

## Community Resources



A host of information about services and resources in our community can be found by contacting the **Pikes Peak United Way**. You can do this by calling 2-1-1 or visiting their website: <https://www.ppunitedway.org/2-1-1/>

For an extensive list of resources available in El Paso County, please view The Helping Hands guide here: <https://research.ppld.org/HelpingHands>



### Colorado PEAK is a resource for health and other programs:

**SNAP (Supplemental Nutrition Assistance Program)** is a monthly allocation of dollars for individuals and families who need help getting enough food. Each month, your food credit is loaded onto a debit card, which allows you to buy nutritious food from grocery stores and other food retailers. [Supplemental Nutrition Assistance Program \(careandshare.org\)](https://www.careandshare.org)

**WIC (Women, Infants and Children)** is a special supplemental nutrition program that provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk. [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\) | Food and Nutrition Service \(usda.gov\)](https://www.usda.gov)

**Colorado Child Care Assistance Program (CCCAP)** helps families that are homeless, working, searching for work or in school find low-income childcare assistance. Families that are enrolled in the Colorado Works Program can also use CCCAP services. [Colorado Child Care Assistance Program For Families | Colorado Department of Early Childhood](https://www.colorado.gov)

**Aid to the Needy Disabled (AND)** is a very small cash payment for people who do not yet have SSI who have no other income. [Aid to the Needy Disabled | Colorado Cross-Disability Coalition \(ccdconline.org\)](https://www.ccdconline.org)

**Colorado Works** (state name for Temporary Assistance for Needy Families or TANF) helps participants receive help becoming self-sufficient by strengthening their family's economic and social stability. [Colorado Works \(TANF\) | Colorado Department of Human Services](https://www.colorado.gov)

**Health First Colorado** (Medicaid) is public health insurance for Coloradans who qualify. [Health First Colorado - Colorado's Medicaid Program](https://www.colorado.gov)

**Child Health Plan Plus (CHP+)** is public low-cost health insurance for certain children and pregnant women. It is for people who earn too much to qualify for Health First Colorado (Colorado's Medicaid program), but not enough to pay for private health insurance. [Child Health Plan Plus \(CHP+\) | Colorado Department of Health Care Policy & Financing](#)

**LEAP (Low-income Energy Assistance Program)** is a federally funded program that helps eligible hard-working Colorado families, seniors and individuals pay a portion of their winter home heating costs. [Colorado Low-income Energy Assistance Program \(LEAP\) | Colorado Department of Human Services](#)

Apply for these services at <https://coloradopeak.secure.force.com/> or find answers to Frequently Asked Questions [here](#).



## Food Resources

**Ride United** collaboration allows El Paso County residents in certain areas access to shelf-stable food deliveries by calling 2-1-1. Please visit their website for more information: [Ride United-Our Impact | United Way Worldwide](#).

**Silver Key** is offering their Meals on Wheels service for clients 60 years or older and their food pantry programs. Please visit their website for more information: [Home Delivered Meals including Meal On Wheels - Silver Key Senior Services](#)

**Mountain Community Senior Services** provides FREE Social Transportation and Handyman Services to seniors, 60 years or older, who reside in Northwest El Paso County, Colorado. It is their goal to make life easier for senior citizens. Please visit their website for more information: <http://coloradoseniorhelp.com/>



## Mental Health

**Tri-Lakes Collaborative Counseling** is a safe place to address mental health and wellness needs. Conveniently located in Monument, they partner with TLC to help the community. If you are interested in services, please contact your assigned Case Manager. You can also visit their website for contact information here: [Tri-Lakes Collaborative Counseling - Home \(tlcforfamilies.com\)](https://tlcforfamilies.com)

**Hard Beauty's** mission is to empower you to RISE and THRIVE beyond your circumstances. They serve their clients and community using a "WHOLEistic" approach. They offer hope, healing, and direction as you navigate recovery and life. If you are interested in services, please contact your assigned Case Manager. You can also call them at (719) 257-3122 or visit their website: [HardBeauty](https://HardBeauty.com)

