

# The Parent's Directory

## to Boulder & Broomfield Counties

2008/2009



Parenting Place  
1235-A Pine Street  
Boulder, CO 80302  
303-449-0177  
[www.boulderparenting.org](http://www.boulderparenting.org)



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303-441-1100  
[www.BoulderCounty.org](http://www.BoulderCounty.org)



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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](mailto:info@boulderparenting.org)

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# Child Care

## Agencies & Center Assistance

### **Boulder County Public Health – Child Health Promotion Program: 303-413-7502**

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](http://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**

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](http://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/](http://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 Family Literacy Program: 303-245-5826**

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 30.

### **Longmont Children’s Council – Longmont Head Start: 303-776-8523**

**[www.longmontchildrenscouncil.org](http://www.longmontchildrenscouncil.org)**

Preschool and part-day child care for income-eligible children, ages 3-5.

### **Mom’s Day Out – Rocky Mountain Christian Academy – Longmont: 303-652-2211**

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: 303-499-2339 • [www.takeabreakchildren.com](http://www.takeabreakchildren.com)**

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](http://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.

**Wildwood Child & Adult Care Food Program: 303-730-0460**

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.html](http://www.ywcaboulder.org/programs/childrensalley.html)**

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**

**ABC Nannies, Inc. : 303-321-3866**

**Alpine Nannies: 303 545-2015 • [www.alpine-nannies.com](http://www.alpine-nannies.com)**

Alpine Nannies is a highly professional nanny and domestic help placement agency that matches their services with families needs. Offers full-time, part-time, and summer nannies, including housekeeping. Services offered to Boulder and the surrounding areas.

**Broomfield Parks & Recreation Department: 303-464-5500**

American Red Cross-trained sitters.

**City Nannies: 720-936-7596 • [www.citynannies.net](http://www.citynannies.net)**

Places nannies in the Denver and Boulder areas. Nannies placed are live-in, live-out, part-time/full-time. All nannies are pre-screened. Emergency child care available.

**Colorado Nanny, Inc.: 303-400-6667**

Unique and personalized in-home consultation helping to match each family with the perfect nanny. Places live-in, live-out, full-time, part-time, and summer nannies.

**CU Student Employment Office: 303-492-7349**

Can post information for desired sitters.

**High Country Nannies: 303-444-4881 • [www.highcountrynannies.com](http://www.highcountrynannies.com)**

Matches caring, experienced nannies and babysitters with families in the area.

**Nanny Poppinz: 720-204-1033 • [www.nannypoppinz.com](http://www.nannypoppinz.com)**

Family-owned and operated. Customized services to meet your child care needs, providing families with full- or part-time, live-in or live-out referrals. Newborn, night newborn specialists. Permanent or temporary in-home child care. Available 24/7, including holidays.

**Nannies of the Rockies, LLC: 303-499-2002 • [www.nanniesoftherockies.com](http://www.nanniesoftherockies.com)**

Local/national/international, part-time/full-time, live-in/live-out, temporary/summer nanny placement, on-call babysitting, share a nanny, house assistance.

**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](http://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/programs/childrensalley.html](http://www.ywcaboulder.org/programs/childrensalley.html)**

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 34 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**

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

**Art of Birthing – Anna Stewart: 303-499-7681**

Classes and workshops teaching women in all stages of pregnancy to move and stretch their bodies, write stories, and create beautiful symbols of their experiences.

**Becoming Mothers: 303-546-6262 • [www.becomingmothers.com](http://www.becomingmothers.com)**

Maternity store offering classes that address fundamental and common concerns of expectant parents.

**Boulder Community Hospital: 720-854-7834 • [www.bch.org](http://www.bch.org)**

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

**Communicating With Your Unborn Child Birth Intuitive – Teresa Robertson, RN, CNM, MSN: 303-258-3904 • [www.birthintuitive.com](http://www.birthintuitive.com)**

To support you in gaining proficiency and confidence in your ability to connect and communicate with your unborn child.

**Daddy Boot Camp; St. Vrain Family Center: 303-776-5348 • [www.stvrainfamilycenter.org](http://www.stvrainfamilycenter.org)**

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

**Darcy Kamin, RN, CLC: 303-447-2609**

Private childbirth preparation, baby care, and adoption classes offering counseling and education for parents of children 0-3 years old.

**Gentle Birth Connection – Nicolett Katz, CMT, CD: 303-442-2197**  
**[www.gentlebirthconnection.com](http://www.gentlebirthconnection.com)**

HypnoBirthing classes offering relaxation for the pregnant mom/couple to help create a more gentle, relaxed birth.

**Nurturing Connections – Linda Quigley, LCSW: 303-440-9196**

Education about the newest information of early child development. Creating parent/child relationship.

**Ruth Hartman: 303-440-4115**

Classes that educate and empower for home and hospital births. Holistic yet comprehensive. Based on Pam England's "Birthing from Within."

**Small Wonders – Dee Lennox, RN: 303-442-1672**

Natural childbirth education utilizing the Bradley Method® to increase knowledge and power, relaxation and natural breathing techniques. Small classes. Breastfeeding education class. Offered monthly; 6 two-hour sessions. Sliding fee scale available. Up to 8 people per class.

**The Birth Dance – Melissa Michaels: 303-415-0272**

Movement-based programs organized around the principles of grounding, containment, expression, aliveness, and connection to something greater than one's self.

**Relaxation for Your Pregnancy – Katie Harding, RNC, NP, BCIAC: 303-247-9197**

Biofeedback-assisted relaxation using the body's signals to improve and maximize your health and well-being.

**LAFAYETTE/LOUISVILLE:**

**Avista Hospital: 303-673-1029 • [www.avistahospital.org](http://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](http://www.exempla.org)**

Prenatal, child birth preparation, and parenting classes.

**LONGMONT:**

**Life Choices Pregnancy Center: 303-651-2050**

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

**Longmont United Hospital: 303-485-4184 • [www.luhcares.org](http://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.

**Amanda Wallace: 303-507-5210**

Teaching women how to deeply relax the mind and body, so the birthing body can do what it knows how to do with Hypnobirthing™.

**Peaceful Baby Birthing Consultants • [www.peacefulbaby.com](http://www.peacefulbaby.com)**

**Kathy Dolce: 303-684-6674**

**Susan Lynch: 303-776-2726**

Hypnobirthing™ - the Mongan Method, hypnotherapy, hypnosis for fertility, the Prenatal Parenting Program™ and support for new moms, breastfeeding, attachment parenting, and close siblings.

**NEDERLAND:**

**WomanKind – Mary: 303-642-7654**

Individual or group classes. Birth in our culture, a review of the normal birth process, making informed choices and understanding variations of normal. Pregnancy education establishing a trusting relationship during pregnancy with a woman and her partner. Discussing prenatal care, the developing baby, and current information on diagnostic tests and their appropriate use. Nutritional counseling and alternative approaches to common pregnancy discomforts.

# Toddlers to Teens

## **BOULDER:**

### **Baby Shalom: 720-364-1812 • [www.boulderjcc.org](http://www.boulderjcc.org)**

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

### **Becoming a Love and Logic Parent – Toddler through Teens**

**Stephanie Bryan: 303-397-0646 [www.realparenting.net](http://www.realparenting.net)**

**Patty Gilbert: 303-442-3738**

**Cindy Goldfarb: 303-494-8373**

**Sheryl Schwabe: 303-520-6803**

**Marinela Maneiro (in Spanish): 303-819-7606**

Teaches a parent to find the right answers and actions to some of those difficult moments during child rearing. Learn to parent with logical consequences and empathy while your child will learn to accept responsibility for his/her own actions. Also offers parent coaching.

### **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](http://www.ywcaboulder.org)**

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

### **Kangaroo Kingdom – Lafayette: 303-926-7550 • [www.TheKangarooKingdom.com](http://www.TheKangarooKingdom.com)**

Programs include infant, gym & play, craft, music, dance, languages, tumbling, baby sign language, kids movie night, birthday parties, open gym, becoming a Love & Logic parent, lactation, CPR certification, and more. Free trial classes available.

