Volunteer Resource Guide

Advocates for Children CASA

Advocates for Children CASA is a 501(c)(3) non-profit organization that recruits, trains, and supports community volunteers who advocates for children and youth who have open dependency & neglect cases, truancy cases, juvenile delinquency cases, need additional educational advocacy, or are an adolescent in need of support in obtaining life skills towards self-sufficiency and emancipation. The role of the CASA volunteer is outlined in the Colorado Children's Code and adopted by the 18th Judicial District Courts and the Department of Human Services as evidenced by the signed Memorandums of Understanding between Advocates for Children CASA, the courts, and human services.

Our Mission

Improving the lives of children and youth who have experienced abuse, neglect, or other life challenges by connecting them with volunteer advocates and activating community partnerships.

Our Vision

All children dream, thrive, and grow with a sense of belonging and empowerment to build a successful future.

Description of Programming

Advocates for Children CASA has a number of volunteer opportunities, both court-appointed and not involved with court, to help ensure the safety and permanency, and wellbeing of children and youth from birth to 24 years. As a volunteer you have been trained to carry out the responsibilities of your role. You are assigned to one case (or one family unit) at a time and are asked to commit to remaining on the case until closure. You work closely with professionals and parents/guardians and are supported by Case Coordinators at Advocates for Children CASA. You may be the one consistent adult in the life of the child(ren) /youth during challenging times, and the foundation of a caring and authentic relationship is the basis of strong advocacy for all volunteer opportunities.

Purpose of this Resource Guide

This Volunteer Resource Guide provides a comprehensive list of resources, programs, opportunities, prosocial activities, and articles that may be useful to the Volunteer's assigned child(ren)/youth and/or family but also to the Volunteer as they continue to provide empathetic support. This is updated once per quarter, so we are often adding new resources! Volunteers are encouraged to look at the Volunteer Resource Guide if there is an unmet need on their case.

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Permanency & Relationships

Suggested topics for this section:

- What is permanency and what does it look like for them?
- How to build relationships
- Discuss what positive, healthy relationships look like
- Explore what healthy peer groups are available
- Relationships/gestures/eye contact/how to speak to people
- Tips on how to have healthy conversations
- Help understand how to build a positive support system
- For teen parents, explore parenting resources to educate and support
- Share resources with youth's parents as needed to strengthen family unit
- Resources
    - Healthy Relationships
    - Human Trafficking
    - Domestic Violence
    - Sexual Abuse
    - Gang Culture
    - Permanency

Healthy Relationships:

Act for Youth
Healthy relationships require communication and intimacy skills; they also rely on individual characteristics such as emotional self-regulation, social confidence, and empathy. Often youth programs do not focus explicitly on promoting healthy relationships, but they may include activities that practice pro-social behaviors and communication skills. Website provides resources that emphasize building healthy relationship skills.
Website: https://actforyouth.org/

The Aspen Effect
The Aspen Effect builds resiliency in youth with a unique horse environment, a caring mentor team and a strength-based approach.
Website: https://theaspeneffect.org/

Baby Bear Hugs – Elbert, Lincoln, Kit Carson
Baby Bear Hugs changes the lives of "soon to be" parents and families with infants and toddlers ages 0 to 3 in Eastern Colorado by providing parenting education, resources, support, and connection to community resources. It is our goal that all children will become productive, happy adults who give back to their communities and that they will have every opportunity available to them to fulfill their potential, develop assets that empower them to resist failure, and have strong supportive adults in their lives. Services are at no cost to the families.
Website: http://www.babybearhugs.org/

Building Youth/Mentor Relationships
To meet the challenges of this new relationship, you'll need an abundance of patience, creativity, and good humor. You'll also need top-notch communication, problem solving, and goal setting skills. This article outlines communication, problem solving, and goal setting techniques; they'll give you the tools you'll need to build and nurture this very important relationship.

Website: http://ctb.ku.edu/en/table-of-contents/implement/youth-mentoring/build-mentor-relationships/main

The Coalition
They offer an array of services including their Family Healing Program, which provides community support therapeutic groups for survivors of domestic violence, for parents whose parental rights were terminated, and for families reunited after DHS involvement. They also do home study evaluations, reasonable efforts case appraisal, parent child interaction assessments as well as education and advocacy trainings. They are working on establishing a mentoring program and have the Adolescent Independent Investment (AI2) Program. The AI2 Program is a support group that meets weekly for young adults who have aged out of foster care.
Website: https://www.mjcfcoalition.com/community-services

Denver Area Youth Services (DAYS)
Our mission is to provide comprehensive human services to children, youth, and families throughout Colorado. DAYS provides mental health services, home-based family services, foster care, independent living placements for adolescents, and supervised parental visitation for children, youth, and families in need. Services can be self-referred or referred through local human services departments or the juvenile justice system.
Website: https://www.denveryouthservices.org/what-we-do

Elevating Connections
Elevating Connections is all about strengthening families! The sibling relationship is the longest relationship in most of our lives, at Camp to Belong we help brothers and sisters regain a lost sense of permanency and connection by strengthening their sibling relationships
Website: https://elevatingconnections.org/

Firefly Autism
Our services include clinical assessments and the development of individual treatment plans, an intensive early intervention program, a school-age program for students up to age 21, a home and community-based program, and weekly social skills groups. Children and young adults are taught how to learn from peers, how to work cooperatively with peers and how to find adaptive ways to communicate.
Website: https://fireflyautism.org/our-services/

Justice Works
JusticeWorks provides innovative programs that identify and build on youths' and families' strengths. We create structures to positively redirect their lives. We help youth become good citizens and assist their families to resolve their problems and to be supportive of their children through in home support services and parent and child coaching.
Website: https://www.justiceworksyouthcare.com/

Our efforts help remedy damage to the community and restore community safety.
Parent University
Presented by Aurora Partners for Thriving Youth, Parent University offers online courses with topics relevant to supporting youth. Classes are geared toward parents and trusted adults, and include Youth Substance Use, Trauma Informed Care and Mindfulness, Understanding the Juvenile Justice System, and many others.
Website: https://www.aurorapartnersforthrivingyouth.org/courses

Project PAVE

Project PAVE is a non-profit located in Denver, Colorado that is dedicated to ending violence by empowering youth to build healthy relationships.
Website: https://www.projectpave.org/

Shiloh House
Shiloh House offers nurturing, therapeutic and educational services to empower youth and families to overcome the impact of abuse, neglect, and trauma. Through guidance, clinical intervention and advocacy Shiloh House meets the needs of the community while respecting the diversity of youth and families.
Website: https://shilohhouse.org/

Struggle of Love
The goal of the Spreading Our Love Mentorship and Leadership Program is to empower and inspire young individuals to develop essential life skills, leadership qualities, and a strong sense of self-efficacy. Through meaningful mentorship relationships, interactive workshops, and community engagement, we aim to cultivate a supportive environment that fosters personal growth, academic achievement, and the cultivation of leadership abilities among our youth participants.
Website: https://www.struggleoflovefoundation.org/mentor-and-leadership

WrapAround Program
A community wraps itself around a family or individual in need, providing unconditional and nonjudgmental care that will allow for everyone to benefit. Family inclusion and respect are cornerstones of the WrapAround Program. From beginning to end, the knowledge, skills and strengths of the family are considered essential to the success of the program. This is available for youth ages 5 to 21 who are residents of Douglas County.
Website: https://www.douglas.co.us/youth-initiatives/wraparound-program/

Young Parent Support Group (Aurora Public Schools)
The Young Parent Support Program (YPSP) is committed to helping parenting teens navigate the multiple challenges that come with being both a parent and a student. Our mission: Empower students to meet their academic goals, develop life skills, and become self-sufficient.
Website:
https://www.aurorak12.org/divisions/equity_in_learning/student_success/young_parent_support_program
Community Toolkit: https://drive.google.com/drive/folders/1SJwEBmY6tZHseD-WOr74JkKLSvPBRPoO

Human Trafficking:

211 Colorado: Crisis and Emergency Resources
2-1-1 Colorado streamlines services and provides one central location where people can get connected to the resources they need. With a database that is updated daily, 2-1-1 Colorado can connect you to critical resources simply by dialing a three-digit number.
Website: https://www.211colorado.org/crisis-and-emergency/

Alight
ALIGHT uses an app (think: Lyft) to match human trafficking survivors to the right attorney at the right time. We mobilize the legal community to unlock a fresh start for survivors.
Website: https://alightnet.org/

Cultural Development & Wellness Center – Aurora Mental Health and Recovery
The Cultural Development & Wellness Center offers victim assistance for those who have witnessed a crime, or are survivors of crime throughout the entire state of Colorado. Services are confidential and provided free of

charge to victims without expectation of reporting or interacting with law enforcement. They have specific support services available for survivors of sex and labor trafficking.
Website: https://www.auroramhr.org/cultural-development-wellness-center/

Colorado Organization for Victim Assistance: Human Trafficking Program
COVA's Human Trafficking Program (HTP) Survivor Support Services provides referrals, and case management services to eligible victims of both labor and sex trafficking in Colorado. Case managers can work with survivors that have recently exited a trafficking situation to identify goals and connect to supportive resources to restore self-sufficiency, safety, and autonomy.
Website: https://www.coloradocrimevictims.org/human-trafficking-program/#:~:text=COVA's%20Human%20Trafficking%20Program%20(HTP,and%20sex%20trafficking%20in%20Colorado.

The Laboratory to Combat Human Trafficking
We believe a comprehensive response to human trafficking in Colorado is possible. Our passionate team is on a mission to inform social change that ultimately eliminates human exploitation.
Colorado's Human Trafficking 24/7 Hotline: Call 866-455-5075 or text 720-999-9724
Website: https://combathumantrafficking.org

National Human Trafficking Hotline
The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. The National Hotline also receives tips about potential situations of sex and labor trafficking and facilitates reporting that information to the appropriate authorities in certain cases. Help is available in English, Spanish, or in more than 200 additional languages through an on-call interpreter.
Hotline: 1-888-373-7888
Text: "BEFREE" or "HELP" to 233733
Referral Directory: https://humantraffickinghotline.org/training-resources/referral-directory
Website: https://humantraffickinghotline.org/type-trafficking/human-trafficking

Resilience Rising
Resilience Rising combats the commercial sexual exploitation of children in the United States by providing residential and mentoring programs with opportunities for safety, healing, and empowerment.
Website: https://www.resilience-rising.org/

Restoration Project International
RPI seeks to end human trafficking through the education, empowerment, and restoration of survivors at the intersection of modern-day slavery and domestic violence, and their stakeholder communities.
Website: https://restorationpi.org/

Voluntad (formerly Street's Hope)
Voluntad provides survivor informed, evidence-based services to support and empower survivors of all forms of human trafficking. Voluntad works to bring awareness and education to our community in the fight against exploitation and human trafficking.
Website: https://www.voluntad.org/about

Domestic Violence:

Colorado School Safety Resource Center

The Colorado Department of Public Safety offers a comprehensive list of resources relevant to teen dating violence. Resources include hotlines, online courses, and articles on teen dating violence.
Website: https://oss.colorado.gov/

The Crisis Center
The Crisis Center exists to end domestic violence through advocacy, education, and prevention while helping communities live free of violence.
Website: http://thecrisiscenter.org/

Crossroads Safehouse
Crossroads provides trauma informed care to victims through advocacy and support. Its programs and services include our 24/7 crisis line, 24/7 emergency shelter, non-resident advocacy, domestic abuse response, legal advocacy, legal representation, rapid and transitional housing, prevention and education, and youth and bilingual advocacy.
Website: https://crossroadssafehouse.org/

DOVE
We work with Deaf, DeafBlind, DeafDisabled, and Hard of Hearing (DDBDDHH) survivors to ensure victim rights are met throughout their journey towards healing. Our priority is communication access and culturally responsive services for DDBDDHH victims/survivors within the legal, medical, and human services systems.
Website: https://deafdove.org/services/

Eastern Plains Safe Shelter (Lincoln County)
Eastern Plains Safe Shelter services and support for victims of domestic violence and sexual assault.
Website: https://lincolncounty.colorado.gov/organizations-resources.

Futures Without Violence
Futures Without Violence is a health and social justice nonprofit with a simple mission: to heal those among us who are traumatized by violence today – and to create healthy families and communities free of violence tomorrow. Website provides online resources and links to upcoming webinars.
Website: https://www.futureswithoutviolence.org

Gateway Domestic Violence Services
Gateway Domestic Violence Services provides a highly effective combination of shelter and comprehensive services to adults and children fleeing domestic violence. Gateway is the only 24/7 shelter available in the City of Aurora and Arapahoe County, offering emergency shelter and extended-stay care, together with a crisis line, licensed counseling, and court advocacy.
Website: https://gatewayshelter.org/

The Initiative
The Initiative is the only organization in Colorado that focuses our services on the intersection of cross-disability issues and abuse, meaning we serve people with all kinds of disabilities, including physical, sensory, cognitive, developmental, mental-health, and health-related. Through our advocacy and outreach programs, The Initiative strives to create an abuse-free culture for all.
Website: https://theinitiativeco.org/direct-services/

Latina Safehouse

Latina SafeHouse works to provide bilingual and culturally sensitive services to Latina survivors of domestic violence and their families.
Website: https://latinasafehouse.org/

Love is Respect
Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources. Free and confidential phone, live chat and texting services are available 24/7/365.
Website: https://www.loveisrespect.org/

One Love
One Love Foundation is a national non-profit organization with the goal of ending relationship abuse. We empower young people with the tools and resources they need to see the signs of healthy and unhealthy relationships and bring life-saving prevention education to their communities.
Website: http://www.joinonelove.org

Project Safeguard
Project Safeguard (PSG) supports survivors of gender-based violence on their journey to increase safety for themselves and their families. We do this by providing non-attorney legal advocacy and attorney services that are designed to help our clients understand their rights and options within the civil legal system.
Website: https://psghelps.org/what-we-do/

Rocky Mountain Victim Law Center (RMvlc)
RMvlc provides legal information, referrals, limited assistance, legal representation, technical assistance, consultation, training, and outreach to victims of crime and services providers in Colorado. RMvlc services are available in the Denver metro, Front Range, Northeast, Southeast, Northwest, and Southwest regions of Colorado.
Website: https://www.rmvictimlaw.org/about-us

Rose Andom Center
The Rose Andom Center improves the lives of domestic violence victims by facilitating better access to services and staff of community organizations and government agencies in a single, safe location.
Website: https://roseandomcenter.org/services/

Safe 2 Tell Colorado
We take reports any time, any day of the year from students or other community members who are concerned about their safety or the safety of others. **Hotline:** 1-877-542-7233
Website: https://www.safe2tell.org/

SafeHouse Denver
SafeHouse Denver serves survivors of domestic violence and their children through an emergency shelter, a non-residential Counseling and Advocacy Center, and an Extended Stay Program. All of the adults, children and youth who come to SafeHouse Denver have access to a full range of bilingual programming, including individual counseling, group sessions, advocacy, and safety planning.
Website: https://safehouse-denver.org/

Safe Shelter of St. Vrain Valley
Safe Shelter of St. Vrain Valley provides a comprehensive system of English/Spanish programs and services to address the needs of victims of domestic and family violence, abuse in later life, teen dating violence, and human trafficking.
Website: http://safeshelterofstvrain.org/about-us/

Teen Dating Violence
The website offers information and resources for youth, adults and communities interested in learning more about teen dating violence.
Website: https://www.teendvmonth.org/

Sexual Abuse:

The Blue Bench
The Blue Bench is here as a community resource to help survivors of sexual assault and abuse on their path to healing. We provide individual and group therapy including yoga and art programs, case management and more to survivors aged 13 or older.
Website: https://thebluebench.org/

From Silenced to Saved
We are a third-party case management organization assisting governmental agencies in their efforts to help victims by optimizing services. We offer many services such as, mentoring, first responding, scene presence, Risk and Case Management, and for those who qualify an individual safe housing program to anyone who has experienced Sexual Trauma. Our target ages are 11-19.
Website: https://www.fromsilencedtosaved.org/

WINGS Foundation
Wings supports adult survivors of childhood sexual abuse to transcend trauma and lead their fullest, healthiest lives.
Website: https://www.wingsfound.org/

Gang Culture:

The Gang Reduction of Denver (GRID)
GRID is a network of federal, state, and local government agencies, local businesses, community-based, grassroots and faith-based organizations that work in a collaborative manner to address gang violence.
Website: https://www.denvergov.org/Government/Departments/Department-of-Public-Safety/Intervention-Prevention/Gang-Reduction-Initiative

Gang Rescue and Support Project (GRASP)
GRASP is a peer-run, intervention program that works with youth who are at-risk of gang involvement or are presently active in gangs, helps families of gang victims, and serves as a youth advocate. GRASP works so well because it is primarily run by ex-gang members who broke free of the gang lifestyle and turned their lives around.
Website: http://graspyouth.org/

Open Door
We strive to establish credible education, sustained resources and life-altering relationships with at-risk youth, their families and the communities affected by gang culture, violence, and recruitment by providing alternative positive and structured activities, family support and gang intervention services.

Website: https://opendooryouth.org/

Permanency:

Achieving & Maintaining Permanency
This section includes resources to help guide child welfare professionals, as well as families and youth, through the permanency process and help ensure safe, stable, and long-lasting outcomes for children.
Website: https://www.childwelfare.gov/topics/permanency/

Be the Source
(Formerly Foster Source) We serve foster and kinship parents so they can foster with confidence and help children in care heal.
Website: https://www.bethesourceco.org/

Circle of Parents
The Circle of Parents® program offers peer support groups for anyone in a parenting and/or caregiving role. Through free group sessions, participants are provided a safe, confidential, and non-judgmental space to discuss the successes and challenges of raising children, share ideas, resources, and support, and build their confidence, skills, and knowledge as caregivers.
Website: https://circleofparentsco.org/about/

Connections for Families: Elbert County
We aim to provide a collaborative approach for appropriate services in areas including but not limited to: mental health, behavioral health, public assistance, substance use, and legal challenges. Our goal is to promote the stability and sustainability of families in our community, and advocate for healthy development for our youth.
Website: https://www.connections4families.org/

Denver's Early Childhood Council
Denver's Early Childhood Council works to facilitate a strong system to meet the needs of the youngest children and their families. Every day we work with childcare providers, policy makers and other partners to enhance the quality and availability of childcare and early education opportunities for children.
Website: https://denverearlychildhood.org/

Denver Indian Family Resource Center
DIFRC's mission is to strengthen vulnerable AI/AN children and families through collaborative and culturally responsive services. DIFRC achieves this by providing family services and community programs to families who self-identify as AI/AN in the Denver metro area. Additionally, DIFRC provides Indian Child Welfare Act (ICWA) advocacy to support reunification efforts for families who are involved in the child welfare system.
Website: http://difrc.org/

Elbert County Early Childhood Council
To ensure that Elbert County is a community of well-rounded, happy, healthy, educated children and families. They also assist families in finding childcare.
Website: https://www.ececc.org/

Families First at Shiloh House
Families First at Shiloh House exists to prevent the abuse and neglect of children by providing education, family support, and treatment. The program offers parent education classes and a free weekly parent support group that is offered in both English and Spanish.
Website: https://fransenpittman.com/projects/families-first-at-shiloh-house/.

Family Resource Center Association (FRCA)
FRCA supports the work of 33 member Family Resource Centers across Colorado. We support family resource centers in their work to help families achieve their goals and thrive.
Website: https://www.cofamilycenters.org/

Family Resource Pavilion
The Family Resource Pavilion is a community partnership that promotes the well-being of young people and their families through coordinated access to a comprehensive network of support services. The facility is open 24 hours a day to youth and families.
Website: https://www.shilohhouse.org/family-resource-pavilion

The Guadalupe Project
The Guadalupe Project's Home-Based Intervention Services program is dedicated to family preservation and child safety. We accomplish our mission by assisting with reunification, child advocacy, expedited permanency, and prevention or abbreviation of out-of-home placement.
Website: https://www.theguadalupeproject.services/

Parent to Parent of Colorado (P2P-CO)
Parenting our sons & daughters with a disability or special health care need can be complex, challenging, delightful and, at times, overwhelming! P2P-CO is a network of families across Colorado who understand! We connect families to each other and to the resources they need. We offer encouragement to each other on the journey of parenting by providing emotional and informational support.
Website: http://www.abilityconnectioncolorado.org/p2p-co/

Teen Parent Collaborative (TPC)
The TPC brings together local non-profit and service providers in throughout Colorado to work towards a vision where all teen parents and their children have all the resources they need to flourish.
Website: https://teenparentcollaborative.org/

You Are Not Alone: Mom 2 Mom (YANAM2M)
This non-profit organization supports moms in the community. This is not just for the struggling mom but for all moms who have "been there" and who can reach out a helping hand and let another mom know that they are not alone. All events and gatherings are free of charge and open to anyone and everyone!
Website: https://yanamom.com/

Articles:

Three Tips for Working with Resistant Teens
https://centerforadolescentstudies.com/3-tips-for-working-with-resistant-teens/

What Does a Healthy Relationship Look Like?

