disabled children receive speech, occupational, physical, and warm water pool therapy in a blended setting with typical preschoolers.

Boulder County Public Health – Children with Special Needs Program (CSNP): 303-678-6064

www.bouldercounty.org/health/famhlth/csn.htm

Health information and referrals to families of children with special health care needs birth to 21 years of age. Offers Ages and Stages Questionnaire (ASQ) developmental monitoring for children from birth to 3 years of age who are "at risk" for delays and newborn hearing screening to infants born at home. Professional nursing consultation is available to neonatal intensive care unit (NICU) graduates and/or infants who have severe medical concerns birth to three.

Boulder Valley School District – Parent Professional Partnership (PPP): 303-447-5176

Information and resource program for parents of children with special needs. Support groups for ADD/ADHD and mental health issues. Informative newsletter and guest speakers. Acts as liaison between parents and schools.

Center for People with Disabilities – Boulder: 303-442-8662; Longmont: 303-772-3250 • www.cpwd-ilc.org/

Private, nonprofit agency providing vocational and residential assistance to adults over 18 years with a wide range of disabilities; fees may apply.

Cerebral Palsy of Colorado: 303-691-9339 • www.cpcoco.org

Child Find (0-5 yrs.)

Boulder Valley School District: 720-561-5078 • www.bvsd.org

St. Vrain Valley School District: 303-772-6649 • www.stvrain.k12.co.us/departments/specialeducation

Developmental screening for children exhibiting delays in achieving milestones of development; referrals to appropriate services. Free service.

Colorado Families for Hands and Voices: 303-492-6283 • www.handsandvoices.org/chapters/colo.htm

Family support for deaf and hard-of-hearing children and their families.

Colorado Hearing Center – Longmont: 303-776-7770 • www.coloradohearingcenter.com

Hearing tests, hearing aids, and assistance with dizziness for individuals one year and up.

Colorado Therapeutic Riding Center: 303-652-9131 • www.ctrcinc.org/

Provides therapeutic and hippo-therapy for children & adults with special needs. Also provides all-abilities spring break camps and summer camps.

Exceptional Families of Boulder County: 303-441-1555 x92243

Local families with children who have developmental issues or special health care needs share their experiences, exchange information, and promote a parent voice in shaping the community. Offers one-to-one parent matching, support groups, workshops, social events, newsletter, speakers, family directory, library, parent liaisons to local hospitals, and opportunity for parent leadership in community.

Imagine!: 303-665-7789 • www.imaginecolorado.org

A nonprofit organization that contracts for specialized services on behalf of families with a network of private therapists and clinics or any service provider organizations in Boulder and Broomfield counties. Some Imagine! programs include:

Case Management: 303-926-6425

Case Management is the gateway to many of the services at Imagine! Working directly with individuals and their families, case managers help obtain services through Imagine! or an independent service provider organization (SPO) and makes sure these services are coordinated and delivered in a way that helps each person reach his or her goals.

Dayspring Education and Therapeutic Services: 303-926-6493 •

www.imaginecolorado.org/servicesImagine.htm#DaySp

Specialized services for children with special needs aged birth to three years and their families. Provides educational and therapeutic information, education, training, and support services to families.

Family Services: 303-926-6439

Can request funds to help pay for extraordinary costs for caring for a child or dependent with developmental delays and/or disabilities. Can purchase respite care; professional services, such as counseling, transportation, home modification and support; plus general resource, referral, and specific information on respite care. Must meet eligibility requirements.

Innovations: 303-926-6466

24-hour, supervised group home. Limited supervision. Training in personal care and money management.

Labor Source: 303-926-6477

Employment service that provides people with job training and job placement. Teaches skills useful in the workplace and provide help to people with developmental disabilities.

Out & About: 303-926-6452 • www.outabout.org

In-home respite care, ages five years to adult. Activities seven days a week. Community-based program emphasizes learning, leisure, and recreation. Fees apply.

