

A RESOURCE DIRECTORY
FOR MONTROSE AND DELTA
COUNTY RESIDENTS

2024 ANSWER BOOK

MONTROSE PRESS
DELTA COUNTY
INDEPENDENT



 **Bright Futures**
For Early Childhood and Families

ADRC Regional Offices

Aging and Disability Resources for Coloradoans (ADRC) and Area Agency on Aging

Main Office/ADRC Delta and Montrose Counties:

Region 10 Community Living Services
(CLS)

(970) 249-2436
(855) 500-6050

145 S. Cascade Ave. Montrose, CO 81401

ADRC Ouray and San Miguel Counties:

Tri-County Health Network (970)

708-7096

238 E. Colorado Ave. #8 Telluride, CO

81435

www.tchnetwork.org

The Aging and Disability Resources
for Coloradoans (ADRC) provides
assistance to older adults (60+), adults
with disabilities (18+) and caregivers in
navigating health and long-term care
options by providing person centered
assistance.

Local and National Resource Networks

Eldercare Locator

(800) 677-1116

https://eldercare.acl.gov

Connections to resources for older
adults and caregivers.

VOA AdvantAge Health Resource Center

(844) 862-4968

121 Park Ave. Montrose, CO 81401

www.voa4you.org

Call navigators provide information,
referrals and application assistance for
benefits and resources.

Adult Day Care

Senior Community Care PACE Eckert

(970) 527-5350

11485 Highway 65 Eckert, CO 81418

www.seniorcommunitycare.com

PACE provides wraparound services
(including medical, dental, hearing,
vision, transportation, medications,
home care services, social/recreation
programs, therapy and end of life
programs) for adults ages 55+ so they
can remain in their homes.

Senior Community Care PACE Montrose

(970) 964-3500

2377 Robins Way, Montrose, CO 81401

www.seniorcommunitycare.org

PACE provides wraparound services
(including medical, dental, hearing,
vision, transportation, medications,
home care services, social/recreation
programs, therapy and end of life

programs) for adults ages 55+ so they
can remain in their homes.

Day by Day

(970) 874-4195

1402 Howard Street Delta, CO 81416

www.daybydayadultdaycare.com

Adult Supervision Services

Animal Welfare

Delta County Humane Society

(970) 874-2149

PO Box 1111 Delta, CO 81416

www.deltacountyhumane.org

Animal rescue organization run by
volunteers to find foster and adoption
homes for animals. They do not provide
a shelter services.

End of the Trail Horse Rescue

(970) 901-0502

5814 CO-348, Olathe, CO 81425

www.eottr.org

Hoof & Paw

(970) 428-7568

P.O. Box 292, Nucla, CO 81424

hoofandpaw@hotmail.com

Hoof & Paw is a group of volunteers who
help stray and abandoned animals find
foster or permanent homes. They find
veterinarian care and collaborate with
Second Chance Humane Society for
vaccination and spay/neuter clinics and
funding assistance.

MAPA (Montrose Animal Protection Agency)- Montrose Animal Shelter

(970) 240-1487

3383 N Townsend Ave, Montrose, CO

81401

Adoption fees include spay/neuter,
vaccination and microchip. MAPA offers
vouchers through local veterinarians
to assist with the cost of spaying/
neutering. Please contact a local
veterinarian to ask about this service.
The City sponsors spay and neuter
clinics that are advertised well in
advance. Call the Animal Shelter for
more information.

Roice-Hurst Humane Society/ Delta

(970) 874-1078

720 W 4th St, Delta, CO 81416

www.rhhumanesociety.org/delta/

Delta is a satellite shelter facility, main
shelter and administrative office in
Grand Junction, CO. Services include,
pet pantry, crisis boarding, homeless
shelters w/pets, spay/neuter and
vaccine assistance programs, pet
behavior counseling, and adoption.

Second Chance Humane Society

(970) 626-2273

177 Co Rd 10, Ridgway, CO 81432

Serving Ouray, San Miguel, & Montrose
Counties. www.adoptmountainpets.org.
They address the needs of homeless
pets, save lives through shelter
programs and services, and offer low-
cost veterinary care to the community
while developing effective medical,
educational, and community programs.

TAILS Adoption Center (The Animal Interest League and Sanctuary)

(970) 462-7407

www.tailsonline.org

A private and city utilized facility in
Delta CO. Programs include spay/
neuter/vaccine, adoption, cold
overnights, volunteer for pet food
exchange, microchipping.

CAWS Cat Rescue

(970) 527-5111

213 Grand Avenue, Paonia, CO 81428

www.cawsonline.org

CAWS is dedicated to reducing
overpopulation and improving the
health of companion animals in the
North Fork Valley through a low cost
spay and neuter program. They maintain
a pet food bank to help families in need
and operate an emergency cat shelter

for local companion animals.

Application Assistance

Center for Independence (CFI)

(970) 241-0315

www.cfig.org

CFI provides assistance with Social
Security Disability applications, low
vision groups and counseling for living
independently with a disability.

AdvantAge Health Resource Center Montrose

1 (844) VOA-4YOU

(844-862-4968) 121 N. Park Ave.

Montrose, CO 81401

www.voa4you.org

Confidential Toll Free Assistance
Line. Care Navigators will provide
information, referrals, and assistance
filling out application to apply for
benefits and resources.

AdvantAge Health Resource Center Delta

1 (844) VOA-4YOU

(844-862-4968)



REASON FOR VISIT: HIP REPLACEMENT

ATTENDING THE YOGA CLASS

OUTCOME: YOU'VE ALWAYS WANTED TO

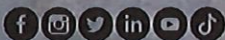
WHEN OUTCOMES ARE MEASURED IN MOMENTS -
TRUST DELTA HEALTH

Delta Health Adult Primary Care 1450 Burgess St 970.874.7668 Delta Health Family Medicine 555 Meeker St 970.874.5777 Delta Health Home Health 70 Stafford Ln 970.874.2463 Delta Health Oncology & Hematology 1501 E 3rd St 970.399.2895	Delta Health Outpatient Therapies & Sports Performance 296 Stafford Ln 970.874.2250 Delta Health Pain Center 236 Cottonwood St 970.546.4010 Delta Health Pediatrics 296 Stafford Ln Suite B 970.546.4000	Delta Health Pulmonology 1450 Burgess St 970.399.2635 Delta Health West Elk Hotchkiss 230 E Hotchkiss Ave 970.872.1400 Delta Health Urology 1501 E 3rd St 970.399.2890
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1501 E 3RD ST • DELTA, CO • 970.874.7681 • DELTAHEALTHCO.ORG



ONCOLOGY & HEMATOLOGY
A DEPARTMENT OF DELTA HEALTH



DORINDA ROUCH, MD
MEDICAL ONCOLOGIST
BOARD CERTIFIED HEMATOLOGIST

CHRISTINE URBANSKI, MD
MEDICAL ONCOLOGIST

ANN HEDDERMAN, MD
BOARD CERTIFIED HEMATOLOGIST

The goal at Delta Health Oncology and Hematology is to provide the most exceptional care by focusing on the physical, mental and emotional aspects of each patient. Our team of doctors, nurses and treatment professionals have one thing in common:

**RELENTLESS
DEDICATION
TO YOUR HEALTH.**

WHEN OUTCOMES ARE
MEASURED IN MOMENTS -

**TRUST
DELTA HEALTH**

1501 E 3RD ST • DELTA, CO
970.399.2895 • DELTAHEALTHCO.ORG

350 Stafford Ln. Delta, CO 81416
www.voa4you.org

Confidential Toll Free Assistance Line. Care Navigators will provide information, referrals, and assistance filling out application to apply for benefits and resources.

Tri-County Health Network Montrose and Delta

(970) 708-7096
www.tchnetwork.org
17 N 6th St., Montrose, CO 81401
West End Economic Development Corporation (WEEDC)
217 W Main St. Naturita, CO 81422
202 Main St., Delta, CO 81416

Regional locations and staff to assist with the application process for health insurance and health coverage.

Assisted Living Facilities

Heidi's Chateau

(970) 252-8228
2720 Sunnyside Rd. Montrose, CO 81401
Assisted Living Facility, 30 beds, private rooms and shared kitchen.

The Homestead at Montrose

(970) 964-3400
1819 Pavillion Dr. Montrose, CO 81401
www.homesteadatmontrose.org
Assisted Living Facility, memory care.

Montage Creek

(970) 296-5680
1968 Sunrise Dr. Montrose, CO 81401
www.generationsllc.com
Assisted Living Facility with Secure Memory Units.

Long Term Care Ombudsman (Delta, Gunnison & Montrose)

(970) 765-3131
145 S. Cascade Ave. Montrose, CO 81401
www.region10.net
The Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.
Delta

Crossroads

(970) 874-1421
1380 Aspen Way Delta, CO 81416
Assisted Living Facility with secure memory care units.

Delta House

(970) 874-4448
233 Main St. Delta, CO 81416
28 bed Medicaid Licensed Assisted Living facility, private room and bathroom.

Child Care/Early Childhood Education

Childcare Referral-Montrose

(877) 338-2273
www.coloradoshines.com
Colorado Shines is a quality rating and improvement system that can help you find childcare.

Child Care Assistance Program (CCCAP) - Montrose

(970) 252-5033
1845 S. Townsend Ave., Montrose, CO 81401

Resource for reduced cost child care at licensed child care facilities

Colorado Child Care Assistance Program (CCCAP) - Delta

(970) 874-2030
560 Dodge St. Delta, CO 81416
CCCAP program that helps families that are homeless, working, searching for work or in school find low-income child care assistance

Black Canyon Boys and Girls Club

(970) 249-5168
1869 E. Main St., Montrose, CO 81401
www.bcbgc.org
Open to children ages 6-18, scholarships are available for those who qualify.

Black Canyon Child Care Association

(970) 240-8424
blackcanyonchildcare.org
An association of state-licensed child care and preschool providers in Montrose, Delta and Ouray Counties.

Bright Futures

(970) 728-5613
657 W Colorado Ave., Telluride, CO 81435
www.brightfuturesforchildren.org
admin@brightfuturesforchildren.org
Bright Futures works to improve access, availability, and quality of early childhood care and education. Bright Futures is a regional Early Childhood Council which provides quality improvement grants, training, professional development and coaching to early childhood providers and teachers to build capacity and improve quality. We engage with stakeholders to address local early childhood needs. Bright Futures is also the Lead Coordinating Organization for Universal Preschool (UPK). Bright Futures service area includes Montrose, Delta, Ouray, San Miguel and San Juan counties. We also serve as a Family Resource Center for San Miguel and Ouray counties.