Healthy relationships involve honesty, trust, respect and open communication between partners, and they take effort and compromise from both people. This website has online resources discussing topics like boundaries, communication, trust, and consent.
Website: https://www.ny.gov/teen-dating-violence-awareness-and-prevention/what-does-healthy-relationship-look

Optional Activity:

Appendix A

What Love Looks Like

Health & Self-Care

Suggested topics for this section:

- Help with physical and mental health resources
- What is Medicaid? How does one sign up for Medicaid?
- Do they have a doctor? Have they had a physical recently?
- Birth Control
- What does physical and mental healing mean?
- What do they do with their emotions/stress?
- Making positive decisions/how they can be positive
- Understanding choices/making good choices
- Physical well-being/nutrition
- Substance Use/how to say no
- Assist with Juvenile Delinquency (JD) case, if applicable
- How to not reoffend/how to stay out of trouble
- Resources
    - Mental Health Resources
    - Medicaid
    - Physical Health Resources
    - Stress Management
    - Physical Wellbeing and Nutrition
    - Substance Use
    - Juvenile Delinquency
    - Spiritual

Mental Health Resources:

Ellie Mental Health
Ellie was founded on the principle of destigmatizing mental health. The mental health indisutry is full of barriers, and we've made it our goal to fill the gap and find innovative ways to break down these barriers for the communities we serve. Ellie Mental Health accepts Medicaid. How to get started? Find your location (Centennial, Highlands Ranch, Denver Tech Center,), Review Location Offerings, contact your local Ellie, then get matched with a therapist. Ellie offers individual, couple, online, family, play, grief, and trauma informed therapy services.
Website: https://elliementalhealth.com/new-clients/

I Matter Colorado
The I Matter program can connect youth with a therapist for up to a6 free virtual counseling sessions both in-person and virtually.
Website: https://imattercolorado.org/

AllHealth Network
AllHealth Network is a not-for-profit provider of mental health, behavioral health and substance use treatment in the Denver surrounding areas.
Website: https://www.allhealthnetwork.org/

AllHealth Network Walk-In Crisis Center
Our Walk-In Center (WIC) is open 24 hours a day, 7 days a week. Our licensed clinicians offer confidential, in-person support, information and referrals to anyone in need. We see children, adolescents, young adults, families and adults. Our licensed staff can also provide psychiatric evaluations to help guide clinical decisions around whether or not an inpatient stay may be needed on a psychiatric unit, at our Acute Treatment Unit, a Crisis Stabilization Unit or a respite facility. One goal of coming to a Walk-in Crisis Center is for individuals to safely de-escalate and receive clinical support for a mental health or substance use problem. Our staff provide a connection to the right care at the right time by coordinating a warm hand-off to appropriate treatment services.
Website: https://www.allhealthnetwork.org/services/crisis-services/

Animal Assisted Therapy Programs of Colorado
Through our counseling and training programs, Animal Assisted Therapy Programs of Colorado provides and promotes animal assisted psychotherapy to facilitate healing for all people in need and for rescued animals.
Website: https://www.animalassistedtherapyprograms.org/

Aurora Mental Health Center
Our specialized programs help children, teens, and their families cope with the challenges of mental illness and emotional disturbances. Our expert treatment teams provide assessments, individual, family, and group therapy, and medication evaluation and management. Accepts Medicare, Medicaid, and most other major insurances.
Website: Home - Aurora Mental Health & Recovery (auroramhr.org)

Centennial Mental Health Center
For over 40 years, Centennial Mental Health Center has provided compassionate and comprehensive mental health and substance use disorder services to the resilient, hard-working members of our northeastern Colorado community. We believe that seeking help isn't a sign of weakness; it's a sign of strength.
Website: https://www.centennialmhc.org/

The Center for Trauma & Resilience
The Center for Trauma & Resilience provides culturally and linguistically responsive programs, health promotion and crime prevention education at no cost. Programs includes trauma sensitive yoga, families and children program, services to elderly victims, legal assistance to immigrants, ear acupuncture, peer support, and more.
Website: https://traumahealth.org/programs/

Children's Wellness Center of Colorado
We are a private psychotherapy practice that serves children, adolescents, their parents/caregivers, young adults, adults without children, couples, and families. We seek to serve you and your family through a variety of services to meet your specific needs. We offer individual therapy, couples therapy, group therapy and family therapy.
Website: https://cwccolorado.com/

Colorado Mental Health Line (988)
We provide confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained crisis counselor. We offer translation services for non-English speakers, we engage in immediate problem solving, and we always make follow-up calls to ensure you receive continued care.
Website: https://www.988colorado.com/en

Colorado Mental Wellness Network

We are a state-wide, grassroots, peer-run organization that seeks to provide opportunities for individuals to improve the quality of their lives, give back to their communities, and change public perceptions of mental illness. We do this by providing whole-person wellness education to people who are building a lifestyle of recovery. In order to spread this message further, we also advocate for person-centered care in traditional healthcare settings.
Website: https://cmwn.org/

Community Reach Center
We also offer many services that address entire family needs, including case management, in-home services, couples counseling and group therapy.
Website: https://www.communityreachcenter.org/services/child-youth-and-family-services/

Denver Area Youth Services (DAYS)
DAYS offers services to children, youth, parents, and families throughout Colorado. Our mission is to provide comprehensive human services to children, youth, and families throughout Colorado. DAYS provides mental health services, home-based family services, foster care, independent living placements for adolescents, and supervised parental visitation for children, youth, and families in need.
Website: https://www.denveryouthservices.org/what-we-do

Denver Children's Home
We help kids who have survived trauma, neglect and abuse confront serious mental health challenges. We provide clinical and educational interventions that are age-respectful and developmentally appropriate to all of our clients. Programs include residential treatment, day treatment and community-based services.
Website: https://www.denverchildrenshome.org/

Denver Family Therapy Center (DFTC)
Our mission is to provide high quality services to all populations. We strive to be responsive, flexible, and caring. DFTC is a "strength based" agency. We believe all clients come to us with inherent strengths which we utilize to help them solve their difficulties. DFTC is honored to treat all people regardless of ethnicity, gender, age, or sexual orientation.
Website: https://www.denverfamilytherapycenter.com/

Denver Family Institute
Denver Family Institute is a non-profit organization offering affordable therapy services to families of all backgrounds. We also run a highly respected Marriage and Family Therapy training program.
Website: https://denverfamilyinstitute.org/

Denver Springs
Denver Springs offers mental health and addiction treatment for adults and adolescents. We offer integrated treatment programs designed to work with individuals through each step of recovery. We assess and personalize programs and services to help you become happier, stronger, and healthier than ever before.
Website: https://denversprings.com/

Douglas County Mental Health Initiative
Supported by the Douglas County Commissioners, in response to several tragic mental health-related incidents, the Douglas County Mental Health Initiative has worked to unite community partners to address unmet mental health needs, connect people to mental health services and prevent those in need from falling through the cracks of the mental health system. Resources included on site.
Website: https://www.douglas.co.us/mental-health-initiative/

Embark Counseling
Helping you navigate today's challenges. Embark Counseling offers individual, family, teen and parenting, & marriage therapy. Services are provided in the office, in your home, or remotely. Embark Counseling accepts Medicaid.
Website: https://www.embarkcounseling.net/

The Family Tree
Family Tree works alongside people affected by child abuse, domestic violence and homelessness throughout their journey to safety and economic independence, providing emergency residential services, case management and advocacy, therapeutic services, outreach support, housing search and placement, education and employment support, among many other services.
Website: https://www.thefamilytree.org/

Find Your Words
Find Your Words is designed to make it easier to open up about mental health and empower more people to ask for help, take action to help themselves, and support others.
Website: https://findyourwords.org/

Handprints Behavioral Therapy
Handprints Therapies provides children and their families an inclusive, collaborative therapy experience. At the core, we are a client-centered, evidence-based practice. Our team develops individualized therapy programs that may include support from behavioral, physical, speech, and occupational therapists. Together, we teach skills so children can navigate the world in a way that honors who they are.
Website: https://handprintstherapies.com/

The Happy Crew
Every Monday night, we gather together for dinner, discussion, learning, and community. Happy Crew provides a welcoming, safe, inclusive, helpful, fun, heart-warming, positive, happy, caring, loving, passionate, free-speaking, hopeful, wholesome, fulfilling, joyful environment every week and we love our time together. All you need to do is text Amy at 303-916-1515 for the location! During our group discussion, we strategize about ways to reach out and help friends and fellow students. We concentrate on being involved in making it socially acceptable to be vulnerable and share when you are dealing with anxiety, depression, fear, sadness, or suicidal thoughts.
Website: https://thehappycrew.org/

Helen and Arthur E. Johnson Depression Center
Improving the lives of people with depression and mood disorders through clinical excellence, innovative research, community programs, and education.
Website: https://www.coloradodepressioncenter.org/

Highlands Behavioral Health System
Highlands Behavioral Health System offers a secure and nurturing environment for individuals seeking hope and healing from emotional, psychiatric, and addictive behavioral health challenges. Our mission is to empower our patients as they navigate their journey from crisis to wellness.
Website: https://highlandsbhs.com/

Highline Behavioral Health Center

Kaiser Permanente Highline Behavioral Health Center is a medical group practice located in Denver, CO that specializes in Child & Adolescent Psychiatry and Family Medicine.
Website: https://healthy.kaiserpermanente.org/colorado-denver-boulder-mountain-northern/facilities/highline-behavioral-health-center-100521

Horseback Miracles
Horseback Miracle (HBM) is a non-profit organization which provides the most advanced, innovative, and worldwide unique equine-assisted sensory-based therapy program for its participants.
Website: http://horsebackmiracles.org/

Judi's House
Judi's House provides grieving children and families a safe space to come together to find connection and healing.
Website: https://www.judishouse.org/

The Juvenile Assessment Center (JAC)
The JAC provides a coordinated site which contributes to the safety of youth, families, and the community through early intervention, comprehensive assessment and improved access to appropriate services in Arapahoe, Douglas, Elbert and Lincoln counties in Colorado.
Website: https://thejac.org/

LifeStance Health
LifeStance Health (formerly Heart Centered Counseling) connects more than 3,000 mental health professionals with millions of patients across 25 states, each with the same goal in mind: improving the lives of the extraordinary people we serve.
Website: https://lifestance.com/welcome/heart-centered-counseling/

Maria Droste Counseling Center
Maria Droste Counseling Center in Denver, Colorado offers in-person and online child and teen counseling. If your young one is struggling with social or emotional issues, know that there is help available. We offer affordable access to trained counselors for all Coloradans.
Website: https://www.mariadroste.org/

Mental Health Colorado
Taking a screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common, and treatable. And recovery is possible. But not all of us think about our mental health enough. If you've had trouble sleeping lately, if you've been experiencing racing thoughts, or if you're just curious – the screens below can help you understand more about your mental health.
Website: https://www.mentalhealthcolorado.org/screenings/

Mental Health First Aid Colorado
In a Mental Health First Aid course, you will learn signs and symptoms of a mental health challenge or crisis, what to do in an emergency, and where to get help.
Website: http://www.mhfaco.org/

Mindhues Therapy for Youth
Mindhues connects you with a qualified youth therapist to talk about anxiety, identity, depression, grief, or anything else on your mind. We create a safe space where you can share your truth. With the help of a licensed therapist you can get mental health treatment to feel your best. Specializes in life transitions, body image + self-esteem, identity development, relationship struggles, boundaries, school stressors, trauma + PTSD, LGBTQ+, anxiety, depression. Ages 5-24. Remote/telehealth sessions only.
Website: https://mindhues.com/youth-therapy/

MindSolutions LLC
Mindsolutions' services are adapted to the generational needs of our clients and their communities. We serve remotely and in-office as needed. Mindsolutions is family-oriented; our services go above and beyond. At Mindsolutions, we believe that families can be approached not just by a single therapist, but perhaps even two or three different professionals who serve the family as a team and support-system.
Website: https://www.mindsolutionsdenver.com/

Night Lights
Night Lights provides free respite care for children ages 1 month to 13 years old who have special needs and their neuro-typical siblings, helping parents or caregivers have time to refresh, regroup, and take care of themselves. Night Lights holds respite care on the 2nd Friday of each month from 6:30pm-10pm in Arvada, Broomfield, Colorado Springs, Littleton, and Parker. The Southeast Christian Church will graciously be hosting Night Lights once again. Spread the word! If you are interested in volunteering or enrolling your children, please visit our website. https://nightlightskids.org/services/
Website: https://nightlightskids.org/

Partners for Children's Mental Health
Children and families throughout Colorado are struggling to get the mental health care they need. We know that change must happen. That's why Partners for Children's Mental Health (PCMH) was created. We bring communities together to improve mental health outcomes for children and families.
Website: https://pcmh.org/

Pathlight
Pathlight is a behavioral health organization that treats a variety of mental and behavioral health concerns, including eating disorders. Pathlight offers residential, partial hospitalization, intensive outpatient, and virtual outpatient treatment.
Website: https://www.pathlightbh.com/

People House
People House is a collaborative community for healing and growth, offering holistic resources for life's journey. Our philosophy of care recognizes the mind/body/spirit connection. We offer programs that advocate for living a life of conscious awareness and responsibility, while acknowledging that we are each constantly progressing along the path and will all need help somewhere along the way.
Website: https://peoplehouse.org/

Rocky Mountain Crisis Partners
Rocky Mountain Crisis Partners is a statewide, 24/7, year-round, community-based system of crisis intervention services from which people experiencing mental health and/or substance abuse crises can be assessed, safely and effectively stabilized, and efficiently linked to appropriate follow-up care and services.
Website: https://rmcrisispartners.org/

Safe Families

Safe Families is a faith based organization that offers respite services for families who lack social networks and live in isolation without support of family and friends dealing with crises such as homelessness, unemployment, child abuse, domestic violence, medical emergencies and alcohol/drug rehabilitation.
Website: https://safe-families.org/

Savio House
Savio House is a non-profit child wellness organization dedicated to keeping children with their families when destructive behaviors like abuse, neglect, and addiction threaten to tear families apart. Our programs eliminate a range of behaviors including substance use, problem sexual behavior, aggression, running away, and delinquency. We treat teens and their families together in the comfort of their own home.
Website: https://www.saviohouse.org/

Sondermind
Therapy isn't always easy. Finding it should be. Let us help you find a licensed therapist who accepts your insurance and is available to see you either in-person or online.
Website: https://sondermind.com/

Sources of Strength
The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard they have strengths to rely on.
Website: https://sourcesofstrength.org/

Spanish Clinic
We are a clinic providing Substance Abuse and Mental Health Services in Denver, Colorado. All our services are in English and in Spanish.
Website: https://spanish-clinic.com/

Suicide Prevention Coalition of Colorado
SPCC is able to provide one iCare Package per survivor of suicide loss household at no cost.
Website: https://suicidepreventioncolorado.org/icare-packages/

Tennyson Children's Center
We provide a safe, stable home for kids 5-18 who are facing critical circumstances and need residential care; an accredited, therapeutic K-12 school with a 4:1 student-to-staff ratio on our campus; and in-home and community services in 19 counties across the state to provide preventive services and therapy to strengthen families with children aged 0 to adulthood.
Website: https://www.tennysoncenter.org/

Treatment and Evaluation Services (TES)
Our clinicians are dedicated to helping correct problematic sexual behavior and guide our clients to lead healthy, prosocial lives. TES is focused on community and victim safety along with client growth.
Website: https://www.tescolorado.com/

Medicaid:

Health First Colorado (Colorado's Medicaid Program)
Health First Colorado (Colorado's Medicaid Program) is public health insurance for Coloradans who qualify. Health First Colorado is funded jointly by a federal-state partnership and is administered by the Department of Health Care Policy & Financing
Medicaid benefits and services - **Website:** https://www.healthfirstcolorado.com/benefits-services/

Physical Health Services:

ArapaSource
ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including dental assistance, medical assistance, and vision assistance.
Website: https://gis.arapahoegov.com/arapasource/

BC4U
To provide free educational resources, birth control solutions, and other sexual health services to people in Colorado who are 24 years old and younger.
Website: https://bc4u.org/

Children's Hospital of Colorado: Cavity Free at Three Clinic
Cavity-Free at Three (CFAT) is Children's Colorado's infant oral healthcare program that provides preventative dental care to children under the age of three. The CFAT program is made possible by a generous grant from Delta Dental Colorado.
Website: https://www.childrenscolorado.org/doctors-and-departments/departments/dental/clinics/

Children's Hospital of Colorado: Healthy Smiles Clinic
Dental providers within the Healthy Smiles Clinic are exclusively trained to work with school-aged kids and adolescents up to 18 years of age.
Website: https://www.childrenscolorado.org/doctors-and-departments/departments/dental/clinics/

Comprehensive Women's Health Center (CWHC)
CWHC is an abortion and contraception clinic located in Denver dedicated to the provision of high-quality, affordable pregnancy termination and birth control for patients throughout Colorado. We believe every patient deserves to be treated with dignity and respect regardless of life circumstances.
Website: https://cwhccolorado.com/for-patients/free-birth-control/

Colorado Coalition for the Homeless: Health Services
Colorado Coalition for the Homeless offers many types of health services to care for you and your family whether you're currently experiencing homelessness or at-risk of homelessness. No matter your housing situation, we want to ensure you have access to quality healthcare in a place where you feel safe and welcome. Learn more about our locations and services which are provided regardless of your ability to pay or immigration status. Clinic locations listed on website.
Website: https://www.coloradocoalition.org/healthlocations

The Dawn Clinic
We provide patient centered care to meet the needs of the diverse underserved population of Aurora.
Website: https://www.dawnhealth.org/

Denver Indian Health and Family Services (DIHFS)
DIHFS is Denver's only Urban Indian Health Program providing culturally appropriate care for American Indian and Alaskan Native adults, children, and families. We serve primarily the Denver Metropolitan area including Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, Jefferson, and Weld Counties. We provide a variety of services including primary care, dental care, behavioral health services, diabetes management/disease prevention, and enrollment in health insurance.
Website: https://www.dihfs.org/

Doctors Care Clinic
We serve the underserved and want anyone who enters our doors to feel cared for through their journey. Our integrated care system allows us to address the whole-person and go beyond a typical doctor's visit to address mental and oral health needs, health insurance options, and social determinants of health. Thanks to the generosity of individuals, corporations, and foundations, we are able to help anyone in need get the care they deserve.
Website: https://doctorscare.org/

Every Child Pediatrics
Our mission is to provide high-quality health care to all children, regardless of their family's insurance status or ability to pay. Our experienced pediatricians and professionals focus on the child's overall well-being, providing high-quality medical care, behavioral health counseling, dental care, nutrition, healthy lifestyle programs and connections to support services such as housing and transportation.
Website: https://everychildpediatrics.org/

FreeClinics.Com
We are the largest online directory of free and affordable health clinics. Most clinics listed in our database receive federal grants, state subsidies, or are owned and operated by non-profit organizations and provide services that are either free or at a reduced rate.
Website: https://www.freeclinics.com/sta/colorado

GLMA: Health Professionals Advancing LGBTQ Equality
Are you lesbian, gay, bisexual, transgender or queer and looking for a healthcare professional you can trust? The LGBTQ+ Healthcare Directory is a free, searchable database of doctors, medical professionals and healthcare providers who are knowledgeable and sensitive to the unique health needs of LGBTQ+ people in the United States and Canada.
Website:
https://www.glma.org/

Kind Smiles
KIND provides positive oral health care experiences, treatment, and education with kindness to Colorado children, regardless of ability to pay. KIND serves children up to the age of 18 whose families are considered low-income by Federal Poverty Level and KIND percentage guidelines. KIND has 3 clinics in Denver to conveniently serve our patients. Once KIND receives your application and verifies your eligibility, you can schedule an appointment at one of our clinic locations.
Website: https://kindsmiles.org/enroll-your-child/

Kiowa Lions Club: Elbert County
To empower volunteers to serve their communities, meet humanitarian needs, encourage peace,

and promote international understanding through Lions Club. To be the global leader in community and humanitarian services. They provide eyeglasses, elementary school vision tests, and more.
Contact: Jay Vier at 303-217-3991 or JayVier71@gmail.com

Marisol Health
Marisol Health operates medical clinics on Colorado's Front Range that provide a full range of women's health care, counseling and family support services, including prenatal care, delivery and post-partum care.
Website: https://ccdenver.org/marisolservices-2/marisol-health/

National Eating Disorders Association
Taking time to care for yourself is an important part of recovery from an eating disorder. We have compiled a list of ideas, inspiration, tips, and tidbits to help you find the kind of self-care that works for you.
Website: https://www.nationaleatingdisorders.org/

The Riley Center
The Rylie Center is a collective of providers that provides a collaborative approach to care for individuals, couples, and families. Our providers offer general health support for women and families from health from pre-conception through the postpartum period. The supportive services offered include mental health, support groups, parenting support, education, and much more! We also offer an affordable counseling program for individuals that are not insured or under-insured.
Website: https://theryliecenter.com/

Nurse Family Partnership
Nurse-Family Partnership empowers first-time moms to transform their lives and create better futures for themselves and their babies. Nurse-Family Partnership works by having specially trained nurses regularly visit young, first-time moms-to-be, starting early in the pregnancy and continuing through the child's second birthday. They have locations in Kit Carson County as well.
Website: https://www.nursefamilypartnership.org/about/.