### **Mile High Fullpower – Teenpower: 303-543-0987**

Violence and harassment prevention skills for teens.

### **Nurturing Connections- Linda Quigley, LCSW: 303-440-9196**

Education about child development and behaviors with plans for parents to encourage children developing a *secure base* and learn to regulate their behavior. 15-week classes, one-topic classes, or consultations available.

### **Parents and Children Empowered: 720 839-6555 • [www.parentsandchildrenempowered.com/](http://www.parentsandchildrenempowered.com/)**

Offer classes for parents on child development designed to help parents better understand the meaning behind their child's behaviors. Classes taught at homes, as well as mothers groups and other locations.

### **Parenting with Heart – Julie Dolin, MA, LPC, DTR: 303-637-3176**

A movement-based group using a creative process to explore hopes, fears, motivations, current concerns, and new paradigms. Themes include: parenting styles, values, behavior, aggression and violence, spirituality, gender issues, and self-care.

### **Raising an Emotionally Intelligent Child – Terri Kirwin: 720-732-4050**

Teaches a parent to skillfully manage their children's emotions, set limits, and guide toward problem solving. Ages 2+

### **Sweet Pea Garden – Shepard Valley Waldorf School – Niwot: 303-652-0130**

**[www.shepherdvalley.org/programs/sweet-pea-garden/](http://www.shepherdvalley.org/programs/sweet-pea-garden/)**

Parents take part in simple crafts and work projects and circle time. Topics include rhythm, nutrition, and creative play. Fees apply.

### **Shining Mountain Waldorf School – Boulder: 303-444-7697 • [www.smwaldorf.org](http://www.smwaldorf.org)**

Parent education classes offered.

**Soulful Parenting – A Division of Visions, LLC: 720-904-7900 • [www.soulfulparenting.com](http://www.soulfulparenting.com)**

Parenting classes where the focus is on parents receiving support, education, and growth. Specializes in life coaching combined with mentoring. Helps parents, whether together or divorced, design an alliance that will enable them to be aligned with how they raise their child.

**LONGMONT:**

**Becoming a Love and Logic Parent**

**Mary Jane Mees: 303-772-6052**

**Phillip & Kim Cerdorian: 303-485-6381**

Teaches parents to find the right answers and actions for some of those difficult moments during child rearing. Learn to parent with logical consequences and empathy while your child will learn to accept responsibility for his/her own actions.

**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**

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 Again – Longmont Senior Center: 303-651-8411**

Five 1-1/2 hour sessions. Free.

**Life Choices Pregnancy Center: 303-651-2050 • [www.lifechoices.org](http://www.lifechoices.org)**

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

**Parenting After Separation: The Effects of Divorce on Children: 303-772-3853**

Third Tuesday of every month. \$50.

**Parenting Challenging 3-12 Year-olds – Community Parent Education (COPE): 303-678-6200**

Learn to increase positive behavior in your children, avoid conflicts, encourage cooperation, and respond to aggression. Kids group offered at no charge. Cost is \$20 in advance for 10 sessions.

**Parenting Your Out-of-Control Teen – Phillip & Kimberly Cerdorian: 303-485-6381**

Introduction class for parents of teenagers. Learn to parent with logical consequences and empathy while your teenager will learn to accept responsibility for his/her own actions.

**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](http://www.stvrainfamilycenter.org)**

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

**Sweet Pea Garden – Shepard Valley Waldorf School – Niwot: 303-652-0130**

8-week session for parents and their children 6 months to 3 years. Parents take part in simple crafts projects and circle time. Topics include rhythm, nutrition, and creative play. Fees apply.

**COUNTYWIDE:**

**Alternatives to Spanking – Voices for Children: 303-440-7059 • [www.vfccasa.org](http://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](http://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.

**Heartsmart: 1-800-894-3439 or 303-456-8543 • [www.coheartsmart.com](http://www.coheartsmart.com)**

Offers classes on CPR, pediatric and adult first aid, medication, and universal precaution.

**Mile High Fullpower – Kidpower: 303-543-0987**

Everyday safety skills workshops for parents and their children 4-12 years old. Teaches self-protection and self-esteem building skills. Individual nutrition counseling for participating expectant mothers and mothers with children up to age 5.

**Signing Smart™ Baby Sign Language Program: 720-488-3264 • [www.signingsmart.com](http://www.signingsmart.com)**

Parent/child play classes and adult workshops for hearing infants and toddlers 6 months to 2 years. Open a window into your child's mind; reduce frustration and tantrums; help your infant or toddler communicate using more than just pointing, grunts, and cries; and learn about an accessible and fun way to connect with your child.

**The Nurturing Program – Boulder County Department of Social Services**

**Jan Rice: 303-678-6000**

Free if income-eligible. Ages 0-12.

## Counseling & Support Services

### Adoption

**Lutheran Family Services of Colorado: 303-922-3433 • [www.lfsc.org](http://www.lfsc.org)**

Help with pregnancy counseling, adoption, and planning.

### Child Abuse

**To Report Child Abuse – Boulder: 303-441-441-1240; Longmont: 303-678-0000; Broomfield: 303-413-6388; 24-hour Emergency: 303-441-4444**

**Blue Sky Bridge Child & Family Advocacy Program: 303-444-1388 • [www.blueskybridge.org](http://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](http://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](http://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.bouldercountysafehouse.org](http://www.bouldercountysafehouse.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 • [www.coavp.org](http://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: 303-441-1240**

**Longmont: 303-678-0000**

**Broomfield: 303-413-6388**

**24-hour Emergency: 303-441-4444**

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 • 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.bvsvd.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 – HospiceCare Grief and Education Center: 303-604-5330**

**[http://hospicecareonline.org/04\\_griefeducation/healingcircles.php](http://hospicecareonline.org/04_griefeducation/healingcircles.php)**

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

**HospiceCare Grief and Education Center: 303-604-5300 • 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.

**Nora Swan-Foster, LPC: 303-440-4000 • www.swanfoster.com**

Facilitates healing for perinatal transitions, trauma, loss, and depression for women and their families.

## **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.

## **Parenting After Separation: The Effects of Divorce on Children: 303-772-3853**

Call for class schedule.

## **St. Vrain Family Center – Longmont: 303-776-5348 • [www.stvrainfamilycenter.org](http://www.stvrainfamilycenter.org)**

Supervised parent visits, safe exchange center, fees apply.

## **Domestic Violence**

### **Safe Shelter of St. Vrain Valley: 303-772-0432; Crisis Line: 303-772-4422**

**[www.safeshelterofstvrain.org](http://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.

### **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**

**Boulder 303-449-8623**

**Tri-Cities: 303-673-9000**

**24-Hour Crisis Line: 303-444-2424**

**[www.safehousealliance.org](http://www.safehousealliance.org)**

Individual and group counseling, access to safe shelter, legal advocacy, and support for women and children impacted by domestic violence. Sites in Boulder, Lafayette, Nederland, and Broomfield.

**Youth Crisis Line: 1-800-448-4663**

## **Individual & Family**

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

**[www.fqoc.org/](http://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 Partners: 303-772-1411 [www.bcpartners.org](http://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](http://www.psychotherapistsguild.com)**

Categorized list of psychotherapists.

### **Catholic Charities – Sacred Heart Parish: 303-742-0828 • [www.catholiccharitiesdenver.org](http://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](http://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: 303-651-8445**

**[www.ci.longmont.co.us/cnr/conflict/about\\_mediation.htm](http://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.

### **Colorado Center for Modern Psychoanalytic Studies: 303-654-3818 • [www.ccmps.net](http://www.ccmps.net)**

Maturation classes from prenatal through geriatrics; psychoanalytical theory classes; and clinical services for individuals, couples, and families. Fees vary. Countywide.