**Ellie Mental Health's** goal is to make getting mental health care the norm. And while they know that going to therapy and being vulnerable with someone you just met can seem scary, they do everything they can to make each session as comfortable and fun as possible. As professional secret keepers, they aim to walk along this journey with you and provide you with a safe place to talk, decompress, and heal. You can call them at 651-313-8080 or visit their website: [Monument Colorado Therapy | Ellie Mental Health](https://MonumentColoradoTherapy.com)



## Domestic Violence

**Violence Free Colorado** has a list of resources for individuals at increased risk due to domestic violence or immigration status. [Home - Violence Free Colorado](https://ViolenceFreeColorado.org)

**TESSA's** mission is to help individuals and their children achieve safety and wellbeing while challenging communities to end sexual and family violence. [TESSA of Colorado Springs - Building a Community Without Domestic or Sexual Violence \(tessacs.org\)](https://tessacs.org)

**Helping Survivors of Sexual Abuse & Assault** provides information and support for survivors, and they are dedicated to ending sexual assault and abuse. [Home | Helping Survivors of Sexual Assault and Abuse](#)



## Unemployment

**Colorado Department of Labor and Employment** helps with unemployment claims that can be filed online using a computer or cell phone at <https://www.colorado.gov/cdle/unemployment>. For questions or assistance, call 1-800-388-5515

**Pikes Peak Workforce Center (PPWFC)** provides great resources for information on unemployment services. Job postings can be found at <https://ppwfc.org/job-seeker-services-in-colorado-springs/job-listings/> or visit their website at <https://ppwfc.org/>



## Phone & Internet

**Comcast** is offering Free WIFI hotspots and Internet Essentials free to all new customers (this is 60 days of complimentary service). More information on Comcast services being offered during this time can be found here: <https://www.xfinity.com/prepare>.

**Assurance Wireless** is a resource for free cell phone service. The website indicates this service is available for individuals receiving unemployment benefits! More information can be found here: <https://www.assurancewireless.com/>



## Other

**Community Banks of Colorado** is partnering with TLC to help clients with financial education! Such services include setting up a checking account, budgeting your expenses, preparing a savings plan, improving your credit score, and more! If you are interested, please contact your Case Manager or the VP Banking Center Manager Leann Hemenway at 719-548-5145.

**Colorado Senior Benefits** helps seniors 65+ with all their Medicare rights and options. If you are interested, please contact Jeff Carlson at 719-360-8441 or visit their website at [Colorado Senior Benefits](#).

**Colorado Legal Services** provides legal help for low-income Coloradans seeking assistance with civil legal needs. [Colorado Legal Services](#)

**VITA (Volunteer Income Tax Assistance)** program offers free tax help to people who generally make \$54,000 or less, persons with disabilities, the elderly and limited English-speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. [Volunteer Income Tax Assistance \(VITA\) | Benefits.gov](#)



## Health Care

**El Paso County Health** has information about **COVID-19** and a list linking to various community resources

- Updates on operation and information about COVID-19 are at <https://www.elpasocountyhealth.org/>
- Specific Coronavirus information is here <https://www.elpasocountyhealth.org/services/coronavirus-disease-2019-covid-19>

- Colorado Department of Public Health & Environment has statewide information and press releases at <https://covid19.colorado.gov/>
- Community Resources (including food resources, guides for small businesses and childcare resources - some link back to resources on this guide) are at <https://www.elpasocountyhealth.org/community-resources-0>
- There is also an information hotline staffed by volunteers: 719-575-8888

### **Centers for Disease Control and Prevention (CDC)**

- Visit this website for information about COVID-19 symptoms and how to protect yourself: <https://www.cdc.gov/>
- CDC also provides resources for how to manage stress and anxiety during this difficult time (including ways to talk to children) that can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>