Omni Salud
OmniSalud is a program that provides undocumented Coloradans with a safe way to compare affordable health insurance plans and enroll on a secure online platform.
Website: OmniSalud • Connect for Health Colorado

Sex Etc.
Sex, Etc. is published by Answer, a national organization that provides and promotes unfettered access to comprehensive sexuality education for young people and the adults who teach them.
Website: https://sexetc.org/

Special Connections
Special Connections provides gender-responsive treatment for pregnant and parenting women who are Medicaid eligible in order to maximize the chance of a healthy birth and to provide postpartum treatment services in order to maintain gains made during pregnancy. Special Connections providers offer pregnancy risk assessments, care coordination services, group counseling sessions, individual counseling sessions, health education groups, and residential substance use disorder treatment in a women-only setting.
Website: https://www.colorado.gov/pacific/hcpf/special-connections

STRIDE Community Health Center
STRIDE Community Health Center's mission is to partner with the community to provide excellent, culturally sensitive health services to meet the needs of each individual.
Website: https://stridechc.org/

Tepeyac Community Health Center
Tepeyac Community Health Center provides team-based, affordable, quality medical, behavioral health, and dental care that fits the needs of your whole family. Most of the clinical staff are bicultural and bilingual, and all direct-service clinic providers are proficient or fluent in both Spanish and English.
Website: https://www.tepeyachealth.org/clinic-services

Stress Management:

Colorado Public Radio: "Teens Under Stress" Series
Dozens of teens have shared intimate stories about the pressures they face and explained what they'd like to see change. They describe everything from intense academic pressure to social pressure to look a certain way to school shootings — even as they figure out who they're supposed to be. Over the next few months, CPR News will untangle the factors that have created the ultimate pressure cooker for some teens. We'll go into their world through audio diaries, interviews, reflection, and analysis. Most importantly, we'll examine what teens, families and schools can do to let some of the pressure loose.
Website: https://widgets.cpr.org/teens/index.html

Effective Relaxation Methods
The relaxation response is perhaps one of the most important skills you will use to gain control over your body. The National Institutes of Health (NIH) recognizes the relaxation response as having broad health benefits including the reduction of pain and restoration of sleep.
Website: https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/exercises/effective-methods-for-relaxation.pdf

Teens Health: Stress
Stress is a normal response to life's changes, pressures, and challenges. It's a mind-and-body signal that helps you get ready for what's ahead. Learn about stress and how to manage it.
Website: http://kidshealth.org/en/teens/stress.html

Physical Well-Being and Nutrition:

Boys & Girls Club of Denver Metro (Healthy Lifestyles Program)
At Boys & Girls Clubs of Metro Denver, kids of all ages practice building healthy habits – for their minds and bodies. Every day we provide kids with the tools they need to envision and build a healthy life, educating them about nutrition, providing opportunities to play sports, and offering tools to say no to substance abuse and other risky behaviors. Through the Club, kids become informed consumers and learn how to use critical thinking skills to plan for a healthy, limitless future.
Website: https://www.bgcmd.org/programs/healthy-lifestyles/

Burlington Community & Education Center
The Burlington Activities Department provides programming to enhance personal health and well-being to improve the quality of life for the citizens of Burlington. They promote and provide leisure, recreational, and cultural opportunities. Year-round programming is enjoyed by the community and surrounding areas.
Website: http://www.burlingtoncolo.com/144/Activities-Recreation

City of Aurora Recreation Centers
The city of Aurora has community and recreation centers throughout the city, each with their own unique amenities, fitness classes and activities. We invite you to stop by to tune up with state-of-the-art cardio and weight equipment, shake up your fitness routine at a group fitness class, make a splash at the year-round indoor pools or learn to whip up something new at a cooking class.
Website: https://www.auroragov.org/things_to_do/recreation___sports_programs/recreation_centers

City Wild (My Outdoor Colorado Program)
My Outdoor Colorado (MOC) is a visionary approach to connecting youth with the outdoors through strategic partnerships that provide access to nature education, recreation, and skill-building opportunities. Access to the outdoors fosters a greater appreciation of the natural environment, provides opportunities to build an ethic of stewardship, and helps youth experience potential careers in the outdoors.
Website: https://www.denvergov.org/Government/Agencies-Departments-Offices/Agencies-Departments-Offices-Directory/Parks-Recreation/Activities-Programs/Outdoor-Recreation/My-Outdoor-Colorado

Denver Parks and Recreation: PLAY Application
PLAY is a needs-based financial assistance program for Denver residents. For those who qualify, it reduces the price of memberships and most activities greater than $15.00. If you cannot afford the membership or activity fee, please use this form to apply for PLAY. Applications are reviewed and awarded based on the demonstrated and expressed need of the applicant. Once the discount is approved, it is valid for one year from the approval date.
Website: https://www.denvergov.org/files/assets/public/parks-and-recreation/documents/recreation/memberships/play_applicationfaq_03-29-22_english.pdf

Douglas County Parks
Douglas County has parks for everyone, whether it be local and regional, or for your four-legged friend, and a mountain bike skills park for all skill levels to improve their craft and have a little fun doing it. We have them all and even on an interactive map for convenience.
Website: https://www.douglas.co.us/dcoutdoors/parks/

Elizabeth Parks and Recreation District: Elbert County
Enhancing our community through parks and programs.
Website: https://elizabethpr.com/

Hunger Free Colorado
Hunger Free Colorado is a statewide bilingual toll-free food resource hotline that connects Coloradoans to needed food and nutrition resources. HFC offers geographically based referrals to both public and private food assistance programs across the state. HFC connects Colorado families and individuals to SNAP benefits, food pantries, free meal sites, WIC (Women, Infants and Children) and other nutrition programs.
Hotline: (855) 855-4626 | **Metro Denver:** 720-382-2920
Website: https://hungerfreecolorado.org/

Lucky to Ride
Our mission is to empower at-risk and disadvantaged youth, using the bicycle as a tool to foster positive life skills, healthy youth development, and a sense of fun and adventure.
Website: https://luckytoride.org/?fbclid=IwAR10KImI6aIvCHD2rXdP_nOnmPfj-u_OIdKwWNNiHAULNDHeQfww6ZR3nW8

Second Chance Bikes
Second Chance Bikes refurbishes and donates used bicycles to disadvantaged children, homeless, and veterans. Hundreds of impounded and donated bikes go to Founder Ernie Clark and his team of volunteers to restore and donate each year.
Website: https://secondchancebikesc.wixsite.com/colorado/about-us

Women's Wilderness
Our mission is to support girls, women and LGBTQ+ people in accessing their power and improving their health through connections to the outdoors and community.
Website: https://womenswilderness.org/youth-programs/

Substance Use:

Al-Anon Teen and Alateen
Alateen (Al-Anon for younger members) is a vital part of Al-Anon Family Groups. Young people seeking help with problems that arise when alcoholism afflicts a parent, another close relative, or a friend meet to exchange experiences and to gain an understanding of themselves and the alcoholic.
Website: https://al-anon-co.org/

Paragon Behavioral Health Connections
Paragon Behavioral Health Connections works to positively impact individuals and families by providing in-home family treatment, step down services, substance abuse interventions, care management, & support.
Website: https://www.paragonbhc.org/

Alive @ 25
Alive at 25 is a 4½ hour driver's awareness course designed by the National Safety Council for young drivers ages 15-24 which includes defensive driving classroom curriculum and decision-making and responsibility-taking. The course costs $89 dollars or $39 if only taking the course for the purpose of completing the driver's test.
Website: https://aliveat25.us/co/find-a-course

Colorado QuitLine
The Quitline is here to help you be successful in your quit journey! Our free tobacco cessation program is based on proven strategies that have helped more than 1.5 million people quit tobacco. Our professional quit coaches and online community provide the support you need. Plus, we connect you to resources like nicotine quit medications.
Website: www.coquitline.org

Community Alcohol, Drug, Rehabilitation & Education Center (CADREC)
CADREC provides basic addiction treatment services of the treatment to adult individuals, youth, and families on a sliding scale fee. Services are designed to meet the needs of the individual. CADREC offers services that satisfy the legal requisites associated with drug offenses as well as DUI, DWAI and domestic violence charges.
Website: https://www.cadrec.org/1.html

The Cornerstone Program
Cornerstone is a private program which is twelve step based and offers a network of interacting services including a fee based intensive outpatient program and an 18 – 24-month support group. At Cornerstone, we believe that the key to getting kids to stop using is to show them a way of life without drugs and alcohol that is better than what they had when they were using.
Website: https://thecornerstoneprogram.com/

Families at Five
Families at Five is an outpatient family-based substance use treatment for youth addiction that uses contingency management. Families attend twelve sessions that meet for one hour each week.
Website:-https://www.familiesatfive.com/substance-abuse

First Step Recovery
Addiction treatment center in Burlington, Colorado for adolescents, youth, and adults. They provide dual diagnosis drug and alcohol treatment and detox through outpatient and IOP services. They do not treat opioid addiction. They also offer individual, couples, group, and family counseling services.
Website: https://yourfirststep.org/treatment-center/first-step-recovery-burlington-co/

Harm Reduction Action Center
The mission of the Harm Reduction Action Center is to educate, empower, and advocate for the health and dignity of Denver's people who inject drugs, in accordance with harm reduction principles. Since 2002, our organization has provided direct services that curb the spread of HIV, Hepatitis C, and accidental overdoses among people who inject drugs.
Website: https://www.harmreductionactioncenter.org/about-us

Hazelbrook: Sober Living and Recovery
We provide our residents with a safe place to live, love, support, and structure to succeed. We accept Medicaid for our recovery coaching services and out-patient treatment. Colorado Recovery Services Medicaid accepted is a service of Hazelbrook Sober Living and Recovery.
Website: https://hazelbrooksoberliving.com/services/

Hazelden Betty Ford Children's Foundation
The Children's program offers both in-person and virtual services in support of children and families impacted by substance use and mental health conditions.
Website: http://www.hazeldenbettyford.org/locations/childrens-program-aurora

Native American Talking Circle
Native American Services is a program for all Indigenous Peoples from a wide spectrum of Tribal Nations seeking support, recovery, and connection to culture, including those who may have little or no concept of their history or traditions.
Website: https://www.coloradocoalition.org/talkingcircle

Rise Above Colorado
Rise Above Colorado is a statewide prevention organization that measurably impacts teen perceptions and attitudes about the risks of substance misuse to help youth make empowered, healthy choices.
Website: https://riseaboveco.org/index.html

Responsibility Grows Here
Talking with youth about marijuana can be difficult, but it's the best way to help them make good decisions. The more informed you are, the more helpful you can be to the youth in your life. Use the website below to find community resources, legal information about marijuana use and information about health effects when one uses marijuana.
Website: https://cdphe.colorado.gov/retail-marijuana

Sandstone Care
We help teens, young adults, and their families overcome challenges with substance use, addiction, and mental health conditions.
Website: https://www.sandstonecare.com/

Signal Behavioral Health Network
Signal works with substance use disorder and mental health provider agencies who provide treatment, prevention and recovery services to individuals and their families across the state of Colorado.
Website: https://signalbhn.org/

Spanish Clinic
We are a clinic providing Substance Abuse and Mental Health Services in Denver, Colorado. All our services are in English and in Spanish.
Website: https://spanish-clinic.com/

STEP: Adolescent Substance Abuse Treatment
Denver Health's Substance Abuse Treatment, Education and Prevention (STEP) Program supports clients up to the age of 21. We accept many insurance carriers, including Medicaid, as well as private pay clients.
Website: https://www.denverhealth.org/services/behavioral-health/addiction-services/adolescent-substance-abuse-treatment

Hard Beauty
HardBeauty offers coaching to people 21 and under. Our founder, Racquel, has a special place in her heart for coaching youth. When she was young, she had no one to turn to who would listen, understand and guide her, and the results were substance misuse, trauma and self-destructive behavior. When she started HardBeauty, it was with youth in mind so that she could give them what she didn't have: A friend, advisor and a partner in life who could help them figure it out and steer them towards an exciting future. We understand the needs of youth are unique and complicated, and we meet you where you are at. Whether you are dealing with addiction, isolation, bullying, feeling "different," or are struggling with mental health issues, our coaches understand what you need and are trained professionals.
Website: https://www.hardbeauty.life/

Full Circle
The Full Circle program provides a safe, sober, and connected place for teens and young adults to recover from drug and alcohol abuse, or other high-risk behaviors. We utilize an alternative peer group approach, and our core philosophy is that for sobriety to work, it must be fun. Full Circle can assist youth and families with referrals for further substance use/behavioral health treatment.
If interested, contact Sam Wilson at (720)840-7802.
Website: https://www.fullcircleprogram.com/

Synergy Outpatient Services at the University of Colorado Department of Psychiatry
Synergy offers a variety of outpatient-based services for male and adolescent females between 12 and 21 years of age.
Website: https://www.artstreatment.com/our-services/adolescent-services/

Juvenile Delinquency:

Juvenile Delinquency Definition: A delinquent act is a violation of a law that would be a crime if committed by an adult. A delinquent child is one who has committed a delinquent act and is in need of treatment and rehabilitation or supervision by the court.

Centerboard Wellness Center
CWC is committed to supporting students that are in the juvenile justice system and in school to ensure that they are receiving academic and social success. CWC supports students and encourages them to make the choice to live a healthy lifestyle with an emphasis on healthy alternatives. This creates a safe environment which helps young people develop a sense of purpose, boost self-esteem, build skills for success, and be empowered to make the choice to live a healthy lifestyle. CWC strives to empower youth to find their strength; giving them the ability to say no to drugs and alcohol use, providing the necessary tools to say no and accomplish that task.
Website: https://www.centerboardwellnesscenter.com/

Fully Liberated Youth (FLY)
We seek to restore dignity and foster secure attachments with incarcerated, formerly incarcerated, and high-risk young people through redemptive and restorative relationships that are focused on healing, mercy, mutuality, tenderness, and kinship.
Website: https://fullyliberatedyouth.org/

Institute of Specialized Education (ISAE)
We are the Institute for Specialized Alternative Education (ISAE) and since 1988 we have been the leading provider for educational programs and court ordered classes.
Website: https://www.isaeonline.com/

National Institute for Change
We offer one day classes for youth on these topics: Minor in Possession /Substance Use, Petty Theft, and Aggression and Empathy. We provide a wide array of therapeutic techniques to help you gain new perspectives. Only when you see, hear, and feel things in a different way can you heal to see greater opportunities and choice.
Website: https://www.nichange.com/one-day-classes

The Restore Program
They provide substance use evaluations, brief individual counseling, and group therapy. Email Beth Baldwin at bbaldwin@cydc18.com, or Andrew Smalley at asmalley@cydc18.com for more information.

Spiritual:

Youth For Christ
Denver Area Youth For Christ exists to give every young person in the Denver metro region the opportunity to make an informed decision to be a follower of Jesus Christ and become part of a local church. This is a faith-based mentoring program.
Website: https://yfcdenver.org/

Optional Activities:

Go Ask Alice
A health question and answer resource from Columbia University.
Website: https://goaskalice.columbia.edu/#

Stress Journaling
Website:
https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/exercises/stress-journaling.pdf

Stress Relief
A list of simple ways to relieve stress
Website:https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/exercises/simple-ways-to-relieve-stress.pdf

Your Life Your Voice from Boys Town
Tips & Tools to help you deal with challenging situations.
Website: https://www.yourlifeyourvoice.org/pages/tips.aspx

Appendix B
Making Healthy Decisions Handout

Education & Career

Suggested topics for this section:

- How is school going? Why isn't school working?
- What would make going to school better?
- Which teachers do they like and why?
- What resources do they need to succeed at school? A tutor? Special accommodations?
- What are their barriers to learning?
- Understanding IEP/504
- What is a GED? What are GED resources?
- Trade schools and college
- Scholarships/FAFSA/Educational Training Voucher (ETV)
- What kind of career do they want?
- Different types of careers/go to a career fair
- What do they have a passion for?
- What their rights are at work/Human Resources
- Workforce development/training
- Youth employment laws
- Resume building
- How to complete a job application
- Interview skills/positivity/selling yourself/in person/phone/what to wear
- How to shake a hand
- Resources
    - High School and GED
    - Trade and Workforce
    - College Resources

Family and Community Engagement (FACE) Centers
The Family and Community Engagement (FACE) Center is a community resource center that connects students, families, and our community with free services to increase their economic self-sufficiency and academic success. All services and classes are free to community members 16 and older — not just DPS parents. Services include computer skills and GED classes, citizenship classes, health and nutrition workshops, parenting workshops, financial literacy and more.
Website: https://face.dpsk12.org/

Flager Public Library: Kit Carson
The collection of the library contains 9,890 volumes. The library circulates 8,165 items per year. The library serves a population of 567 residents.
Website: https://flagler.colibraries.org/

Pines & Plains Libraries
This full-service library has a GED Program, online books, summer reading, 1:1 tutoring, materials to practice, and more.
Website: https://pplibraries.org/

Stratton Public Library: Kit Carson
The Mission of the Stratton Public Library is to provide a wide range of informational, educational, and recreational materials; selected to enrich the lives of the individuals who constitute the community of Stratton and its surrounding areas.
Website: https://stratton.colibraries.org/about-us/

High School and GED:

Most school districts have some type of dropout prevention program which is geared to help students earn their diploma or complete a GED. A student must be age 17 to complete their GED or have a signed waiver exempting them from the age requirement. Some students who struggle with a formal school setting can find success completing high school by earning a GED. Below is a list of GED preparation programs by district.