**Colorado Mediation Center, LLC – Beth Ornstein, J.D.: 303-415-2042**

**[www.mediationnow.com/cmcl/](http://www.mediationnow.com/cmcl/)**

Mediation on divorce, parenting time, parental decision making, personal and family relationships.

**Access Counseling: [www.accessboulder.org](http://www.accessboulder.org)**

**Longmont: 303-776-8211**

**Boulder: 303-449-7898**

Counseling help with divorce, raising kids, single parenting, understanding teens, feeling out of control, etc. Sliding fee scale. Offers individual counseling with therapist, family programs, play therapy, and group programs.

**Step-parenting Class – Paula Schild, Ph.D: 303-908-6557 • [www.paulaschild.com](http://www.paulaschild.com)**

6-week course that helps stepparents deal with the realities of stepfamily life. Also provides individual/couple counseling.

**Counseling Ministry of First Presbyterian Church: 303-402-6434**

**[www.fpcboulder.org/counseling.html](http://www.fpcboulder.org/counseling.html)**

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

**Life Choices Pregnancy Center – Longmont: 303-651-2050 • [www.lifechoices.org](http://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 Serving Boulder and Broomfield Counties: [www.mhcbc.org](http://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.

**The Raimy Clinic at CU: 303-492-5177 • [www.psych.colorado.edu/~clinical/raimy.html](http://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](http://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](http://www.ci.longmont.co.us/youth_services)**

Free services for individuals, families, or small groups.

## **Parapartum/Postpartum Depression**

**Catie McDowell, LCSW, & Ellen Rossier, LMFT: 303-494-6877 • [www.themomsconnection.net](http://www.themomsconnection.net)**

A support group for women experiencing postpartum depression or anxiety in the year after childbirth.

**Community Infant Program – Boulder County: 720-562-0560; Broomfield County Mental Health: 303-466-3007 X14 • [www.bouldercounty.org/health/famhlth/cip.htm](http://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.

**Getting Beyond Pregnancy/Birth Trauma – Mary Obata, LFMT: 303-580-0876**

Individual EMDR therapy to help cope with upsetting or difficult pregnancy/childbirth experiences. Sliding fee scale.

**Getting Beyond the Unexpected – Mary Obata, LMFT: 303-580-0876**

Individual therapy and support groups for pregnant mothers and new mothers who are struggling. Receive support, information, and tools to help get beyond prenatal/postpartum depression and anxiety. You are not alone. At least one in 10 mothers suffer during pregnancy and the first year. Sliding fee scale.

**Mary Jo Manydeeds, LCSW: 303-817-9843**

Individual therapy for new mothers experiencing prenatal and postpartum depression.

**Postpartum Support International: 805-967-7636; Colorado Chapter – Joan: 303-759-9171; [www.postpartum.net](http://www.postpartum.net)**

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

**Support for Women Suffering from Postpartum Depression – Katherine Ward, LCSW: 303-417-1041**

Individual and group therapy, general education and support, and connection to community and health resources.

## Substance Abuse

**Addiction Treatment Center of Longmont (ATC): 303-651-9200 • [www.atclongmont.org](http://www.atclongmont.org)**

Intensive outpatient program. Sliding fee scale.

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

**Boulder: 303-441-1275 • [www.BoulderCounty.org/behavhlth](http://www.BoulderCounty.org/behavhlth)**

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/behavhlth/index.htm](http://www.BoulderCounty.org/behavhlth/index.htm)**

Individual and group counseling services related to substance abuse issues.

**BCPH Specialized Women's Services: 303-678-6157**

**[www.BoulderCounty.org/behavhlth/sws/index.htm](http://www.BoulderCounty.org/behavhlth/sws/index.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](http://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.

**Longmont United Hospital – Behavioral Health Services: 303-651-5388 • [www.luhcares.org](http://www.luhcares.org)**

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

## Culturally Diverse Services

### Monolingual Spanish-Speaking

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

**[www.alternativesforyouth.org/programs\\_celebrando.html](http://www.alternativesforyouth.org/programs_celebrando.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**

[www.boulder.lib.co.us/special/multicultural/](http://www.boulder.lib.co.us/special/multicultural/)

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](http://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](http://www.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](http://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.

**Latino Family Strengthening Program Parenting Place: 303-449-0177**

[www.boulderparenting.org](http://www.boulderparenting.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](http://www.intercambioweb.org)**

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

**Los Padres (Colorado Statewide Parent Coalition): 720-890-0123 • [www.coparentcoalition.org](http://www.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.boulderparenting.org](http://www.boulderparenting.org)**

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

**Puentes Culturales – Countywide: 303-931-7876 • [www.puentesculturales.com](http://www.puentesculturales.com)**

Translation for the Spanish-speaking population. Prenatal Spanish classes. Cultural sensitivity training for providers or employee orientations.

**SIDA – Countywide: 303-444-6121 • [www.bcap.org](http://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](http://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.languageline.com](http://www.languageline.com)**

Interpretation available via phone; call in advance.

**Boulder Jewish Community Center: 303-998-1900 • [www.boulderjcc.org](http://www.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](http://www.ccdenver.org)**

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

**Denver Indian Center, Inc.: 303-936-2688 • [www.denverindiancenter.org](http://www.denverindiancenter.org)**

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

**Native American Rights Fund: 303-447-8760 • [www.narf.org](http://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/C10/Child%20Find/default.aspx](http://www.bvsd.org/C10/Child%20Find/default.aspx)**

Free developmental screening for children.

**Child Find (0-5) – St. Vrain Valley School District: 303-772-6649**

**[www.stvrain.k12.co.us/departments/specialEducation](http://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/](http://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/](http://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](http://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](http://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](http://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](http://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.

**Community Food Share - Boulder: 303-652-3663 [www.communityfoodshare.org](http://www.communityfoodshare.org)**

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

**Consumer Credit Counseling Service – Boulder: 303-750-2033 • [www.cccsdenver.org](http://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](http://www.BoulderCounty.org/ss/#Assistance%20Payments)**

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

**Emergency Family Assistance Association (EFAA)**

**Lafayette: 303-665-8064**

**Longmont: 303-651-2388**

**[www.efaa.org](http://www.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.motherhouse.net](http://www.motherhouse.net)**

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**

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: 303-301-2911, ext. 235**

**[www.BoulderCounty.org/cs/project\\_work\\_together.htm](http://www.BoulderCounty.org/cs/project_work_together.htm)**

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](http://www.thistlehousing.org)**

Subsidized housing available in Boulder County.

**Wildwood Child and Adult Care Food Program: 303-730-0460**

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: 303-666-4168; 1345 Plaza Court North, Suite 3A, Lafayette, CO 80026**

**[www.BoulderCountyWIC.org](http://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.

## **BOULDER**

**Boulder Housing Partners: 720-564-4610 • [www.boulderhousing.org](http://www.boulderhousing.org)**

Housing assistance for income-eligible. Wait list applies.

**Sacred Heart Church – Boulder: 303-442-6158 • [www.shjboulder.org](http://www.shjboulder.org)**

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

**Salvation Army – Boulder: 303-440-7183 • [www.salvationarmyusa.org](http://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: 303-442-5931**

## **BROOMFIELD**

**Broomfield County Department of Social Services: 720-887-2200 • [www.broomfield.org/hhs/](http://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: 303-422-8600 x 32 • [www.broomfield.org/housing/index.shtml](http://www.broomfield.org/housing/index.shtml)**

**Broomfield United Methodist Church: 303-466-1719 • [www.broomfieldumc.org](http://www.broomfieldumc.org)**

Food for those in need.

**Calvary Evangelical Free Church – Broomfield: 303-466-9750 • [www.calvaryefree.org](http://www.calvaryefree.org)**

**First Fruits Pantry (food and clothing). Open to all, Thursdays, 5 p.m.**

**Salvation Army - Broomfield Office: 303-635-3018 • [www.salvationarmyusa.org/](http://www.salvationarmyusa.org/)**

For Broomfield residents only. Call for appointment.