Disability Information Referral – Colorado Assistive Technology Partners at CU Health Sciences Center: 303-315-1280

Expert, multi-disciplinary assistive technology services, which provide students with disabilities full access and participation in educational opportunities.

The Hearing Center Audiology – Longmont: 303-776-4313

Diagnostic services, hearing aids, and hearing aid repair. Pediatrics through geriatrics.

JFK Partners: 303-724-5266 • www.jfkpartners.org

Promotes the independence, inclusion, contribution, health, and well-being of people with developmental disabilities and special health care needs and their families through consumer, community, and university partnerships; providing education and training, consultation, technical assistance, direct service, research, program development, policy analysis, and advocacy.

Kids Connections – Boulder and Broomfield: 720-890-1618

Connects children with special needs to activities, opportunities, other families, information, and professionals; serves children with disabilities birth to age 5.

Mapleton Pediatric Rehabilitation Center: 303-441-0493 • www.bch.org/locations--directions/mapleton-center.aspx

Provides services for children 0-16 years needing speech, occupational, physical and psychological services, sensory integration. Evaluations and treatment available. Fees apply. Scholarships.

Mile-High Down Syndrome Association: 303-797-1699 • www.mhdsa.org

Provides resources and support to individuals with Down Syndrome, their families, professionals, and the community.

National Jewish Hospital: 303-398-1355 • www.njc.org

Learn all about asthma, its symptoms, medications, and available treatment programs.

Parents Encouraging Parents: 303-866-6846 • www.cde.state.co.us/cdesped/PEP.asp

Training and education for parents through the Colorado Department of Education.

Peak Parent Center: 719-531-9400 • www.peakparent.org

Parent training and information center serving families of children with disabilities throughout the state. Offers training, information, and technical assistance, including best practices, to families and the professionals working with them.

Rocky Mountain Community Preschool – Longmont: 303-772-6750

Integrated developmental preschool offering therapists, team teachers, and language development curriculum. Children with special health care needs must be referred through Child Find at 303-772-6649.

St. Vrain Valley Special Education: 303-772-7700 •

www.stvrain.k12.co.us/departments/specialEducation/

Federally mandated program serving educationally disabled children ages 3 to 21. Blending students in regular class settings.

Tiny Tim Center – Longmont: 303-776-7417 • www.tinytimcenter.org

Early childhood educational preschool and therapeutic services helping children reach their potential in a blended setting.

Vocational Rehabilitation Center - Boulder: 303-444-2816

State agency that helps individuals with disabilities become employed.

Transportation

Access a Ride: 303-292-6560 • www.rtd-denver.com/accessARide.shtml

Door-to-door, wheelchair-accessible bus service for those who have no other means of transportation.

Broomfield Easy Ride: 303-464-5534 • www.ci.broomfield.co.us/senior/transportation.shtml

Services for seniors and disabled.

Go Boulder: 303-413-7304

www.bouldercolorado.gov/index.php?option=com_content&task=view&id=705&Itemid=311

Mobility Transportation Service: 303-295-3900

Statewide transportation service open to all. Cost is determined per mile.

RTD: 303-299-6000 www.rtd-denver.com

Special Transit: 303-447-2848 (Available In Longmont, Boulder, Lafayette, and Louisville) •

www.specialtransit.org/index.htm

Door-to-door transportation for individuals with special needs. Wheelchair accessible. \$2 each way. Medical trips covered for Medicaid recipients.

Youth Services

COUNTYWIDE

Boulder Community Family Resources (BCFR) – Family Quest of Colorado: 303-516-1234

Uses experiential-based activities that include a variety of interactive family games and exercises, along with follow-up coaching sessions that can enhance learning. Family coaching is a direct conversation and experience, centered on the family's strengths, needs, and desires.

Boulder County Partners: 303-772-1411 • www.bcpartners.org

Youth mentoring program matching youth with adult mentors, building self-esteem, self-respect, motivation, and responsibility. One-on-one mentoring of at-risk youth. Workshops, recreational activities, and public speaking are also available. Ages 8-17.

