

Community Support Entities	Phone	Email/website	Services/Other info
	area code 970		updated April 2013
Child Care			
Child Care Referral / Find Child Care	970-728-5613	www.qualistar.org	free referrals serving Delta, Montrose, Ouray, and San Miguel Counties (statewide 877-338-CARE)
Child Care Licensing	970-728-5613	marcie@brightfuturesforchildren.org	for information on how to become licensed for child care;
Colorado DHS - Division of Child Care	800-799-5876	www.cdhs.state.co.us/childcare	To obtain information about child care licensing rules and for file reviews of licensed child care providers.
Smart Start Colorado Resources		www.smartstartcolorado.org	city, county and statewide resource information for families
		www.smartstartcolorado.org/communities/index.html	

Child and Family Services			
Angel Baskets	728-0704	pam@aldasoro.com	Holiday food baskets to families in need
Bright Beginnings Colorado	728-5613	www.brightbeginningsco.org	free Welcome Bag w/ parenting resources for pregnant women, San Miguel and Ouray Counties; Delta & Montrose Counties call Strong Families, Safe Kids 254-8240
Bright Futures for Early Childhood and Families	728-5613	www.brightfuturesforchildren.org	Child Care Resource & Referral Service, Parents As Teachers, Regional Early Childhood Council, child care licensing info
CASA: Voices for Children	249-0337	www.casav4c.com	provides volunteer advocates for abused and neglected children in our local court system
Child Find	249-2405	www.childfindidea.org	6 times/year, free service; Delta 874-7608; Ouray, San Miguel, West End 626-2977
CO Parent & Child Foundation	303-860-6000	www.cpcfonline.org	promotes and supports high-quality early childhood education programs and family initiatives which build parent involvement and school readiness
Community Options	249-1412 or 874-7531	www.communityoptionsinc.org	serves kids with special needs ages birth to 3; call Child Find in your area to get started
Tri-County Resource Center & Shelter	249-8345		Hotline 249-2486; Delta Shelter 874-4941

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Dolphin House (Montrose Child Advocacy)	240-8655	http://www.montrose-child-advocacy.org/	735 S. First Street, Montrose; a child advocacy center serving child victims of abuse and their families; serving all counties; Emergency/After-hours 596-2493
Domestic Violence Treatment Program	249-2134		1802 S. Townsend Avenue, Montrose; serving Delta and Montrose Counties; counseling for domestic abuse
Energy Outreach Colorado		www.energyoutreach.org	financial assistance for heating bills: Delta 874-9501, Montrose/Ouray MADA 249-4774, San Miguel & West Montrose
Hilltop Tandem Families	252-7445	www.htop.org	540 South 1st Street, Montrose; Montrose Juvenile Services, Tri-County Resource Center, Tandem Families
MADA (Mexican American Development Assoc)	249-4774		17 North Sixth Street, Montrose; Energy Outreach Colorado and family resources, food baskets and weatherization, clothes
Migrant & Seasonal Headstart	323-9226		290 Hap Court, Olathe; comprehensive educational program for children 6 weeks old to 5 years old. Children with disabilities are welcome. Service is free for qualifying children whose parents are or have been working in agricultur related work
Mothers of Preschoolers (MOPS)	874-3847		in First Baptist Church, Delta
ONE Telluride	369-7724	www.telluridefoundation.org/index.php?page=latino-initiative	Telluride; Cultural Community Center for family and individual resources
One to One Mentoring Program	728-0885	www.onetoonetelluride.com	Provides youth with a positive adult role model; San Miguel County
Parents As Teachers Program	728-5613	www.parentsasteachers.org	serving Ouray, San Miguel, and West Montrose Counties
Partners of Delta, Montrose, and Ouray		www.partners-west.org/	one to one mentoring ages 6-17; Delta 874-4661, Montrose & Ouray 249-1116
Passage Charter School	249-8066		703 S. 9th Street, Montrose; child care specializing in teen parents
Regional Early Childhood Council	728-5613	www.brightfuturesforchildren.org	Serving Delta, Montrose, Ouray, and San Miguel Counties for early childhood in health, mental health, parents, and child care
Rocky Mountain SER HeadStart	874-9531	www.rmser.org/	660 Dodge Street, Delta
San Miguel Resource Center	24-HOUR HOTLINE 728-5660	sanmiguelresourcecenter.org	domestic abuse and sexual assault victim advocacy and resources; Offices in Naturita 865-2275, Norwood 327-0566, Telluride 728-5842