## **LONGMONT**

**Good News Center – Longmont: 303-678-9550 • [www.saturatecolorado.com/node/3467](http://www.saturatecolorado.com/node/3467)**

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.bcn.boulder.co.us/housing/innbetween](http://www.bcn.boulder.co.us/housing/innbetween)**

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](http://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: 303-651-8443 • [www.bcn.boulder.co.us/housing/longinfo.html](http://www.bcn.boulder.co.us/housing/longinfo.html)**

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](http://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](http://www.johnthebaptist.org)**

Emergency food bank. Call first.

**Vineline Community Church – Longmont: 303-449-3330 • [www.vinelife.org](http://www.vinelife.org)**

Food for anyone in need.

## **LAFAYETTE & LOUISVILLE**

**Louisville Housing Authority: 303-926-0784**  
[www.ci.louisville.co.us/boards/housingauthority.htm](http://www.ci.louisville.co.us/boards/housingauthority.htm)

**Sister Carmen Center – Lafayette: 303-665-4342 • [www.sistercarmencenter.org](http://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.louisvilleunitedmethodistchurch.org](http://www.louisvilleunitedmethodistchurch.org)  
Food bank. Call for hours.

## **NEDERLAND, WARD, JAMESTOWN**

**Mountain Community Resource Center – Ward: 303-459-3358**  
[www.mountaincommunityresources.org/](http://www.mountaincommunityresources.org/)  
For mountain residents in need. Call first for an appointment.

**Nederland Community Church: 303-258-3579**  
[www.nederlandchamber.org/members/NederlandCPC.htm](http://www.nederlandchamber.org/members/NederlandCPC.htm)  
For western Boulder County residents in need. Call for food bank hours.

**Nederland Food Pantry: 303-258-3579**  
Food bank. Call for hours.

## **Health Care Assistance**

**Adult Care Management: 303-964-2443 • [www.oacm.org/](http://www.oacm.org/)**  
Helps families through Medicaid and private insurance. Set up in home care. No age requirements. Has separate programs for special needs assistance.

**Boulder County Public Health – Early & Periodic Screening, Diagnosis, & Treatment (EPSDT)**  
**Boulder: 303-413-7518**  
**Longmont: 303-678-6141**  
**Louisville, Lafayette, Broomfield: 303-666-0515**  
[www.BoulderCountyMedicaid.org](http://www.BoulderCountyMedicaid.org)

Assistance in finding doctors, arranging medical needs, finding dentists and eye doctors. Arranges for transportation and explains medical benefits covered by Medicaid and managed care plans.

**Child Health Plan *Plus* (CHP+) – 800-359-1991 • [www.cchp.org](http://www.cchp.org)**  
Low-cost health insurance for children 18 and under and pregnant women.

**Children’s Extensive Support (CES) Medicaid Waiver: 303-926-6486**  
[www.cdhs.state.co.us/dd/PDFs/DIR\\_Desk\\_Re1.pdf](http://www.cdhs.state.co.us/dd/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.childrenwithspecialneeds.com](http://www.childrenwithspecialneeds.com)**  
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.

**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](http://www.workworld.org/wwwwebhelp/ssiget.htm)

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

## Other Assistance

**Life Choices Pregnancy Center – 303-651-2050 [www.lifechoices.org](http://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](http://www.cdhs.state.co.us/leap/forcounties.htm)**

Assistance with utility payments for eligible low-income clients.

**Longs Peak Energy Conservation (LPEC) - 303-441-3829  
[www.BoulderCounty.org/cs/ho/weatherization](http://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/](http://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](http://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 • [www.coavp.org](http://www.coavp.org)**

**24-hour crisis line: 1-866-557-1551**

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](http://www.glbtcolorado.org)**

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

**Open and Affirming Sexual Orientation/gender identity Support (O.A.S.O.S.) Program: 303-499-5777 • [www.BoulderCounty.org/commhlth/safeZone/oasos.htm](http://www.BoulderCounty.org/commhlth/safeZone/oasos.htm)**

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; Colorado's Spanish PFLAG helpline: 303-231-6030**

**[www.members.tde.com/pflagbldr](http://www.members.tde.com/pflagbldr)**

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

**Safe Zone Program: 303-678-6139 • [www.bouldercountysafezone.org](http://www.bouldercountysafezone.org)**

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: 303-413-8367 • [www.boulderpride.org/speakingout.htm/](http://www.boulderpride.org/speakingout.htm/)**

Boulder County's LGBTIQ Speaker's Bureau.

**The Free Teen Clinic: 303-442-5160 • [www.teenclinic.org/parent\\_info/index.html](http://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 • [www.rmpdc.org](http://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**

**Broomfield: 303-499-7010**

**Lafayette: 303-499-7010**

**Longmont: 303-682-2619**

**[www.dentalaid.org](http://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.

**Rocky Mountain Planned Parenthood**

**Boulder: 303-447-1040**

**Longmont: 303-772-3600**

**[www.plannedparenthood.org/rocky-mountains/index.htm](http://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](http://www.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.

**People’s Clinic: Appointments: 303-449-6050; After Hours: 303-442-6011**

**[www.peoplesclinic.org](http://www.peoplesclinic.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](http://www.broomfield.org/hhs)**

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: 303-665-9310 • [www.clinicacampesina.org/](http://www.clinicacampesina.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: 303-776-3250 • [www.saludclinic.org/index.html](http://www.saludclinic.org/index.html)**

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: 970-304-6420**

**[www.co.weld.co.us/departments/health/publichealth.html](http://www.co.weld.co.us/departments/health/publichealth.html)**

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: 303-258-3206 • [www.mountainfamily.org](http://www.mountainfamily.org)**

## **Hospitals**

**Avista Hospital - 303-673-1000 • [www.avistahospital.org](http://www.avistahospital.org)**

Emergency room: 303-673-1111

Ask-a-nurse: 303-777-6877

**Boulder Community Hospital: 303-440-2273 • [www.bch.org](http://www.bch.org)**

**Exempla Good Samaritan – Lafayette: 303- 689-4000 • [www.exempla.org/body.cfm?id=26](http://www.exempla.org/body.cfm?id=26)**

**Longmont United Hospital: 303-651-5111 • [www.luhcares.org](http://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](http://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](http://www.broomfield.org)**

Call for appointment and schedules.

**Clinica Campesina – Lafayette: 303-665-9310 • [www.clinicacampesina.org](http://www.clinicacampesina.org)**

**People’s Clinic – Boulder: 303-449-6050, After Hours: 303-442-6011 • [www.peoplesclinic.org](http://www.peoplesclinic.org)**

**Mountain Family Health Center: 303-258-3206 • [www.mountainfamily.org/](http://www.mountainfamily.org/)**

**Rocky Mountain Planned Parenthood – Boulder: 303-447-1040**

**[www.plannedparenthood.org/rocky-mountains/index.htm](http://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](http://www.saludclinic.org/Longmont.html)**

## **Public Health Departments**

**Boulder County Public Health: 303-441-1100 • [www.BoulderCounty.org](http://www.BoulderCounty.org)**

Resources available on a variety of health topics.

**Broomfield Health and Human Services: 720-887-2220 • [www.broomfield.org](http://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; 303-444-7181 (Español) • [www.bcap.org](http://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**  
**[www.BoulderCounty.org/hpe/STI/index.htm](http://www.BoulderCounty.org/hpe/STI/index.htm)**

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.clinicacampesina.org](http://www.clinicacampesina.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](http://www.thebody.com/index/hotlines/national.html)**  
**[www.ashstd.org/](http://www.ashstd.org/)**

Confidential advice and counseling for persons with AIDS.

