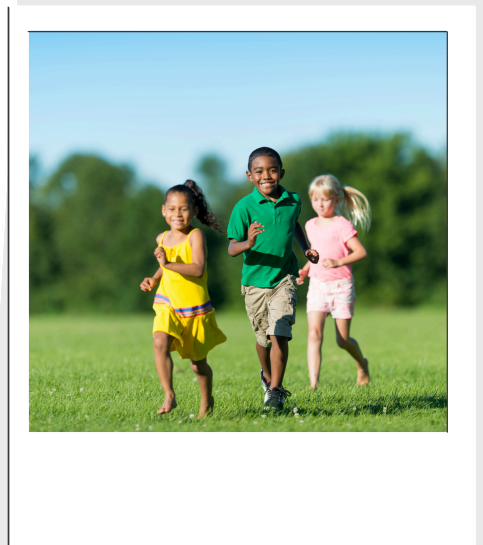


**Generalized resources to connect you  
with the support you need**

Program	Description	Location	Contact Info
<b><u>211</u></b>	211 is a free, confidential, and multilingual information and referral service that connects people to essential services and resources 24/7 online and over the phone. 211 Colorado's database currently holds information for more than 6,500 services across the state.	Throughout Colorado	Call 211 211colorado.org
<b><u>FindHelp</u></b>	FindHelp allows you to use your zip code to find free or reduced-cost resources like food, housing, financial assistance, health care, and more.	Throughout Colorado	findhelp.org

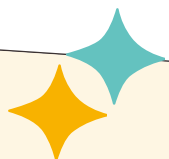


## Summer Camps and Activities for Children & Youth

Program	Description	Location	Contact Info
<b><u>Breckenridge Outdoor Education Center</u></b>	Breckenridge Outdoor Education Center (BOEC) provides life-changing outdoor learning experiences to people of all abilities and ages, providing a sense of freedom to those who are routinely excluded from outdoor activity due to a disability or special need.	Summit County	Call the Wilderness Program office: 970-453-6422  boec.org
<b><u>Colorado Foundation for Conductive Education (CFCE)</u></b>	Colorado Foundation for Conductive Education summer camps provide intensive Conductive Education therapy (covering everything from physical therapy, occupational therapy, to speech and language therapy) for children with motor disabilities in a fun, motivating group environment. Their camps run weekly Monday through Friday.	Arvada and Loveland	Register or request an assessment by emailing: admin@conductiveed.com  conductiveed.com/ summer-camp
<b><u>Colorado Dream Foundation</u></b>	The Colorado Dream Foundation offers a summer program from June 17-July 26 to rising 3rd-8th graders at Westwood and Z Place Opportunity Centers. They also offer a High School Summer Academy to rising 9th through 11th graders.	Denver	coloradodream.org/ summer
<b><u>Camp Paha</u></b>	Camp Paha is a unique summer day camp for children (ages 6-17) and young adults (ages 18-25) with disabilities who live in Lakewood and its surrounding communities. Enjoy swimming, sports, games, nature, music, sensory, arts, crafts, and field trips in a safe, challenging, and fun environment. There are two sessions: June 10-28 and July 8-26. There are scholarships available through the nonprofit, <u>Friends of Paha</u> .	Lakewood	303-987-4866  lakewood.org

Program	Description	Location	Contact Info
<p><b><u>Denver Parks &amp; Recreation – Adaptive Recreation</u></b></p>	<p>Denver Parks &amp; Recreation offer various inclusive programs throughout the summer at different times and locations. Adaptive activities include swimming, cycling, fitness classes, ceramics, cooking, camping, martial arts, and more. Details are on the website.</p>	<p>Denver</p>	<p>Call the Adaptive Recreation Team: 720-865-0820</p> <p>Email: <a href="mailto:adaptive.recreation@denvergov.org">adaptive.recreation@denvergov.org</a></p> <p><a href="http://denvergov.org">denvergov.org</a></p>
<p><b><u>Denver Parks &amp; Recreation Youth Summer Camps</u></b></p>	<p>Denver Parks and Recreation—Youth Summer Camps and MY Denver Activities through Denver Parks &amp; Recreation offer a variety of camps throughout the summer with focuses including arts &amp; culture, outdoor adventures, and youth sports. There is also a free half day camp called Summer Rec Kidz at most Denver rec centers throughout the summer.</p>	<p>Denver</p>	<p><a href="http://denvergov.org">denvergov.org</a></p>
<p><b><u>Denver Public Schools—Community Hubs</u></b></p>	<p>The Community Hubs operated by Denver Public Schools use a holistic approach to student learning through services that support the social, emotional, physical, academic, and basic needs of families. Dedicated to promoting equity and inclusion in DPS communities, these hubs provide family supports including childcare, adult English and GED classes, and basic needs. There are six locations throughout Denver County.</p>	<p>Denver</p>	<p><a href="http://dpsk12.org">dpsk12.org</a></p>
<p><b><u>iCan Shine</u></b></p>	<p>iCan Shine is an international nonprofit dedicated to providing quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can learn to bike, swim, and dance.</p>	<p>Lafayette, Aurora, and Castle Rock</p>	<p><a href="http://icanshine.org">icanshine.org</a></p>