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Strong Families, Safe Kids		safekids@acsol.net	child abuse prevention work, Grand Junction
UnBOCs (Uncomp Bd Coop Svcs)	626-2977	unbocs.org	identifies kids (through Child Find) w/ special needs birth to 21, serves kids 3 to 21; Ouray, San Miguel, and West Montrose
West End Family Link Center	864-2245	familylink@acsol.net	Community-based resource center, serves Bright Beginnings, Ages & Stages program, family advocacy; office in Nucla
Wright Stuff Community Foundation	327-0555	www.wrightstufffoundation.org/	provides educational enrichment to rural youth and their families; serves West Montrose and San Miguel Counties
School Districts			
Delta Schools	874-4438	www.deltaschools.com	
Montrose County School District RE-1J	249-7726	www.mcsd.org	
Norwood School District	327-4336		
Ouray Schools R-1	325-4505	www.ouray.k12.co.us	
Ridgway Schools R-2	626-4320	www.ridgway.k12.co.us	High School 626-5788
Telluride School District R-1	728-4377	www.tellurideschool.org	
Passage Charter School	249-8066		703 S. 9th Street, Montrose; child care specializing in teen parents
Vista Charter School / GED	249-4470		
West End School District RE-2	865-2290		Nucla Jr/Sr High 864-7350; Naturita Elementary 865-2204; Paradox Charter School 859-7236
Social Services			
CCCAP, WIC, Child Protection, Food Stamps, Family Assistance, Medicaid, EPSDT, LEAP			
Delta County	874-2030	www.deltacounty.com	560 Dodge Street; Child Protection 874-2065; Women, Infants & Children 874-2185
Montrose County	252-5000	www.co.montrose.co.us	Nucla Office 864-7319; Olathe WIC office 323-5078
Ouray County	626-2299		Ouray 325-4437; Ridgway 626-2299
San Miguel County	728-4411	www.san-miguel.co.us	Norwood 327-4543

Community Support Entities	Phone	Email/website	Services/Other info
Health / Nursing Department		Immunizations, health care, HIV testing, family planning, etc.	
Delta County	874-2165	www.deltacounty.com	
Delta County Tobacco Coalition	874-2517	www.deltacounty.com/tobaccofree	
Montrose County	252-5000	www.hospital-data.com	Nucla Office 864-7319
Ouray County	325-4670	http://ouraycountyco.gov/publichealth.html	
San Miguel County	728-4289	www.sanmiguelcounty.org	Environmental Health Department 728-0447
Medical Services		Emergencies/Ambulance 911	
Basin Clinic	865-2665		421 Adams St, Naturita
CO West Ophthalmology Assoc.	874-8821		Delta
Delta County Memorial Hospital	874-7681		also Tobacco Cessation Classes 974-2412
Delta Family Physicians	874-5777		
Delta Montrose Home Health	874-2643		
Delta Pediatrics, Dr. Janet Moore	874-3191		
Farm Worker Health Program	323-8699		Olathe; Montrose County
Grand Junction Community Hospital	242-0920		
Health Directory	NA	www.telluridefoundation.org/healthdirectory	free online regional health directory
High Country Orthopaedics	874-4399		Delta
Holistic Health Resources of the San Juans	626-5744		Sliding scale grants for alternative and complimentary health care
Julie Sherwood, MD	327-4470		Norwood
Montrose County Nursing	252-5000		
Montrose County Nursing - West End	864-7319		
Montrose Medical Mission			1845 S. Townsend Avenue; walk-in, first come, first served, max of around 22 patients per evening, free/donation medical care clinic that is open at MCHHS on Mondays from 6-9. Closed on government holidays.
Montrose Memorial Hospital	249-2211	www.montrosehospital.com	800 S. 3rd Street; offers CPR, and Universal Precautions class
Mountain Medical Center	626-5123		Ridgway

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Northside Clinic	240-6438		with physicals and other small medical issues for
Norwood Family Medicine, PC	327-4470		
Obstetrics & Gynecology	874-7930		Delta
Olathe Medical Clinic	323-6141		
Ouray County Nursing	325-4670		
Pediatrics Association			Delta 874-7552; Montrose 249-2421
Pregnancy Resource Center	874-5733		Emergency assistance, counseling, clothes, baby needs
Saint Mary's Hospital	970-244-2273		Grand Junction
Sam Jahani, DO	874-9977		Delta
San Miguel County Nursing - Norwood	327-4543	www.sanmiguelcounty.org	
San Miguel County Nursing - Telluride	728-4289		
Smith Family Practice	874-4473		Delta
Surface Creek Family Practice	874-3146		Delta
Teen Companion Program	252-5000		
Telluride Medical Center	728-3848	www.tellmed.org	sliding fee scale, payment plan options, credit line available
Uncompahgre Medical Clinic	327-4233	www.umclinic.org	1175 Grand Ave, Norwood; medical, dental, mental health