**National Pediatric AIDS Network (NPAN): 303-527-0185 • [www.npan.org/](http://www.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 – Boulder: 303-447-1040: Longmont: 303-772-3600**  
**[www.plannedparenthood.org](http://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](http://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](http://www.211colorado.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](http://www.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; Colorado's Spanish PFLAG helpline: 303-231-6030 • [www.pflag.org/](http://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](http://www.BoulderCounty.org/youthcorps)**

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

**Broomfield Workforce Center: 303-464-5855**

**[www.broomfield.org/hhs/broomfield\\_county\\_workforce\\_cent.shtml](http://www.broomfield.org/hhs/broomfield_county_workforce_cent.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](http://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**

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: 303-772-2612**

**[www.coloradorehab.com/designation.shtml](http://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/](http://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)**

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](http://www.bouldercolorado.gov)**

Colorado city and county job listings.

**Project Self-Sufficiency: 303-441-4853 • [www.ps-s.org](http://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: 303-441-4889**

**[www.BoulderCounty.org/cs/project\\_work\\_together.htm](http://www.BoulderCounty.org/cs/project_work_together.htm)**

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: 303-827-7438 • [www.wfbc.org](http://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](http://www.volunteerconnection.net)**

Volunteer placement, training, and recruitment in Boulder County.

## Legal Assistance

**Boulder County Legal Services: 303-449-7575**

**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](http://www.bouldercolorado.gov/index.php?option=com_content&task=view&id=328&Itemid=200)**

**Colorado Bar Association: 303-860-1112 • [www.cobar.org](http://www.cobar.org)**

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

**[www.colorado.edu/law/clinics/legalaid/crimdefense.htm](http://www.colorado.edu/law/clinics/legalaid/crimdefense.htm)**

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

**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.

**Legal Aid: 303-837-1313 • [www.legalaidfoundation.org](http://www.legalaidfoundation.org)**

**Legal Center for People with Disabilities and Older People: 303-722-0300**

**[www.thelegalcenter.org](http://www.thelegalcenter.org)**

**Metro Lawyers Referral Services: 303-831-8000 • [www.mlrsnline.org](http://www.mlrsnline.org)**

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

**[www.acf.hhs.gov/programs/cse/pol/DCL/1999/dcl9940.htm](http://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): 303-744-7667**

**[www.medicalreporter.health.org/tmr0497/PAC.HTM](http://www.medicalreporter.health.org/tmr0497/PAC.HTM)**

**Pro Se Divorce: 303-441-3750**

**[www.divorcesource.com/cgi-bin/search/catsearch.pl?cat=Pro\\_Se\\_Divorce](http://www.divorcesource.com/cgi-bin/search/catsearch.pl?cat=Pro_Se_Divorce)**

## Parent Support

### General

**Bright Beginnings – Boulder, Broomfield, and Gilpin counties: 303-449-0177**

**[www.boulderparenting.org](http://www.boulderparenting.org) or [www.brightbeginningsco.org](http://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; Broomfield County Mental Health: 303-466-3007 X14 • [www.BoulderCounty.org/famhlth/cip.htm](http://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: 303-413-7554 • [www.nursefamilypartnership.org](http://www.nursefamilypartnership.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.boulderparenting.org](http://www.boulderparenting.org)**

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

## Especially for Dads

**Dads and Kids Playgroup – Parenting Place: 303-449-0177 • [www.boulderparenting.org](http://www.boulderparenting.org)**

Playgroup for fathers & their children, 1st and 3<sup>rd</sup> Wednesdays 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](http://www.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](http://www.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](http://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.la lecheleague.org](http://www.la lecheleague.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 • [www.themotherscircle.org](http://www.themotherscircle.org)**

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#**

**[www.bouldercountymothersandmore.org](http://www.bouldercountymothersandmore.org)**

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.

**Mothers Supporting Mothers – Mary Obata, LMFT: 303-580-0876**

Support group to explore the profound impact of mothers on your life. Receive support to cope with the challenges and changes. Discover ways to nurture yourself while nurturing others. For moms of infants and toddlers. Sliding fee scale.

**Moxie Moms: 303-413-0852 • [www.moxie-moms.com](http://www.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.

**New Mom's Connection – Catie McDowell, LCSW and Ellen Rossier, LMFT: 303-494-6877  
[www.newmomconnection.com](http://www.newmomconnection.com)**

A group for new moms – a great way to take care of yourself after your baby is born! Fees apply; call to register.

**The “Not-so-new” Mom's Connection Catie McDowell, LCSW and Ellen Rossier, LMFT: 303-494-6877 • [www.themomsconnection.net/html/not\\_so\\_new\\_moms.html](http://www.themomsconnection.net/html/not_so_new_moms.html)**

A place for moms of children 4 months – 2 years old to continue conversations about the ever-changing joys and challenges of parenting young children.

**Sanctuary – Caty McDowell, LCSW and Ellen Rossier, LMFT: 303-494-6877  
[www.add-adhd-help-center.com/Depression/forum.htm](http://www.add-adhd-help-center.com/Depression/forum.htm)**

A support group for women experiencing postpartum depression or anxiety in the year after childbirth.

**Small Wonders – Dee Lennox, RN: 303-442-1672 • [www.coloradodoulas.com/deelennox.html](http://www.coloradodoulas.com/deelennox.html)**  
Breastfeeding education support group.

**St. Vrain Family Center: 303-776-5348 • [www.stvrainfamilycenter.org](http://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.boulderparenting.org](http://www.boulderparenting.org)**  
Weekly single parent support groups for moms and their children. Dinner provided.

**Real Choices Pregnancy Care Center – Lafayette: 303-494-3282 • [www.realchoicespcc.org](http://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](http://www.parentswithoutpartners.org)**  
Meetings with speakers.

**YWCA Single Parent Program: 303-443-0419 • [www.ywcaboulder.org](http://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](http://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: 303-413-7511 • [www.BoulderCounty.org/commhlth/genesis](http://www.BoulderCounty.org/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](http://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/ss/adoption/FAQs.htm](http://www.BoulderCounty.org/ss/adoption/FAQs.htm)**

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

**Adoption Options: 303-695-1601 • [www.adoption-options.com](http://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.boulder-twins.org](http://www.boulder-twins.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.newcomersclub.com/websites.html](http://www.newcomersclub.com/websites.html)**

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

**Niwot Center for Integrative Therapies-303-652-3775 • [www.cihh.net](http://www.cihh.net)**

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

**Parents of Children with Food Allergies, 720-890-7265**

## **Parenting Education Materials**

**Boulder Public Library - Main Branch: 303-441-3099 • [www.boulder.lib.co.us](http://www.boulder.lib.co.us)**

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](http://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.

**Parenting Place: 303-449-0177 • [www.boulderparenting.org](http://www.boulderparenting.org)**

Videos on loan to interested parents; books and publications for perusal on-site; *The Family Connection* newsletter with informative articles and bulletin boards with up-to-date postings about upcoming community events.

**Partners in Parenting – CSU Cooperative Extension: 800-457-2736**

**[www.coopext.colostate.edu/arapahoe/yp-main.htm](http://www.coopext.colostate.edu/arapahoe/yp-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](http://www.coopext.colostate.edu/pip)

**YWCA Resource Room: 303-443-0419 • [www.ywcaboulder.org](http://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](http://www.amtamassage.org)**

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

**Bellies, Births and Babies • [www.belliesbirthsandbabies.com](http://www.belliesbirthsandbabies.com)**

A group of birthing professionals providing support, information, and resources to families.

**Beyond Birth: 303-447-7174 • [www.beyondmidwiferycare.com](http://www.beyondmidwiferycare.com)**

Comprehensive postpartum exam, support of breastfeeding, instruction and education in self and infant care, screening for common postpartum complications, assistance with c-section recovery, addressing parents' questions and concerns.

**Birthing In Balance: 720-201-7720 • [www.birthinginbalance.com](http://www.birthinginbalance.com)**

Holistic childbirth preparation based on *Birthing from Within*.

**Boulder College of Massage Therapy: 303-530-2100 • [www.bcmt.org](http://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](http://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](http://www.chirodirectory.com/dir/co/boulder)**

Referral service for chiropractic care.

**ICAN (International Cesarean Awareness Network): 303-477-6243 • [www.ican-online.net](http://www.ican-online.net)**

Support for women having cesareans.