Bright Beginnings

(970) 650-2669
1307 Mayfly Dr., Montrose, CO 81401
www.maslowacademy.com/contact/
Bright Beginnings is the infant, toddler, preschool program at Colorado Outdoors. It provides loving, individualized care and education for children from six weeks of age through five years old. In addition to our quality playgrounds, Bright Beginnings children enjoys over 40-acres of open space with walking trails, wildlife corridors, and a newly upgraded river restoration project.

Cedaredge Elementary BELA - Cedaredge CO Preschool Program

(970) 856-3885
www.dfc.deltaschools.com
Cedaredge BELA - Level 4 (Cedaredge Elementary School)

380 N Grand Mesa Dr., Cedaredge, CO, 81413
Serving ages 2.5 by September of enrollment year, to Pre-K.

Delta Family Center and BELA preschool

(970) 874-9517
Delta BELA - Level 4, Delta Family Center, 822 Grand Ave., Delta, CO 81416
www.dfc.deltaschools.com
Family resource center for Delta and preschool for ages 2.5 by September of enrollment year, to Pre-K.

Great Beginnings Early Childhood Center

(970) 874-8399
795 - 1600 Rd., Delta, CO 81416
www.greatbeginningsdelta.com
Full and Half day toddler and preschool child care.

Hotchkiss K-8 - Hotchkiss CO Child Care Center

(970) 874-9517
Backpack Early Learning Academy Hotchkiss BELA - Level 4 (Hotchkiss K-8 School, 465 Lorah Lane, Hotchkiss, CO 81419);
www.dfc.deltaschools.com; Ages 2.5 by September of enrollment year, to PreK.

Little Angels Childcare and Preschool LLC

(970) 249-2880
107 Vista View Dr, Montrose, CO 81401
<https://little-angels-childcare-and-preschool.business.site>
A faith-based preschool

Little Sprouts Community Preschool - Cedaredge CO Preschool Program

(970) 856-4648
210 NW 3rd St., Cedaredge, CO 81413
3 years to Pre-K
CO Universal Preschool tuition funding available through
www.upk.colorado.gov

Little Sprouts Preschool & Childcare-Montrose, CO

(970) 240-6102
1988 Sara Ln., Montrose, CO 81401
www.littlesproutsmontrose.com
Childcare and preschool for ages 3 years and up.

Maslow Academy of Applied Learning

(970) 252-3399
120 N Hillcrest Dr. Montrose, CO 81401
www.maslowacademy.com
Maslow Academy provides education for children from 6 week to 9 years, and includes children up to 12 years of age in the after-school and summer camp program. Scholarships available for those who qualify.

MCSD Early Childhood Centers

(970) 249-5858
900 Colorado Ave. Montrose, CO 81402
www.mcsc.org/earlychildhoodcenters
Serving Montrose and Olathe, CO with a comprehensive Head Start program that includes health and dental

assessments, kindergarten readiness and parental involvement. Ages 3 through Pre-K, for pre-qualified, income restricted families.

Montrose Christian Childhood Center

(970) 249-0710
Montrose Christian Church 2351 Sunnyside Rd.
Montrose, CO 81401
www.montrose-christian.org/preschool
A multicultural, faith-based preschool

Naturita Early Learning Center-Infant Program

(970) 417-0995
Main Office: (970) 865-2204
141 West Main St. Naturita, CO 81422
<https://sites.google.com/weeps.k12.co.us/west-end-public-schools/naturita-early-learning-center>
Infant Program: Children 6 weeks to 18 months

Naturita Early Learning Center-Toddler Program

(970) 417-0995
Main Office: (970) 865-2204
142 West Main St., Naturita, CO 81422
Toddler program: Children 18 months to 3 years

Naturita Early Learning Center-Preschool Program

(970) 417-0995
Main Office: (970) 865-2204
143 West Main St., Naturita, CO 81422
Preschool program: Children 3 years through Pre-K

North Fork Montessori @ Crawford - Hotchkiss CO Child Care Center

(970) 921-4935
51 Fir Ave, Hotchkiss, CO 81419
<https://nfmc.deltaschools.com/en-US>
Pre K + K-6th

Paonia Elementary Preschool - Paonia CO Preschool Program

(970) 874-9517
Paonia BELA - Level 4 (Paonia Elementary School)
846 Grand Ave., Paonia, CO 81428
<https://dfc.deltaschools.com/>
Ages 2.5 by September of enrollment year, to Pre-K.

Precious Childcare and Learning Center

(970) 209-7780
1005 Oxford St., Montrose, CO 81401
www.preciouschildcarelearningcenter.com
Child care & learning center for 0-13 years.

Redeemer Lutheran Tiny Treasures PreSchool

(970) 874-3052
1000 Pioneer Rd., Delta CO 81416
www.redeemerlutherschool.org
Faith-based child care/preschool.

Smart Start Montrose Preschool and Daycare

(970) 765-0550

1848 E Main St., Montrose, CO 81401
www.smartstartmontrose.com

Sonshine Patch Preschool and Daycare

(970) 249-5152
1840 E Niagara Rd, Montrose, CO 81401
www.sonshinepatchpreschool.com
A faith-based preschool for ages 2 1/2 up to 7 years.

Dental Medicaid

All in One Dental

(970) 249-4301
2720 Commercial Way,
Montrose CO 81401
<https://aiodental.com>
Accepts Medicaid.

DentaQuest Member Services

(844) 254-9490
TTY Number: (800) 466-7566
www.dentaquest.com
Resources and support for oral healthcare.

InsuraCaid

(970) 249-1543
1127 E. Main St. Montrose, CO 81401
www.insuracaid.com
Accepts Medicaid.

Comfort Dental

(970) 744-4887
1807 S. Townsend Ave. Montrose, CO 81401
www.comfortdental.com
Accepts Medicaid.

The PIC Place

(970) 252-8896
87 Merchant Dr. Montrose, CO 81401
www.pic.place
Accepts Medicaid.

Silver Leaf Dental

(970) 249-4457
101 S. Mesa Ave. Montrose, CO 81401
www.mysilverleafdental.com
Accepts Medicaid.

River Valley Family Health Centers (Dental Services)

(970) 497-3333
1010 S. Rio Grande, Montrose, 81401
970-874-8981
1250 Valley View Drive, Delta, 81416
(970) 323-6141
308 Main St., Olathe, CO 81425

Disabilities Resources

Aid to the Needy Disabled Program (Montrose County HHS)

(970) 252-5000
1845 S Townsend Ave. Montrose, CO 81401
Provides a small cash assistance benefit to low income residents age 18-59 who have at least a six-month total disability that precludes them from working.

Center for Independence (CFI) -Montrose

(970) 241-0815
www.cfijg.org

CFI provides assistance with Social Security Disability applications, low vision groups and counseling for living independently with a disability.

Community Options

(970) 249-1412
932 Park Ave. Montrose, CO 81401
www.communityoptionsinc.org
Provides and coordinates services and supports for individuals with intellectual and developmental disabilities.

Region 10 - Aging Disability Resources (Montrose & Delta)

(970) 249-2436
145 S Cascade Ave. Montrose, CO 81401
www.region10.net
Region 10 provides senior services, small business services, and regional development support to Delta, Montrose, Hinsdale, Gunnison, Ouray, and San Miguel Counties.

Social Security Administration

(866) 758-1317
1805 Pavillon Dr. Montrose, CO 81401
www.ssa.gov
Administers Social Security insurance programs, including retirement, disability, survivor's insurances and enrollment in Medicare Part A and B.

DELTA

Aid to the Needy Disabled Program (Delta County HHS)

(970) 874-2030
www.deltacounty.net
Provides a small cash assistance benefit to low-income residents aged 18-59 who have at least a six-month total disability that precludes them from working. Statewide

Employment Services for Individuals with Disabilities, Colorado Dept of Labor and Employment

(303) 319-8000 Ext 5
A Program Navigator can assist with employment services for individuals with disabilities. Vocational guidance and counseling, job development and coaching, short or long term training and assisted technology and accommodations.

Employment

Colorado Division of Vocational Rehabilitation Montrose

(970) 249-4468
www.colorado.gov
Rehab employment training and support for persons with disability.

Montrose Workforce Center

(970) 249-7783
1551 Ogden Rd, Montrose, CO 81401
Post your résumé, apply for a specific job or do a self-directed job search through our jobs database.
www.connectingcolorado.com

Montrose Workforce Center

(970) 249-7783

www.connectingcolorado.com

Post your résumé, apply for a specific job or do a self-directed job search through our jobs database.

Delta Workforce Center

(970) 874-5781

206 Ute St. Delta, CO 81416

www.connectingcolorado.com

Post your résumé, apply for a specific job or do a self-directed job search through our jobs database.

Family

Ariel Clinical Services

(970) 245-1616

540 Main St., Delta, CO 81416

Support services for families, adoption, therapeutic foster homes, parenting time.

CASA of the 7th Judicial District

(970) 249-0337

(303) 623-5380

147 N. Townsend, Montrose, CO 81401

Youth, family and advocate support and resources.

Dyslexia Foundation of Western Colorado

(970) 208-5432

2501 Blichmann Ave, Suite #101

Grand Junction, CO 81505.

www.dyslexiaco.org.

Regional for the Western slope with a main office in Grand Junction. We travel

to Montrose to offer services to Delta, Ouray, Montrose, Telluride, and Gunnison through our Montrose Board Member's office.

Region 10

(970) 249-2436

145 S Cascade Ave., Montrose, CO 81401

Senior services, small business services, and regional support.

Haven Foster

16 South Uncompahgre

Montrose, CO 81401

mail to: PO Box 3333 Montrose, CO 81402

havenfostershoppe@gmail.com <https://havenfostershoppe.org>.

An all volunteer nonprofit that helps children and youth entering the foster care system with necessity and comfort items. Haven Foster provides community involvement and promote volunteerism.

Hilltop Family Resource Center

(970) 252-7445

540 S. 1st St., Montrose, CO 81401

Offers a wide variety of programs for the entire family.

HopeWest

(970) 240-7734

(866) 310-8900

725 S 4th St, Montrose, CO 81401

195 Stafford Ln., Delta, CO 81416

Expert, collaborative care for those facing serious illness and grief.

