

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.

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

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)
ADRC - Provides options counseling to seniors or adults with disabilities helping provide guidance on what programs and long term support services would best fit their needs. *Family Resource Center -* Designed as a one-stop-shop, providing comprehensive services including prenatal care access, family support, parenting education, home visitation/school readiness, health care enrollment assistance, and domestic violence services. *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. *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.

Center for Children *Comprehensive Care* (245-3788) - 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.

Health

Counseling and Education Center (243-9539) *Low-Income Counseling*- Provides professional, affordable counseling services to all ages. *RESILIENCE program* – skilled trainers provided strategies for professionals who work with daily trauma and ongoing stress.

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. *Palliative Care*- Provides nurse case management services to patients diagnosed with a serious illness but who do not qualify for hospice or home health care. *Hospice Care for the Uninsured* – Provide quality hospice care for uninsured patients.

MarillacHealth (255-1782) *Health Access*- Provides quality, compassionate dental care for low-income residents of Mesa County. Provides evaluations and glasses for low-income individuals. 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.

National Alliance on Mental Illness (462-3989) *NAMI* - Provides free support, advocacy and education for community members directly affected with mental health challenges, for individuals and those supporting individuals with mental health conditions.

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.

Family Health West (858-2170) *Pediatric Autism Center*- The Autism Group provides comprehensive and integrated treatment options and free programming for children with Autism and their families