



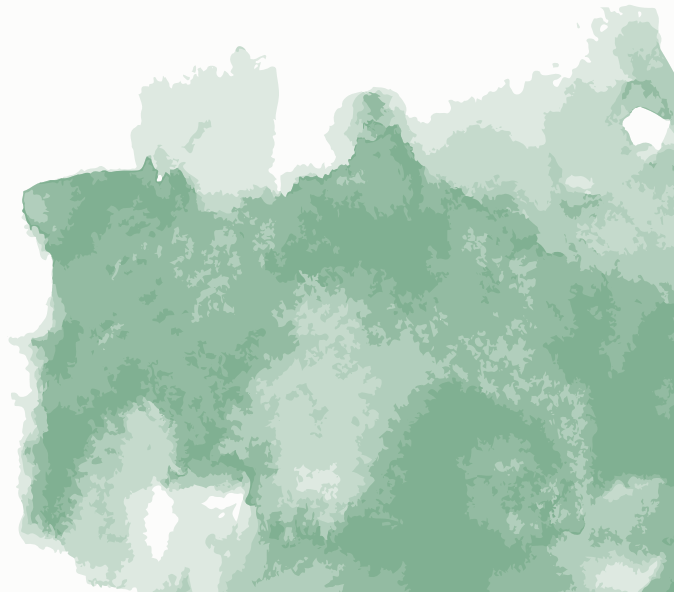
Douglas County

Resource Guide 2023



Connect with
what you need!

720.643.2400
CH@douglas.co.us





Dear Resource Guide Readers,

We are once again the healthiest county in Colorado, which is a great distinction; we also know that there are people in our community who struggle and who need help with various life issues. Douglas County Health Department is committed to working with other agencies in the county to promote the health and well-being of Douglas County residents. We help people find the right resources and hope that this guide will be of value to you in finding what you need in Douglas County.

The service providers that we have listed here are dedicated to serving everyone in need within our county. Please reach out to the appropriate provider to help you and your family with whatever issues you are facing.

Let's work to make Colorado's healthiest county even healthier!

Michael Hill
Executive Director

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LEGEND



Eligibility based on household size and income



You do not have to be a U.S. Citizen to qualify

Douglas County Health Department does not hold responsibility for the outcomes of any services provided by the agencies listed in the resource guide.

AGING RESOURCES

Aging Resources of Douglas County 303.814.4300
agingresourcesdougco.org

Castle Rock Senior Center 303.688.9498
castlerockseniorcenter.org

Colorado Visiting Nurse Association 303.698.6302
vnacolorado.org/capable/ GoodenowA@VNAColorado.org

**Highlands Ranch Metro District
Active Adult Programs & Services**
720.240.4922
highlandsranch.org/recreation/active-adult-programs-services

Information & Transportation Services 303.660.7519

Parker Senior Center 303.841.5370
parkerseniorcenter.org

Visiting Angels 866.943.5097
visitingangels.com

CHILDCARE & PRESCHOOL

Colorado Shines | Assistance Finding Childcare
877.338.2273 childcarereferrals@unitedwaydenver.org

Colorado Child Care Assistance Program (CCCAP) 
303.688.4825 cccacp@douglas.co.us



Eligibility based on household size and income



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CHILDCARE & PRESCHOOL CONT.

Douglas County Child Care Association Childcare Referrals
Castle Rock 303.660.5584
Highlands Ranch highlandsranchreferrals@gmail.com
Parker/Elizabeth 303.805.0824

Douglas County Early Childhood Council
drsmith2@dcsdk12.org

Douglas County School District Preschool Information Line
720.433.0025

Universal Preschool gwhalen1@dcsdk12.org

CHILD ASSESSMENT

Child Find 720.433.0020
cde.state.co.us/early/childfind

Developmental Pathways 303.858.2255
dpcolo.org

Early Intervention Colorado 888.777.4041

COMMUNITY RESOURCES

Catholic Charities ccsoco.org 720.215.4521

Douglas County Libraries dcl.org 303.791.7323

Manna Care mannaresourcecenter.org 720.515.8814

United Way 211 or 303.561.2111
unitedwaydenver.org



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COVID-19 RESOURCES

Testing Locator

testinglocator.cdc.gov

Home Test Kits

720.643.2400

Lonetree

9350 Heritage Hills Circle, Lone Tree 80124

Castle Rock

410 S Wilcox St., Castle Rock 80104

DOUGLAS COUNTY HUMAN SERVICES

Childcare, child support, employment, energy, food assistance, medical, mental health, older adult, veteran, person with disability, adult and child protection, and transit resources

douglas.co.us/human-services/

303.660.7400



DOUGLAS COUNTY SCHOOL DISTRICT

Douglas County School District

303.387.0100

dcsdk12.org

Homeless Liaison

303.387.0142

homelessliaison@dcsdk12.org

Regional Cultural Liaisons

Castle Rock

Claudia Johnson | cjohnson6@dcsdk12.org

Highlands Ranch

Oksana Yates | oyates@dcsdk12.org

Parker

Bruna Mendez | bmendez@dcsdk12.org

School-based Cultural Liaisons

Castle Rock Middle School, Castle View High School, and

Sedalia Elementary School

nrodriguez@dcsdk12.org

Douglas County High School

edeprado@dcsdk12.org

South Ridge Elementary School

mvcisneros@dcsdk12.org



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DOMESTIC VIOLENCE & CHILD ABUSE SAFETY

