



If you aren't sure where to start, these are helpful general resources and places to find services more specific to your location and needs.

2-1-1 Colorado

- Offers a confidential and multilingual free helpline
- Get connected to local financial resources, health services, tax assistance, legal services, and support for mental health needs
- <https://www.211colorado.org>

Find Help

- Enter your zip code and find community vetted resources for food banks, housing, low-cost healthcare, transportation and educational resources
- <https://www.findhelp.org>

Denver Public Library

- Offers local classes on continuing education skills, resume review and a wonderful place to find community resources and receive support
- A general resource guide the library has produced:
<https://www.denlibrary.org/content/community-resources>

The Resource Exchange

- Offers database for community service contacts such as resources for affordable housing, car repair, children's activities, holidays and school supports
- <https://www.tre.org>

The Colorado Resource Network

- Resources for legal, financial and government benefits
- <https://www.coloradoresourcenetwork.com/>

Colorado Family Resources

- Access to information and resources for CO families provided by the state website
- <https://co.colorado.gov/family-resources>

Colorado Shines:

- Connection point for early intervention services and childcare support
- <https://www.coloradoshines.com/families?p=Family-Resources>

Family Resource Center

- Hosts maps and directory of family resource centers in Colorado
- <https://www.cofamilycenters.org/centers-member-family-resource-centers/>



The Women's Foundation of Colorado

- Offers parent support groups and empowerment resources
- Has compiled a list of resources in the Denver area and broader CO area:
<https://www.wfco.org/community-resources>

Community Centered Boards

- Directory of community centered boards in Colorado
- Community centered boards help provided resources and services to the community
- <https://hcpf.colorado.gov/community-centered-boards>

UTILITIES:

Colorado Low Income Energy Assistance Program

- Helps pay for a portion of winter heating bills for at-risk families
- 1-866-HEAT-HELP (1-866-432-8435)

<https://cdhs.colorado.gov/leap>

Habitat for Humanity Metro Denver:

- Support for families finding housing and low cost materials and furniture at their second-hand store
- <https://habitatmetrodenver.org/>

Colorado Works:

- Assistance program for continuing professional development and going back to school to gain employment
- <https://cdhs.colorado.gov/colorado-works>

TRANSPORTATION:

Intell Rides:

- Transportation for non-emergency health-care apportionments
- <https://gointelliride.com/colorado/>

MedRide:

- Transportation for non-emergency health-care for those with Colorado Medicaid
- <https://www.medridecolorado.com/>



Access-a-Ride:

- For people and families qualified under that ADA, access to transportation to medical appointments
- <https://www.rtd-denver.com/services/accessaride>

Getting There Guide:

- A resource guide for getting around the Denver Metro Area with accessible transportation
- <https://drmac-co.org/getting-there-guide/>

FOOD:

Food Bank Directory:

- A directory of food banks in all counties in Colorado collected by the US Department of Housing and Urban Development
- <https://www.hud.gov/states/colorado/homeless/foodbanks>

The Action Center:

- Local clothing and free grocery store
- <https://theactioncenter.org/>

We Don't Waste – Mobile Food Market:

- Offers mobile, nutritious produce and food options in the Denver area
- <https://www.wedontwaste.org/what-we-do/mobile-markets/>

Colorado PEAK

- Help managing and applying for government support and financial resources such as SNAP benefits
- <https://co.colorado.gov/colorado-peak>

Hunger Free Colorado

- Access for food resources, meal planning and food pantries
- <https://hungerfreecolorado.org/>



ACTIVITIES:

Kids Out and About

- Free activities to do around Denver
- <https://denver.kidsoutandabout.com/content/free-places-take-kids-and-around-denver>

Mile High on the Cheap

- Fun free and inexpensive activities for the whole family, updated weekly
- <https://www.milehighonthecheap.com/free-things-to-do-denver/>

Elouise May Library:

- Known as the “bilingual library” and has many resources for Spanish speaking and Russian speaking families
- Offers frequent bilingual story times
- <https://arapahoelibraries.org/locations/ma/>

TOYS AND GAMES:

Wee Cycle

- Free diaper bank and infant and baby supplies such as strollers and cribs
- <https://weecycle.org>

Toy Library – Pike’s Peak

- Free toy lending library where toys can be borrowed and returned
- <https://research.ppld.org/c.php?g=656453&p=4743266>

Northwest Denver Toy Library

- Free toy and book lending library
- <https://www.facebook.com/p/NW-Denver-Toy-Library-100064830302896/>

MENTAL HEALTH:

Mental Health Colorado:

- Advocacy organization towards supporting the mental health needs of people in Colorado
- Composed a resource guide for finding and accessing mental health services and support:
- <https://www.mentalhealthcolorado.org/help/>



Let's Talk Colorado

- Supports mental health awareness and helping people break mental health stigma and seek support and find access to mental health services that fit their needs
- <https://letstalkco.org/resources/>

Spark Colorado:

- Offers free short-term mental health services as a part of the Colorado Mental Wellness Program
- <https://www.sparkthechangecolorado.org/mental-health.html#:~:text=The%20Mental%20Wellness%20Program%20is,encounter%20barriers%20to%20accessing%20treatment>

Douglas County Library Care Kits:

- Free to check out care bags with support for a variety of concerns such as anxiety and grief
- <https://dcl.bibliocommons.com/v2/search?query=care+kits&searchType=smart>

DISABILITY SPECIFIC RESOURCES:

Easter Seals

- Services and support for people with disabilities and their families
- <https://easterseals.com>

The Arc

- Resources, education, advocacy and support for people with disabilities and their families
- <https://thearcofco.org/>

The Autism Society of Colorado

- Services, support and education for autistic people and their families
- <https://www.autismcolorado.org/programs>