

## **Self-Reliance**

**Child and Migrant Services** (464-5226)  
*Hospitality Center's Basic Needs Services*- Provides and coordinates community services for migrant and settled farm workers and their families.

**Community Food Bank** (640-0336) Provides a nutritious, three-day meal supply to Mesa County residents needing food in an emergency.

**Doors to Success** (245-0388) *Supportive Services*- Provides case management, classes and financial aid for individuals to maintain housing while increasing individual self-sufficiency.

**Grand Valley Catholic Outreach** (241-3658)  
*Housing Assistance*- Financial assistance for rent and utilities, maintains emergency and transitional housing and resources. *Day Center Assistance*- Daily emergency services to homeless persons including showers, laundry, phone and mail, job assistance, advocacy, medical and mental health services. *Soup Kitchen*- Provides a complete noon-day meal six days a week to individuals and families who are hungry in the Grand Valley.

**Hispanic Affairs Project** (249-4115) *Immigration Program*- Provides legal assistance for immigrants to obtain citizenship.

**HomewardBound of the Grand Valley** (256-9424)  
*Emergency Homeless Shelter*- Addresses homeless issues including emergency shelter for men, women and children, and transitional housing for families and veterans.

**Karis, Inc.** (241-1445) *The House*- A shelter for homeless teens focused on addressing unmet needs and gaining employment skills. *Transitional Housing*- available for youth under the age of 24,

case managers help youth work towards self-sufficiency.

**Kids Aid** (712-2847) Provides District 51 students with nutritional food for the weekend.

**The Literacy Center-MCPLD** (245-5522) *The Literacy Center*-Free literacy instruction for adults in areas of reading, writing, math, and English as a second language.

**Mesa County RSVP** (243-9839) *SHIP*- Provides assistance and education for Medicare. *RSVP*- Recruits senior volunteers for placement in local human service agencies.

**Pro Bono Project of Mesa County** (243-7940 x108)  
A legal referral agency placing low-income persons with attorneys representing them at no cost, the top priority being issues with domestic violence.

## **Education/Family Stability**

**The Center (Formerly Western Slope Center for Children)** (245-3788) *Comprehensive Care*- Collaborative services to child sexual abuse victims and their families in a supportive environment that reduces trauma and promotes dignity, justice and healing. *Advocacy*- trains adults working with children on how to identify, report and prevent sexual assault and abuse in children.

**Colorado Discover Ability** (257-1222) Adaptive, outdoor recreation for people with disabilities, increasing independence and reducing self-imposed limitations.

**Court Appointed Special Advocates (CASA)** (242-4191) Recruits, screens and trains volunteers to serve as the 'eyes and ears' of judges on behalf of child victims living in foster care.

**Girl Scouts of Colorado, Mesa County** (242-4461)  
*Girls are Great*- ten-week, transitional program for fifth grade girls, in collaboration with District 51. Helping girls learn how to handle changes in their lives. *Troop Pathways*- Youth development program conducted by adult volunteers who help girls gain life skills.

**Grand Junction Imagination Library** (208-9128) Provides a brand new, age-appropriate book at no cost to participating children each month until their fifth birthday.

**Hilltop Community Resources** (243-4400)  
*B4 Babies*- The single entry point for prenatal care services for low-income women, and a one-stop health care access point for families with children who need primary and preventive health care services. *Family First*- An early childhood and parenting education program serving at-risk families with children from prenatal to age three. *Latimer House*- Safe house with shelter, advocacy and counseling for women and children escaping domestic violence. *Senior Daybreak*- A day program providing respite for caregivers of elderly parents or a spouse. The loved one is safe while enjoying socialization and proper nutrition.

**Mesa County Partners** (245-5555) *One-to-One Mentoring*-Senior Partners are matched with high risk youth ages 6-17 as positive role models/mentors for a minimum of one year. *Restitution/Community Service Work Program*- Juvenile offenders are supervised in performing community service work and earn stipends to pay restitution to their victims. *Western Colorado Conservation Corps*- Youth ages 6-22 work on environmental improvement projects and receive job and life skills training.

**STRIVE** (243-3702) *Family Support Services*- Early intervention services to young children identified by a medical professional as developmentally delayed or at risk for a developmental disability. Also offers a pool of respite care providers specially trained in caring for medically fragile and emotionally disturbed children.

**Riverside Educational Center** (245-9512) A community-oriented program supporting academic success by providing a safe place to go for homework help, structured tutoring and enrichment activities, and by facilitating communication between home, school and student.

**St. Mary's Senior Programs**- *Gray Gourmet* (243-9844)- serves a hot, nutritious and affordable lunch to Mesa County seniors age 60+ weekdays and offers home delivered meals to homebound seniors. *Foster Grandparent Program* (263-9091)-

Recruits and trains low-income senior volunteers to become special partners with children who are at-risk for developmental delays or who are already identified with a special learning need. *St. Mary's Senior Companion Program* (263-9092)- Matches low-income senior volunteers with homebound, elderly individuals to provide companionship, assistance, and transportation.

## Health

**Counseling and Education Center** (243-9539) *Low-Income Counseling*- Provides professional, affordable counseling services to all ages.

**HopeWest**- (241-2212) *Kids*- Provides individual and group grief counseling to children, teens, and families coping with a loved one's life-threatening illness and/or death. *Adult*- Supportive individual and group grief counseling to adults coping with a loved one's life-threatening illness and/or death. *Palliative Care*- Provides nurse case management services to patients diagnosed with a serious illness but who don't qualify for hospice or home health care.

**MarillacHealth** (255-1782) *Dental*- Provides quality, compassionate dental care for low-income residents of Mesa County. *Optical*- Provides evaluations and glasses for low-income individuals. *Medical*- With an emphasis on disease prevention and education, the medical clinic provides compassionate, quality medical and mental health care to the low-income and uninsured.

**Second Wind Fund** (720-962-0706) Provides financial assistance for youth at risk of suicide to attend counseling sessions. A referral needs to come from a teacher, school counselor before services can start.

**WestCAP** (243-2437) *Harm Reduction*- Offers a series of health promotion and disease prevention programs targeting high-risk youth and young adults.