- Aurora Public Schools: **APS Avenues**
- Cherry Creek Schools: **Endeavor Academy**
- Englewood Public Schools: **NEXT Program**
- Douglas County Schools: **DCSD GED**

Pines & Plains Libraries
This full-service library has a GED Program, online books, summer reading, 1:1 tutoring, materials to practice, and more.
Website: https://pplibraries.org/

Arapahoe Community College
Arapahoe Community College offers online and in-person instruction for GED prep.
Website: https://www.arapahoe.edu/advising-support/testing-center/ged-testing

GED.com website
The official online resource to prepare for and earn high school equivalency diploma.
Website: https://ged.com/

Arapahoe/ Douglas WORKS!
If you are between 16 and 24 years old, not attending school, and need assistance with achieving your education and employment goals, the Workforce Innovation and Opportunity Act (WIOA) Program can help.
Website: https://www.adworks.org/job-seekers/programs/future-u-young-adult/

Aurora Public Schools – GED Testing
Website: https://www.aurorak12.org/academics/ged

Boys Hope Girls Hope
Our goal is to support young people who are physically, emotionally, and academically prepared for postsecondary education and a productive life. By helping these students earn both their high school and college degree, we are effectively breaking the cycle of poverty.
Website: https://bhghcolorado.org/

Colorado Department of Education
Handout on GED related content including content and scoring, registration and scheduling, studying and preparing to test, free practice tests, eligibility and accommodations, and more.
Website: https://www.cde.state.co.us/postsecondary/

Community College of Aurora
The Community College of Aurora is excited to bring you HSE/GED preparation classes online. For three hours each week you will attend online classes and interact with our highly qualified instructors and other students to learn the material you need to take your HSE test. In addition, classes are recorded so you can review the teacher's instruction. Homework and additional materials are also provided online. If you need additional support, your teacher will be available for online support during designated office hours.
Website: https://ccaurora.edu/

Elite Academics
Elite Academics offers academic tutoring services, and they specialize in math and science tutoring. They also offer support in ACT and SAT test prep and in college planning strategies.
Website: http://www.eliteacademics.com/

Emily Griffith Technical College
Adults can earn a high school diploma through the Adult High School Diploma+ program at Emily Griffith Technical College. This program guides students through competency-based courses in English, Mathematics, and Civics. This flexible, adult-focused pathway will enable students to graduate with a diploma that prepares them for college and a career.
Website: https://www.emilygriffith.edu/programs/adult-high-school-diploma/

Field Academy
Field Academy offers project-based and community-based learning for high-school students. Both day and overnight credit recovery programs, a summer program, and a semester road trip program are available. Field Academy can be a great resource for youth who struggle in traditional school environments, and would benefit from a different learning environment.
Website: https://www.fieldacademy.org/

Compass Education Group
The unmatched trust we have earned with schools and families is the result of 25 years of ethical conduct and our commitment to realizing the potential of every student we serve. We carefully evaluate each student's unique circumstances and testing history in order to make informed, individualized recommendations. We personally oversee every aspect of every program.
Practice Tests: https://www.compassprep.com/testing-videos/
Website: https://www.compassprep.com/our-approach/

Essential Education
Essential Education provides online GED preparation courses. They also offer online courses in Work Essentials, Computer Essentials, and Money Essentials.
Website: https://www.essentialed.com/students

Next GED Programs
Next GED+ offers a supportive and innovative educational experience for 16-20 year olds seeking to earn their GED and prepare for what's next. Our programs provide flexible in-person, hybrid, and online options, allowing students to tailor their learning to fit their schedules. For those engaging in online classes, GED preparation is available in both English and Spanish, ensuring that all students can access the resources they need in a language that is comfortable for them.
Website: https://www.zerodropouts.com/

School Stability & Foster Youth:

Best Interest Determination for Students in Foster Care
Video: https://youtu.be/R5XYpozMLJA

Colorado Department of Education: Every Transition Counts for Students in Foster Care
Video: https://www.youtube.com/watch?v=VRwii1Q9Rnk&app=desktop

Foster My Education: Hear about Foster Youth Experiences with School
Video: https://youtu.be/49nkY6LcU1I

School Districts within the 18th & 23rd Judicial District:

Arapahoe, Lincoln, Elbert, and Douglas counties:

- Aurora Public Schools
- Cherry Creek School District
- Douglas County School District
- Elbert County School District
- Englewood Public Schools
- Lincoln County School District
- Littleton Public Schools
- Sheridan School District

***Children and youth in our programs may attend schools elsewhere in Colorado.*

Working with Schools:

For court appointed volunteers:

- Contact the school's main office staff or a school Principal/Assistant Principal first.
- Let them know you are a court appointed advocate for one of their students and ask to whom you can provide your credentials.
- Share your signed Court Order of Appointment with the school. Your Case Coordinator can provide you with this document.

For non-court appointed volunteers

- Relationships with parents and caregivers are the key! They will need to consent to your involvement and communication with each individual school staff member.
- An email from the parent/guardian to you and the school staff member is one way to open the door to communication with schools.

Find out who you can talk to about the youth's experiences at school. You may need to talk with more than one person.

- School administrators (Principal, Assistant Principal, Dean)
- School Counselor or Social Worker
- Teacher

- School Psychologist
- IEP Case Manager
- Family Liaison or Student Engagement Specialist

Possible questions to ask:

- How is the child doing academically?
- What are the youth's strengths and challenges?
- Are there any attendance or behavior issues?
- Does the child have positive connections with adults and peers at school?
- Does the youth receive any special supports at school?
- Does the school offer extracurricular opportunities or special programs?

Ongoing considerations

- Obtain a copy of the school calendar and visit the school's website to stay informed about school events and opportunities.
- Support caregivers with understanding school and classroom policies. Attend meetings or conferences with them if helpful.
- Maintain confidentiality. Never share details about a child's case with school staff.
- Remember that some school and activity fees can be waived for children in foster care.
- If there is a possibility of a school change, talk to your Case Coordinator and the professional team about your thoughts or concerns.

Special Education:

Special education refers to a range of services that can be provided in different ways and in different settings. Services are tailored to meet the needs of students with disabilities. There are very specific criteria which must be met for a child to qualify for an **Individualized Education Program** (IEP). An IEP lays out the special education instruction, supports, and services a student needs to thrive in school. They may receive individualized teaching and other resources at no cost to their families. *About 30% of children/youth served by Advocates for Children CASA have an IEP.*

IEP Terminology

- **Accommodations**
  Supports needed to allow the child to access the general education curriculum, such as extra time for tests, preferential seating arrangements.
- **Modifications**
  Changes to what the child is expected to learn, or what work is to be completed. An example could be completing a project instead of a written report to demonstrate understanding.
- **Services**
  Such as a specific amount of time with school support staff like a speech pathologist or math interventionist.
- **Transition Services**
  IEPs for youth over age 15 must include a plan to support the student after high school as they transition to work, college, etc.
- **ESY**
  Extended School Year may be recommended to provide summer learning to prevent regression of skills.
- **Least Restrictive Environment (LRE)**
  Federal law says that kids who get special education services should learn in the same classrooms as other kids as much as possible. This is known as the least restrictive environment.

504 plans also provide support for children in a school setting. The criteria for who can qualify for a 504 plan are less stringent than for an IEP. Children who struggle with school but don't qualify for an IEP may be eligible for a 504 plan.

Read **HERE** about the difference between and IEP and 504 plan

Child Find
Child Find is part of Colorado's system for identifying children suspected of having a delay in development. If a young child is not meeting typical developmental milestones, or someone is concerned about the child's growth or learning, child find teams will evaluate how the child plays, learns, speaks, behaves, and moves. The purpose of the evaluation is to determine if there is a significant delay or if there is a need for early intervention or special education services. Evaluations conducted by Child Find teams are at no cost to parents.
Child Find Directory: https://www.cde.state.co.us/cdesped/childfinddirectoryinfo

Colorado Department of Education
CDE has a list of resources in the community to provide support to families with children who have special needs**.**
Website: https://www.cde.state.co.us/cdesped/spedparents-agencylist

El Grupo Vida
A network of Hispanic/Latino families formed to provide mutual support for people with disabilities, special needs, and their families.
Website: https://elgrupovida.org/home (303) 335-9875

Show and Tell
Show and Tell provides families with skills on parenting techniques for children who live with neurodiversity. Through advising calls, trainings, workshops, collaborating with other agencies, and a comprehensive resources, Show and Tell can help you get the supportive assistance you may need. They provide help through various programs, workshops, parenting advising programs, early childhood development services, health information programs, and special education needs.
Website: https://www.weshowandtell.org/

Early Childhood Education:

Colorín Colorado
Bilingual resources for families of English language learners (ELLs) in Grades PreK-12. Colorín Colorado has been providing free research-based information, activities, and advice to parents, schools, and communities around the country for more than a decade.
Website: https://www.colorincolorado.org/

Florence Crittenton
Florence Crittenton Services pioneered a nationally recognized trauma-responsive two-generation program model that supports teen families through education, health and wellness, and economic and social asset building. Our campus is a full-service family resource center that includes an Early Childhood Education (ECE) Center, the Alethia E. Morgan, MD Health Center, and, through our 36-year partnership with Denver Public Schools, the on-site Florence Crittenton High School. On our new campus, we have extended our programming to offer services for teen families year round.
Website: https://flocritco.org/who-we-are/

Head Start Early Learning
Head Start programs provide wide-ranging services for low-income children from birth to elementary school at no cost. The program is child-centered, family-focused, and community-based. Head Start programs build relationships with families that support positive parent-child relationships, family well-being, and connections to peers and community. Additionally, Head Start services are designed to be responsive to each child and family's ethnic, cultural, and linguistic background.
To find a Head Start program: https://eclkc.ohs.acf.hhs.gov/center-locator

The PLAYbook
The PLAYbook contains information and activities that anyone caring for young children – including parents, siblings, guardians, grandparents, babysitters, neighbors, and family friends - can use to prepare children to be successful when entering kindergarten.
English Version
Spanish Version

Online Learning Resources:

Arapahoe Community College
Arapahoe Community College offers online and in-person instruction for GED prep.
Website: https://www.arapahoe.edu/advising-support/testing-center/ged-testing

Community College of Aurora
The Community College of Aurora is excited to bring you HSE/GED preparation classes online. For three hours each week you will attend online classes and interact with our highly qualified instructors and other students to learn the material you need to take your HSE test. In addition, classes are recorded so you can review the teacher's instruction. Homework and additional materials are also provided online. If you need additional support, your teacher will be available for online support during designated office hours.
Cost: $70 per session
Website: https://ccaurora.edu/programs/?view=the-center-for-adult-education

Dads Worksheets
Free, printable worksheets and tools. This website has resources to cover a variety of math concepts for all ages, including telling time and using money.
Website: https://www.dadsworksheets.com/

Essential Education
Essential Education provides online GED preparation courses. They also offer online courses in Work Essentials, Computer Essentials, and Money Essentials.
Website: https://www.essentialed.com/students

Khan Academy
Offers online tools in multiple subject areas for all grade levels. Khan academy produces short video lessons as well as supplementary practice exercises. Khan academy is free but requires users to create an account.
Website: https://www.khanacademy.org/

Schoolhouse World
Free online tutoring resource. The platform currently offers small group lessons for middle and high school math. Tutoring is limited to students aged 13 and up.
Website: https://schoolhouse.world/

Teach Your Monster to Read
Free online reading games for emerging readers in grades Kindergarten through second grade. Must create an account.
Website: https://www.teachyourmonster.org/

Virtual Nerd.com
Find videos for math support for middle school, Pre-Algebra, Algebra 1 and 2, and Geometry.
Website: https://www.virtualnerd.com/

Age Group Specific Educational Resources:

Elementary Students

Starfall
Games, movies, and books for younger children.
Website: Starfall Education: Kids Games, Movies, Books & Music for K-5 and above

Teach Your Monster
Reading and math games for younger children.
Website: Teach Your Monster: Free Phonics, Reading and Mathematics Games

Reading Rockets
Website with many articles and tips for teaching reading.
Website: Teach Your Monster: Free Phonics, Reading and Mathematics Games

Dad's Worksheets
Free, printable math worksheets.
Website: https://www.dadsworksheets.com/

10 Tips for Teaching Young Children Online
YouTube Video with tips for online teaching
Website: https://www.youtube.com/watch?v=nikhtLyLgPM

Top Techniques on How to Tutor Young Children Online
Online article with tips and tricks.
Website: Top tips and techniques on how to tutor young children online | VEDAMO

Helpful Resources for Teens

Tutoring Teenagers Virtually
Online Articles with tips for working with teens.
Website: https://www.vedamo.com/knowledge/tutor-teenagers-online/

High-Low Books for Teens
Reading materials for older youth who are not reading at grade level.
Website: High-Low Books for Teens: Middle and High School | Lee & Low Books (leeandlow.com)

Virtual Nerd Math Help
For math concepts taught in middle school through algebra 2.
Website: Virtual Nerd: Real math help for school and home

Tutoring Programs:

A Promising Future
A Promising Future seeks to partner with your community to combine efforts in providing education and support for students. The Diamond Curriculum, in conjunction with community support, provides greater opportunities for student success. The curriculum package includes a detailed Teacher's Guide, Student Manual, Teacher's Aids, PowerPoint Presentations, recommendations for supplemental videos and a supply list for each individual session. Each session requires approximately two hours of instruction time.
Website: https://apromisingfuture.com

Arapahoe Libraries
HelpNow provides free online homework help daily. Available in English and Spanish. **A library account is required. **Website**: https://arapahoelibraries.org/resource/helpnow/

Douglas County Libraries: Reading Buddies
Reading Buddies is a reading enrichment program for children in grades 1-3, paring a trained teen Big Buddy with a struggling young reader.
Website: https://www.dcl.org/reading-buddies/

Elite Academics
Elite Academics offers academic tutoring services, and they specialize in math and science tutoring. They also offer support in ACT and SAT test prep and in college planning strategies.
Website: http://www.eliteacademics.com/

Huntington Learning Center
Huntington Learning Center offers tutoring and test preparation services for a variety of educational needs including the GED, SAT, ACT, and specific academic subjects. Their services are in five locations in Colorado including Highlands Ranch and Parker.
Website: https://huntingtonhelps.com/

Whiz Kids Multiple locations in the Denver metro area
Tutoring takes place at host sites (churches, schools, or other community agencies). Each site has a Coordinator, School Liaison and a Club Leader who help facilitate the program. Tutoring is for one hour and focuses on reading, math, and homework help. ****This tutoring program involves a religious component. Caregiver permission is required for children to participate.***
Website: https://www.whizkidstutoring.com/

College Resources, Scholarships & Financial Aid:

Youth in foster care may qualify for grants or other financial assistance to cover educational costs. Former foster youth are also eligible to apply for these programs.

Generation Schools Network
Generation Schools Network co-creates healthy school ecosystems by partnering with educators, students, families, and communities, to elevate educational equity. The fundamental structural shift embodied in the generation schools model created room for more classroom learning time, enhanced personalized student support, and dramatically higher level of pertinent college and career guidance.

Website: generationschools.org

Akerman Academic Excellence Scholarship
$2500 per year for 4 years at accredited academic institutions and technical programs. The award can be applied toward expenses like books, student housing, meal plans, etc. This is a competitive scholarship---the selection committee chooses ONE recipient per year. Click **HERE** for criteria and more information about the scholarship. Or email **scholarship@nationalcasagal.org.**

The Alexander Foundation
The Alexander Foundation was founded in 1981 as a public, non-profit, philanthropic organization. Through our three education scholarships, the foundation has continued a tradition of caring for the LGBTQIA+ community to overcome barriers they may face in pursuit of academic success.
Website: https://www.thealexanderfoundation.org/scholarships

Boundless Opportunity Scholarship
$500 to $5000 scholarships available for highly motivated non-traditional students, including former foster youth and former juvenile justice youth.
Website: https://www.danielsfund.org/scholarships/boundless/overview

College Application Fee Waivers
No, not all colleges accept application fee waivers. Search colleges via our College Search tool and you can look up a school's application fee waiver policy on its profile under the Admissions section.
Website: https://bigfuture.collegeboard.org/get-in/applying-101/college-application-fee-waivers/participating-colleges?excmpid=CBF21-ST-1-fw

College Opportunity Fund
The College Opportunity Fund (COF) is a trust fund created by the Colorado Legislature that provides a tuition stipend to eligible undergraduate students. The stipend pays a portion of your total in-state tuition when you attend a participating college.
Website: https://cof.college-assist.org/

Colorado Asset
The Colorado ASSET program allows qualified undocumented students to be eligible for in-state tuition at Colorado's public higher education institutions under the ASSET bill, Senate Bill 13-033.
Website: https://appsupport.commonapp.org/applicantsupport/s/article/colorado-asset-program-wrqqgeit

Colorado Education and Training Voucher
The Education and Training Voucher (ETV) is an annual federal grant provided to states to fund youth who have aged out of the foster care system and who are enrolled in college, university and vocational training programs. Students may receive up to $5,000 a year based on their cost of attendance. They must enroll before their 21st birthday and may continue to receive support until age 23. Funds may be used for tuition, dorm fees, books, student loan repayments and qualified living expenses.
Website: https://cdhe.colorado.gov/etv-program

The Denver Foundation
Students can search for a variety of scholarship opportunities below. Each scholarship fund has different goals and supports different paths for different people.
Website: http://www.denverfoundation.org/Scholarships/Scholarships-at-the-Denver-Foundation

FAFSA
Use the Free Application for Federal Student Aid (FAFSA®) form to apply for financial aid for college or graduate school.
Direct Link to apply for FAFSA: https://studentaid.gov/h/apply-for-aid/fafsa

Federal Student Aid
We're here to help you access and manage your financial aid.
Website: https://studentaid.gov/

Forward Steps
Scholarships for unmet financial needs for youth who have emancipated from foster care in Colorado. Up to $6,000. Applicants must reside in Colorado and going to school in Denver, Boulder, or Fort Collins.
Website: https://www.forwardsteps.org/

Foster Youth Financial Assistance Program
In 2022, legislators passed SB 22-008 which created a program to provide higher education tuition assistance to foster students. FosterEd provides free tuition to current and former foster students at all of Colorado's public colleges and universities. Colorado has allocated more than $2.5 million to aid foster students in their postsecondary journey. The program assists students with the cost of attendance if they experienced out-of-home placement after age 13.
Website: https://cdhe.colorado.gov/programs-and-services/foster-youth-postsecondary-education-programs-and-services/foster-youth

Give Back
We build long-term supportive relationships with students to provide support and resources through completion of their post-secondary education.
Website: https://www.giveback.ngo/

Helen M. McLoraine Scholarship Program for Foster Care and Emancipating Youth
This scholarship program provides educational scholarships for foster care youth who are emancipated or are in the process of preparing to emancipate from the foster care system in Colorado. Awards can be up to $10,000 per year. The average award size is approximately $5,000.
Website: https://denverfoundation.academicworks.com/

Hide in Plain Sight
Hide In Plain Sight serves as a springboard to post high school education for homeless and impoverished students. We provide scholarships to reduce the barriers in order for them to attend college or vocational school. These scholarships help cover the cost of tuition and of basic need insecurities including food, housing, transportation and technology.
Website: https://www.mightycause.com/organization/Hide-In-Plain-Sight

Kiowa Lions Club
To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions Club. To be the global leader in community and humanitarian services. They provide scholarships to Elbert and Kiowa high school seniors and more.
Website: https://e-clubhouse.org/sites/kiowaco/contact.php

National Foster Parent Association Scholarship
The National Foster Parent Association will provide annual competitive scholarships of $500 each based on availability of funds.
Website: https://nfpaonline.org/now-accepting-applications-for-2024-youth-scholarships/

College Essay Guy
College Essay Guy is where students, parents, and counselors find smart, practical guidance for the college admission journey.
Website: https://www.collegeessayguy.com/

My Colorado Journey
My Colorado Journey connects job seekers and students to careers, education planning and support resources through a guided process that drives action and goal completion.
Website: https://www.mycoloradojourney.gov/

The Denver Foundation
Students can search for a variety of scholarship opportunities below. Each scholarship fund has different goals and supports different paths for different people.
Website: http://www.denverfoundation.org/Scholarships/Scholarships-at-the-Denver-Foundation

Vocational, Trade & Workforce Programs

Many school districts also offer programming for Career Technical Education to prepare for specific careers, concurrent enrollment curriculum where students can take certain college courses while in high school. Community colleges may also offer resources. Below is a list of local career technical education programs.