Colorado Child Abuse and Neglect Hotline	844.CO.4.KIDS (246.5437)
National Domestic Violence Hotline	800.799.7233
National Teen Dating Abuse Hotline	866.331.9474
Project Safeguard info@psghelps.org	psghelps.org 720.618.3482
Find a Shelter or Program Near You	Domesticshelters.org
The Crisis Center 24-Hour Crisis Hotline	thecrisiscenter.org 303.688.8484 or 1.888.247.7472

FOOD ASSISTANCE

Cavalry Castle Rock calvarycr.com	303.663.2514 1100 Caprice Dr., Castle Rock 80109
Help & Hope Center helpandhopecenter.org	303.688.1114 1638 Park St., Castle Rock 80109
Integrated Family Community Services ifcs.org	303.789.0501 3370 S. Irving St., Englewood 80110
Life Center Littleton lifecenterlittleton.org/service/food-bank 5804 S Datura St., Littleton 80120	303.953.7180
Manna Care chcc.org/help-me-grow/manna/ 3900 Grace Blvd., Highlands Ranch 80126	303.791.4500 Ext. 8340



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FOOD ASSISTANCE CONT.

Parker Task Force Food Bank **303.841.3460**
parkertaskforce.org 19105 Long Way, Parker 80134

SECOR Cares, Parker **720.842.5621**
secorcares.com 17151 Pine Ln., Parker 80134

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

720.643.2401

WIC@douglas.co.us

douglas.co.us/health-department/community-health/wic



St. Elizabeth's Pantry **303.799.1036**
paxchristi.org 5716 McArthur Ranch Rd., Highlands Ranch 80124

St. Vincent de Paul Society **303.847.2606**
svdpcr.org 2746 5th St., Castle Rock 80104

Supplemental Nutrition Assistance Program (SNAP)
A federal nutrition program that helps stretch your food budget and buy healthy food.



peak--coloradopeak.force.com **303.688.4825**

SNAP Application Assistance (SNAP PEAS)
720.643.2401 SNAPPEAS@douglas.co.us



The ROCK Food Bank **303.688.0777**
therock.org/foodbank 4881 Cherokee Dr. 80109



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HEALTH INSURANCE COVERAGE

Connect for Health Colorado connectforhealthco.com

Purchase health insurance; get financial help to reduce costs

Doctors Care Connection to Coverage 720.458.6185

doctorscare.org/health-insurance

Health First Colorado: Colorado's Medicaid Program

healthfirstcolorado.com



OmniSalud

connectforhealthco.com/get-started/omnisalud/



Other Ways to Apply

Colorado PEAK colorado.gov/peak 800.221.3943

Douglas County Human Services 303.688.4825

HOSPITALS

Castle Rock Adventist Hospital 720.455.5000

Children's Hospital Colorado (South Campus) 720.478.1234

Parker Adventist Hospital 303.269.4000

Sky Ridge Medical Center 720.225.1000

UCHealth Highlands Ranch Hospital 720.516.1000

HOUSING

Colorado Division of Housing 720.775.5170 

Colorado Housing and Finance Authority 800.877.2432

chfainfo.com



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HOUSING CONT.

Colorado Housing Search coloradohousingsearch.com

DC Cares Self-Sufficiency Program 303.814.4317

Denver Housing Authority 720.932.3030 (8)

Denver Metro Fair Housing Center 720.279.4291
dmfhc.org

Douglas County Housing Partnership 303.784.7856
douglascountyhousingpartnership.org

Douglas County School District Homeless Liaison
303.387.0142 homelessliaison@dcsdk12.org

Douglas County Veterans Affairs 303.663.6200

Family Tree 303.467.2604
thefamilytree.org

Homeless Engagement, Assistance and Resources Team (HEART) (8)
303.660.7301 www.douglas.co.us/homeless-initiative/heart/

Housing Choice Voucher
hud.gov/program_offices/public_indian_housing/pha/contacts

South Metro Housing Options 303.794.9608 (8)

Volunteers of America 303.297.0408
Veteran Housing Assistance voacolorado.org/find-housing

Winter Shelter Network 720.295.3116
wintershelternetwork.org



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Section 8 Resources

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IMMIGRANT RIGHTS

ACLU

[aclu.org/issues/immigrants-rights](https://www.aclu.org/issues/immigrants-rights)