Boulder County Prevention Connection: 303-441-3839 • www.BoulderCounty.org/cs/bp

Trainings in "How to Raise Successful Youth" using their strengths or developmental assets.

Boulder County Youth Corps: 303-441-4960 • www.BoulderCounty.org/youthcorps

Team-based outdoor conservation work. For youth 14 to 17.

Children, Youth and Family Mediation Program: 303-441-4369

www.bouldercolorado.gov/index.php?option=com_content&task=view&id=4612&Itemid=1901

Helps facilitate communication between parties who are in negotiation or conflict. Assists families, teens, schools, child care centers, etc.

Girl Scouts of Colorado: 866-827-7033 • www.girlscoutsofcolorado.org

Helps girls grow strong while discovering the fun, friendship, and power of girls together. Develops character, leadership skills, self-esteem, and skill for success.

The Women's Wilderness Institute: 303-938-9191 •
www.womenswilderness.org/womens_programs.html

Outdoor programs for teen girls and women. 6-12 day wilderness programs for teen girls ages 12-17. Scholarships available. 1-5 day courses for adult women.

WAIT (Why Am I Tempted?) Training: 720-488-8888 • www.waittraining.org

A high-energy, interactive program that teaches teens about sexual abstinence. Sponsored by Friends First, a Colorado coalition for abstinence education. Offers seminars and an educational library for parents to learn how to deal with and talk to teens.

YMCA – Boulder: 303-442-2778; Louisville: 303-664-5455; Longmont: 303-776-0370 www.ymcabv.org or www.longmontymca.org

Classes for youth on fitness, babysitting training, CPR, sports, homework groups, career counseling.

BOULDER

Breakthrough Arts – YMCA: 303-443-4474 #336 • www.ymcabv.org

Free art classes for teens 14-19. Classes include visual arts, video making, break dancing, rock climbing, hip-hop, and full-power self-defense.

Restoring Choices: 303-440-0704; 939 Cascade Ave. Boulder, CO 80302

Skill-building support for teens and their families working to create rich and authentic relationships. Provides opportunities for leadership and decision-making through evening parties (mixers).

The Edge: The Girls' Empowerment Program of the YWCA: 303-443-0419 •

www.ywcaboulder.org/programs/edge.html

Hands-on projects for girls 9-18. After-school programs include: Bolder Girls, a newspaper written by and for girls; Pro-Girl TV/video projects; and Wired Girls Club - computer skills.

Voices Carry – YWCA: 303-443-0419

www.ywcaboulder.org/get_involved/volunteeropps_internships.html

Leadership program for girls age 14-16 sponsored by the Women's Foundation. Participants learn leadership skills and how to speak out on issues important to their generation.

Youth Services – Alice: 303-441-4349 • www.yoab.org

Youth opportunities advisory board (YOAB).

LONGMONT

Alternatives for Youth – Longmont: 303-776-8184 • www.alternativesforyouth.org

Alternative school for expelled students, after-school and summer programs for elementary and middle school students, tutoring, academic support, and life skill development, and promotes volunteerism in youth. Offers a variety of parenting classes and workshops.

Longmont – A Community that Cares: 303-774-9937

A community house offering youth risk prevention, including mentoring, sports, computer lab, tutoring, and arts.

Career Development Training Center (CDC): 303-772-3333

Entry-level training and retaining center for high school and post-secondary students. Program and career counseling available.

Youth Services: 303-651-8580

Classes for middle school and high school youth, including arts, theater, leadership groups, outdoor, dance, chess clubs and drop-in activity events. Also provides counseling, asset building, and a youth counsel.

NEDERLAND

Teens, Inc.: 303-258-3821; 151 East Street Nederland, Co 80466 • www.teensinc.org

Teen center offering after-school activities, including pool tables, drama club, game room, computers, gym, employment opportunities and training, mentors, mediation and therapy, peer counseling and a roundtable team-led government group. All services are free.

LOUISVILLE

Project "Yes": 303-926-0306 • www.project-yes.org

"Mini workshops" for youth to develop leadership, community organizing, and other skills through art, service, and action projects.

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