Dental Services			
Cedaredge Dental Clinic	856-6168		
Community Dental Clinic	252-8896		Montrose
David E. James DDS	874-8071		Delta
Devon R Wilson DDS	874-4977		Delta
Dr. Terry Brown, DDS	728-3665		Telluride
Grand Mesa Dental Hygiene	874-3801		Delta
Montrose Community Dental Clinic	252-8896		1901 S. Townsend, sliding scale dental svcs
North Fork Family Dentistry	872-2299		Hotchkiss
P L Coe DDS	874-3855		Delta
Ridgway Family Dentistry	626-3774		
Surface Creek Dental	856-3010		Cedaredge
Telluride Dental Services	728-4336		Norwood 327-4381
Uncompahgre Medical Clinic - Norwood	327-4233	www.umclinic.org	1175 Grand Ave, Norwood; medical, dental, mental health

Community Support Entities	Phone	Email/website	Services/Other info
Mental Health			
AL-ANON / AL-Teen	888-966-4662		Western Slope
Families Plus	874-0464	www.familiesplus.net/	child-centered organization promoting healthy families
Midwestern Colorado Center for Mental Health	964-2121	sgreen@centermh.org	Delta 874-8981; Montrose 249-9694; Norwood 327-4449; Telluride 728-6303; Early Childhood Specialist 964-2121
Montrose -Delta Domestic Violence Treatment	249-2134		
Montrose Rehabilitation Center	252-3507		
National Council on Alcoholism	249-9199		
Sherriff's Department			
Emergencies - All areas	911		
Delta County Sheriff	874-2000	www.deltacounty.com	Dispatch 874-2015
Montrose County Sheriff	252-4023	www.co.montrose.co.us	
Montrose County Sheriff - Nucla	864-2281		Dispatch 864-7333
Ouray County	325-7272	ouraycountyco.gov/sherriff	
San Miguel County Sheriff & County Jail	728-4442	sanmiguelsherriff.com	Dispatch 728-1911
Police/Marshal Departments			
Cedaredge Police	856-4301		
Crawford Police	874-2015		
Delta Police	874-7676		Dispatch 874-2015
Hotchkiss Police	872-3848		
Montrose Police	252-5200		Dispatch 252-4021
Mountain Village Police	728-9281	www.mountain-village.co.us	
Norwood Police	327-4244		
Nucla/Naturita Police	864-7333		
Olathe Police	323-4357		
Ouray Police	325-7068		
Paonia Police	527-4822		
Ridgway Police	626-5196		Dispatch 252-4020
Town of Telluride Marshal	728-3818	www.telluride-co.gov	

Community Support Entities	Phone	Email/website	Services/Other info
Housing Authorities / Shelters			
Cottonwood Creek Apartments	327-4818		Norwood
Delta Housing Authority	874-7266		511 E. 10 th Street
Housing Authority of Montrose County	240-2895	montroshousingauthority.com	Olathe 323-5445
Montrose Shelter Outreach	252-0759		
Nucla Apartments	864-7125		
San Miguel County Housing Authority	728-3034	www.smrha.org	
Employment/Workforce Placement			
Colorado Work Force	249-7783		
Delta Workforce Center	874-5781		
Montrose Work Force	252-0678		
SWAP/ Youth (ages 16-25)			in UnBOCS 626-2977, and Montrose and Delta School Districts
Public Libraries			
Cedaredge Public Library	856-3518	depld.org/cedaredge.htm	180 SW 6th, Cedaredge
Crawford Public Library	921-3500	depld.org/crawford.htm	429 Hwy 92, Crawford
Delta Public Library	874-9630	www.dcpld.org	211 W. 6th, Delta
Hotchkiss Public Library	872-4153	www.dcpld.org	149 E. Main Street, Hotchkiss
Montrose Regional Library	249-9656	www.montroselibrary.org	320 S 2nd, Montrose
Naturita (Montrose Regional Library branch)	865-2848		411 W. 2nd Avenue, Naturita
Norwood Public Library	327-4833	www.norwood.colibraries.org	1110 Lucerne, Norwood
Nucla Public Library	864-2166		544 Main Street, Nucla
Ouray Public Library	325-4616		320 6th Avenue, Ouray
Paonia Public Library	527-3470	www.dcpld.org	140 Grand Avenue, Paonia
Paradox Community Library	859-7236	paradoxvalleyschool.org	public library in the Paradox Valley School
Ridgway Public Library	626-5252	youseemore.com/ridgwaypl	300 Charles, Ridgway
Telluride / Wilkinson Public Library	728-4519	telluridelibrary.org	100 W. Pacific Avenue, Telluride