- **Pickens Technical College**
- **Cherry Creek School District Career and Technical Education (CTE)**
- **Cherry Creek Innovation Campus**
- **Douglas County School District Career and Technical Education (CTE)**
- **Emily Griffith Technical College**

Arapahoe/Douglas WORKS!
ADWorks is a resource for youth between the ages of 16 to 21 that need help finding a job, planning a career, or reaching educational goals.
Website: http://www.adworks.org/index.php/youth/

Colorado Youth Law
Laws surrounding how old youth can be to get a job and what jobs they can have.
Website: https://cdle.colorado.gov/dlss/labor-laws-by-topic/youth-law

Collaborative Healing Initiative within Communities (CHIC)
Build women's economic, social, and cultural capital because powerful women build healthy families and thriving communities.
Website: https://www.chicdenver.org/

The Center for Work and Education
The Center for Work Education and Employment (CWEE) supports vulnerable workers, mostly single moms, to train for and launch careers. CWEE addresses the root of poverty by providing a path to long-term employment for hundreds of Denver-area families each year.
Website: https://cwee.org/about/

Colorado Department of Labor and Employment
CDLE connects job seekers with great jobs, provides an up-to-date and accurate picture of the economy to help decision making, assists workers who have been injured on the job, ensures fair labor practices, helps those who have lost their jobs by providing temporary wage replacement through unemployment benefits, and protects the workplace - and Colorado communities - with a variety of consumer protection and safety programs.
Website: https://www.colorado.gov/pacific/cdle

Colorado Job Corps
Job Corps is the largest nationwide residential career training program in the country and has been operating for more than 50 years. The program helps eligible young people ages 16 through 24 complete their high school education, trains them for meaningful careers, and assists them with obtaining employment.
Website: https://www.jobcorps.gov/

Denver Youth Employment Program
The Denver Youth Employment Program (DYEP) is an expanding family of workforce-related supports for youth and young adults ages 14-24. Through Denver Workforce staff and a growing roster of local contracted partners, we are proud to deliver on Denver's commitment to our youngest residents as they seek a path forward not just merely through "a job," but inviting career-path opportunities.
Website: https://www.denvergov.org/Government/Departments/Economic-Development-Opportunity/Jobs-and-Employers/For-Jobseekers/Youth

GetMyFuture
GetMyFuture is a one-stop resource to help anyone aged 16 to 24 plan and achieve their career, education, and employment goals. This website offers easy-to-use tools, information, videos, links to resources, and more to help young adults explore career options, learn about education and training opportunities, and find a job.
Website: https://www.careeronestop.org/GetMyFuture/default.aspx

Global Teen Police Academy
The Global Teen Police Academy is a two (2) week program designed to give youth a working knowledge of the Aurora Police Department. It consists of a series of interactive classes held daily and taught by the department's Student Resource Officers. There is no cost to participate; each participant must undergo a background check.
Website: https://www.auroragov.org/cms/One.aspx?portalId=16242704&pageId=16574159

Manna Connect
Manna Connect is a personal development program that provides participants with community, coaching, and career skill advancement as they identify and overcome barriers to self-sufficiency and wholeness.
Website: https://www.mannaconnect.org/

Mi Casa Resource Center
Mi Casa Resource Center connects youth and adults to opportunities in education and employment. Mi Casa Resource Center believes in the potential of all people to achieve their educational, professional, and

entrepreneurial goals. We educate, train, and support youth and adults on their path to economic success. We are a change-making organization committed to advancing family prosperity.
Website: https://micasaresourcecenter.org/

Mile High Youth Corps
Mile High Youth Corps helps youth make a difference in themselves and in their community through meaningful service opportunities and educational experiences. The Corps employs over 200 young adults annually on projects in neighborhoods, public lands, and open spaces throughout Metro Denver and the Southern Front Range of Colorado.
Website: https://www.milehighyouthcorps.org/career-pathways/

School to Work Alliance Program (SWAP)
The purpose of SWAP is to assist young adults in making the transition from school to employment, provide successful employment outcomes, increase community linkages, and new patterns of service for young adults within all categories of disabilities.
Website: https://www.cde.state.co.us/cdesped/ta_swap

Servicios de La Raza
Servicios has continued to respond to the unmet needs of the most vulnerable members of the Denver community through programs for: behavioral health, youth, victims of domestic violence, sexual assault, human trafficking, and general crime, individuals living with HIV, mental health, substance abuse, health access, ex-offender reintegration, workforce development and financial empowerment, statewide initiatives that target Latino youths and families throughout Colorado, and basic emergency services for people experiencing crisis situations.
Website: https://serviciosdelaraza.org/

Optional Activities:

Resume Nerd
Easily create an out of this world resume with expert content that can be customized just for you! Just give us a few details and our AI will generate a fully editable resume for you to start with!
Website:
https://www.resumenerd.com/?utm_source=google&utm_medium=cpc&utm_term=resume%20nerd&utm_campaign=1593073333&utm_source=google&utm_medium=cpc&utm_term=resume%20nerd&utm_campaign=1593073333&gclid=Cj0KCQjw2NyFBhDoARIsAMtHtZ4ssJ6z4KYERM3YOMmaqy7vD2BD1vN4tdP19WpnesQYLHPt0cfK0BwaAsF_EALw_wcB

Employment Readiness; Interview Skills
Appendix C

Interview Open-Ended Questions Handout
Appendix D

How to Keep a Job Handout
Appendix E

Housing & Money Management

Suggested topics for this section:

- Discuss bank accounts/saving/credit cards/loans/interest/retirement
- Discuss how to create a budget and follow it
- What kind of saver are they/if they get $100 how would they spend it?
- Discuss the cost of living/how they will afford to live independently
- Housing resources/vouchers/affordable areas to live
- Teach about household bills/heat/water/cable/phone/lights/repairs/groceries
- What is a lease/contracts/legal aspect of a contract?
- Does their lease allow roommates?
- What makes a good roommate? How to set boundaries with roommates?
- How much is a car and related expenses?
- Teach about different kinds of required insurance
    - Housing
    - Money & Finances
    - Internet & Utility Assistance

Housing:

Colorado Homeless Legal Project
The Colorado Homeless Legal Project (CHLP) provides pro bono legal services to youth and young adults, and their families, experiencing homelessness in Colorado. Our legal services are trauma-informed, equitable, and client-centered.
Website: https://coloradolegalproject.org/

Community Economic Defense Project
CEDP can offer eviction support by providing financial assistance and provide legal services to clients at risk of eviction or in the midst of an eviction. Assistance with those at risk of losing their home due to foreclosure. Assistance with victims of an unexpected tow so that clients can quickly regain use of their vehicle. Support with resource navigation and connecting clients directly with local service providers. This resource can also support disaster relief to homeowners whose homes were destroyed by climate disaster to get access to resources to rebuild.
Website: https://cedproject.org/.

Bridge House Ready to Work Aurora
Bridge House is on a mission to end homelessness. We offer adults experiencing homelessness, or at risk of homelessness, a continuum of programming, called the Bridge of Opportunity, spanning from low barrier basic need services to robust programs with access to paid work, housing, and support services.
Website: https://boulderbridgehouse.org

ACCESS Housing
Over the past 37 years, ACCESS Housing has seen many iterations. However, one thing remains the same: ACCESS Housing has remained a bastion of housing services for Adams County and a beacon of hope for

families experiencing housing instability. We remain one of two year-round shelters in Adams County and the only shelter in Commerce City.
Website: https://agewisecolorado.org/provider/access-housing-of-adams-county-colorado/

Anchor House
Anchor House is more than just an apartment building. It is a retreat, a safe place to call a temporary home. If you are a youth who has experienced foster care and are looking for housing, please contact us.
Apply Here: Apply — Anchor House
Website: https://www.anchorhouseco.org/

Archdiocesan Housing
Archdiocesan Housing provides affordable, service-enriched housing for individuals and families who cannot access decent housing in the broader marketplace. As an affiliate of Catholic Charities, we mandate to care for the poor and those who are vulnerable by building communities that are welcoming and provide opportunities for them to flourish.
Website: https://archhousing.com/about/

Bannock Youth and Family Center
Bannock Youth and Family Center offers three unique programs to help youth and families reach self-sufficiency. Participants in Bannock Youth and Family Center programs receive case management services to help support them in their employment, education, independent living, parenting skills and more.
Website: https://www.womensdirectory.org/28-lgbtqia2s-services/374-bannock-youth-and-family-center.

Colorado Coalition for the Homeless
The Mission of the Colorado Coalition for the Homeless is to work collaboratively toward the prevention of homelessness and the creation of lasting solutions for families, children, and individuals who are experiencing or at-risk of homelessness throughout Colorado. CCH advocates for and provides a continuum of housing and a variety of services to improve the health, well-being, and stability of those it serves.
Website: https://www.coloradocoalition.org/mission

Colorado Housing Connects
(CHC) is a free housing resource for Denver metro residents for a variety of housing needs. Today, a call to Colorado Housing Connects helps renters reach critical eviction prevention services while also helping homeowners find a HUD-approved housing counseling agency for foreclosure prevention, answering all sorts of housing questions in between.
Website: https://coloradohousingconnects.org/about-us-2/

Colorado Housing Finance Authority
CHFA strengthens Colorado by investing in affordable housing and community development. We offer financial resources to strengthen homeownership, affordable rental housing, and businesses.
Website: https://www.chfainfo.com/

Colorado Housing Search
Take advantage of Colorado Housing Search, a fast, easy-to-use, free website for renters, buyers, and affordable housing property managers.
Website: https://coloradohousingsearch.com/

The Delores Project
The Delores Project is a 24-7 low-barrier, extended-stay shelter for women, transgender, and nonbinary individuals. We provide on-site 1-on-1 counseling, group counseling, life skills programming, and wrap-around, housing-focused case management for all shelter guests. In addition, we provide up to 1 year of community-based aftercare for all guests who have transitioned into permanent housing. Guests are expected to meet with their Case Manager twice per month, must follow all Community Agreements, and are responsible to attending all mandatory Life Skill classes.
Website: https://thedeloresproject.org/rehousing

Douglas County Housing Partnership
DCHP is a Housing and Urban Development (HUD) approved Housing Counseling Agency and provides foreclosure mediation services and home equity mortgage conversion (HECM) counseling to hundreds of Douglas County residents every year. Additionally, DCHP provides home buyer education and down payment assistance to first time homebuyers who wish to live in Douglas County.
Website: https://douglascountyhousingpartnership.org/

Family Promise of Greater Denver
Our mission is to form relationships with families at risk of or experiencing homelessness by providing shelter, meals, and a spectrum of supportive services as they obtain permanent stability.
Website: https://www.fpgd.org/

Family Unification Program
The Family Unification Program (FUP) is a program under which Housing Choice Vouchers (HCVs) are for eligible youth who have attained at least 18 years and not more than 24 years of age and who have left foster care or will leave foster care within 90 days.
Website: https://www.hud.gov/program_offices/public_indian_housing/programs/hcv/family

Homeless Services Resource Guide
The City of Aurora has complied a resource guide to help families experiencing homelessness to identify community resources which they can access. A map of where services are located is also included.
Website:
https://www.auroragov.org/residents/community_development/homelessness_in_aurora/homelessness_resources

Hope Communities
We strengthen communities and provide pathways to economic and personal opportunity through affordable housing, educational programs, and support services.
Website: https://hopecommunities.org/about-hope/history-mission-vision/

Hope House of Colorado
Hope House is metro-Denver's only resource providing free self-sufficiency programs to parenting teen moms, including Residential, High School & GED and College & Career Programs. Additional supportive services include parenting and healthy relationships classes, an Early Learning Program, health and wellness, financial literacy, and personal growth classes as well as certified counseling, all designed to prepare them for long-term independence. Hope House relies on numerous volunteers and local business partnerships to accomplish its mission.
Website: https://hopehousecolorado.org/

Housing Authority of the City of Aurora
The Aurora Housing Authority is committed to providing safe, decent, affordable housing to our community and proudly serves many different groups including working families, single parents, disabled residents, senior, homeless and veterans.
Website: https://www.aurorahousing.org/

Housing Counseling Authority
HUD's Housing Counseling Program provides support to a nationwide network of housing counseling agencies (HCAs). These agencies provide information, advice, and tools for consumers seeking, financing, maintaining, renting, or owning a home. Agencies also assist those facing homelessness and homeowners in need of foreclosure assistance.
Website: https://www.hudexchange.info/programs/housing-counseling/program-description/

Joshua Station
Joshua Station through Mile High Ministries is a two-year intensive housing program for families experiencing homelessness. Couples, single parents, grandparents, or other family members must have children under age 18 in their care.
Website: https://milehighmin.org/need-housing/

Mercy Housing
Mercy Housing is redefining affordable, low-income housing. We're a national nonprofit organization that is working to build a more humane world where communities are healthy, and all people can develop their full potential.
Website: https://www.mercyhousing.org/

Mile High Behavioral Health & Comitis Crisis Center
Comitis, located on the edge of the Fitzsimmons campus, offers a variety of programs supporting individuals in recovery from trauma, mental health and substance use challenges, and homelessness.
Website: https://comitiscrisiscenter.org/comitis-crisis-center

National Runaway Safeline
Provides free bus tickets home for runaway youth. Call 800-786-2929
Website: https://www.1800runaway.org/

Providence Network
We offer both transitional AND affordable housing for long-term success.
Website: https://providencenetwork.org/ourresponse/

Rocky Mountain Communities
Building brighter futures and inspiring hope by providing affordable housing and resident-focused services.
Website: https://rockymountaincommunities.org/https://rockymountaincommunities.org/

Sacred Heart House of Denver
Sacred Heart House of Denver provides a number of services and programs to help homeless families. These programs including the In-House Stabilization, Follow-Up and Transitional Housing Programs enable homeless women and their families to move to stable housing and become self-sufficient.
Website: https://sacredhearthouse.com/programs-homeless-shelter-denver/

Salvation Army: Lambuth Family Center
The primary goal of this facility is to help families break the cycle of poverty and homelessness and to begin building a sustainable, self-sufficient lifestyle.
Website: https://lambuthfamilycenter.salvationarmy.org/

Samaritan House
We serve veterans, women, and children facing homelessness. We help them find a path to self-sufficiency. We provide: a warm bed, clean linens, and toiletries; a hot meal and community atmosphere; case management and life skills classes; and community resources and referrals.
Website: https://ccdenver.org/denver-samaritan-house/

Shannon's Hope
Shannon's Hope is a residence providing a safe community for pregnant and postpartum women of child-bearing age.
Website: https://shannonshope.org/

TGTHR: The Source Overnight Shelter
The Source is a federally recognized and state licensed Homeless Youth Shelter. The Overnight Shelter is available for up to 16 young people between the ages of 12-21. Program participants receive employment assistance, access to education programs, long-term housing navigation, support and inclusivity groups, family coaching services, life-skills development, mental and physical wellness support, and an array of individual and group activities.
Website: https://tgthr.org/

TGTHR: The Source Drop-In Center
The Source Drop-In Center is open to young people, ages 12-24, every day, 12:30-5:00PM. The Drop-In program's first priority is to provide food, showers, laundry services, clean clothes, and access to medical care. Its second priority is to provide additional resources and support to assist individuals with their goals around housing, employment, and education.
Website: https://tgthr.org/resources-for-homeless-youth/

Urban Peak Denver
Urban Peak ignites the potential in youth to exit homelessness and create self-determined, fulfilled lives.
Website: http://www.urbanpeak.org/

VOA: The Mission
The Mission is a daytime shelter which provides clients with food, clothing, job training, employment assistance, spiritual guidance, referrals and a safe place for relaxation and refreshment. Each day an interdenominational church service is provided to uplift the downtrodden and meet the spiritual needs of those with little hope.
Website: https://www.voacolorado.org/services/denver-metro/

Warren Village
Our Two-Generation (2Gen) approach provides opportunities and resources to empower families to change their life trajectory. This holistic approach includes three program components: safe & affordable housing, parent services & advocacy, and early education & childcare.
Journey Map: http://warrenvillage.org/wp-content/uploads/2018/07/Journey-Map.pdf
Website https://warrenvillage.org/our-program/

Homeless Engagement, Assistance and Resource Team
The Homeless Engagement Assistance and Resource Team (HEART) is a co-responder team that paris Navigators with local law enforcement to respond to calls regarding homelessness and provides support and resources to unhoused individuals. This co-responder team strengthens the system of support for those experiencing houselessness. To contact a member of the HEART team, please call 303-660-7301, or complete the online referral form on their website.
Website: https://www.douglas.co.us/homeless-initiative/heart/

The Gathering Place
The Gathering Place (TGP) offers services to combat poverty and address the impacts of marginalization and oppression that are often contributing factors to poverty or homelessness by offering low-barrier access to a broad range of basic necessities ands wrap-around care options. TGP guides women, transgender and non-binary folx, and children living in poverty.
Website: https://tgpdenver.org/

Money and Finances:

The Alexander Foundation
There are three assistance programs for LGBTQ individuals experiencing temporary financial difficulties. The Community Assistance Grant is intended for immediate needs such as rent, security deposits, medical expenses, food, clothing, utility bills, and other basic living expenses. The Rocky Mountaineers Motorcycle Club of Colorado Catastrophic Assistance Program is intended to provide support to those at risk of losing their ability to provide basic life needs due to treatment or complications related to cancer, a catastrophic illness, or a serious illness. This program provides fixed monthly assistance for up to 12 months but cannot exceed $2,400. The Holiday Letter Assistance Program provides one-time assistance between November and December.
Website: https://www.thealexanderfoundation.org/assistance_programs

COUNTRY Financial
It's never too early to teach your kids about money and safety. They need to be prepared when they start school, learn to drive or head off to college. Help them gain a solid foundation of financial and safety knowledge with these resources. And don't forget, our local reps are always ready to help!
Website: https://www.countryfinancial.com/en/tools-resources/educator-resources/financial-education.html

Douglas County General Assistance Program
The Douglas County General Assistance Program is intended to help with a one-time emergency need to address issues of health, safety and/or well-being. To be eligible for this help, applicants must show how they can meet their future expenses.
Website: https://generalassist.douglascounty-ne.gov/

EVERFI
This newly updated financial literacy foundations course teaches students in 9-12th grade how to make informed financial decisions that promote financial well-being over their lifetime. The interactive lessons translate complex financial concepts in ways that help students develop actionable strategies for managing their finances.
Website: https://everfi.com/courses/k-12/financial-literacy-high-school/

Help & Hope Center: Douglas/Elbert Task Force
Help & Hope Center is a non-profit human service organization dedicated to providing assistance to people in Douglas and Elbert counties who are in serious economic need, at risk of homelessness, or in a similar crisis. We address immediate needs by consistently providing food and other necessities for homeless, low income and the working poor in our community.
Website: https://www.helpandhopecenter.org/

How to Interpret a Credit Report
You may have recently seen your credit report for the first time or have been asked about your credit by a prospective employer, landlord, or lender. Credit has become a critical part of daily life in our economy. Because credit is so important, there's a law to protect consumers called the Fair Credit Reporting Act (FCRA), which ensures that consumers are treated fairly by all players in the credit system. Read on to learn more about your rights under the FCRA and how to assert them.
Website: https://cwlibrary.childwelfare.gov/discovery/delivery/01CWIG_INST:01CWIG/1218392990007651

Integrated Family Community Services
Integrated Family Community Services (IFCS) provides basic human services and enrichment programs to low-income people, using community resources. IFCS fosters self-sufficiency and respects the dignity of each client, serving the greater Denver metro area.
Website: https://ifcs.org/

Managing Your Money
A pamphlet for New York State adolescents, that contains information that youth in Colorado can also benefit from. The pamphlet addresses the importance of money management with tips on spending money, building credit, making a monthly budget, saving money, and paying bills on time. Information on identity protection, fraud, and additional resources are also included.
Website: https://ocfs.ny.gov/main/publications/Pub5139.pdf

Tax Help Colorado
Tax season is here! Let us help you keep your entire tax refund in your pocket where it belongs. We have many sites and resources to help you claim the money you're owed.
Website: https://taxhelpco.org/

Teens and Money
As your kids get older, the decisions they make involving money become more important. Help teach your teen the value of money: how to earn it, how to save it, and how to respect it.
Website: https://www.familyeducation.com/teens/teens-money

Internet and Utility Assistance:

Arapahoe County Rental, Mortgage, and Utility Assistance Program
The goal of this program is to keep families in their homes with the heat and lights on. This assistance program helps to alleviate short-term financial stress on housing needs, so that families can focus resources on other basic and critical needs. Funding for this program is limited and submitting an application is not a guarantee of assistance. For assistance with rent, mortgage or utility payments please call 303-738-7891 or email housingassistance@arapahoegov.com.
Website: https://www.arapahoegov.com/1662/Rent-and-Mortgage-Assistance

Assurance Wireless
Affordable Connectivity Program (ACP) was created to provide eligible households with discounted broadband service. Assurance Wireless offers a FREE cell phone and FREE cell phone service, including free Unlimited Monthly Data, Text and Minutes, to qualified customers.
Website:
https://www.assurancewireless.com/partner/psearch?gclid=Cj0KCQiAmeKQBhDvARIsAHJ7mF6sXZ6WLbjHRao5zSSwOEq3Wkmy4aPAXtHmtRBWfWTz4FPNikfwHEsaApSlEALw_wcB&gclsrc=aw.ds

Energy Outreach Colorado
One of their locations is at Prairie Family Center in Burlington for Kit Carson County youth and families.
Website: https://energyoutreach.org/

Douglas County Low Income Energy Assistance Program (LEAP): Currently closed, will reopen on November 1st, 2023.
Visit website to learn more about application deadlines and eligibility requirements.
Website: https://www.douglas.co.us/community/housing-and-energy-assistance/

Internet Essentials
Fast, reliable, free — get Internet Essentials or Internet Essentials Plus at no cost when you qualify for and enroll in the Affordable Connectivity Program (ACP).
Website: https://apply.internetessentials.com/

Lifeline Support
Lifeline is a federal program that lowers the monthly cost of phone or internet service.
Website: https://www.lifelinesupport.org/

Mile High Youth Corps
Mile High Youth Corps offers free energy and water assessments for qualifying households in the Front Range. Home assessments include the installation of toilets, programmable thermostats, lights, showerheads and faucet aerators. These free upgrades reduce energy and water usage for a home and lower monthly utility bills. Households will see savings in the first month and can expect to reduce their annual bills by over $200.
Website: https://app.kickserv.com/mhyc/connect