Life Choices Family Resource Center

(970) 249-4302

155 Merchant Dr., Montrose, CO 81401

Resources for pregnancy, free, confidential pregnancy testing.

Kin Connect

(970) 275-3138

www.kinconnect.org

Help kinship and foster families navigate the system while providing in-home support specific to family members.

Montrose Family Planning-River Valley Health Centers

(970) 497-3333

1010 S. Rio Grande, Montrose, CO 81401

Free, confidential & comprehensive birth control counseling and supplies. STD testing, annual exams and more.

MOPS Mothers of Preschoolers

(970) 249-4732

1840 E. Niagra, Montrose, CO 81401

MOPS is a religious group that supports moms.

Nurse Family Partnership Program (NFP)

(970) 252-5015

www.montrosecounty.net

Education & support for first time pregnant women until 1st child is 2.

PEER Kindness

(970) 901-7744

207 S 4th St., Montrose, CO 81401 www.peerkindness.net

PEER Kindness works in partnership with schools, youth programs, community organizations, business and community leaders, families and youth to reduce bullying and foster a PEER (Positive, Encouraging, Empathetic, Respectful) stance.

Community Options

(970) 249-1412 932 Park Ave. Montrose, CO 81401

Provides and coordinates services and supports for individuals with intellectual and developmental disabilities.

Montrose Family Planning-River Valley Health Care

(970) 497-3333

1010 S. Rio Grande, Montrose, CO 81401

Free, confidential & comprehensive birth control counseling and supplies. STD testing, annual exams and more.

Hispanic Affairs Project (HAP)

(970) 249-4115

504 N 1st St. Montrose, CO 81401

www.Hapgj.org

Offering community navigation resources, immigration legal assistance, Drivers License, Western Colorado Immigrant Relief Fund.

West End Family Link

(970) 864-2245

853 Main St, Nucla, CO 81424

www.weflc.org

Community center that offers food bank, utility assistance, family resources and development.

DELTA

Delta County Pregnancy Center

(970) 874-5733 or (970) 874-5733

523 Dodge St. Delta, CO 81416

prcofdelta@gmail.com

www.prcdelta.com

Services include free pregnancy tests, parenting and life skills education, emotional support, confidential peer counseling, maternity clothes and baby supplies.

Delta County Public Health

(970) 874-2165

deltacounty.com/8/Public-Health

Comprehensive birth control, counseling and supplies, STD testing, annual exams and more

Delta Family Planning-River Valley Health Centers

(970) 874-8981

1250 Valley View Dr., Delta, CO 81416

Free, confidential & comprehensive birth control counseling and supplies. STD testing, annual exams and more.

Health Family Center

(970) 874-9517

822 Grand Ave., Delta, CO 81416

Offers a multitude of resources and programs for all families.

Partners of Delta and Montrose

(970) 249-1116

315 S 7th St., Montrose, CO 81401

Youth organization.

MOPS Mothers of Preschoolers

(906) 420-4032

www.mops.org

Online and local support for Moms.

MOPS is a religious group that supports moms.

Delta Family Planning-River Valley Health Care

(970) 874-8791

107 West 11th St., Delta, CO 81416

Free, confidential & comprehensive birth control counseling and supplies. STD testing, annual exams and more.

Families Plus

(970) 874-0464

www.familiesplus.net

Supporting families to partner with the community to help children thrive through mentoring, counseling and activities.

STATEWIDE

Family Voices of Colorado

(303) 877-1747

www.familyvoicesco.org

Assists families with navigating today's healthcare and service systems.

Raise the Future

(303) 755-4756


www.raisethefuture.org

Foster care and support.


HCP: Youth and Special Health Care Needs

(303) 692-2370

www.colorado.gov




DELTA HEALTH
OUTPATIENT THERAPIES & SPORTS PERFORMANCE



REASON FOR VISIT: **CHRONIC BACK PAIN**

OUTCOME: **DANCING AT YOUR DAUGHTER'S WEDDING**



DELTA HEALTH

[f](#) [t](#) [i](#) [y](#) [p](#) [i](#) [n](#)

At Delta Health Outpatient Therapies & Sports Performance, our expert team of medical and rehabilitation specialists are dedicated to one thing: getting you back to the life you love.

WHEN OUTCOMES ARE MEASURED IN MOMENTS -

TRUST DELTA HEALTH

296 STAFFORD LN • DELTA, CO • 970.874.2250 • DELTAHEALTHCO.ORG

For families with children with birth defects, medical condition, or delays.

Parent-to-Parent

(303) 691-9339
www.abilityconnectioncolorado.org
Connects families with disabilities or special healthcare needs to each other, resources, support.

Peak Parent Center

(719) 531-9400
www.peakparent.org
Support for parents of children with special needs.

Child Protection Ombudsman

(720) 625-8640
www.coloradocpo.org
The office of Colorado's Child Protection Services ensures safety for children.

Special Youth

Partners of Delta, Montrose & Ouray (Partners Mentoring Youth)

(970) 249-1116
315 S 7th St., Montrose, CO 81401
www.partners-west.org.
Youth organization. Partners matches and supports mentoring partnerships between area youth ages 6 - 17 and caring adult role models.

PEER Kindness

(970) 901-7744
207 S 4th St., Montrose, CO 81401
www.peerkindness.net
Support for children, families, and educators for bullying, conflict, and positive youth development.

Friends of Youth and Nature's T.R.Y. (Together for Resilient Youth)

P.O. Box 634, Hotchkiss, CO 81419
www.friendsofyouthisandnature.org
friendsofyouthisandnature@gmail.com
Opportunities for youth and families to explore nature, experience outdoor activities, and engage in stewardship projects. FOYAN sponsors several events a year to get at risk youth outside and address physical, emotional and social needs. Transportation and education scholarships available for qualified families in Montrose and Delta County schools and summer programs in Delta and in cooperation with Montrose Rec District. Serves Mesa, Ouray, Montrose and Delta Counties.

True North

(970) 708-1986
305 Society Dr, Telluride, CO 81435
info@truenorthyouthprogram.org
www.truenorthyouthprogram.org
email: Info@truenorthyouthprogram.org
Programs and activities are all free of charge. Serving teens in rural SW Colorado including the West End School District of Montrose County. Provide year around positive youth development programs including academic tutoring, work force readiness, scholarships, transitioning from 8th and 9th grade to high school, community service, mental health support and outdoor activities.

Food

HOME DELIVERY

Home Style Direct

(866) 735-0921
www.homestyledirect.com
Home delivered meals are reimbursed through the Medicaid waiver program.

Mom's Meals

(877) 508-6667
www.momsmeals.com
Mom's Meals is an independent home meals delivery program

Montrose Farmers Market

(970) 249 0705
Centennial Plaza, 433 S. 1st St. Montrose, CO 81401
www.valleyfoodpartnership.org
Year-Round Farmers Market, Saturdays 9am-1pm (Summer), every other Saturday 10am-1pm (Winter). Accepts SNAP and Double Up Food Bucks

Shepherd's Hand

(970) 275-7215
505 S. 2nd St. Montrose, CO 81401
Breakfast and lunch served M-F, shower and laundry facilities, lockers, referrals to resources.

Senior CommUnity Meals HomeBound Delivery

(970) 874-7661
350 Stafford Lane Ste. 3511, Delta, CO 81416
Offers hot nutritious meals delivered to the homebound.

MONTROSE

Free and Reduced Lunch

(970) 252-7918
www.mcsd.org
Free and reduced lunch applications are online, parents can sign up to learn how to apply.

Grace Community Church

(970) 249-5306
16731 Woodgate Rd, Montrose, CO 81401

Kids Aid Montrose (Weekend Meals for Kids)

(970) 209-1155 Mike Bussing
www.kidsaidmontrose.com
Kids Aid Montrose works directly with the schools to provide food for hungry children on weekends. Weekend food bags are put in kids' backpacks on Friday with enough food for the weekend.

Montrose Farmers Market

(970) 417-1017
Centennial Plaza, 433 S. 1st St. Montrose, CO 81401
www.valleyfoodpartnership.org
Winter Market is every other Saturday beginning January 7 through April 29, 2023 10am-1pm Accepts SNAP and Double Up Food Bucks.

Montrose Senior Center

(970) 252-4888
www.montrosepavillion.org/118/
Meal-Menu Congregate meals Monday thru Thursdays, Fridays pick-up. Cost is \$6-\$9 per meal and a reservation is

preferred at least 24 hours in advance.

Olathe Senior Congregate Mealsite

(970) 323-5391
(970) 874-7661 Spanish
(844) 862-4968 x3
voaseniiorliving.org/communities/senior-community-meals

Meals provided by Senior Community Meals. Meals to adults over the age of 60. Cost: Donation Only, Service Days: Tuesday, Thursday, Friday

Sharing Ministries Food Bank

(970) 240-8385
49 N 1st St. Montrose, CO 81401 www.sharingministries.com
Hours: Monday-Friday, 9:30-12:30 pm
TEFAP COMMODITIES: Thursdays, 9:00 - 12:30 PM CFSP (Seniors 60+and TEFAP), First, 3 Thursdays each month, 12:00-2:00pm. No proof of income needed.

Tri-County Health Network

(970) 708-7096
www.tchnetwork.org
SNAP Application Assistance: Bi-Lingual Enrollment Navigators can assist with online or paper applications assistance with Medicaid and Insurance enrollment.

Valley Food Partnership

(970) 249-0705
300 Hap Ct. Olathe, CO 81425
www.valleyfoodpartnership.org/
localfarmacy-rx/
info@valleyfoodpartnership.org
Family and adult cooking and nutrition classes paired with local produce

vouchers and farm tours in a supportive environment.

(WIC) Clinics Women Infants and Children Montrose and Olathe

(970) 252-5051
(970) 252-5054 Spanish
www.coloradowic.gov
Nutrition education including breastfeeding support, supplemental food, and referral, for pregnant, breastfeeding, postpartum woman, infants and children up to 5 years of age.

Salvation Army- Montrose

1210 N. Townsend Ave., Montrose, CO 81401
Food and thrift store, open Tuesdays and Fridays 9am-3pm (closed 11:30-1:30 pm).