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Community Centers			
Bill Heddles Recreation Center	874-0923	www.delta-co.gov/cityDepts_parks.htm	
Montrose Civic Center	249-7015		
Norwood Community Center	327-4594		Nutrition services
Ridgway Community Center	626-5308		
Continuing Education			
Colorado State University Extension	491-2858	www.ext.colostate.edu	
Community College of Denver	303-333-6017	www.ccd.edu	CO Early Childhood Professional Credential Office
Delta County Adult & Family Literacy Programs	874-9517		
Delta - Montrose Technical College	874-6540	www.dmtc.edu	888-393-5252
Division of Vocational Rehabilitation			Montrose 249-4468; Delta 874-8016
Mesa State Montrose Campus	249-7009	www.mesastate.edu/montrose	
University Centers of the San Miguel	369-5255	www.ucsanmiguel.org	
Emergency Numbers			
American Red Cross	970-242-4851		Grand Junction Head Office
Poison Control	800-222-1222		
Road Conditions / Weather	877-315-7623		
National / State Hotlines & Organizations			
Alcohol & Drug Treatment Help	800-821-4357		
American Academy of Ophthalmology		www.aao.org	
American Academy of Pediatrics		www.aap.org	
American Association of Speech & Language			Rockville, Maryland
Anxiety and Panic Hotline	800-647-2642		800-64-PANIC
Autism Society		www.autism-society.org	
Cancer Foundation	800-283-7800		
Colorado Child Health Plan Plus	800-359-1991		main switchboard
Colorado State Blind & Deaf Services	970-248-7103		Grand Junction

Depression / Child Help USA	800-422-4453		800-4-A-CHILD
Community Support Entities	Phone	Email/website	Services/Other info
Diabetes Association	800-227-2345		
Easter Seals Society	800-221-6827		
Kidney Association	800-638-8299		
Hearing Association	800-343-2383		
HIV / AIDS	800-448-0440		CDC AIDS Info 800-342-2437
Medicare information	800-633-4227		
Multiple Sclerosis Association	800-384-4867		
Narcotics Anonymous	800-322-3784		
National Clearinghouse on Child Abuse & Neglect	800-394-3366		
National Domestic Violence	800-799-7233		800-799-SAFE
National Fatherhood Initiative	800-790-3237		
National Hotline for Missing & Exploited Children	800-843-5678		
National Runaway Hotline	800-621-4000		
National Sexual Assault	800-656-4673		800-656-HOPE
National Suicide Hotline	800-784-2433		800-SUICIDE
Poison / Drug Overdose	800-332-3037		
United Cerebral Palsy		www.ucp.org	

Transportation Assistance

Montrose	249-0128		
Uncompahgre Medical Center - West End	327-4233		

Legal Services

Colorado Rural Legal Services	249-9658		
Delta-Montrose Free Legal Services	249-9658		
Juvenile Diversion	728-4463		
Protect Safeguard Hotline	303-863-7233		
Public Defender	249-4791		
through Hilltop	252-7445		Montrose office
West End Juvenile Services	864-7267		

Community Support Entities	Phone	Email/website	Services/Other info
Other			
AIDS Support / Telluride AIDS Benefit	728-0869		
Christ Kitchen	249-4774		serving lunch M-F
Colorado Department of Education	303-866-6694		Special Education Services
Developmental Disabilities Planning Council	720-941-0176		Denver
Dream Catcher Therapy / Equine	323-5400		
Empowering Dads	252-5000		
Kinship Connection for Kids	964-2121		
Telluride Adaptive Sports	728-7537		
Tobacco Education and Prevention Resources	874-2517	www.deltacounty.com/tobaccofree	
Health Directories			
Montrose Area		www.montrosehealthdirectory.com	free online regional health directory
Telluride Foundation - Health Directory		www.telluridefoundation.org/healthdirectory	free online regional health directory