Immigrant Defense Project

immigrantdefenseproject.org

IMMUNIZATION SERVICES

AFC Urgent Care

303.660.9700

5700 Abbey Ln., Castle Rock 80108

www.afcurgentcare.com/castle-rock/patient-services/travel-medicine/



CDPHE Free or Low-Cost Vaccine Map



cdphe.colorado.gov/find-free-vaccine-provider

Heartlight Family Clinic

720.485.3178

heartlightclinic.com

1001 S Perry St. #104B, Castle Rock 80104



King Soopers

kingsoopers.com/health/clinic/vaccinations

Passport Health

303.442.8728

19641 E. Parker Square Dr., Parker 80134

www.passporthealthusa.com/locations/co/parker/909/



Safeway

safeway.com/pharmacy.html

STRIDE Community Health Center

303.778.7433

stridechc.org

17866 Cottonwood Dr., Parker 80134



Walgreens

www.walgreens.com

Or call your nearest Walgreens pharmacy



Free or Low Cost



Travel Vaccines Available



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LEGAL

Colorado Legal Services	303.837.1321
Colorado State Public Defenders Douglas County	303.688.3081
Project Safeguard info@psghelps.org	psghelps.org 720.618.3482
Services Child Support Douglas County	303.814.7145

LOW COST MEDICAL CARE

Doctors Care doctorscare.org	303.730.1313
Heartlight Family Clinic heartlightclinic.com 1001 S Perry St. #104B, Castle Rock 80104	720.485.3178 
STRIDE Community Health Center stridechc.org	303.778.7433 17866 Cottonwood Dr., Parker 80134

MENTAL HEALTH RESOURCES

AllHealth Network	allhealthnetwork.org	303.730.8858
Colorado Crisis Services coloradocrisisservices.org		844.493.8255
Douglas County Mental Health Resources www.douglas.co.us/mentalhealth/		303.814.4368
Maternal Mental Health Hotline 1.833.9.HELP4MOMS (943.5746)		



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MENTAL HEALTH RESOURCES CONT.

OwnPath

Behavioral health service navigation

ownpath.co

The Care Compact Partner Network

thecarecompact@douglas.co.us

303.242.2492

PREGNANCY & PARENTING

Alternatives Pregnancy Center

youhavealternatives.org

303.295.2288

Breastfeeding Peer Counselor Program

hwilliams@arapahoegov.com

303.734.5457

Colorado Child Care Assistance Program (CCAP)

303.814.7135



Family Center of Douglas County

3900 Grace Blvd., Highlands Ranch 80126

familycenter@mannaresourcecenter.org

720.633.5621

Maternal Mental Health Hotline

1.833.9.HELP4MOMS (943.5746)

Nurse Family Partnership

nursefamilypartnership@arapahoegov.com

303.795.HLTH (4584)



Parenting Classes at Castle Rock Adventist

chelseadykstra@centura.org

centura.org/location/castle-rock-adventist-hospital/birth-center

720.455.0355

STRIDE Community Health Center

stridechc.org

17866 Cottonwood Dr., Parker 80134

303.778.7433

You Are Not Alone, Mom 2 Mom

yanam2m.org

303.229.3678

yanam2mhr@gmail.com



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RESOURCE NAVIGATION & SELF-SUFFICIENCY

Catholic Charities

720.215.4521

www.ccharitiescc.org

Family Center of Douglas County

familycenterdougco.org

Castle Rock

720.215.4521

Highlands Ranch

720.505.3689

Manna Resource Center

720.515.8814

mannaresourcecenter.org

United Way Help Center

211 or 303.561.2111

unitedwaydenver.org

RESOURCES FOR PERSONS WITH DISABILITIES

Developmental Pathways

303.360.6600

dpcolo.org

Douglas County Resource Guide

douglas.co.us/community/persons-with-disabilities/

The ARC - Arapahoe, Douglas, Elbert

303.220.9228

arc-ad.org

SUBSTANCE ABUSE RESOURCES

Baby & Me Tobacco Free

716.484.3325

babyandmetobaccofree.org

Colorado Quit Line

1.800.QUIT.NOW (784.8669)

coquitline.org

Findtreatment.gov

800.662.HELP (4357)

My Life My Quit

co.mylifemyquit.org



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TRANSPORTATION

Customer Care	303.299.6000
Douglas County Transit Services www.douglas.co.us/community/transportation/	303.814.4374
Non-Emergency Medical Transportation gointelliride.com/colorado	855.489.4999
RTD Access a Ride	303.299.2960

UTILITY ASSISTANCE

Help & Hope Center helpandhopecenter.org	303.688.1114 1638 Park St. 80109
Low-Income Energy Assistance Program (LEAP) 1.866.HEAT.HELP (432.8435) cdhs.colorado.gov/leap	

VITAL RECORDS - DOUGLAS COUNTY HEALTH DEPARTMENT

720.643.2480 **vitalrecords@douglas.co.us**
Available in-person or online at
www.douglas.co.us/health-department/vital-records/
410 S. Wilcox St., Castle Rock 80104

WORKFORCE RESOURCES

ADWorks!	adworks.org	303.636.1160
Arapahoe Community College arapahoe.edu		303.660.3160
Connect Colorado	connectingcolorado.com	



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CONTACT US
720.643.2400
CH@douglas.co.us