WEST END

Free and Reduced Lunch

(970) 864-7350
sites.google.com/weeps.k12.co.us/west-end-publicschools/district-office/food-service

Nucla WIC Clinic

(970) 864-7319
Nutrition education including breastfeeding support, nutritious supplemental food, screening and referral, for pregnant, breastfeeding, postpartum woman, infants and children up to 5 years of age. Income guidelines (through 6/30/2023) (1) \$2,096 (2) \$2,823 (3) \$3,551 (4) \$4,279



REASON FOR VISIT: **PAIN FROM ARTHRITIS**
OUTCOME: **BEING ABLE TO HOLD ON TIGHT**

WHEN IT FEELS LIKE YOUR GRIP MIGHT BE SLIPPING AWAY, WE CAN HELP.

At Delta Health Pain Center, we provide expert treatment and compassionate care to reduce inflammation and relieve pain at the source so that you can continue activities that are important to you.

WHEN OUTCOMES ARE MEASURED IN MOMENTS -
TRUST DELTA HEALTH
236 COTTONWOOD ST • DELTA, CO
970.546.4010 • DELTAHEALTHCO.ORG

West End Family Link- Commodities, CFSP, TEFAP

(970) 864-2246
Emergency After Hours Call: (970)
428-7833

www.weflc.org
835 Main St. Nucla, CO 81424

Mondays, thursdays & Fridays 9am-4pm.
Services from birth to senior programs,
food pantry, supplemental food program
(cfsp) for ages 60+ the emergency food
assistance program (tefap) clothing,
classes, utility assistance.

Nucla Senior Citizens Inc.

(970) 864-7278
368 Main Street, Nucla, CO 81424 Senior
Citizen center.

DELTA

Delta County School District

(970) 874-4438
145 West 4th St. Delta, CO 81416
Free and Reduced Lunch, apply online at
www.deltaschools.com or in person.

Delta Food Pantry

(970) 200-4225
628 Meeker St. Delta, CO 81416
www.deltatfoodpantry.org
All who reside in Delta qualify, bring
an I.D. or envelope showing current
address. Monday-Friday 10:30am
-11:30am 4th Tuesday of each month
5:30-7pm Located in the back alley
entrance of St. Michaels Catholic Church.

Salvation Army-Delta - CSFP

(970) 399-3584

302 Meeker St. Delta, CO 81416
EverGreen Boxes (historically known as
CSFP) are available for income-eligible
adults age 60 years or older. Please
bring a photo ID to sign up. Delta The
Emergency Food Assistance Program
(TEFAP) Delta County. 2nd Thursday
and Friday 10am-1pm.

Salvation Army-Delta TEFAP

(970) 399-3584
117 Meeker St. Delta, CO 81416
TEFAP food available for income
eligible households. Photo ID to sign up.
Wednesday & Friday: 10:00am-12:00pm
and 1:00pm-3:00pm

Chain of Love

(970) 210-5924
1402 S Main St. Delta, CO 81416 Second
Saturday by appointment, drive through.
Boxes are placed in cars as they drive
up. Provide when available meat, eggs,
canned goods, bakery items, coffee,
juice and dairy. Clothing, shoes and
much more.

Surface Creek Community Services Cedaredge

(970) 209-4356
245 W. Main St. Cedaredge, CO 81413
Commodity: Supplemental Food
Program (CSFP) ages 60 + and The
Emergency Food Assistance Program
(TEFAP) Picture ID, proof of residence of
Surface Creek Area (Austin, Eckert, Cory,
Cedaredge) Thursday 1pm-3pm and
Friday 10am-12pm.

United Methodist Church

-Hotchkiss

(970) 872-3540
www.hotchkissumc.org
For Hotchkiss residents. Order Tuesdays
9-12pm. Open Wednesdays 9:00am
to noon.

Delta County Human Services

(970) 874-2030
320 W 5th St. Delta, CO 81416
www.deltacounty.com.
Go to https://peak.my.site.com/peak/s/peak-landing-page?language=en_US. to
apply online or stop by DHS for a paper
application.

Tri-County Health Network- Delta

(970) 708-7096
202 Main St. Delta, CO 81416
www.tchnetwork.org
SNAP Application Assistance: Bi-Lingual
Enrollment Navigators can assist with
applications assistance. and Medicaid
and Insurance enrollment. Email
enrollment@tchnetwork.org.

Food Resource Hotline

(855) 855-4626
www.hungerfreecolorado.org
Check eligibility and apply for SNAP
through the Colorado PEAK website.
Anyone who might need help locating
food can call M-F (8am - 4:30pm)
Hearing impaired (800) 659-2656

The WIC Program - Delta

(970) 874-2185
Or (800) 688-7777
255 W 6th St. Delta, CO 81401
Nutrition education including
breastfeeding support, supplemental
food, and referral, for pregnant,
breastfeeding, postpartum woman,
infants and child up to 5 years of age.
Income guidelines (through 6/30/2023)
(1) \$2,096(2) \$2,823 (3) \$3,551 (4)
\$4,279

Senior CommUnity Meals Kitchen

350 Stafford Lane Ste. 3511 Montrose,
CO 81401
www.voaseniiorliving.org
Meals Provided by Senior Community
Meals Meals to adults over the age of
60. Nutritious meals to eligible older
adults, Grab & Go Service Days: Monday,
Wednesday, Friday (11:30 am - 12:30
pm)

Congregate Meal Site Cedaredge Community Center

(970) 856-3636
140 NW 2nd St. Cedaredge, CO 81413 for
meal delivery:
www.voaseniiorliving.org/communities/
senior-community-meals.dining sites.
Meals Provided by Senior Community
Meals Grab & Go to adults over age of
60. Monday, Wednesday, Friday 11:30
am - 12:30 pm.

Hotchkiss Senior Citizen Center

(970) 872-3494
276 W Main St., Hotchkiss, CO 81419
Grab & Go for adults over 60. Monday,
Wednesday, Friday 11:30am-12:30pm.

Paonia Senior Citizen Center

(970) 527-3435
106 3rd St. Paonia, CO 81428
Grab and Go meals for adults over 60.
Monday, Wednesday, Friday 11:30am-
12:30pm

Olathe Community Center

(970) 323-5391
115 Main St., Olathe, CO 81425
Grab and Go meals for adults over 60.
Tuesday, Thursday and Friday 11:30am-
12:30pm.

Hispanic SDA- Olathe

(970) 209-0516
203 South 3rd St. Olathe, CO 81425
Every other Tuesday 12-2pm.

Statewide & Benefits

(SNAP) Supplemental Nutrition Assistance Program

(855) 855-4626 Apply by phone (800)
536-5298
www.colorado.gov
SNAP is the food assistance program in
Colorado, eligibility is 200% or below
FPL, under 60 no disability, 2023 (1)
\$2,266(2) \$3,072 (3) \$3,840 (4) \$4,626

Double Up Bucks

(720) 573-3617
www.doubleupcolorado.org
Double Up Food Bucks program doubles
the value of SNAP benefits spent at
participating markets and grocery
stores, helping people bring home more
healthy fruits and vegetables while
supporting local farmers.

Food Bank of the Rockies Mobile Pantries

(970) 464-1138
(877)-953-3937 (toll-free)
Mobile Pantries bring food directly to
the communities where it is needed
the most.

Hunger Free Colorado - Food Resource Hotline

(855) 855-4626 Hearing Impaired (800)
659-2656
www.hungerfreecolorado.org
Bilingual staff available to help find food
and nutrition resources. Application
assistance available for federal nutrition
programs such as SNAP.

Grandparent Services

Region 10 Community Living Services

(970) 249-2436
145 S. Cascade Ave. Montrose, CO 81401
Aging and Disability Resources, Area
Agency on Aging, Caregiver support,
Senior Companion Program, Senior
Resources.

AARP Grandparent Information Center

www.aarp.org/families/grandparents
Helps older adults who are going to be
raising children for the second time.

Hilltop Family Resource Center



Proudly Serving Our Community Since 1996

Mid/Low Income Individuals and Families Qualify For Supplemental Food

If you live in Montrose, Delta, San Miguel, Ouray, or Gunnison County
and are in need of food, we are here to provide you and your family with
supplemental food assistance. No one is ever turned away. Give us a call at
(970) 240-8385 for more information.

Help Us Serve Our Neighbors In Need

Volunteers are a vital part of our collective fight to end hunger on the
Western Slope. Please volunteer a few precious hours and see the difference
it makes in our community.

DISTRIBUTION HOURS
Monday thru Friday
9:30am to 12:30pm

SHARING MINISTRIES FOOD BANK
49 N. 1st Street
Montrose, CO 81401
(970) 240-8385



(970) 252-7445
540 S 1st St, Montrose, CO 81401
<https://www.htop.org/resource-centers/>

Health and Human Services

American Red Cross

(970) 361-3956
www.redcross.org/volunteertoday

Montrose Health and Human Services

(970) 252-5000
1845 S Townsend Ave. Montrose, CO 81401
Monday-Friday 8am-5pm. Adult services, child services and financial assistance for food, housing and utilities.

Delta Health and Human Services Eligibility

(970) 874-2030
560 Dodge St. Delta, CO 81416
www.coloradopeak.secure.force.com
Temporary assistance to needy families for economic and family stability.

Health and Human Services-Long Term Care Options-Hotchkiss

(970) 872-1000
196 Hotchkiss, CO 81419
www.deltacounty.com
Protection & assistance for those at -risk from abuse and neglect.

Montrose County West End

(970) 864-7319 x 5407
851 Main St. Nucla, CO 81424
Offers human services programs, child protection and emergency assistance.

Hearing Impairment

Colorado Commission for the Deaf and Hard of Hearing

(CCDHH) (720) 457-3679
(VP/voice) (303) 866-4824
www.ccdhh.com Deafblind services and resources for rural communities.

Home Repair

Delta Housing Authority

970-874-7266
501 E 14th St, Delta, CO 81416
www.deltahousingauthority.org Assists in providing safe, decent and affordable housing.

Delta Montrose Electric Association (DMEA) Operation Roundup

(970) 877-687
632 1925 6300 Rd., Montrose, CO 81401
www.dmea.com/operation-round
The Charitable Trust meets monthly on the 2nd Monday to review applications. The application deadline for each meeting is 5:00 p.m. on the Thursday of the week prior to the meeting.

Heating Assistance (LEAP)

(866) 432-8435
<https://goodwillcolorado.org/services/leap/>
LEAP program begins November 1 and

runs through the end of April, as long as funding is available. Contact your local County Health and Human Services office to apply.

Energy Outreach Colorado Utility Assistance Program

(970) 399-3584 Salvation Army (866) 432-8435
www.energyoutreach.org

Funds provide emergency fuel bill assistance for Colorado's low-income households facing an energy crisis. Furnace repair.