Program	Description	Location	Contact Info
<p><b><u>Parker Therapeutic Recreation Programs</u></b></p>	<p>Parker Therapeutic Recreation opportunities are designed to ensure individuals have equal access to quality leisure experiences regardless of ability level. Their programs minimize barriers, promote skill building, improve confidence, and promote overall well-being through fun activities for individuals with disabilities. See website for session dates and costs. Scholarships are available for eligible families.</p>	<p>Parker</p>	<p>303-841-4500</p> <p>Email: <a href="mailto:recreation@parkeronline.org">recreation@parkeronline.org</a></p> <p><a href="http://parkerrec.com">parkerrec.com</a></p>
<p><b><u>Out of School Time Program—Struggle of Love Foundation</u></b></p>	<p>The Struggle of Love Foundation, which provides a variety of opportunities for underprivileged youth and families, offers weekly camps from June 1-August 2 every Monday through Friday. These are enriching, educational, and fun and include outdoor games, environmental learning, life skills, weekly field trips and more. Open to grades K-5.</p>	<p>Denver</p>	<p>720-434-9428</p> <p><a href="http://struggleoflovefoundation.org/ostprogram">struggleoflovefoundation.org/ostprogram</a></p>
<p><b><u>YMCA Metro Denver</u></b></p>	<p>The YMCA of Metro Denver offers children a variety of weekly day camps. With a wide range of weekly themes, these camps are designed so that children will have a fun and engaging summer while staying active and making new friends. There is financial assistance available at a 25%, 50%, and 75% levels.</p>	<p>Denver</p>	<p><a href="http://denverymca.org">denverymca.org</a></p>



**Places to Access Food**

Program	Description	Location	Contact Info
<p><b><u>Tasty Food</u></b></p>	<p>Tasty Food invites youth ages 3-18 to enjoy breakfast, lunch, dinner, or a nutritious snack at Denver Rec Centers from June 1-August 16. These meals are completely free, and youth can come to as many as they like or need. No ID or registration required.</p>	<p>Denver</p>	<p>denvergov.org</p>
<p><b><u>Beyond Hunger Market</u></b></p>	<p>The Beyond Hunger Market offers families or individuals the chance to shop for free food in market-style each Thursday from 4 pm – 6 pm. This weekly offering is hosted by the Southwest YMCA at 5181 W. Kenyon, Ave, Denver, CO 80236 and is a partnership with Food Bank of the Rockies.</p>	<p>Denver</p>	<p>303-390-0833 Email: beyondhunger@denverymca.org denverymca.org</p>
<p><b><u>The Food Bank of the Rockies</u></b></p>	<p>The Food Bank of the Rockies has multiple locations throughout Colorado and Wyoming as well as an <u>interactive map</u> that allows you to find free meals and food in your neighborhood based on your zip code. There are currently no income restrictions.</p>	<p>Throughout Colorado</p>	<p>foodbankrockies.org</p>





**Mental Health**

Program	Description	Location	Contact Info
<p><b><u>Colorado Crisis Services</u></b></p>	<p>Colorado Crisis Services provides confidential, immediate, and free support to youth and adults who need someone to talk to 24/7 from trained professionals or peer specialists. Colorado residents can also seek services at in-person at walk-in centers, regardless of ability to pay. If you don't know where to begin getting help with a mental health, substance use, or emotional concern, reach out.</p>	<p>Throughout Colorado</p>	<p>Text: 38255 Call: 1-844-8255  coloradocrisisservices.org</p>
<p><b><u>988</u></b></p>	<p>988 is Colorado's mental health and substance use help line that offers free, confidential support 24/7 through call-, text-, or chat-based support. Crisis looks different for each individual and there is no wrong reason to reach out for support. 988 provides inclusive care to meet the unique needs of a variety of communities including youth, rural populations, BIPOC individuals, veterans, and people who identify as LGBTQIA+.</p>	<p>Throughout Colorado</p>	<p>Call 988  bha.colorado.gov/988</p>
<p><b><u>Safe2Tell</u></b></p>	<p>Safe2Tell offers students and community members a safe and confidential platform to share when they're concerned about their own or someone else's safety. Reports can be made anonymously in several ways and effectively empower young people to keep their community safe.</p>	<p>Throughout Colorado</p>	<p>Call: 1-877-542-7233 Text: 738477  Download the Safe2Tell App  safe2tell.org</p>
<p><b><u>Federation of Families for Children's Mental Health Colorado Chapter</u></b></p>	<p>Federation of Families for Children's Mental Health Colorado Chapter provides mental health support services to families of youth ages birth-21 living with emotional, behavioral, and/or mental health disorders at no direct cost.</p>	<p>Throughout Colorado</p>	<p>Email: m_grimsley@coloradofederation.org  cofederation.org</p>