Optional Activities:

A Financial Empowerment Toolkit for Youth and Young Adults in Foster Care
This federally funded toolkit is designed to provide caseworkers, independent living skills providers, congregate care providers, foster parents, and other supportive adults with strategies and resources to critically evaluate and improve their current approaches to financial capability when working with youth preparing to transition out of the foster care system.
Website: https://cwlibrary.childwelfare.gov/discovery/delivery/01CWIG_INST:01CWIG/1218392910007651

FDIC's Money Smart for Young People
The FDIC's Money Smart for Young People series consists of four free curriculum products. Each age-appropriate curriculum includes lesson plans for educators along with guides for parents and caregivers. The materials are available for immediate download.
Website: https://www.fdic.gov/resources/consumers/money-smart/teach-money-smart/money-smart-for-young-people/index.html

Jump Start: Financial Smarts for Students
While local salaries, wages and lifestyle costs will vary throughout the United States, the internal data used in this calculator are national averages. The results will indicate a ballpark relationship between your expenses and the income you will need to support your dream lifestyle.
Website: https://www.jumpstart.org/what-we-do/support-financial-education/reality-check/

Money Talks
Money Talks is a hands-on, interactive, on-line program, available in English and Spanish. Our resources consist of colorful learner guides, comprehensive leader's guides, along with supplementary multimedia materials. Money Talks increases the financial literacy capability of youth and young adults (14-24) by giving them applied experiences that encourage fiscally sound decision-making in marketplace transactions.
Website: http://moneytalks.ucanr.edu/index.cfm

Stand Up Wireless
StandUp Wireless is a provider of Lifeline, a government benefit program. Qualifying individuals enrolling in Lifeline with StandUp Wireless will receive free minutes, text, and data.
Website: https://standupwireless.com/

Teen Budget Worksheet
Help your teenager organize his expenses and save his money with this FREE teen budget worksheet.
Website:
https://www.familyeducation.com/printables/parenting-tools-printables/teen-budget-worksheet

Daily Life Skills & Self-Sufficiency

Suggested topics for this section:

- Offers disability resources
- Help them to learn how to do laundry
- Teach them where to find affordable clothing/less expensive brands
- Teach them about the grocery store/coupons/less expensive brands
- Help them learn how to meal plan/cooking
- Provide resources to learn self-defense/self-protection
- Do they know first aid?
- Transportation means/resources if they do not have a car
- Important documents – driver's license/IDs/social security card/birth certificate
- What is the DMV?
- How to furnish a home/how to clean
- Discuss personal hygiene/must have items
- How to make general appointments/importance of keeping appointments
- Help with time management
- Representing themselves in public with dress/appearance/language
    - Disability Services
    - Self-Sufficiency
    - Food Banks

Self-Sufficiency:

Atlantis

Our dedicated staff works hard to ensure that you are empowered and in control of your own life and opportunities. We can help with everything from financial planning assistance to housing issues, peer support to advocacy services. And if there is ever a problem we can't solve or question we can't answer, we have all the resources necessary to point you in the right direction and contact the appropriate people who can cater to your specific needs. Our assistance begins with our five core services: advocacy, information and referral, peer support, independent living, transition and youth transition.

Website: https://atlantiscommunity.org/services/

The Conflict Center

Conflict, differences, and misunderstandings happen to everyone. However, they are particularly prevalent in the formative years of a young person's life. Through experiential learning, we utilize interactive activities in our youth offerings so participants can learn and apply new skills in their lives. Classes and camps are conducted in a group format, which allows youth to learn from one another's diverse experiences. Each person who completes our class gains an understanding of how conflict can be used as an opportunity for growth and problem solving.

Website: https://conflictcenter.org/

Developmental Pathways
We are here to provide support and services, coordinate care, and expand our offerings by partnering with community organizations. Serving all ages, from birth to aging, we want to ensure that all individuals with disabilities in our community receive support.
Website: https://www.dpcolo.org/

Bayaud Enterprises
Bayaud Enterprises is working toward reducing hurdles for individuals to engage in the workforce and attain self-reliance. We do this through personalized Employment Services, Business Solutions, which provides employment for those needing supported employment, and individual and community services like free laundry, and support finding housing and accessing different resource programs.
Website: https://servicesource.org/

Division of Vocational Rehabilitation
We believe that anyone with a disability who wants to work, can work, regardless of the type or severity of their disability. We provide a wide variety of ***individualized services*** for people with disabilities. These services may allow you to reach your employment goals and live independently.
Website: https://dvr.colorado.gov/

Armchair Samaritan
Our mission at Armchair Samaritan is to provide furniture and essential household items, large or small, to economically challenged families, single parents, military families, elderly people, and any other individuals in need in the Denver Metro area and Front Range, provide the moving, handling, transportation, and other services required by this process, do so safely, efficiently, and respectfully, and save clients as much money as reasonably possible in the process
Website: https://americansamaritan.org/

Aurora Interfaith Community Services
In addition to their food bank and utility assistance services, they have a clothing bank, help with school supplies for children, provide tickets, and have a case manager on staff who assists clients in search of employment and other human service resources.
Website: https://www.aurorainterfaith.org/

Becca's Closet
The core mission of Becca's Closet was to collect and distribute dresses to high school girls with financial need, our goals have expanded to offer additional opportunities for deserving young people. In the spirit of Rebecca's visions and aspirations, our foundation raises funds to award post-secondary educational scholarships recognizing the exemplary efforts of young men and women nationwide who demonstrate Becca's spirit of generosity in their own communities.
Website: https://www.beccascloset.org/beccas-closet-chapters/beccas-closet-chapters-filtered/?chapter_name&zip&state=co

Bella Boutique
Bella Boutique offers free dresses shoes, and accessories. Everything is yours to keep! When you come into Bella Boutique, you'll be paired with a personal stylist to help you create a fabulous look. We promise it will be an unforgettable experience.
Website: https://www.bellaboutiquedenver.org/

Beyond the Walls
Beyond the Walls joins the services provided by Shiloh House to complete the continuum of support for youth ages 16-26 as they become successful, productive young adult members of their local communities. Beyond the Walls creates a seamless tapestry of support for young people as they transition from out of home care to independence.
Website: https://www.shilohhouse.org/beyond-the-walls

Bridging the Gap
Provide young adults transitioning out of the child welfare system with wraparound services, including access to stable housing, education and career opportunities, and wellness supports to help them build greater independence and economic stability.
Website: https://www.unitedwaydenver.org/bridging-the-gap

Clothes To Kids of Denver
Clothes To Kids of Denver provides free school clothing to students from low-income or in-crisis families in a warm, welcoming store-like setting. Our hope is that when students have the clothing they need to feel comfortable and confident in the classroom, they will better be able to focus on their studies and fit in with their peers.
Website: https://clothestokidsdenver.org/

Clover's Closet
Clover's Closet is a 501 3(c) nonprofit providing free formal attire to students attending school events. We also offer clothing for the whole family through our Community Outreach program. We are based in Castle Rock, Colorado and serve the Denver Metro area. We have no financial or geographical restrictions and offer an all-inclusive environment. We do not have a storefront, but offer pop up events twice a year for our prom and homecoming events.
Website: https://www.cloverscloset.org/

Coats for Colorado
Coats for Colorado works to provide warm winter coats at no cost to Coloradoans of all ages.
Website: https://coatsforcolorado.org/index.php/about-us/

Colorado DMV Handbook and Practice Tests
Before you drive to the Rocky Mountains or hit the slopes in Colorado, you'll want to get a handle on the rules of the road. Colorado takes driver's testing very seriously and getting a few wrong answers on the DMV written permit or driver's license test means you'll have to retake it later and pay fees again. Avoid the extra charges and pass on the first try with our hundreds of practice questions arranged into engaging tests.
Handbook: https://driving-tests.org/colorado/co-dmv-drivers-handbook-manual/
Practice Tests: https://driving-tests.org/colorado/

Colorado ID Project
This special project is designed to assist low-income, disabled, homeless and elderly Coloradans seeking documentation of their identity, immigration, or citizenship status. Project activities include representation of individual clients needing assistance in complex cases; coordination of advocacy efforts including legislative, administrative and litigation approaches; technical assistance and community education involving identification issues; and management of a supplemental document fund for individuals and nonprofits to pay needed document fees.
Website: https://coloradoidproject.wordpress.com

Colorado Family Life Center
Colorado Family Life Center (CFLC) offers free, one-on-one classes to Aurora and Denver Metro area residents. Class topics include pregnancy, breastfeeding, parenting, fatherhood, safety, relationships, life-skills, and more. We provide a comfortable, safe environment where parents can learn, grow, and provide for the needs of their family. Our "Earn While You Learn" program assists parents through pregnancy and parenthood. Our priority is to serve teen, first-time, and at-risk parents.
Website: http://coloradofamilylife.org/

Colorado Legal Services
Income-based legal services in the areas of family law, consumer/debt problems, housing law, senior citizen issues, tax controversies, income tax credit denials, civil problems, and immigration issues.
Website: https://www.coloradolegalservices.org/

Colorado PEAK
The fast and easy way to access benefit information - anytime and anywhere. PEAK is an online service for Coloradans to screen and apply for medical, food, cash, and early childhood assistance programs.
Website: https://peak.my.site.com/peak/s/peak-landing-page?language=en_US

Colorado Poverty Law Project
CPLP connects low-income individuals with free legal services to fight evictions and housing injustice.
Website: https://www.copovertylawproject.org/

Colorado Shines Childcare
The State of Colorado offers a free search tool to help you find and research licensed childcare programs in your community. We show you each program's quality rating, licensing history, and monitoring reports to help you make the best decision for your family. You can also contact the Colorado Shines Child Care Resource and Referral phone line at 877.338.2273 for free, personalized support with your childcare search. Childcare navigators are also available by email, and you can contact childcarereferrals@unitedwaydenver.org. Or just complete this online form and a child care navigator will contact you.
Website: https://www.coloradoshines.com/home

Dads of Elbert County
To assist our neighbors in Elbert County using our trade skills and labor, donate food and sundry items and the occasional fundraiser.
Website: https://www.facebook.com/groups/2775159659415137/

Denver Asset Building Coalition (DABC)
The mission of the Denver Asset Building Coalition is to provide free tax preparation, financial education and other asset-building services in the Denver metro area to help low-income and underserved people become economically self-sufficient. We work with other nonprofits as well as civic, education and business partners to build a coalition of valuable financial services that have a profound effect on people's lives and on our community.
Website: https://denverabc.org/

Dress for Success
We provide at-risk women with job readiness tools, professional attire, and post-employment support to assist them in their efforts to achieve economic self-sufficiency. DFS Denver has four signature programs:

professional suiting, career coaching, going places network- job readiness, and professional women's group- job retention.
Website: https://denver.dressforsuccess.org/

Elbert County Coalition Outreach
Anyone in a crisis situation qualifies for ECCO's help. On a day-to-day basis, ECCO assists low-income residents in a number of ways. Through the storefront, ECCO provides clothing, shoes, household goods, etc. at low or no cost depending on the situation or need. Sales to every day shoppers looking for great deals provides ECCO with retail income that further helps the community.
Website: https://www.eccoinkiowa.org/

Elbert County Extension
The Elbert County Extension office provides assistance and programs for citizens in five main areas: Agriculture, Horticulture, Family and Consumer Science, Natural Resources and 4-H Youth Programs.
Website: https://elbert.extension.colostate.edu/

Elbert Woman's Club
To reach, connect and celebrate community; to build lifelong relationships and promote the growth of women's experience within the community!
Website: https://www.elbertwomansclub.com/about-3

Elizabeth Firefighters Community Foundation
We provide assistance to our community members who are facing adverse times. All inquires are kept confidential. If you need assistance contact us below.
Website: https://elizabethfirefoundation.com/community-assistance

The Empowerment Program
The EP believes that lasting change is the result of incremental action. We work alongside our participants on their journey to living a healthier life. Through our programming, we remove barriers to health, housing, education and employment so our participants can take the steps they need to achieve their goals.
Website: https://www.empowermentprogram.org/

Good Neighbor Garage
We offer hope to single women with dependent children, while providing automobile services, partnering in their efforts to be employed and pursue economic self-sufficiency. We do this through the following means: vehicle placement, vehicle education, vehicle maintenance, and vehicle repairs.
Website: https://www.goodneighborgarage.org/

Hands of the Carpenter
Hands offers hope to single women with dependent children, while providing automobile services, partnering in their efforts to be employed and pursue economic self-sufficiency.
Website: https://www.handsofthecarpenter.org/

HopSkipDrive
HopSkipDrive compliments routine student transportation with a cost efficient, flexible way to meet non-routine transportation needs. We understand that transportation can be the difference between success and

struggle, which is why we're on a mission to use technology, operational expertise, and new thinking to help kids reach their full potential by providing a safe, dependable way to get them where they need to be.
Website: https://www.hopskipdrive.com/

Illuminating Child Care
Illuminating Child Care partners with community-based nonprofits, local substance use disorder treatment providers and government agencies to provide personalized navigation for their clientele to find child care.
Website: https://illuminatecolorado.org/illuminating-child-care/.

iFoster
iFoster's mission is to ensure that every child growing up outside of their biological home has the resources and opportunities they need to become successful, independent adults. We provide a free platform of resources for foster care youth, caregivers, and organizations.
Website: https://www.ifoster.org/what-we-do/

Lawyers at the Library: Elbert & Lincoln Counties
Lawyers at the Library is a FREE legal clinic for parties who have no attorney. Volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for the areas of family law, civil litigation, criminal defense, property law, probate law, collections, appeals, landlord-tenant law, veteran's benefits, and civil protection orders. The volunteer attorneys at the Lawyers at the Library Clinic do not represent you just because they help you at this clinic. This clinic is no substitute for legal representation.
Website: http://douglaselbertbar.org/lawyers-at-the-library/

Little Flower Assistance Center
This is a food pantry, clothing closet and resource center that offers tremendous support for the community. Little Flower partners with a host of amazing parishes, businesses, agencies, organizations and volunteers to receive and distribute food and critical supplies to neighbors in Aurora and beyond.
Website: https://ccdenver.org/food/

Link On Demand
Link offers transportation across Highlands ranch and Lone tree to students, older adults, individuals with disabilities, and those without access to a personal vehicle. To start using the service, riders simply download the Link On Demand app, create an account, enter their pickup and drop-off location, and wait for a driver to arrive — usually within minutes. Or, call 719-212-2430 to schedule a ride.
Website: https://city.ridewithvia.com/LinkOnDemand

Love INC
Love In the Name of Christ (INC) is here to support individuals and families seeking assistance in their time of need. Love INC partners with local churches and other community organizations to provide support and guidance. Go to their website to request transportation to appointments, join their monthly diaper distribution, request clothing and furniture, and more.
Website: https://loveinclittleton.org/

Outback Express
For citizen and visitor convenience, the city offers public transportation within Burlington's city limits through the Outback Express for 25 cents per ride.
Website: http://www.burlingtoncolo.com/221/Public-Transportation

Pathways to Success: Milestones of Foster Care
With each birthday, you become eligible for certain benefits and encounter greater responsibilities. Check out the major milestones, programs, and opportunities on this website.
Website: https://denverchafee.org/uploads/documents/pathways-youth-2014.pdf

Prairie Family Center: Kit Carson County
Our mission as a family resource center is to help guide families down a successful path. Providing our community with education and resources needed to build and support healthy and functional families.
Website: https://www.prairiefamilycenter.com/

RTD LiVE Program
RTD's LiVE program helps you get to all the places you need to go. By enrolling in LiVE, you will receive a 40% discount on fares throughout the RTD service area.
Website: https://www.rtd-denver.com/LiVE

St. Vincent de Paul
St. Vincent de Paul offers a number of emergency assistance programs to Denver Colorado families. Thousands of individuals receive help every year, whether financial for paying bills or rent to hot meals, items for a job, food, or meals and more.
Website: https://www.needhelppayingbills.com/html/denver_st__vincent_de_paul_ass.html

Young Adult Legal Advocacy Program (YALA)
Our team provides young people who have experienced foster care, juvenile justice, homelessness, or other instability with the critical legal advocacy, support, and resources they need to overcome these challenges and see a clearer path to adulthood. Referral Form is here.
Website: https://remerg.com/resources/young-adult-legal-advocacy-program-yala/

Youth Advocate Programs, Inc. (YAP)
YAP provides young people, adults, and their families with intensive support right from where they live, learn, work and play through our YAP Wrap model.
Website: https://www.yapinc.org/

Food Banks/Resources:

Aurora Interfaith Community Services
Aurora Interfaith Community Services (AICS) is a non-profit agency whose sole aim is to express Christian concern for our community by providing substantive emergency assistance to the residents of Aurora.
Website: https://www.aurorainterfaith.org/

ANSAR Pantry
Ansar Pantry is a community food bank which offers food and other resources to members of the community. To obtain services please bring a picture ID and a piece of mail with name and address listed. Bring ID for each family member. Open every Saturday from 9:30 am to noon.
Website: https://www.facebook.com/AnsarPantry/

Backpack Society
We offer groceries for your family to help over the weekend. You can sign up every week or as often as you'd like! You will need to pick up at Backpack Society, located at 213 County Line, Road, Highlands Ranch, 80129. Pick-up is Thursday's from 5pm-6pm. Weekly registration deadline is Tuesday at midnight. Register here! You can email info@backpacksociety.org or call 720-583-2224 for questions.
Website: www.backpacksociety.org

Colorado Food Pantries Listed by City
There are several food pantries and food banks in the state of Colorado. With help from users like you we have compiled a list of some.
Website: https://www.foodpantries.org/st/colorado

Cooking Matters
Cooking Matters works in communities across the country to help parents and caregivers develop their skills when shopping for and cooking healthy foods on a budget through cooking classes, online professional development for caregivers, digital content, grocery store tours, lesson plans.
Website: https://cookingmatters.org

Covenant Cupboard
The mission of Covenant Cupboard Food Pantry is to address the food security needs of seniors, disabled individuals, and the unemployed or underemployed households in our community in a compassionate, dignified, and secure environment.
Website: http://covcupboard.org/

Elizabeth Food Bank: Elbert County
Elizabeth Food Bank is an outreach of Elizabeth Presbyterian Church in partnership with Elizabeth United Methodists, Peace in Christ Episcopal Lutheran Ministry and other groups wishing to see that no person or family in the Elizabeth area goes hungry.
Website: http://elizabethpc.org/food-bank

Food Bank of the Rockies
Enter your address to find a food distribution near you. For the most accurate results, please include the name of your city AND the ZIP code.
Website: https://www.foodbankrockies.org/find-food/

Food Bank of the Rockies: Burlington Event Center: Kit Carson
Open second Monday of the month starting at 9:00 a.m. No eligibility requirements for Mobile Food Pantry. TEFAP food is available for income-eligible households and to households that participate in select public assistance programs. Please bring a photo ID to sign up. No proof of income required.
Website: https://www.foodbankrockies.org/find-food/?address%5B0%5D=Burlington%2C%20CO%2080807%2C%20USA&post%5B0%5D=pantry_locator&tax%5Bdays_open%5D%5B0%5D&tax%5Bprogram_type%5D%5B0%5D&distance=25&units=imperial&per_page=10&lat=39.260229&lng=-102.163272&form=5&action=fs

The Food Bank of Kiowa Creek Community Church: Elbert County
An Equal-Opportunity Provider and 501(c)3 Nonprofit Organization serving over 270 families in Elbert County. They have Birthdays in a Bag and will refer to other food banks that are open other days of the week.