Home Modification through Veterans HCBS

www.va.gov
Veteran-Directed Care is for veterans who need assistance with activities of daily living (e.g., fixing meals) are isolated, or their caregiver is experiencing burden.

Home Modifications under Health First Colorado Waiver Program

www.hcpf.colorado.gov/home-modification
Long-Term Services and Supports (LTSS) (Colorado's Medicaid Program) benefit that allows for specific modifications, adaptations, or improvements in an eligible client's existing home setting.

Housing Resources of Western Colorado

(970) 241-2871
www.hrwco.org
Weatherization Program offers free energy efficiency and health and safety services to income qualifying residents who own or rent their home. Housing counseling available.

Property Tax/Rent/Heat/Rebate (PTC)

Helps older adults with property tax, rent, and/or heat expenses. <https://tax.colorado.gov/>. Qualifying seniors may claim the credit on their Colorado Individual Income Tax Return (DR 0104). A completed and Individual Credit Schedule (DR 0104CR) must be submitted with the return to claim the credit. If the allowable credit exceeds the qualifying senior's tax liability, the excess credit will be refunded to them.

Radon Mitigation

www.epa.gov/radon,
www.sosradon.org/test-kits
Radiation Program, provides financial assistance to low income individuals for radon mitigation services.

Region 10

(970) 249-2436 145 S. Cascade, Montrose, CO 81401
Serves Delta, grab bars and ramps available to qualifying residents.

USDA Rural Repair and Rehabilitation

(970) 874-5726
www.usda.gov
Homeowner must be at least 62. Grant Awards up to \$7,500. Home Improvement Loan, \$20,000.

USDA Single Family Housing Direct Home Loans

(970) 874-5726
Look up eligibility online:
<https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-guaranteed-loan-program>

Hospice and Palliative Care

HopeWest Hospice - Montrose

(970) 240-7734
724 S. 4th St. Montrose, CO 81401
www.hopewestco.org
Provides palliative care, hospice care, grief support for kids, bereavement support and end of life support.

HopeWest Hospice - Delta

(970) 874-6823
195 Stafford Ln. Delta, CO 81416
www.hopewestco.org
Provides palliative care, hospice care, grief support for kids, bereavement support and end of life support.

Touch of Care

(970) 787-9988
www.touchofcarehospice.com
1100 E. Main St. Montrose, CO 81401
Collaborative care for those facing serious illness and grief.

Housing

ASSISTED LIVING

Brookdale Sunrise Creek Assisted Living

(970) 240-0600
1968 Sunrise Dr. Montrose, CO 81401
Senior living community.

Crossroads Assisted Living

(970) 874-1421
1380 Aspen Way, Delta, CO 81416
Assisted living and memory care.

Delta House

(970) 874-4448
233 Main St. Delta, CO 81416 Medicaid Licensed Assisted Living facility, private room and bathroom.

Heidi's Chateau Assisted Living

(970) 252-8288
2720 Sunnyside Rd. Montrose, CO 81401
Family centered senior living community.

The Homestead at Montrose

(970) 964-3400
1819 Pavilion Dr. Montrose, CO 81401
Independent and assisted living community.

Long Term Care Ombudsman (Delta, Gunnison & Montrose)

(970) 765-3131
145 S. Cascade Ave. Montrose, CO 81401
A long term care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.

Montage Creek

(970) 296-5680
1968 Sunrise Dr. Montrose, CO 81401
Independent and Assisted Living Facility, Memory Units.

HOUSING BENEFITS

Colorado Housing & Finance Authority (CHFA)

Western Slope: (970) 241-2341
Offers financial resources to strengthen homeownership, affordable rental housing, and businesses.

HOMELESS SHELTERS

The Abraham Connection

(970) 773-8290
480 Silver St Delta, CO 81416
www.deltaabrahamconnection.org
Offers emergency food and shelter. Open Nov. 1 - April 30, serve nightly meal to anyone in need.

Haven House Transitional Housing

(970) 323-5280
4806 N River Rd. Olathe, CO 81425
www.havenhousehomeless.org
For families with children, stable transitional housing, guidance and resources.

Lighthouse Ministries

(970) 249-9213 3325 N. Townsend, Montrose, CO 81401
Providing emergency, overnight, winter housing to homeless families, women and men. Open Nov-April.

Shepherd's Hand Homeless Services

(970) 275-7215
505 S 2nd St. Montrose, CO 81401
www.shepherdshandmontrose-org.webs.com/services

LOW INCOME HOUSING

Alta Vista de la Montana Apartments (Farm Labor Housing)

(970) 874-6166
7180 Highway 50, Delta, CO 81416
Housing for households who make 50 percent of their living from agricultural work. Low cost rent is based on 65% of the residents adjusted gross income.

Anciano Tower

(970) 249-8844
227 N Ute Ave
Montrose, CO 81401
An affordable, older adult (62+) community with several apartments equipped to accommodate those who are mobility impaired (18 yr +).

Aspen Grove Apartments

(970) 249-2588
605 S. 12th St. Montrose, CO 81401

Barbara Court Apartments

(970) 323-5445
603 Barbara Ct. Montrose, CO 81401
Affordable family housing through the Montrose Housing Authority.

Centennial Tower

(970) 240-0110
430 S. 12th St. Montrose, CO 81401
Subsidized housing Ages 62+.

Cimarron Village

(970) 249-2010
1811 Pavilion Dr. Montrose, CO 81401
Volunteers of America Subsidized housing Ages 62+.

Cottonwood Apartments

(970) 249-8014
1560 Encanto Place, Montrose, CO 81401
Project Based Section 8 Family Community.

Creek Vista Seniors

(970) 527-8437
446 Vista Dr. Paonia, CO 81428
Subsidized housing, Ages 62+
Independent living at a cost that is affordable to seniors.

Delta Housing Authority

(970) 874-7266 TDD
(800) 545-1833
501 14th St. Delta, CO 81416
Assists in providing housing that is safe, decent and affordable within Delta County.

Delta Village

(970) 252-3424
289 Stafford Ln. Delta, CO 81416
Section 42 Tax Credit Program.

Habitat for Humanity of the San Juan's

(970) 252-9303
1601 N. Townsend Ave. Montrose, CO 81401

www.buildinglives.org

Offers programs for people in need, critical home repair, wheelchair ramp and home ownership program.

Meadowlark Court Apartments

(970) 252-8272
2378 Robins Way, Montrose, CO 81401
Volunteers of America Subsidized housing Ages 62+.

Montrose Apartments

(970) 249-6439
1393 S Cascade Ave., Montrose, CO 81401
Affordable Family Housing (Subsidized).

Montrose County Housing Authority

(970) 323-5445
222 Hap Ct., Olathe, CO 81425
Senior housing rentals, apartment rentals, farm labor rentals.

Nucla Apartments

(970) 864-2395
300 E 3rd Ave., Nucla, CO 81424
Affordable Family Housing (Subsidized).

Pavilion Gardens Apartments

(970) 249-1200
2366 Robins Way, Montrose, CO 81401
Volunteers of America Section 8 (HCV), Section 42 (LIHTC).

Pinon Apartments

(970) 240-9534
35 N Cedar Ave., Montrose, CO 81401
Rental assistance available, section 8

vouchers accepted.

San Juan Apartments

(970) 249-1823
1650 Church St. Montrose, CO 81401
Subsidized housing, Ages 55+ with a disability or 62+.

Villas at the Bluff Workforce Housing Development

(970) 874-8387
501 14th St. Delta, CO 81416
Applicants must be income qualified with a 30%, 40%, 50% and 60% of the area median income to be eligible. Rent restricted where rents are kept low and are directly related to the household income.

Volunteers of America Colorado

(303) 297-0408
Housing assistance for seniors, families, veterans, and persons with disabilities.

Heaven's View Apartments

(303) 874-5021
1445 Porter Court Delta, CO 81416
Housing assistance for seniors, families, veterans, and persons with disabilities. Subsidized housing, Ages 62+.

ONLINE OPTIONS

Apartment Cities

Search engines for Apartments.
www.apartmentcities.com
www.apartmenthomeliving.com

Trulia

Search for rentals on Trulia.com

Zillow

Search for rentals on zillow.com
Property Management

Area Best Management Inc.

(970) 249-2588
1102 S Cascade Ave., Montrose, CO 81401

PROPERTY MANAGEMENT

Bower Properties

(970) 249-5988
128 N Townsend Ave., Montrose, CO 81401
Property management.

Choice Properties

(970) 874-8601
Apartment Rentals. Servicing All of Delta and Montrose Counties.

Colorado West Property Management

(970) 249-2739
346 S 9th St, Montrose, CO 81401
Rentals and storage units.

Prestige Real Estate & Property Management

(970) 596-1286
737 S Townsend Ave., Montrose, CO 81401
Rentals in Montrose.

Northbrook Villas

(833) 222-5731
14747 Marine Road, Montrose CO 81403
Rentals, call or go online for details.

In-Home Services

HOMECARE AGENCIES UNSKILLED CARE

Comfort Keepers

(970) 240-4121
540 Main St # 108, Delta, CO 81416
Serving Delta, Montrose and Cedaredge. Limited coverage for Paonia, Crawford, and Hotchkiss.

First Light Home Care

(970) 417-4812
126 S Park Ave, Montrose, CO 81401
Montrose, Delta, and Cedaredge, limited coverage for Paonia, Crawford, and Hotchkiss.

People Care Health Services

(970) 874-0136
126 S Park Ave., Montrose, CO 81401
Covers: Montrose, Ridgway, Ouray, Delta, and Cedaredge, Paonia, Crawford, Hotchkiss, West End of Montrose County.

Touch of Care

(970) 874-6115
108 W 2nd St, Delta, CO 81416
Serving Delta, Cedaredge, Paonia, Crawford, Hotchkiss.

Touch of Care

(970) 249-6080
1100 E Main St A, Montrose, CO 81401
Serving Montrose, Ridgway, Ouray, and the West End of Montrose.

Touch of Care Hospice

(970) 797-9988
1100 E Main St B1, Montrose, CO 81401
Serving Montrose, Delta, Cedaredge, Paonia, Crawford, Hotchkiss.

Valley Care Providers

(970) 527-5393
314 2nd St Box 902, Paonia, CO 81428
Serving Paonia, Hotchkiss. Home help service agency.