**Knight Meals, LOC: 303-517-4506 • [www.knightmeals.com](http://www.knightmeals.com)**

Personal chef service for tired and/or busy parents.

**Libby Newman: 303-247-9386**

Overnight infant care.

**Longmont United Hospital: 303-485-4184 • [www.luhcares.org](http://www.luhcares.org)**

Infant massage classes offered.

**National Certification Board for Therapeutic Massage and Body Work: 800-296-0664**

**[www.ncbtmb.com](http://www.ncbtmb.com)**

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

**Smooth Transitions: 303-635-0979 • [www.smoothtransitions.net](http://www.smoothtransitions.net)**

Personal postpartum care including information and instruction, multiples assistance, lactation support, special needs assistance, and household help.

**Studio BE – Prenatal Yoga: 303-402-1763 • [www.studiobeyoga.com](http://www.studiobeyoga.com)**

Weekly prenatal yoga classes.

**Summertree Cares – Longmont United Hospital: 303-651-5224 • [www.luhcares.org](http://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.

**Wise Womanhood: 720-628-5015 • [www.wisewomanhood.com](http://www.wisewomanhood.com)**

Consultation and classes for preconception, prenatal and postnatal women's health.

## Childbirth

### Birth Assistance – Doula

**Birth Assistants of Boulder Inc: 303-752-6933 • [www.birthassistantsofboulder.com](http://www.birthassistantsofboulder.com)**

Local group of birth doulas that help with birthing plans and provide emotional and physical birthing support.

**Colorado Doulas Association • [www.coloradodoulas.com](http://www.coloradodoulas.com)**

Provides contact information for doulas across the state.

**Longmont Doulas • [www.longmontdoulas.com](http://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](http://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](http://www.dora.state.co.us/midwives)**

Search for registered midwives.

**Midwives Alliance of North America: 888-923-6262 • [www.mana.org](http://www.mana.org)**

Search for midwives by location.

**Birth Partners • [www/birthpartners.com](http://www/birthpartners.com)**

Search for natural birth resources by location.

## Breastfeeding

### Breast Pump Rental/Purchase & Scale Rentals

#### **BOULDER**

**Boulder Community Hospital: 720-854-7230 • [www.bch.org](http://www.bch.org)**

**Becoming Mothers: 303-546-6262 • [www.becomingmothers.com](http://www.becomingmothers.com)**

Breast pump rentals and sales, styles of breastfeeding accessories, and related supplies.

#### **LONGMONT**

**Longmont United Hospital; 303-485-4277**

Medela Lactinas rental

**Walgreens Pharmacy (17<sup>th</sup> & Pace): 303-651-7468**

Medela Symphony, Baby-Weigh Scale Rental

#### **COUNTYWIDE**

**Medela, Inc.: 1-800-435-8316 (Bilingual) • [www.medela.com](http://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: 303-666-4168;**

**Longmont: 303-678-6130 • [www.fns.usda.gov/wic/aboutwic/](http://www.fns.usda.gov/wic/aboutwic/)**

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

## Lactation Specialists

**Avista Hospital: 303-673-1088 • [www.avistahospital.org](http://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](http://www.bch.org)**

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

**Becoming Mothers: 303-546-6262 • [www.becomingmothers.com](http://www.becomingmothers.com)**

Certified lactation consultant assisting with breastfeeding questions and concerns. Lactation consultations on site, by phone, or at your home. Breastfeeding classes.

**Darcy Kamin, RN, CLC: 303-447-2609**

Comprehensive lactation consultations by a licensed, registered nurse and certified lactation consultant. North Boulder home office; limited outreach home visits available.

**Le Leche Groups – Denver Metro Helpline: 303-779-6722 • [www.lalecheleague.org](http://www.lalecheleague.org)**

Support provided by volunteer mothers for the pregnant and/or breastfeeding mother; telephone helpline; 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 • [www.longmontlll.org](http://www.longmontlll.org)**

**Longmont United Hospital: 303-485-4277; Baby Weigh Clinic: 303-485-4278  
[www.luhcares.org](http://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: 3<sup>rd</sup> 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.

**Sharon Schatz, CLE – Lafayette & Boulder: 303-604-2385 • [www.joybeginnings.com](http://www.joybeginnings.com)**

Fun and interactive classes on breastfeeding for prenatal parents. Consultations.

**Erika Townsend, RN, IBCLC: 720-771-5967**

Certified lactation consultant available for phone consultations, home visits and breast pump rental. Able to help in the following towns: Longmont, Erie, Frederick, Firestone, Mead. Able to help Spanish-speaking mothers as well.

**Women, Infants, and Children (WIC) - Boulder: 303-413-7520; Lafayette: 303-666-4168;**

**Longmont: 303-678-6130 [www.BoulderCounty.org/famhlth/wic/index.htm](http://www.BoulderCounty.org/famhlth/wic/index.htm)**

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

## Other Breastfeeding Resources

**Colorado Breastfeeding Task Force: 303-315-6263 • [www.coloradobreastfeedingtaskforce.org](http://www.coloradobreastfeedingtaskforce.org)**

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

**Mother's Milk Bank – Denver: 303-869-1888 • [www.bestfedbabies.org/mlIndex.htm](http://www.bestfedbabies.org/mlIndex.htm)**

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: 303-666-4168 • [www.BoulderCountyWIC.org](http://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.

## Car Seats

### Rentals And Loans

**Rocky Mountain Kiwanis – William: 303-931-3443**

Car seats to families in need.

### Proper, Safe Use

**Auto Safety Hotline: 1-800-424-9393 • [www.odi.nhtsa.dot.gov/ivoq](http://www.odi.nhtsa.dot.gov/ivoq)**

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](http://www.carseatscolorado.com)**

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

## Diaper Services

**EarthSmart: 303-776-3955 [www.earthsmartdiaperservice.com/](http://www.earthsmartdiaperservice.com/)**

Cloth diaper service for Denver Metro area, including Boulder and Broomfield counties.

**The Changing Table: 303-746-0927 [www.thechangingtable.net](http://www.thechangingtable.net)**

The Changing Table is a Boulder-based company run by a core team of friendly drivers and new moms. We deliver the highest quality cloth diapers and diapering supplies to families all over the Boulder and Denver areas, including north to Longmont and Loveland in our van fueled by biodiesel.

## Home Safety

**The Keep Me Safe Program: 303-853-3282 [www.kiddesafety.com](http://www.kiddesafety.com)**

Home safety visits to assist families one-on-one in their home to identify specific risk areas and find the best possible childproofing solutions.

## Playgroups

**LifeBridge Christian Church: 303-776-2927 x211 [www.lbcc.org](http://www.lbcc.org)**

Playgroup for mothers of young children.

**Moms' Club: [www.momsclub.org](http://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](http://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/youth.html](http://www.teensinc.org/youth.html)**

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.boulderparenting.org](http://www.boulderparenting.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](http://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](http://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/cyfhhs](http://www.bouldercolorado.gov/cyfhhs)**

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](http://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](http://www.wowmuseum.com)**

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

### Creative Arts

**95<sup>th</sup> Street Clay & Art – Lafayette: 303-926-6779**

Special toddler and preschool age activities.

**Clementine Studio – Boulder: 303-443-2520 [www.clementinestudioboulder.com/](http://www.clementinestudioboulder.com/)**

Art space for children offering art classes, tot classes, birthday parties, and open studio time.

**Colorado Academy of Art - Young Artist Program – 303-442-0669 •**

**[www.coloradoartacademy.com](http://www.coloradoartacademy.com)**

CAA's Young Artist Program is designed to build a community of young adults to help develop and improve their fundamental art skills. Classes are in a nurturing and professional environment to assist the artists in exploring their creative talents.

## Gym & Dance Centers

**Airborne Gymnastics & Dance – Longmont: 303-651-1456 • [www.airbornegym.com](http://www.airbornegym.com)**

Parent/tot gymnastics classes for children 1 to 3½ and gymnastics for children up to 17.