Website: https://kiowacreek.org/who-we-are/foodbank-of-kiowa-creek-community-church/

Harvest Bible Church Food Bank: Elbert County
Helping Hands of Harvest Food Bank cooperates with other food pantries in the region to provide food and necessary supplies for the needy in Elbert County area.
Website: https://www.harvestelizabeth.com/food-bank

Help & Hope Center
Help & Hope Center is a non-profit human service organization dedicated to providing assistance to people in Douglas and Elbert counties who are in serious economic need, at risk of homelessness, or in a similar crisis. We address immediate needs by consistently providing food and other necessities for homeless, low income and the working poor in our community.
Website: https://www.helpandhopecenter.org/

Hope Starts Here Food Bank
At Hope Starts Here Food Bank, our mission is to offer hope in challenging times. We believe meeting practical, felt needs to combat hunger opens the door to whole life transformation. We will connect you not only with food and resources but with others in your community willing to walk this journey alongside you.
Website: https://www.hshfoodbank.org/

Hunger Free Colorado
We can connect Colorado families and individuals to SNAP/food stamps, food pantries, free meal sites, WIC (Women, Infants, and Children) and other nutrition programs geared towards families, children and older adults.
Website: https://hungerfreecolorado.org/

Integrated Family Community Services
We are responding to our community's growing needs with food support and other basic services. If you are struggling to make ends meet, check out the programs we offer.
Website: https://ifcs.org/

Mean Street Ministry Food Bank & Café
Mean Street Ministry seeks to see lives transformed by compassionately serving people in need.
Website: https://www.meanstreetministry.org/

Metro Caring
At Metro Caring, we're meeting people's immediate food needs while addressing the root cause of hunger: poverty. We provide nutritious groceries to our neighbors, and also offer comprehensive anti-hunger resources so that families can stop hunger at its root.
Website: https://www.metrocaring.org/what-we-do

Parker Task Force/Food Bank
The Parker Task Force for Human Services is dedicated to providing individuals and families in our community with food, limited financial assistance and other support services to help them become self-sufficient.
Website: https://www.parkertaskforce.org/

SECOR Cares Free Food Market
SECOR Cares serves the residents of Arapahoe, Douglas, and Elbert Counties who are struggling with suburban poverty. Through our free food market, guests are able to shop and put food on their tables, without concern for payment.
Website: https://www.secorcares.com/freefoodmarket

Valley View Cares Free Food Market
This ministry, a branch of Southeast Community Outreach (SECOR), strives to empower hope for people in need by offering the opportunity to shop for quality food that meets the specific needs of individuals and families.
Website: https://www.foodpantries.org/li/valley-view-cares-a-branch-of-secor

With Open Arms Outreach Center
With Open Arms Community Outreach Center offers food, personal care, hygiene products, and other resources to individuals and families in need, at no charge. For additional information, please call 303-368-7105, Ext. 208.
Website: https://ccfyourhome.org/ministries/

Optional Activities:
Food Management Skills Assessment
Appendix F

Weekly Meal Planner
Appendix G

House Cleaning Checklist
Appendix H

Denver Chafee- Adult Survival Checklist
Website: http://denverchafee.org/my-life/adult-survival-checklist/

Self-Esteem, Self-Efficacy & Pro-Social Activities

Suggested topics for this section:

- Who do they want to be?
- What are they passionate about?
- Ideas for how to change their life for the better
- What is self-confidence?
- Work on eye contact/speaking so others can hear/speaking clearly
- What does self-advocacy mean to them?
- How to advocate for themselves moving forward/how to ask questions
- How do you want to contribute to society?
- Provide resources to get involved/become a part of something
- Volunteer: animals/elderly/children/etc.
- What have you learned?
- How do you see yourself differently?

- Self-Efficacy
- Self-Esteem & Pro-Social Activities
- LGBTQIA
- Youth Boards

Self-Efficacy:

4-H At Home Activities
4-H empowers young people with the skills to lead for a lifetime. It's a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity.
Website: https://4-h.org/about/4-h-at-home/activity-guides/

Arapahoe Libraries: Exploration Pass
Any Arapahoe Libraries card holder can reserve an Exploration Pass, which grants admission to several metro-Denver attractions at no charge.
Website: https://arapahoelibraries.org/explore-colorado/

Archway Communities
Our community centers offer daily youth programming during after school hours from Monday to Friday. We provide youth programming to children ages 5 to 18. Our youth learn the importance of valuing education, fitness, and art, just to name a few lessons. We provide engaging quality programs that allow our youth to build skills, confidence, https://www.archwaycommunities.org/.

Art from Ashes
Art from Ashes (AfA) is the first youth arts agency in Colorado to use a process of creative expression to facilitate personal transformation and self-determination among high-risk youth age 9 to 24 years old.
Website: http://www.artfromashes.org/about/

Aurora Partners for Thriving Youth
Our mission is to partner with young people and the Aurora community to create opportunities that empower our youth to thrive by embracing social, emotional, and physical wellness. We aspire to engage with the Aurora community to reduce risk factors for our young people and increase protective factors in the community that contributes to healthy lifestyles.
Website: https://www.aurorapartnersforthrivingyouth.org/

Bikers Against Child Abuse
BACA exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation, and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.
Website: http://bacaworld.org/

Burlington Public Library: Kit Carson County
The Burlington Public Library brings many opportunities and resources to our community that many residents would otherwise not have access to, such as: Audiobooks, Board games, Books for all ages, Coffee bar, Computers for public use, Crafts and toys, eBooks, Magazines, Movies, Quiet places for study, Story time (Wednesdays at 10:30 a.m.), Summer reading program, Wireless access, and more!
Website: https://www.burlingtoncolo.com/160/Library

Centro San Juan Diego Archdiocese of Denver
Receive free legal advice on immigration, credit, home or rent matters, employment, and family law.
Website: https://centrosanjuandiego.org/en/legal-night/

Colorado Department of Public Health & Environment
Learn about positive youth development to help youth acquire the knowledge and skills they need to become healthy and productive adults.
Website: https://www.colorado.gov/pacific/cdphe/positive-youth-development

Colorado Immigrant Rights Coalition
CIRC is a statewide membership-based coalition of immigrant, labor, interfaith, youth and ally organizations founded in 2002 to build a unified statewide voice to improve the lives of immigrants and refugees in Colorado and the United States. CIRC achieves this mission through non-partisan civic engagement, public education, and advocacy to win fair, humane and workable public policies.
Website: https://coloradoimmigrant.org/

Connecting All People to Agriculture
CALF connects all people to agriculture through authentic educational programs, community projects, and leadership opportunities. We aim to inspire lives, nurture leaders, and build lasting relationships.
Website: http://www.thecalf.org/index.html

Downtown Aurora Visual Arts (DAVA)
DAVA's Open Studio gives students a chance to explore, experiment and express themselves in new ways. Choose from a wide variety of art projects, including ceramics, drawing, painting and sculpture. You'll even find fun ways to learn about science, health and different cultures through art. The Open Studio at DAVA is a rich playing field for experiential learning for youth ages 6-14. Students learn key social skills as they problem solve and finish projects successfully, collaborate in community art projects and participate in STEAM classes.
Website: https://davarts.org/openstudio

Douglas County Libraries: Adventure Pass
Use your library card to reserve a Douglas County Libraries Adventure Pass to one of our local participating cultural institutions. Reserve free passes up to 14 days in advance.
Website: https://www.dcl.org/library-perks/

Douglas County Volunteer Opportunities
Whether you have a little or a lot of time, you can give back to your community please visit the links before for volunteer opportunities in Douglas County.
Website: https://www.douglas.co.us/volunteer-opportunities/

Douglas County Youth Congress
Youth Congress is an event where adult leaders work with youth leaders on issues that affect the lives of Douglas County youth. Students, grades 9 – 12 are invited to attend.
Website: https://www.douglas.co.us/youth-initiatives/youth-congress/

Douglas County Youth Initiative
The Youth Initiative is a method of coordinating local youth-serving efforts and assessing the needs of the youngest residents by envisioning a community in which youth are involved, valued, productive, protected and healthy. Programs of the Youth Initiative include Outstanding Youth Awards, the Youth Congress, and WrapAround. Resources are provided in the Youth and Family Resource Guide.
Website: https://www.douglas.co.us/youth-initiatives/

Dream Makers Project
Dream Makers is on a mission to change the lives of youth who have aged out of foster care by connecting the community to their needs.
Website: https://dreammakersproject.org/

Driven By Our Ambitions
Driven By Our Ambitions (DBOA) aims to establish intervention/preventative/mentoring/therapy services for clients and their families that will allow them to receive ample support, guidance and critical information that will guide them on a path to surpass their goals/ambitions and always work to grow the client(s) towards model citizens.
Website: https://www.dboa.health/

ELK
ELK is a Denver-based, 501(c)3 organization established in 1996 by two wildlife biologists who saw a growing need to educate Colorado's underrepresented youth about science, math, leadership, and career opportunities. ELK was founded with the belief that all young people deserve strong educational support, good role models, and opportunities for positive community action in order to become engaged, productive, and successful members of society.
Website: https://elkkids.org/

Foster Club
Foster Club's network includes over 500 young people with first-hand foster care experience. We recruit young people who are interested in developing personally and professionally through our Young Leader programs, then connect them to opportunities where they can impact change on an individual, group and system level.
Website: https://www.fosterclub.com/

Justice Law and Mercy Legal Aid Center
We are the Justice and Mercy Legal Aid Center (JAMLAC), a faith-based nonprofit. Since 2006, we've served 15,000 low-income community members with legal services in the greater metro Denver area. We provide full civil legal representation, legal consultations, advocacy and legal workshops that help survivors, immigrants and other clients seek justice.
Website: https://jamlac.org/

Office of the Child's Representative: Youth Center
Colorado Office of the Child's Representative (OCR) is committed to ensuring that children and youth have a voice in the Colorado legal system through effective attorney services, practice, and advocacy. To further this

goal, OCR supports and promotes youth empowerment throughout the court process, including youth participation in court hearings and case events.
D&N Youth Toolkit: https://coloradochildrep.org/wp-content/uploads/2020/12/Toolkit.pdf
21 Tips Before Leaving Foster Care: https://www.fosterclub.com/blog/editorial/21-things-its-t-time
Foster Care Transition Toolkit:-https://www2.ed.gov/about/inits/ed/foster-care/youth-transition-toolkit.pdf
Website: https://coloradochildrep.org/youth-center/

Rocky Mountain Immigrant Advocacy Network
The Rocky Mountain Immigrant Advocacy Network (RMIAN) provides free immigration legal services to immigrant children and to adults in immigration detention.
Website: https://www.rmian.org/

Rylie's ARK (Acts of Random Kindness)
Rylie's ARK is committed to organically spreading kindness through random acts both big and small. We have been inspired by Rylie to live life putting others first and spreading happiness. Through the foundation, we hope to help individuals and families in times of need, sponsor scholarships to summer camps, pay sports fees, and much more.
Website: https://ryliesark.org/

Sacred Walk
Youth retreats and classes are offered as a half or full day or on a weekly series basis. Games, videos, self-inventories, laughter, structured conversation, interaction, activities and positivity are the foundation of all retreats and classes.
Website: https://www.sacredwalkllc.com/

SAME Café
SAME Café only achieves the mission with the help of hundreds of volunteers just like you! We offer two types of volunteer opportunities: a) walk-in volunteers who exchange 1/2 hour of time for a meal and b) pre-scheduled volunteers who take a shift of 1-3 hours to help the mission of SAME! Volunteers will be put to work prepping food, serving, dish washing, cleaning tables, & various projects.
Website: https://www.soallmayeat.org/home

Sims Fayola Foundation
To improve the life outcomes and experiences of young men and boys of color and increase the capacity of the youth service professionals who work with them to provide their services through an equity and gender lens.
Website: https://www.sffoundation.org/

Young Aspiring Americans for Social & Political Activism
YAASPA endeavors to build the self-efficacy of youth who desire to make change in our communities, pursue social science degrees, and social justice careers. Their programs include: YAASPA's Engaged to Climb Youth Advisory Council, Civic Engagement in Community and Career Course, Social Sciences and Policy Institutes, YAASPA Scholars, and Scholarship Fairs. YAASPA Scholars are provided a 2-years scholarship to the Community College of Aurora for social science majors.
Website: https://www.yaaspa.org/

Youth MOVE Colorado
Youth MOVE Colorado's vision is to ensure that you are empowered, educated, and given a decision-making role in your own life, as well as in organizations and programs in your community, state, and nation. We are here to promote and support youth as leaders and encourage youth and young adults to develop leadership skills for the many forms you will encounter throughout your life.
Website: https://youthmoveco.org/youth-leadership/

Youth on Record
YOR's education, music, and community programs are designed to help young people become more free, more rooted in their personal power, and better able to thrive in spite of systems and circumstances that dis-empower and marginalize them.
Website: https://www.youthonrecord.org/about-us

Self-Esteem & Pro-Social Activities:

Abby Dew For You
Abby Dew For You offers social programs for teens and young adults in Douglas County. Our mission is to support the social life of all group members with personalized care and enrich their lives with meaningful and fulfilling events. We are a team of mentors with a common goal of guiding young people in peer relationships, romantic relationships, self-care and health.
Website: www.abbydewforyou.com
Dove Self-Esteem Project
Helping young people overcome body image issues and fulfill their potential by building positive body confidence and self-esteem.
Website: https://www.dove.com/us/en/dove-self-esteem-project.html

Friends for Youth
Friends for Youth supports positive development for at-risk youth in the juvenile Justice and child welfare systems by providing caring adult mentors, life enriching experiences, and enhanced community connections resulting in successful life transitions. FFY has expanded its programming over the years to include four programs designed to help youth succeed once they leave their support systems. Serves Metro Denver area.
Website: https://friendsforyouth.com/

The Gathering Place
Women, transgender individuals, and their children who seek assistance from The Gathering Place have access to a wide range of programs and services that meet basic needs, foster personal growth, and build community, and develop social enterprise. Below is a list of programs and services offered to members at The Gathering Place.
Website: https://tgpdenver.org/what-we-do/programs-services.html

Girls Inc. of Metro Denver
We serve girls ages 6-20 in the Denver-Metro area. Our research-based programming is delivered by trained professionals who focus on the development of the whole girl, supporting, mentoring, and guiding girls in an

affirming, pro-girl environment. Here, girls learn to value their whole selves, discover and develop their inherent strengths, and receive the support they need to navigate the challenges they face.
Website: https://www.girlsincdenver.org/about-us/what-we-do/

IFCS: Recreation Center Voucher Interest Form
Vouchers for recreational activities are available to eligible households within South Suburban Parks and Recreation District and Englewood Parks and Recreation (Englewood & Malley Recreation Centers)
Website: https://ifcs.org/recreation-center-voucher/

KidzArt
Our multimedia programs set us apart because we deliver MORE than just an art class. Our unique curriculum is based on 30 years of experience supporting students of all abilities, including those who never considered themselves to be artistic. Students begin to express their ideas freely and overcome the impulse to judge themselves or others.
Website: https://www.kidzart.com/franchise/front-range/

My Spark Denver
My Spark Denver has been launched to increase access to afterschool and extracurricular activities that can have positive benefits for youth. The program does that by providing $1,000 debit cards directly to students and families so that they can choose the youth activities that they're most interested in. Apply online via link below and choose from a list of participating afterschool and extracurricular programs.
Website: https://mysparkdenver.org/

Parker Arts
Parker Arts will enhance local economic vitality and quality of life by offering unique gathering spaces and providing access to a wide variety of high-quality performances, exhibits, and educational programs in arts, culture, history, and science.
Website: https://parkerarts.org/our-story/

ReCreative Denver
ReCreative Denver is a Creative Reuse Store & Community Art Center decicated to promoting creativity, community an environmental stewardship through creative reuse and arts education. Classes and workshops include adult classes, assemblage, collages, embroidery, felting, fine arts, sewing & fiber arts, and upcycling.
Website: https://www.recreativedenver.org/

LGBTQIA+:

The Center on Colfax's Legal Program
The Center on Colfax's Legal Program is the only legal project in Colorado dedicated solely to the equality and dignity of LGBTQ people. We work to protect and further the legal rights of LGBTQ people living in Colorado through strategic partnerships, educational initiatives, and legal referral services.
Website: https://lgbtqcolorado.org/programs/legal/

Healthcare Resources for LGBTQ in Colorado
Find resources for Lesbian, Gay, Bisexual and Transgender Health from the Colorado Department of Public Health & Environment.
Website: https://drive.google.com/file/d/1f7bVZSV_EM1L_3QV_azg20JiDEl6zxJx/view

Inside Out Youth Services
At Inside Out Youth Services, we are dedicated to providing quality programs and services to LGBTQIA2+ youth in Colorado Springs and the surrounding counties. Our wide range of offerings includes support groups, mentoring opportunities, educational workshops, and social activities, designed to meet the unique needs of LGBTQIA2+ youth and young adults at all stages of their journey.
Website: https://www.insideoutys.org/

Imi
Guides built for and with LGBTQ+ teens to help you explore your identity and support your mental health.
Website: https://imi.guide/

Mile High Freedom Bands: Youth Band Camp
MHFB Youth summer camp is a totally free week-long experience for high school students. You can choose to participate in any or all of the four program areas. The program will be open to any student who will be in high school in the upcoming school year as well as seniors that have just graduated! Seniors can even earn a scholarship to the college of their choice in any major!
Website: https://mhfb.org/about/youth/

MSU LGBTQ Student Resource Center
The LGBTQ Student Resource Center is a tri-institutional office on the Auraria Campus serving the students, faculty and staff of Metropolitan State University of Denver, Community College of Denver and University of Colorado Denver. We are available to all Auraria students as a resource for exploring issues of sexual orientation and gender identity.
Website: https://msudenver.edu/lgbtq/

Out Boulder County
Working independently and in collaboration, we facilitate connection, advocacy, education, research and programs to ensure LGBTQ+ people and communities thrive in Boulder County and beyond.
Website: https://www.outboulder.org/

NXT Queer Youth Space
The NXT program is a safe environment for you—queer and transgender teens and young adults, 12-22. We are here to foster healthy relationships, encourage authentic expression, help develop support systems, and build community. NXT is a place where you learn to advocate for yourself.
Website: https://denverelement.org/nxt

One Colorado
One Colorado is advancing equity and freedom for our LGBTQ+ community through state policy, advocacy, health care, and education. We progress the lived and legal equality for LGBTQ+ Coloradans to ensure our community's voices are heard and represented within halls of power—so that every Coloradan has the opportunity to thrive.
Website: https://www.one-colorado.org/

Queer Asterisk
Queer Asterisk empowers and nurtures the diverse ways of being that queer people embody by providing accessible counseling, education and community programs that uplift queer, trans and gender expansive lives.
Website: https://queerasterisk.com/

Rainbow Alley
Rainbow Alley is a safe, brave space where LGBTQ youth (ages 10-17) and their allies find support and acceptance. We provide events and activities, counseling and support groups, health services and life skills—all in a warm and welcoming environment. Please check our calendar for upcoming events.
Website: https://lgbtqcolorado.org/programs/rainbow-alley/

TRUE Center at Children's Hospital Colorado
At the TRUE Center for Gender Diversity at Children's Hospital Colorado, we're here to support you on your journey, whatever that may be. This is a safe space. We specialize in helping our patients achieve the gender expression that's right for them. We understand the medicines and medical concerns that gender transitions involve, but we also understand the emotional challenges of gender diversity. In short, we speak your language.
Website: https://www.childrenscolorado.org/doctors-and-departments/departments/gender-diversity-center/

Trans Lifeline
Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans.
Website: https://translifeline.org/hotline/

Transgender Center of the Rockies
Holistic mental health services for members of Colorado's transgender and gender expansive community.
Website: https://www.transgendercenteroftherockies.org/services-tcr

Transgender Health Insurance Guide
Know what's covered in health plans sold in Colorado regarding trans health.
Website: https://transequality.org/health-coverage-guide

TrevorSpace
Start meeting LGBTQ friends today! TrevorSpace is an affirming international community for LGBTQ young people ages 13-24. Sign up and start a conversation now.
Website:
https://www.trevorspace.org/?utm_source=trevor_website&utm_medium=web&utm_campaign=get_help_page

The Trevor Project
We provide information & support to LGBTQ young people 24/7, all year round. Lifeline (24/7/365): 1-866-488-7386, or text "START" to 678-678
Website: https://www.thetrevorproject.org/

Youth Seen
The mission of Youth Seen is to foster and empower the social and emotional well-being of LGBTQI youth and their families in all communities. Services include mental health (clinicians and peer mentor support network), support groups for parents and queer youth, social activities, summer programs, trainings and workshops for organizations wanting to enhance their services to the LGBTQIA+ population, and short-term case management for youth experiencing a variety of needs from medical and mental health to housing instability. We also offer Camps YS for one week every summer with scholarships available. Camp YS is a great way to help your child

make a strong social connection with other kids their age. We strive to build a safe and supportive community that allows LGBTQ youth to connect with each other on a deeper level.
Website: https://youthseen.org/

Youth Boards:

Advocates for Children CASA Youth Advisory Board
The Advocates for Children CASA Youth Advisory Board (YAB) is an opportunity for the Board of Directors and Staff to ensure the services we offer are effective by collaborating, consulting, and information sharing with the populations we serve. The YAB consists of youth and young adults ages 13 to 26 who have experienced abuse, neglect, or other life challenges, and have a keen interest in the work and development of Advocates for Children CASA.
Contact: Email One_Casa@adv4children.org to be connected to staff member and current Youth Advisory Board member.