Delta Montrose Home Health

(970) 874-2463
Stafford Ln, Delta, CO 81416
Serving Delta and Montrose Counties.

VOA Home Health of Western Colorado

(970) 240-0139
300 North Cascade, Suite T9, Montrose, CO 81401
Medicaid/Medicare certified home health care agency.

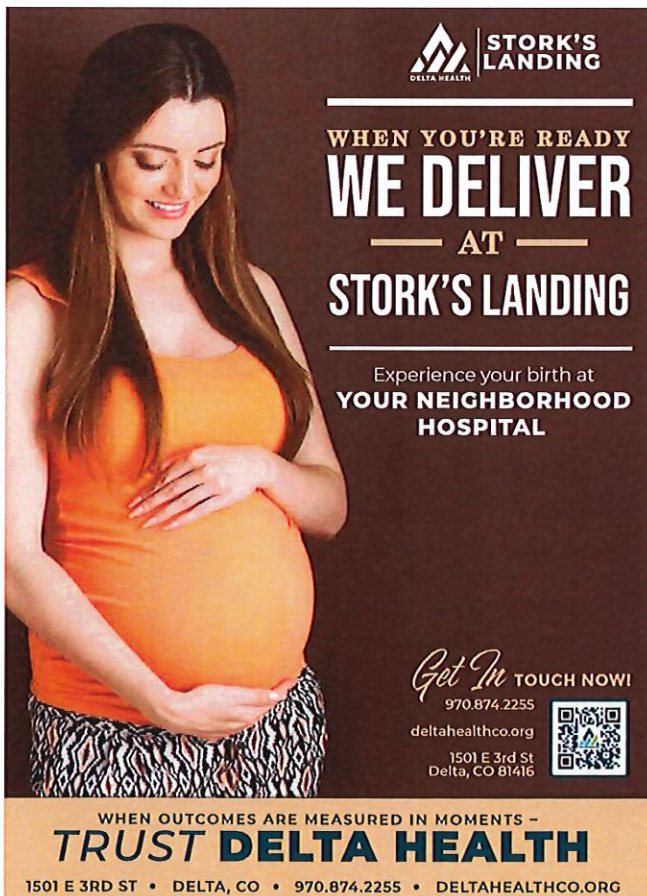
Independent Living Centers/ Centers for Independence

Center for Independence (CFI)

(970) 241-0315
www.cfigi.org
CFI provides assistance and counseling for living independently with a disability.

Colorado Statewide Independent Living Council (SILC)

(303) 902-5897
www.coloradosilc.org



STORK'S LANDING
DELTA HEALTH

WHEN YOU'RE READY
WE DELIVER
— AT —
STORK'S LANDING

Experience your birth at
YOUR NEIGHBORHOOD HOSPITAL

Get In TOUCH NOW!
970.874.2255
deltahealthco.org
1501 E 3rd St
Delta, CO 81416

WHEN OUTCOMES ARE MEASURED IN MOMENTS -
TRUST DELTA HEALTH
1501 E 3RD ST • DELTA, CO • 970.874.2255 • DELTAHEALTHCO.ORG

Information, referral, counseling, training and transition services.

Legal Services

Colorado Advance Directives Consortium (CADC)

www.colroadvancedirectives.com
Advance Directives document and resources.

Delta County Bar Association

(970) 243-7940
501 Palmer St. Ste. 338 Delta, CO 81416
Pro bono program for bankruptcy, consumer, criminal and divorce.

Disability Law Colorado

Denver (800) 288-1376
(303) 722-0300
455 Sherman St. Ste. 130 Denver, CO 80203
www.disabilitylawco.org

Disability Law Colorado provides free or low cost legal services to people with disabilities whose civil rights have been violated.

Uncompahgre Volunteer Legal Aid

(970) 249-7202
www.uvlamontrose.org
Call for free clinic dates and locations.

Self-Representatives Litigant Coordinator

(970) 252-4312
1200 Grand Ave. Montrose, CO 81401
Courts provide self-help assistance to Self-Represented Litigants to facilitate access to the courts.

Long Term Care Ombudsman (Delta, Gunnison & Montrose)

(970) 765-3131
145 S. Cascade Ave. Montrose, CO 81401
A long term care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.

Hispanic Affairs Project (HAP)

(970) 249-4115
504 N 1st St. Montrose, CO 81401
Offering community navigation resources, immigration legal assistance, Drivers License, Western Colorado Immigrant Relief Fund.
www.hapgj.org

Libraries

Cedaredge Library

(970) 399-7674
180 SW 6th Ave, Cedaredge, CO 81413
Open Tue, Thu, & Fri 10am-6pm Sat: 10am-4pm

Crawford Library

(970) 399-7783
545 CO-92, Crawford, CO 81415
Open Tuesdays 10am-6pm

Delta Library

(970) 874-9630
124 E 6th St, Delta, CO 81416
Open Wed-Fri 10-6, Sat 10-4

Hotchkiss Library

(970) 399-7781
149 E Main St, Hotchkiss, CO 81419
Open Wednesdays 10am - 6pm

Montrose Library

(970) 249-9656
320 S 2nd St. Montrose, CO 81401
Opens at 10am, closing times vary.
Sundays 1pm-5pm

Naturita

(970) 787-2270
107 West 1st Ave Naturita, CO 81422
Open Mon-Fri:10am-6pm, Sat: 10am-3pm

Paonia Library

(970) 787-2270
107 West 1st Ave Naturita, CO 81422
Open Mon-Fri:10am-6pm, Sat: 10am-3pm

Paradox

(970) 859-7236
21501 Six Mile Road CO 81429
Open Mon-Tue: 3pm-5pm and Saturday 4-6pm

Medicaid

Health First Colorado

(303) 866-2993
Applying online is the fastest way to apply www.healthfirstcolorado.com or contact your local Health & Human Services Agency for assistance.

Medical

CANCER CLINICS

Delta Health Oncology and Hematology

(970) 399-2895
1501 E 3rd St, Delta, CO 81416
Cancer treatment center.

San Juan Cancer Center

(970) 240-7242
600 S 5th St, Montrose, CO 81401
Cancer treatment center.

CLINICS - MEDICAID

Basin Clinic

(970) 865-2666
421 Adams St Naturita, CO 81422
Offering general medical care for adults and children as well as urgent care and lab work.

Cedar Point Urgent Care

(970) 865-2666
836 S Townsend Ave. Suite C Montrose, CO 81401
Walk-in welcome, open 7 days a week except for major holidays.

Peak Professionals

(970) 497-4921
1550 E. Niagra Rd. Montrose, CO 81401
Primary care, family and chiropractic care.

PIC Place

(970) 252-8896
87 Merchant Dr. Montrose, CO 81401
Medicaid and Medicare patients are

welcome. Individuals without insurance receive discounted care through the sliding fee scale. Dental Services.

River Valley Family Health Center - Olathe

970-323-6141
308 Main St. Olathe, CO 81425
Private insurance, Medicare, Medicaid, CHP+ and CACP. Offer discounted medical services on a sliding fee scale for qualifying patients.

River Valley Family Health Center - Montrose

(970) 497-3333
1010 S Rio Grande Ave, Montrose, CO 81401
Accepts Private insurance, Medicare, Medicaid, CHP+ and CACP. Offer discounted medical services on a sliding fee scale for qualifying patients.

River Valley Family Health Center- Delta

(970) 874-8981
1250 Valley View Dr, Delta, CO 81416
Accepts Private insurance, Medicare, Medicaid, CHP+ and CACP. Offer discounted medical services on a sliding fee scale for qualifying patients.
Convenient Care Center Hours:
Sunday - Friday 7:30 am - 7:00 pm, closed noon to 1:30 pm daily.

Telluride Regional Medical Center

(970) 728-3848
500 W. Pacific Ave Telluride, CO 81435

Primary care and emergency /trauma services.

Veterans Affairs Clinic

(970) 249-7791
154 Colorado Ave. Montrose, CO 81401
Open 8am-4:30 pm Monday-Friday

HOSPITALS

Delta Health

(970) 874-7681
1501 E 3rd St, Delta, CO 81416
www.deltahospital.org

Montrose Regional Health

(970) 249-2211
800 S 3rd St. Montrose, CO 81401
www.montrosehealth.com

STATEWIDE

Health Communities - statewide

888-282-8801
<https://www.rmhp.org/programs/cma/>
Community resource programs. Medicaid programs, family support, children, adults, intellectual and developmental disability services. Long term home health and referrals to skilled nursing facilities.

Medical Supply Companies

AeroCare Delta

(970) 874-1268
713 Main St. Delta, CO 81416
www.aerocareusa.com



RIVER VALLEY PROVIDES

Medical • Dental • Behavior Health • Pharmacy • Lab

Taking new patients

with or without insurance, or Medicaid.

970-323-6141

OLATHE
308 MAIN ST.

MONTROSE
1010 S. RIO GRANDE

DELTA
107 W. 11TH

RIVERVALLEYFHC.COM

Open 9am-4pm Monday - Friday, closed 12-1pm for lunch.

AeroCare Montrose

(970) 252-0212
843 S. 3rd St. Montrose, CO 81401 www.aerocareusa.com
Open 9am-4pm Monday - Friday

AeroCare Nucla

(970) 864-7902 4
90 Main St. Nucla, CO 81424
www.aerocareusa.com
Open 9am-4pm Monday - Friday, closed 12-1pm for lunch.

Hanger Clinic Prosthetics & Orthotics

(970) 252-1956
902 S. 4th St. Montrose, CO 81401

Hartman Brother's Montrose

(970) 240-9556
531 Main St. Montrose, CO 81401
Open 9am-5pm Mon-Fri.

Hartman Brother's Delta

(970) 874-2828
1450 E. 3rd St. Delta, CO 81416
Open 9am-5pm Mon-Fri.

Mental Health

Axis Health System - Regional Crisis Center - Montrose

(970) 252-3203
300 N. Cascade Ave. Montrose, CO 81401
axishealthsystem.org
Open 24/7/365

Montrose offers walk-in crisis services without an appointment. Crisis assessments, withdrawal management, group and individual therapy, peer support, psychiatry and medication management, and ongoing treatment coordination. The Regional Crisis Center - Montrose is for people who need a safe, secure place to recover from a behavioral health or substance use crisis. In Crisis? Text 988
Suicide & Crisis Lifeline (844) 493-8255
Axis 24/7 Care Line: (970) 247-5245

Axis Health System - Montrose

(970) 252-3200
605 Miami Rd Montrose, CO 81401
axishealthsystem.org

Montrose Outpatient services provide comprehensive care for adults and adolescents in a safe environment. Our services range from individual counseling to specialized medication-assisted treatment for depression, anxiety, trauma, or behavioral issues. Call Monday-Friday by appointment only.