**A Place to B Dance Studio: 303-440-8007 • [www.boulderdancestudio.com](http://www.boulderdancestudio.com)**

A pleasant environment where individuals can develop their senses and talents at their own pace on many levels, such as body, mind, and soul.

**Boulder Arts Academy – 303-449-9291 [www.boulderartsacademy.org](http://www.boulderartsacademy.org)**

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 Ballet.

**Colorado Athletic Training School (CATS) – Boulder: 303-939-9699 • [www.catsgym.com](http://www.catsgym.com)**

Gymnastics classes for children age 2 ½ and up. Rock climbing classes for children 8 and up.

**Frequent Flyers: 303-245-8272 • [www.frequentflyers.org](http://www.frequentflyers.org)**

Low-flying trapeze and aerial dance performances and educational classes.

**Grace Studios – Broomfield: 303-465-5678 • [www.grace-studios.com](http://www.grace-studios.com)**

Offers dance, music, and crafts. Dance classes include hip-hop, jazz, and ballet.

**Gymboree Play & Music – Boulder: 303-546-0081 [www.gymboreeclasses.com](http://www.gymboreeclasses.com)**

Offers parent/child play classes for children birth to four years with an emphasis on socialization, development of fine and gross motor skills, cognitive development, and self-esteem.

**Longmont Dance Theatre (LDT) — Longmont: 303-772-1335 •**

**[www.longmontdancetheatre.com](http://www.longmontdancetheatre.com)**

Longmont's pre-professional ballet school, LDT emphasizes ballet training and performance opportunities. Classes are also available in other forms of dance including tap, jazz, hip-hop, flamenco and more.

**Mosaic Movement Arts: 303-402-9777**

Dance and movement center. Creative movement classes for children from toddlers to teens offering tap, ballet, hip-hop, Parent/Child Dance with Nance, tumbling, and more.

**The Kangaroo Kingdom – Lafayette: 303-926-7550 [www.TheKangarooKingdom.com](http://www.TheKangarooKingdom.com)**

Programs include infant, gym & play, craft, music, dance, languages, tumbling, baby sign language, kids movie night, birthday parties, open gym, becoming a Love & Logic parent, lactation, CPR certification and more. Free trial classes available.

**The Mountain Center: 303-665-9122 • [www.themountaincenter.com](http://www.themountaincenter.com)**

Gymnastics, dance, and birthday parties.

## Languages

**¡A Cantar! – Letica Abajo: 303-280-8070**

A program where you and your child can start learning Spanish from day one. Early language stimulation program in Spanish and French for young children starting at 3 months. Includes traditional songs, games, finger play, and movement. Classes are taught by an experienced bilingual early childhood educator.

## Library Programs

### BOULDER

**Main Public Library - 303-441-3099 • [www.boulder.lib.co.us/](http://www.boulder.lib.co.us/)**

**Meadows Public Library - 4800 West Baseline: 303-441-4390**

**George Reynolds Public Library - 3595 Table Mesa Drive: 303-441-3120**

Call for story hours and children's programs.

## ***BROOMFIELD***

**Mamie Doud Eisenhower Public Library: 720-887-2315 • [www.broomfield.org/library/](http://www.broomfield.org/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](http://www.eriechildrenslibrary.org)**  
Hours vary call for information.

## ***GILPIN***

**Gilpin County Public Library: 303-582-5777 • [www.gilpinlibrary.org](http://www.gilpinlibrary.org)**  
Call for story hours.

## ***LAFAYETTE***

**Lafayette Public Library: 303-665-5200 x3 • [www.cityoflafayette.com/SectionIndex.asp?SectionID=24](http://www.cityoflafayette.com/SectionIndex.asp?SectionID=24)**  
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/](http://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/](http://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**  
Story hours for young children.

## ***NEDERLAND***

**Nederland Community Library: 303-258-1101 • [www.nedlib.org/](http://www.nedlib.org/)**  
Weekly preschool story hour.

## **Music**

**Baby Moves for Infants and Parents: 303-402-9777**

Play, dance, move, and sing while understanding, enjoying, and supporting your baby's development.

**Boogie Babies (3-12 mo), Jamming Tots (13-24 mo), Rocking Toddlers (25-36 mo) – Jewish Community Center (Shalom Baby): 720-364-1812**

Uses singing, finger plays, nursery rhymes, lap songs, movement, parachute games, and bubbles to introduce babies and toddlers to the world of music.

**Boulder Arts Academy – 303-449-929 • [www.boulderartsacademy.org](http://www.boulderartsacademy.org)**

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 School of Music – 303-402-1500 • [www.boulderschoolofmusic.com](http://www.boulderschoolofmusic.com)**

Offer a wide variety of music lessons.

**Boulder Suzuki Strings - 303-499-2807 • [www.bouldersuzukistrings.org](http://www.bouldersuzukistrings.org)**

Specializing in violin, viola, and cello instruction, Boulder Suzuki Strings has provided expert Suzuki Method™ instruction in Boulder Valley since 1982.

**Boulder Youth Choir: 303-449-9819 • [www.bcn.boulder.co.us/arts/byc](http://www.bcn.boulder.co.us/arts/byc)**

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: 303-847-9113 • [www.boulderyouthsymphony.org](http://www.boulderyouthsymphony.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.

**Kindermusik® County Wide: [www.kindermusik.com/locator/locator.asp](http://www.kindermusik.com/locator/locator.asp)**

Singing, dancing & movement, art, listening drama, and instruments. Find a class near you.

**Longmont Youth Symphony: 303-651-0167**

**[www.bcn.boulder.co.us/arts/music/longmontyouthsymphony](http://www.bcn.boulder.co.us/arts/music/longmontyouthsymphony)**

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.

**Music-Time with Madelyn: 303-443-8141 • [www.musicwithmadelyn.com](http://www.musicwithmadelyn.com)**

Age-specific, high-energy music classes using puppets, instruments, and movement. Age-specific classes for ages 0 through 5. Schedule details and curriculum philosophy available online.

**Music Together® Boulder, Longmont, Lafayette 800-728-2692 • [www.musictogether.com](http://www.musictogether.com) or [www.musictogetherofboulder.com](http://www.musictogetherofboulder.com)**

Involves singing, chanting, movement and instrument play, and early childhood music classes. Curriculum-based class. Infant to 4-year-olds. Call or look online for local teachers and classes.

**Music Works! – Broomfield - Justina: 303-905-5237**

Music therapist offering Music Garden. Group classes for children birth to 7 that include developmentally appropriate activities which lead to musical fluency.

**Mountain Song Music Studio: 303-413-1120 • [www.mountainsongmusic.com](http://www.mountainsongmusic.com)**

Kindermusik, Music Together, and other classes using movement, instruments, and play.

**Peaks to Plains Suzuki Institute: 303-469-4061**

The Peaks to Plains Suzuki Institute provide a rich musical experience and promotes the philosophy and teaching of Dr. Shinichi Suzuki. Student classes in violin, viola, cello, piano, harp, and guitar.

**Rocky Mountain Center for Musical Arts – 303-665-0599 • [www.rmcmma.org](http://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.

**Sue Schnitzer – Interactive Music for Children – Boulder: 303-442-1238**

**[www.weebeemusic.com](http://www.weebeemusic.com)**

Independent and affordable music classes for infants, young children, and their families.

**The Music Playhouse - Boulder, Longmont, Louisville: 720-226-0682**

**[www.themusicplayhouse.com](http://www.themusicplayhouse.com)**

The most critical time in a child's development is from birth through age five. The Music Playhouse program is specifically designed to engage children of these ages, so that the children's likelihood of strong musical ability in the future is increased.

## Parks

**Boulder: 303-413-7200; 303-441-3440 (Boulder Mountain Parks)**

**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.

## Pet Farms & Horse Rides

**Farm Tours and Mobile Farm Animals – Longmont, Tonya: 303-651-9629**

Hayride and pet-a-pet farm with goats, cows, pigs, sheep, and horses. Group tours only. Call for reservations.