American Red Cross: National Youth Council
The American Red Cross NYC is a group of thirteen youth members and two adult advisors who nationally represent and serve the youth volunteers of the American Red Cross. Drawing upon the creativity, dedication, and energy of youth, the National Youth Council seeks to promote young volunteers as an organizational resource.
Website: https://www.redcross.org/red-cross-youth/national-youth-council.html

Aurora Youth Commission
The Aurora Youth Commission serves as a voice for youth in Aurora. The AYC advises City Council, the City Manager & the Director of the Department of Parks, Recreation & Open Space regarding the interests of youth in Aurora. Members must be an Aurora resident. AYC allows youth to have fun, meet new friends, represent your school & community, help others, learn about Aurora government, give back to your community, learn to conduct a meeting, and gain valuable volunteer credit.
Website: https://www.auroragov.org/city_hall/boards___commissions/aurora_youth_commission

Children's Hospital Colorado: The Youth Action Board
The Children's Colorado Pediatric Mental Health Institute (PMHI) Youth Action Board (YAB) consists of up to 15 youth from across the Denver metro area who are interested in raising awareness about and de-stigmatizing mental health issues.
Website: https://www.childrenscolorado.org/doctors-and-departments/departments/psych/youth-action-board/

Metro Youth Alliance
Metro Youth Alliance is a YAB made up of former and current foster care youth, and youth with other backgrounds, who work together to improve the experience of youth in foster care, and collaborate to identify projects they would like to pursue to improve their communities
Website: http://denverchafee.org/get-involved/youth-advisory-board/

Young Americans Center for Financial Education: Youth Advisory Board
This inspiring group of 8th-12 graders is the face of Young Americans. The Youth Advisory Board meets once a month to advise and oversee Young Americans Bank and the nonprofit programs of Young Americans Center for Financial Education.
Website: https://yacenter.org/youth-advisory-board/

Optional Activity:

GirlVentures'

GirlVentures' provide an abundance of tools and teachings as part of our programs. To take our support a step further, we've gathered a series of resources for families, friends, and fans of GirlVentures. Discover downloadable and online tools as well as other organizations working toward greater inclusivity and equity for youth in the outdoors.

Website: https://www.girlventures.org/resources

Self- Esteem Worksheets

15 Best Self-Esteem Worksheets and Activities

Website: https://positivepsychologyprogram.com/self-esteem-worksheets/

TeensHealth: How Can I Improve My Self-Esteem?

Online resource defining self-esteem and strategies on how to build it.

Website: https://kidshealth.org/en/teens/self-esteem.html

Crisis Resources and Hotlines

Suicide Prevention Lifeline	1-800-273-8255
Human Trafficking Hotline	1-888-373-7888
Domestic Violence Hotline	1-800-799-7233
LGBTQAI Youth Suicide Hotline	1-866-488-7386
Transgender Crisis Line	1-877-565-8860
Colorado Child Abuse Hotline	1-844-264-5437

The Blue Bench

Sexual Assault Hotline for Women & Men.
303-322-7273 – English
303-329-0031 – Spanish

Colorado Crisis Services

Call 1-844-493-8255
Text TALK to 38255

Can't Find What You're Looking For?

Use the below resources and search tools to find the resource or support that fits your needs and situation.

2-1-1 Colorado

2-1-1 is a confidential and multilingual service connecting people to vital resources across the state. No matter where you live in Colorado, you can find information about resources in your local community.

Website: https://www.211colorado.org/

ArapaSource

ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including mental health services.

Website: https://gis.arapahoegov.com/arapasource/

Find Help
FindHelp.org is the most comprehensive, accurate, and up-to-date aggregation of free and reduced-cost programs helping Americans affected by the COVID-19 pandemic.
Website: https://www.findhelp.org/

Appendix A

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LESSON

What Love Looks Like

NOTES

Objective: To conceptualize what love looks like.

Materials:
- *Large paper letters (L, O, V, E) (2' X 3' letters cut from poster board)*
- *Magazines*
- *Scissors, Markers, and Glue Sticks*

Step by Step:
1. Divide students into four groups, and distribute one large paper letter (L, O, V, E) to each group.
2. Distribute magazines, scissors, glues sticks and markers to each group.
3. Have students cut images, pictures, and words from magazines that represent their perception of what love looks like.
4. Instruct students to make a collage with their images, pictures, and words by gluing them to the paper letter.
5. Choose one person from each letter group to present and explain their collage to the class.
6. Discuss the content included in each collage, and identify the students' perceived characteristics of love.
7. Have students spell the word LOVE with their letter collages, as they line up in front of the class.

MAKE AN IMPACT

1. Share the Greek etymology of the following 4 types of love:
   - Storgae: Family Love (a father's protection of his family; sibling bond)
   - Phileo: Friendship Love (enjoying time with a friend; caring about your community)
   - Eros: Object Love (love for your phone; love of brand names and clothing)
   - Agape: Unconditional Love (sincere committed love; selfless love in a marriage)
2. Ask students to compare their collage imagery with the above definitions, and categorize what type of love they defined.

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Appendix B

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LESSON

Making Healthy Decisions

TEACHING TIP

Explain to the students that the Decision Making Model is tremendously helpful for evaluating options when there is time for reflection. Examples of such dilemmas might include where to go to college, what summer job to work, or what classes to sign up for. The input of a parent/trusted adult should also be utilized as part of the process.

Some situations, however, require snap decisions, such as when one is being pressured to have sex or use drugs or alcohol. In cases like these, the **STOP, THINK, CHOOSE** with **INTENT** model should be embraced.

Objective: To teach the seven steps of healthy decision making and to practice those skills in a challenging scenario.

Materials:

- *Worksheet: The Decision Making Model on pg. 345*

Step by Step:

1. Distribute *The Decision Making Model* worksheet.
2. Read through each of the seven steps aloud.
3. Ask the students if they have any questions about the steps. If so, clarify any of their uncertainties with further explanation.
4. Divide the class up into four groups. Each group will use *The Decision Making Model* worksheet to process and determine the best response.
5. Read the first sample scenario aloud to the first group, and have the students complete their worksheet based on the given situation and the application of the seven steps.
6. Once completed, ask volunteers to share their answers on the worksheet, and what ultimate decision they made.
7. Repeat three more times until each group has processed through a scenario and their conclusions have been discussed.
8. Ask the students to think about how having a plan for processing helps one make better decisions, and encourage them to memorize the steps so they can make healthy decisions when they are in challenging situations.
9. Ask students to write other scenarios where they could use this decision making model. If time permits, let them practice their skills.

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LESSON

Making Healthy Decisions

NOTES

SAMPLE SCENARIOS

1. You are invited to a friend's house. When you arrive you realize his or her parents aren't home. One of your family rules is that you can't be at a friend's house without a parent present. Work through the seven steps to decide what you should do.
2. You have decided that you don't want to get involved with the drinking scene, but while attending a party, one of your friends approaches you with alcohol and begins to pressure you to drink.
3. Your cell phone chimes, telling you that you have a new text message. Upon reading it, you realize that it contains an inappropriate picture of someone in your class. Work through the seven steps to decide what you should do.
4. Your friend posts a rumor about you on his or her social media account. Work through the seven steps to decide what you should do.
5. Add your own scenario.

_____

_____

_____

_____

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WORKSHEET

The Decision Making Model

The 7 Steps to Making Healthy Decisions and the 3 Steps to Making Quick, Healthy Decisions

STOP

1) Identify the decision to be made. What exactly are you trying to decide?

_____

2) Know yourself. What are your strengths, weaknesses, skills, values and interests?

_____

THINK

3) Identify options. List the various choices so far. _____

_____

4) Gather information and data. What are some possible alternatives to the existing choices?

_____

5) Evaluate options that will solve the problem. What are the pros, cons and risks of each alternative?

_____

CHOOSE WITH INTENT

6) Select the best option. If it's unclear, still, do you need more information? What else should you ask first?

_____

7) Develop a plan of action. Have you decided? If so, how will you implement your decision?

_____

Ask for help or support from someone you trust.

Adapted from http://www.decision-making-confidence.com/7-step-decision-making-model.html

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HANDOUT

Decision Making Cards

STOP
Have the ability to stop or control the situation. This could mean using a delay tactic, moving to a new place in the room/environment, or taking a quick moment to check for phone messages, text a friend or do something to change the dynamics of the situation.

THINK
Have the ability to ask yourself questions such as, "What do I need to decide right now? What are my response options? What are the consequences to each choice?" Then work through the answers until you're clear about how you feel.

CHOOSE WITH INTENT
Have the ability to make a decision with intent and choose actions that support your goals, dreams and life plan. Intention means I want to do this; no regrets. Decide, don't slide.

DECISION MAKING CARD

STOP

THINK

CHOOSE WITH INTENT

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Appendix C

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HANDOUT

Interviewing Skills

- Give a firm handshake
- Sit up straight
- Use eye contact
- Dress in more formal, clean and ironed apparel
- Engage in polite conversation (Being more formal than you are with your friends)
- Ask relevant questions
- Answer questions in a complete yet concise manner
- Use specific examples to illustrate points
- Send a "Thank you" letter or email to the interviewer after your interview
- Do not control the interview
- Do not bring up salary or benefits
- Do not act too serious or nervous
- Do not let your discouragement or disappointment show
- Do not look at your watch or the clock repeatedly

Common Interview Questions

Here are some frequently asked questions and tips on answering them. Remember to be prepared!

Practice answering these questions with a friend prior to your interview.

1. **Tell me about yourself.** Answering this gives the interviewer insight into how you may fit into the organization. Do not talk about personal information. If you are unsure what information the interviewer is interested in, you could ask, *"Are there any areas in particular you'd like to know about?"*
2. **Briefly describe your professional experience and background.** The interviewer is trying to learn about who you are in the context of work.
3. **What is your biggest weakness?** Choose something that is not a major flaw or negative characteristic, you do not want to shock the interviewer or make them think you are not a good candidate for the job. Most importantly, do not say something negative about yourself and leave it at that, turn it into a positive! Describe how you were able to overcome this weakness and a positive way the situation turned out. Show that you have grown as a person, and how a slightly negative characteristic is now a positive attribute that you can bring to this new position. Whenever possible, use specific situations from your life to illustrate your point.
4. **What is your biggest strength?**
5. **How will your strengths help you do well with this company?** This is not an opportunity to brag. Instead, you need to describe why you are the best person for the job. Give a specific example of your strength, what it has helped you accomplish in past work roles, and how it will be beneficial to your performance if you get this job.

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HANDOUT

Interviewing Skills

6. **Where do you hope to be five years from now?** Bottom line, the interviewer wants to know that you want to work for them. They do not want to hear that you plan on going to another company or field of work. Even if you do plan on keeping your options open, this may turn the interviewer off. Instead, focus your answer on new skills you hope to learn and master, and how you plan to use them in order to benefit the business' goals. Even if you want to get another job later on, do not say something like, *"I want to work here to gain experience to someday open my own business."*
7. **What is your greatest accomplishment?** Be sure to give specific examples from school and your community including how you overcame obstacles and of leadership opportunities you experienced. This gives the interviewer a better understanding of this accomplishment. If you just graduated from high school, college or tech school, describe an accomplishment from your school work, part-time job, internship or extra-curricular activities.
8. **Why do you want to work for this company?** You will always want to do research on the company before the interview. This is where your research on the company will be helpful. Perhaps they are innovative in a specific field and that is what makes you want to join the team? What are their goals, and how can your skills and past experiences help achieve them? Give specific reasons, don't speak in generalities.

The following are some additional questions that might come up in an interview:

9. Are you a nice person?
10. How would you describe yourself?
11. Describe a typical work week for you currently.
12. Describe your work style.
13. Do you work well with other people?
14. Do you take work home with you?
15. How many hours do you normally work?
16. How would you describe the pace at which you work?
17. How do you handle stress and pressure?
18. What motivates you?
19. Are you a self-motivator?
20. What are your salary expectations?
21. What do you find are the most difficult decisions to make?
22. Why did you choose to interview with this company?
23. What has been the greatest disappointment in your life?
24. What are you passionate about?
25. What are your pet peeves?
26. What do people most often criticize about you?
27. What is the worst thing that you have ever gotten away with?
28. When was the last time you were angry? What happened?
29. If you could relive the last 3 years of your life, what would you do differently?

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HANDOUT

Interviewing Skills

30. If the people who know you were asked why you should be hired, what would they say?
31. Do you prefer to work independently or on a team?
32. Give some examples of teamwork.
33. What type of work environment do you prefer?
34. How do you evaluate success?
35. If you know your boss is 100% wrong about something, how would you handle it?
36. Describe a difficult work situation/project and how you overcame it.
37. Describe a time when your workload was heavy and how you handled it.
38. What interests you about this job?
39. Why do you want this job?
40. What applicable attributes/experience do you have?
41. Are you under or overqualified for this job?
42. What can you do for this company?
43. Why should we hire you?
44. Why are you the best person for the job?
45. What do you know about this company?
46. Why do you want to work here?
47. What challenges are you looking for in a position?
48. What can you contribute to this company?
49. What do you see yourself doing within the first 30 days on the job?
50. What would you do if you found out the company was doing something illegal?
51. Are you willing to travel?
52. What is good customer service?
53. How long do you expect to remain employed with this company?
54. Please rate me as an interviewer.
55. Is there anything I haven't told you about the job or company that you would like to know?

Common Interview Questions: The Future

56. What are you looking for in your next job? What is important to you?
57. Where do you see yourself 5 years from now?
58. What are your goals for the next five years/ten years?
59. How do you plan to achieve those goals?
60. What are your salary requirements - both short-term and long-term?
61. What are your career goals?
62. What will you do if you don't get this position?
63. Where else are you interviewing?

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Appendix D

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HANDOUT

Practicing for the Interview: Open-ended Statements

If I were to get a job interview, I would.....

If I were told to take on an extra project for my boss, I would.....

If I were to get a job the first day on the job, I would.....

For me, working means.....

If I were the president of a company, I would.....

If I could choose my dream job and career, it would be.....

If I had to start at the bottom rung of the employment ladder, I would.....

If I started working and really disliked my boss, I would.....

When I get my first job, I am going to.....

I think the perfect office includes.....

I think working overtime is.....

The way I would dress in order to get a job is.....

The way I would get to work on time every day is.....

If I had a conflict with one of my coworkers, I would.....

If I missed my wakeup call and arrived late to work, I would.....

If I felt unfairly treated at work, I would....

To me, dressing for success means.....

In order for me to keep my job, I should....

Have your students add their own open-ended statements to this list!

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Appendix E

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HANDOUT

How to Keep a Job

Once you get the job, the next task is to be sure you keep it.

1. Be on time. Be on time for work, returning from breaks, going to meetings, or turning in assignments.

2. Dress appropriately. Always utilize good grooming habits.

3. Call and let the boss know if you will be late or absent.

4. Give your best, finish assignments and meet or exceed expectations.

5. Anticipate the needs of others.

6. Have a positive attitude and "Can Do" spirit.

7. Ask for help when needed. Know your limitations.

8. Avoid backstabbing or office gossip. Always be respectful.

9. Be a team player. Look for opportunities to serve customers or co-workers.

10. Be a leader. Look for opportunities to show that you can be trusted.

11. Avoid criticizing your boss or the company. It is easy to find things wrong with others. It is much harder, but more rewarding, to find constructive ways to deal with problems. Employees who are known for their good attitude and helpful suggestions are the ones most often remembered during performance evaluation and raise review time.

12. Volunteer for trainings and new assignments. Take a close look at people in your organization who are "moving up". Chances are, they are the ones who have shown themselves willing to do undesirable assignments or take on new responsibilities.

13. Avoid the temptation to criticize your company, co-workers, or customers on the Internet. Social networking sites offer many opportunities to share with the world, but what you place on the Internet is public forever.

14. Be a good team member. Put the team and the company first.

15. Try to avoid ever saying "that's not my job." Distinguish yourself. Pick out one or more things in your job to do better than anyone else. Become known as the "go-to" person for such things. That will help managers remember you favorably at times when you really need to be remembered.

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Appendix F

Food Management Skill Assessment

The following questions will help you identify food management skills in which you excel and target those which you need to develop. By yourself or with your team try to answer each of the questions as honestly as possible. After completing this independent living skills assessment, review it with your team and identify those skills you would like to strengthen.

	I do not know how to do this	I need to know more about this	I can do/have done this
1. Can prepare a simple meal for myself	☐	☐	☐
2. Know which foods are nutritious/healthy.	☐	☐	☐
3. Can shop for items on a grocery list using coupons and checking for sales.	☐	☐	☐
4. Know how to cook and bake using the right cooking utensils and appliances.	☐	☐	☐
5. Know how to store food to prevent its spoiling and can identify food that has spoiled.	☐	☐	☐
6. Know how to check packaged food for freshness and to check for the date of expiration.	☐	☐	☐
7. Know how to prepare packaged, frozen, or canned foods according to the directions.	☐	☐	☐
8. Use good consumer skills in grocery shopping. Choose fruits and vegetables for freshness and check freshness dates on dairy and meat products.	☐	☐	☐
9. Using a food budget, can plan a menu of nutritious meals for a week.	☐	☐	☐
10. Am able to cook nutritious meals for a week using a planned menu.	☐	☐	☐
11. Can cook using recipes from a cookbook and know how to increase or decrease the ingredients to feed more or fewer people.	☐	☐	☐
12. Can shop for the ingredients and prepare a traditional dish from my own cultural background.	☐	☐	☐

Appendix G

Weekly Meal Planner

Monday
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Tuesday
B
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D
Wednesday
B
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D
Thursday
B
L
D
Friday
B
L
D
Saturday
B
L
D
Sunday
B
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D
Weekly Snacks

Grocery List

Appendix H

House Cleaning Checklist

by Vertex42.com

vertex42

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DAILY	WEEKLY	MONTHLY
Kitchen		
☐ Wash dishes	☐ Wipe up spills in fridge	☐ Dust blinds and vacuum curtains
☐ Clear and wipe table	☐ Throw out old food	☐ Wash windows
☐ Wipe countertops and stove	☐ Clean outside of appliances	☐ Wipe cupboard doors
☐ Wipe the sink	☐ Scrub and shine sink	☐ Clean fridge
☐ Sweep	☐ Shake or vacuum rugs	☐ Clean oven and oven hood
☐ Wipe up spots on the floor	☐ Mop	☐ Clean small appliances
☐ Take out trash	☐	☐ Wash trash can
Bathroom		
☐ Spray shower with shower mist	☐ Mop	☐ Clean showerhead
☐ Clean mirror	☐ Clean sink/countertop	☐ Wash windows
☐ Wipe the sink and counter	☐ Wipe door/knobs	☐ Wash rugs
☐ Clean the toilet bowl	☐ Clean tub	☐ Wash trash can
☐ Wipe toilet seat and rim	☐ Clean outside of toilet	☐
☐	☐ Empty trash	☐
☐	☐ Shake or vacuum rugs	☐
Bedrooms		
☐ Make bed	☐ Change sheets	☐ Straighten shoes
☐ Straighten nightstand	☐ Dust	☐ Straighten drawers
☐ Put clothes away	☐ Vacuum	☐ Dust blinds/vacuum curtains
☐	☐	☐ Wash windows
☐	☐	☐ Vacuum around the edges of room
Living/Family Rooms		
☐ Clean up the clutter	☐ Dust	☐ Clean mirrors/dust pictures
☐ Straighten pillows/cushions	☐ Vacuum	☐ Clean electronics
☐ Straighten coffee/end tables	☐ Straighten books, DVD's, etc.	☐ Dust blinds/vacuum curtains
☐ Wipe spots off tables	☐	☐ Wash windows
☐	☐	☐ Vacuum couch
☐	☐	☐ Vacuum around the edges of room
Home Office		
☐ Clean up the clutter	☐ File Papers	☐ Clean mirrors/dust pictures
☐ Sort mail	☐ Dust	☐ Dust blinds/vacuum curtains
☐	☐ Vacuum	☐ Wash windows
☐	☐	☐ Vacuum around the edges of room
Laundry / Utility Room		
☐ Laundry - clothes	☐ Dust shelves	☐ Clean insides of washer/dryer
☐ Sweep	☐ Wipe washer/dryer	☐ Wash windows
☐	☐ Clean sink/countertops	☐ Change filters on heating/AC units
☐	☐ Wash bedding and towels	☐ Mop
☐	☐ Remove lint from dryer vent	☐
Entryway / Porch		
☐ Pick up clutter	☐ Sweep entry and steps	☐ Wash windows
☐	☐	☐ Wash hand rails and door

http://www.vertex42.com/ExcelTemplates/house-cleaning-schedule-checklist.html