Axis Health System Delta Clinic

(970) 252-3200
107 W. 11th St. Delta, CO 81416
Counseling services including individual and group therapy. Specializing in substance-related issues, depression, anxiety and trauma. We can also provide referrals to community resources for

additional support.

Axis Health System Norwood Clinic

(970) 252-3200
1605 Grand Ave. Norwood, CO 81423
Call Monday-Friday by appointment only.

Colorado Crisis Services

(844) 493-8255
200 N. Cascade Montrose, CO 81401
Text TALK to 38255 chat online at coloradocrisiservices.org.

National Suicide Prevention Lifeline

(800) 273-TALK (800) 273-8255
www.suicidepreventionlifeline.org

Integrated Insight Therapy

(970) 201-1467 555 Meeker St. Delta, CO 81416
Open 8:30-5pm Monday - Friday.

River Valley Family Health Centers (Behavioral Health Services)

(970) 497-3333
1010 Rio Grande, Montrose, CO 81401
(970) 874-9891
1250 Valley View Dr. Delta, CO
(970) 323-6141
308 Main St., Olathe, CO 81425

Tri-County Health Network Teletherapy

(970) 708-7096
202 Main St. Delta, CO 81416
Through June 2023 Free Teletherapy for Delta Residents, call to sign up or online: www.tchnetwork.org

Regional Behavioral Health Resource Directory

Tri-County Health Network maintains this Behavioral Health Resource Directory:
www.tchnetworkdirectory.org

DreamCatcher Therapy

(970) 323-5400
5814 CO-348, Olathe, CO 81425
www.dctc.org
Dream Catcher provides comprehensive animal assisted services using the horse as a partner to address impairments, functional limitations and mental health concerns..

Nursing Homes

Colorow Care Center

(970) 323-5504
885 Hwy 50 Business Loop, Olathe, CO 81425
Skilled Nursing Facility, Long term care and support.

Elk Ridge Health and Rehabilitation Center

(970) 249-9683
1043 Ridge St. Montrose, CO 81401
Nursing Home

DELTA

Horizons Care Center
(970) 835-2600

11411 Hwy. 65, Eckert, CO 81418
Nursing Home Facility

Paonia Care and Rehab

(970) 527-4837
1625 Meadowbrook Blvd. Paonia, CO 81428
Rehabilitation Center

Valley Manor Care Center

(970) 249-9634
1401 S. Cascade Ave., Montrose, CO 81401
Nursing Home

Willow Tree Care Center

(970) 874-9773
2050 S. Main St. Delta, CO 81416
Physical therapy clinic

Pensions

Colorado Public Employees' Retirement Association (PERA)

(303) 832-9550
(800) 759-7372
www.copera.org
PERA answers questions about benefits.

National Active and Retired Federal Employees (NARFE)

(703) 838-7760
www.narfe.org
Assistance on retirement and survivor benefits, changes in beneficiaries and death benefit claims, etc.

Office of Personnel Management (OPM)

(888) 767-6738
www.opm.gov
Manages pension benefits and insurance programs for retired Federal employees and their families.

Prescription Assistance

Prescription Drug Discount Resources

The state of Colorado provides resources for free or reduced prices: <https://hcpf.colorado.gov/prescription-drug-discount-resources>

River Valley Family Health Centers (pharmacies)

970-787-2044
(Montrose Pharmacy)
1010 S. Rio Grande, Montrose, CO 81401
970-787-6550
(Delta Pharmacy)
1250 Valley View Dr. Delta, CO 81416
Both pharmacies are open to anyone and provide 340B pricing when applicable.

Social Security Low Income Subsidy (LIS). Extra Help

Montrose office (866) 758-1317
National Number (800) 722-1213
1805 Pavillion Dr. Montrose, CO 81401
www.ssa.org
Assists in paying prescription premiums with participating insurance companies to reduce co-pays.

Colorado Drug Card

(770) 313-7261
www.coloradodrugcard.com
Colorado Drug Card offers assistance and information to help pay for prescription.

Recreation, Arts & Culture

Bill Heddles Recreation Center

(970) 874-0923
531 Palmer St Delta, CO 81416
Delta Recreation Center offers a pool, sauna, weight room, gym and fitness classes.

Black Canyon Boys and Girls Club

(970) 249-5168
2900 Sunnyside Rd. Montrose, CO 81401
After school program and activities for children.

Montrose Center for the Arts

(970) 787-9428
11 S Park Ave., Montrose, CO 81401
Arts, classes, events and programs.

Montrose Recreation District

(970) 249-7705
www.montroserec.com
3 Recreation Facilities, multiple programs and classes. Scholarships available for all ages (based on qualification) (970) 497-8588 The Field House: 25 Colorado Avenue Montrose, CO; (970) 249-7705 Montrose Rec Center: 16350 Woodgate Rd. Montrose, CO 81401; (970) 497-8590 Flex Rec Colorado Outdoors, 1309 Mayfly Drive, Montrose, CO

Weehawken (Montrose Field House)

(970) 318-0150
25 Colorado Ave. Montrose, CO 81401
Dance programs, arts education offerings and community events. For adults and kids year round.

Cedaredge Community Center

140 NW 2nd St. Cedaredge, CO 81413

MADA Mexican American Development Assoc.

(970) 249-4774
17 N 6th St. Montrose, CO 81401
Community hub with space for events, office and kitchen.

SENIORS

Region 10-Area Agency on Aging and ADRC

(970) 765-3127
145 S Cascade Ave. Montrose, CO 81401
www.region10.net
Resources and support for seniors.

ADULT PROTECTION/ELDER ABUSE

Adult Protection Services

Delta County
(970) 872-1000
Delta After Hours:
(970) 872-1230

North Fork Annex: 196 West Hotchkiss Ave, Hotchkiss, CO 81419

Adult Protection Services Montrose County

(970) 252-7076
1845 S Townsend Ave. Montrose, CO 81401

National No Call List

(888) 382-1222
Coloradans must now register on two do not call lists:
www.donotcall.gov

Colorado No Call List

(303) 776-2678
(800) 309-7041
Coloradans must now register on two do not call lists:
www.coloradodonotcall.gov

FOOD

See Food page 6

HOUSING

See Housing page 9

TAX AID

Senior Tax Aid

(970) 252-4889
1800 Pavilion Dr. Montrose, CO 81401
Annually Jan-April 15

Transportation

See Transportation page 14

Social Security Administration

Social Security Administration

(866) 758-1317
1805 Pavilion Dr. Montrose, CO 81401
Social Security Office open Mon-Fri 9am-4pm.

Social Security Retirement National Number

(800) 772-1213
www.ssa.gov

Social Security Disability (SSDI) and Low Income Subsidy.

Montrose office (866) 758-1317 National Number (800) 772-1214
1806 Pavilion Dr. Montrose, CO 81401
Financial assistance for healthcare and prescriptions.

Support Groups

ALZHEIMERS SUPPORT

Awareness, Support and Education about Dementia for Delta County

(970) 510-0724
480 Silver Street, Delta, CO 81416
www.ASEDD.org
Open Wed & Thu 1:15-3:00pm

BREAST CANCER SUPPORT

Breast Cancer Support Group

(970) 252-2777

645 S. 5th St., Montrose, CO 81401
Weekly Wednesday support meetings
12-12:50pm

CAREGIVERS SUPPORT

Caregiver Support Foundation

(970) 275-2138
www.Family-Caregiver.org
Foundation with regional resources to support caregivers.

Caregivers Support Group

US Bank, 1500 E Oak Grove Rd.,
Montrose, CO 81401
In-person group meets 2nd and 4th
Tuesday, 1-2pm or 3-4pm.

Dementia Caregiver Support Group

(970) 510-0724
Hotchkiss, Delta, Cedaredge.
Call for details on meetings.

Virtual Caregiver Support Group

(800) 272-3900
www.alz.org/co
Alzheimers Association, 2nd and 4th
Friday 10:30-11:30am.

GRANDPARENT SUPPORT

Region 10 Community Living Services

(970) 249-2436
145 S. Cascade, Montrose, CO 81401
www.region10.net

MENTAL HEALTH SUPPORT

Collaborative Trauma Solutions

(970) 765-7348
541 S. 2nd Street Montrose, CO 81401
Support for Health Care and Community Providers.

National Alliance on Mental Health

(970) 462-3989
www.NAMIWS.org
For adults with a loved one experiencing symptoms of a mental health condition.

Tri-County Health Network

(970) 708-7096
www.tchnetworkdirectory.org
Behavioral Health Resource Directory of the region.

VETERAN SUPPORT

Welcome Home Alliance for Veterans

(970) 765-2210
www.whafv.org/
Mental Health, PTSD Support Groups and more.

Substance Abuse

In a substance use or mental health emergency, go to your nearest emergency room or dial 911. If you or someone you know is having a mental

health crisis, you may talk to someone 24/7 at Colorado Crisis Services 1-884-493-8255. Or Text TALK to 38255.

Advantage Treatment Centers

(970) 964-2777
1230 N. Grand Ave, Montrose, CO 81401
www.atreatmentcenters.com
Offers treatment to individuals who are struggling with drug or alcohol addiction. Also offers group DUI education and therapy and dual diagnoses treatment and therapy.

Outpatient Substance Abuse Treatment

(970) 571-4517
95 Merchant Drive, Suite B1, Montrose, CO 81401
Offers a robust outpatient substance use treatment program.

Alcoholics Anonymous

(800) 839-1686
www.alcoholicsanonymous.com/aa-meetings/colorado/

Celebrate Recovery

(970) 252-1163
(970) 497-4925
2900 Sunnyside Road, Montrose, CO 81401
www.Celebraterecovery.com
Christ-centered 12 step program for anyone suffering with hurt, pain or addition of any kind of services available for prison inmates, optional on-line meetings.

Axis Health System

(970) 253- 3200
605 Miami Rd, Montrose, CO 81401
Case Management, Substance Abuse Evaluations and Treatment Plans.

180 Ministries

(970) 323-6013
www.180Ministries.net
Residential Drug and Alcohol Rehabilitation and Recovery Programs for Women and Women with Children.