**Morning Star Miniatures: 303-659-4158**

Petting zoo and pony rides.

## 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**

**ERIE: Erie Community Center – 460 Powers Street: 303-926-2550 • [www.erieco.gov](http://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**

**BROOMFIELD: 280 Lamar Street: 303-464-5500**

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

**[www.broomfield.org/recreation/](http://www.broomfield.org/recreation/)**

**LOUISVILLE: 900 W. Via Appia: 303-666-7400**

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](http://www.ymcabv.org) • [www.longmontymca.org](http://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/](http://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**

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](http://www.fiske.colorado.edu)**

Public astronomy shows. Ages 5+.

**Thorne Ecological Institute - Thorne Natural Science School: 303-499-3647 • [www.thorne-eco.org](http://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/ice-rink/index.html](http://www.colorado.edu/rec-center/ice-rink/index.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](http://www.denverskatepark.com/broomfield.html)**

**Boulder Valley Ice at Superior – Superior: 303-494-4777 • [www.bvice.com](http://www.bvice.com)**

**Ice Rink at One Boulder Plaza: 303-209-3722**

**Longmont Ice Rink – Longmont: 303-774-4777**

## Swimming

**Aqua Vista Swim School: 303-499-3188 • [www.aquavistaswimschool.com/](http://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](http://www.ci.longmont.co.us/rec/gen/cent.htm)**

Swim classes for children and adults.

**Eldorado Artesian Springs: 303-499-1316 • [www.eldoradosprings.com](http://www.eldoradosprings.com)**

**Infant Aquatic: 303-499-BABY (2229) • [www.infantaquatics.com](http://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: 303-6516934  
[www.ci.longmont.co.us/rec/gen/kanemoto.htm](http://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](http://www.cityoflafayette.com/page.asp?navid=158)**

**Longmont United Hospital Therapy Pool: 303-651-5234 • [www.luhcares.org](http://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: 303-651-6956**

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

**Spruce Pool – Boulder: 303-441-3426**

**Sunset Pool – Longmont: 303-776-3846**

## Theater

**Boulder Dinner Theater: 303-449-6000 x107 • [www.theatreinboulder.com](http://www.theatreinboulder.com)**

Kids Kamps during the summer with intensive training in the dramatic arts, with emphasis on singing, dancing, and acting. Students will learn the basics of lighting, sound, set design, set construction, and stage management.

**Jesters School for the Performing Arts – 303-682-9980 • [www.jesterstheatre.com](http://www.jesterstheatre.com)**

**Peanut Butter Players: 303-786-8727 • [www.peanutplayers.com](http://www.peanutplayers.com)**

The Peanut Butter Players are Boulder's premiere children's theatre, providing training in singing, dancing, and acting for the young; summer day camp; summer theatre; and luncheon theatre for the family.

**Rocky Mountain Theater for Kids: 303-245-8150 • [www.theaterforkids.net](http://www.theaterforkids.net)**

Summer camps and fall and winter classes. We create the opportunity for students to really own their theatrical work by encouraging them to think critically, make their own create choices, and use other resources for guidance and inspiration.

## 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.

**Barnes & Noble – Boulder: 303-442-1665 • [www.barnesandnoble.com](http://www.barnesandnoble.com)**

Storybook character costume night once a month. Themed story time with related arts and crafts every Thursday morning and Friday evening.

**Boulder Community Family Resources (BCFR) – Family Quest of Colorado: 303-516-1234  
[www.fqoc.org/familybenefits.asp](http://www.fqoc.org/familybenefits.asp)**

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.: 303-442-1658**

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

**Boy Scouts of America, Longs Peak Council: 303-442-7147 • [www.longspeakbsa.org](http://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.

**Coal Creek Bowling Center – Lafayette: 303-673-0772 • [www.coalcreekbowling.com](http://www.coalcreekbowling.com)**

Offers children's packages, daycare, and group rates.

**Gateway Park Fun Center: 303-442-4fun • [www.gatewayfunpark.com](http://www.gatewayfunpark.com)**

Miniature golf, human maze, batting cages, go-kart track, arcade, golf practice range, and party room with a kiddieland.

**Girl Scouts, Mile Hi Council: 303-778-8774 • [www.girlscoutsmilehi.org](http://www.girlscoutsmilehi.org)**

Character development, friendship, activities.

## Special Education & Special Needs

**Aboutface: 303-425-9138 • [www.aboutfaceusa.org](http://www.aboutfaceusa.org)**

Colorado cleft palate association.

**ADD & Bipolar Family Wellness – Indigo Blue Creations: 303-651-7083**

Assists with the healing process of children diagnosed with ADD, ADHD, and bi-polar by restoring balance to the child and the family dynamic. Children are able to focus, relax, and enjoy life.

**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](http://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](http://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](http://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](http://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/famhlth/csn.htm](http://www.BoulderCounty.org/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  
[www.bvsvd.org/C13/PPP/default.aspx](http://www.bvsvd.org/C13/PPP/default.aspx)**

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/](http://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](http://www.cpcoco.org)**

**Child Find (0-5 yrs.)**

**Boulder Valley School District: 303-447-5263 • [www.bvsvd.org/C10/Child%20Find/default.aspx](http://www.bvsvd.org/C10/Child%20Find/default.aspx)**

**St. Vrain Valley School District: 303-772-6649 • [www.stvrain.k12.co.us/departments/specialeducation](http://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: 303-300-9763 • [www.handsandvoices.org/chapters/colo.htm](http://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](http://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/](http://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](http://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**

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](http://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 • [www.upi.uchsc.edu/prp\\_rehab.html](http://www.upi.uchsc.edu/prp_rehab.html)**

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: 303-864-5266 • [www.jfkpartners.org](http://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: 303-441-0526**

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](http://www.mhdsa.org)**

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

**National Jewish Hospital: 800-222-5864 • [www.njc.org](http://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](http://www.cde.state.co.us/cdesped/PEP.asp)**

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

**Peak Parent Center: 800-284-0251 • [www.peakparent.org](http://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/](http://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](http://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/SpecialRides/access-a-ride/index.html](http://www.rtd-denver.com/SpecialRides/access-a-ride/index.html)**

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

**Broomfield Easy Ride: 303-464-5528 • [www.broomfield.org/senior/transportation.html](http://www.broomfield.org/senior/transportation.html)**

Services for seniors and disabled.

**Go Boulder: 303-413-7304**

**[www.bouldercolorado.gov/index.php?option=com\\_content&task=view&id=705&Itemid=311](http://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](http://www.rtd-denver.com)**

**Special Transit: 303-447-9636 (Available In Longmont, Boulder, Lafayette, and Louisville) •**

**[www.specialtransit.org/index.htm](http://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 • [www.fqoc.org/index.asp](http://www.fqoc.org/index.asp)**

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](http://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](http://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](http://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](http://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.

**Dreamcatcher Direction Instruction Centers – Boulder: 303.444.8422 •**

**[www.dreamcatcherlearning.com](http://www.dreamcatcherlearning.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.

**Girl Scouts Mile High Council: 303-778-8777 • [www.girlscoutsmilehi.org](http://www.girlscoutsmilehi.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.

**Mile High FullPower: 303-543-0987**

Teaches safety, violence prevention, and confidence building skills to children and teens through skill-building workshops that emphasize practice.

**Women's Wilderness Institute: 303-938-9191**

**[www.womenswilderness.org/womens\\_programs.html](http://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](http://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](http://www.ymcabv.org) or [www.longmontymca.org](http://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](http://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](http://www.ywcaboulder.org/programs/edge.html)**

Hands-on projects for girls 9-18. After-school programs include: Boulder 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](http://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](http://www.yoab.org)**

Youth opportunities advisory board (YOAB).

## **LONGMONT**

### **Alternatives for Youth – Longmont: 303-776-8184 • [www.alternativesforyouth.org](http://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](http://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": 303-666-8211 • [www.project-yes.org](http://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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