Integrated Insight Therapy

(970) 201-1467
555 Meeker St. Delta, CO 81401 or 300 N. Townsend, Montrose, CO 81401
DUI Education and therapy. Open 8:30-5pm Monday - Friday

Narcotics Anonymous

www.NA.org and search for city near you or www.nacolorado.org/meetings

Rites of Passage

(970) 921-4563
4879 Gateway Road, Crawford, CO 81415
A private drug rehab specializing in the treatment of dual diagnosis.

River Valley Health Centers (Medication Assisted Treatment)

(970) 497-3333
1010 Rio Grande, Montrose, CO 81401
(970) 874-8981
1250 Valley View Dr., Delta, CO 81416
(970) 323-6141
308 Main St., Olathe, CO 81425

Transportation

REGIONAL

All Points Transit

(970) 249-0128
156 Colorado Ave. Montrose, CO 81401
info@allpointstransit.org
Public bus and "Dial-a-Ride" service available to everyone in the Montrose, Ouray, West End (Nucla, Naturita, and Norwood), San Miguel, Olathe, and Delta areas. Services are open to all passengers, including seniors over 60 and persons with disabilities. We provide various payment options for your convenience, including private pay, Non-Emergency Medical Transportation services (Medicaid approved), and Region 10/AAA Voucher. We also offer a Regional Medical Shuttle. Local trips are affordably priced at \$5 each way. Travel to Grand Junction is just \$10 each way. The MOD Express provides public transit between Montrose, Olathe, and Delta for \$3 for a single-day pass, which includes unlimited rides around town on the Montrose Public Bus for the day. Call to schedule your ride today!

Armistead Twin Rides

(970) 665-8435
Private Pay. Based in Mesa County, Montrose Office, Drivers live in area. Can do day of depending on where, prefer 24 hr. notice.

Bustang

(970) 563-4545
Bustang Outrider, Durango to Grand Junction. Grand Junction to Denver. Private Pay-cash. Departure time Target Southbound at 5:07 PM & 7:36 PM, Northbound 8:32 AM. Montrose Travel Center 1443 N. Townsend-(southbound) 4:52 PM. Cost is \$11 one way. Returns 4:52pm.

DAV - Disabled American Veterans

(970) 240-4698
Volunteer transportation program for veterans in Delta, Montrose, Ouray, West End and San Miguel Counties. Pay coverage under VA benefits.

Millenium Services

(970) 773-1825
Wheel Chair transport provided from Grand Junction, (service area is within a 250 mile radius of Mesa County) Private pay and medicaid.

Region 10

(970) 249-2436
Area Agency on Aging offers transportation vouchers for medical and non-medical rides in Montrose, Delta, San, Miguel, and West End of Montrose County, ages 60+.

Sunshine Rides

(970) 245-8294
(970) 777-7777
www.sunshinerides.com
Serves Grand Junction, Delta, Montrose and the Colorado Western Slope. Private pay and NEMT approved, car and van.

Telluride Express (San Miguel)

(888) 212-TAXI

Private pay and NEMT approved.
Operates 24/7

TransCare Ambulette

(970) 665-9361

Medical Transportation, Private Pay.
Transports from bed to bed, stretcher
services and mental health transport.

Western Slope Rides

(970) 626-5121

text (970) 318-0591

Ground transportation between regional
airports, including Telluride, Montrose,
Ridgway, Ouray and Silverton. info@
gowsr.com Shared Shuttle- \$35-\$53.

Utilities

Assurance Wireless Free Cell Phone Program

(888) 321-5880

www.assurancewireless.com

Qualify if approved for SSI, OAP, SNAP,
TANF, Income based on 135% of 2020
Federal Poverty Guidelines.

Delta-Montrose Electric Association Operation Roundup

(877) 687-3632

(970) 249-4572

11925 6300 Rd., Montrose, CO 81401

whhttps://dmea.com/operation-round
The DMEA Charitable Trust meets
monthly on the 2nd Monday to review
applications. The application deadline
for each meeting is 5:00 p.m. on the
Thursday of the week prior. Return your
applications to Montrose office.

Furnace Assistance - Energy Outreach Colorado Utility Assistance Program

(855) 469-4328

www.energyoutreach.org

The Crisis Intervention Program (CIP)
coordinates emergency repair and/or
replacement of heating system. Routine
maintenance not provided. Must be on
LEAP and primary source of heat is not
working. Services provided include:
Repair of failed furnaces or boilers,
replacement of failed heating systems.

Good Neighbor Fund Tri- County Health Network

(970) 708-7096

www.tchnetwork.org

Funding to promote a stable workforce
in San Miguel, Ouray and West End of
County and provide emergency financial
assistance to qualified applicants for
housing, medical bills, or transportation
so they may remain living and working
in the County.

Hilltop Family Resource Center

(970) 252-7445

540 S. 1st St., Montrose, CO 81401

Emergency funds available for Hygiene
Supplies, Diapers/formula. Support with
Utilities, transportation, bus pass, gas,
etc. Cell phone and minutes, Food, Pet
Food, 1 time prescriptions.

LEAP Low Income Energy

Assistance

(866) 432-8435

1845 S. Townsend Ave., Montrose, CO
81401

November 1 April 30, Low Income
Energy Assistance Program (LEAP) is
for households with heating costs they
are unable to pay.

Life Wireless Free Cell Phone Program

(888) 543-3620

www.lifewireless.com

Income based on 135% of 2018 Federal
Poverty Guidelines.

Q-Link Lifeline Free Cell Phone Program

(855) 754-6543

www.qlinkwireless.com/Qualify

If approved for SSI, OAP, SNAP, TANF,
Income based on 135% of 2020 Federal
Poverty Guidelines.

Rental Assistance Disaster Relief Salvation Army

(303) 295-3366

Call the Salvation Army Disaster intake
line to be pre screened for rental
assistance.

USDA Rural Repair and Rehabilitation

(970) 874-5735

Homeowner must be at least 62.
Grant awards up to \$7,500. Home
Improvement Loan, \$20,000 with a
repayment period of up to 20 years.
USDA Single Family Housing Direct
Home Loans (970) 874-5735

Energy Outreach Colorado Utility Assistance Program Delta Family Center

(970) 874-9517

822 Grand Ave., Delta CO 81401

Bill payment assistance to households
across Colorado who are behind on their
energy bills and at risk of not having
home energy. Payments are made
directly to a local utility or fuel company.

Veterans Services

Montrose County Veterans Affairs Clinic

(970) 249-7791

54 Colorado Ave. Montrose, CO 81401

Local office for VA Support.

Welcome Home Alliance for Veterans

(970) 765-2210

(Warrior Resource Center)

4 Hillcrest Plaza Way, Montrose, CO
81401

Monday/Wednesday/Thursday 9am-
5pm.

Assistance with housing, employment
resources, mental health therapies, VA
Benefits, counseling. whafv@whafv.org

American Legion Post 73

(970) 209-9336

2500 1100 N 2nd St. Montrose, CO 81401

A nonpartisan, not-for-profit
organization for veterans.

Montrose County Veterans

Officer

(970) 249-2115

1140 N Grand Avenue

Tuesday/Friday 9am-5pm, Services,
resources and support for Veterans.

West End Montrose Veterans Officer

(970) 864-7319

27696 D. D. Road, Nucla, CO 81424

Second Wednesday of the month 10am-
2pm at Hopkins Field.

Disabled American Veterans

(970) 240-4698

Provides free van rides to and from VA
Western Colorado health care facilities
at Grand Junction, CO to Veterans who
don't have other transportation options.
Covers Delta, Montrose

Delta County Veterans Officer

(970) 874-2082

501 Palmer St # 106, Delta, CO 81416

Services, resources and support for
Veterans.

Victims Services

Dolphin House Child Advocacy Center-Montrose

(970) 240-8655

Hotline: (855) 427-2736

735 South 1st St. Montrose, CO 81401

Safe place during investigations. To
report suspected or known abuse (844)
264-5437 National Parent

Hotline - Delta Sheriff's Office

(970) 872-2007

555 Palmer St., Delta, CO 81416

Victims Advocates-Delta

(970) 250-0919

555 Palmer St. Delta, CO 81416

Provides services to victims of crime.

Human Trafficking Hotline

(866) 455-5075

www.combathumantrafficking.org

Colorado Network to End Human
Trafficking reporting hotline.

24hr. Crisis Lines Latimer House

(844) 990-5500

Hilltop provides domestic violence and
sexualassault services.

Child Protection Services

(970) 707-7005

(844) 265-5437

Local and toll free numbers for reporting
Child Abuse.

Stop Fraud Colorado

Online only

www.stopfraudcolorado.gov

Report and find resources on fraud.

Crime Stoppers Delta

(970) 874-8810

For anonymous crime reporting.

Crime Stoppers Montrose

(970) 249-8500

For anonymous crime reporting.

Delta Fire Burn Line

(970) 874-9655

www.deltafire.org

Burn Line: (970) 399-2955

Call 911 for emergencies!

CRISIS

24 hr. Crisis Lines

Hilltop-Mesa

(970) 241-6704

www.hilltoplatimerhouse.org/crisis-line

Domestic violence and sexual assault
services.

Delta County Dispatch

(970) 874-2015

Dispatches the appropriate Law, Fire, or
EMS support.

Poison Help Emergency Line

(800) 222-1222

www.rmpdc.org

Call or Go online unless an emergency
call 911.

Rocky Mountain Poison and Drug Center

(303) 739-1100

rmpdc.org Poison/Drug info.

Call 911 for emergencies.

Colorado Crisis Services

1-884-493-8255 (TALK) for Mental
Health Crisis counselors Text TALK to
38255

National Suicide Prevention

(800) 273-8255

Free and confidential support for people
in distress and resources.

Vision

Colorado Lions Kidsight Program

(970) 249-1271

KidSight Colorado provides free vision
screening for children six months
through six years.

New Eyes for the Needy

(970) 708-7096

Tri-County Health Network can assist
community members in applying for
new, free eyeglasses with voucher.

Volunteer Programs

Montrose Visitors Center

(970) 497-8558

Become a Montrose Ambassador and
promote Montrose to visitors.

JustServe.org

Online website with vetted volunteer
opportunities by location.

Online website with vetted volunteer
opportunities by location

RSVP Senior Volunteer Program

(970) 765-3147

RSVP volunteers, age 55 and older, use
their skills, abilities and life experiences
to serve the nonprofit agencies.