

Community Support Entities	Phone	Email/website	Services/Other info
	area code 970		updated August 16, 2010
<b>Child Care</b>			
Child Care Referral / Find Child Care	877-728-5613 or 728-5613	<a href="http://www.qualistar.org">www.qualistar.org</a>	free referrals serving Delta, Montrose, Ouray, and San Miguel Counties (statewide 877-338-CARE)
Child Care Licensing	877-728-5613	<a href="mailto:jill@brightfuturesforchildren.org">jill@brightfuturesforchildren.org</a>	for information on how to become licensed for child care;
Colorado DHS - Division of Child Care	800-799-5876	<a href="http://www.cdhs.state.co.us/childcare">www.cdhs.state.co.us/childcare</a>	To obtain information about child care licensing rules and for file reviews of licensed child care providers.
Smart Start Colorado Resources		<a href="http://www.smartstartcolorado.org">www.smartstartcolorado.org</a>	city, county and statewide resource information for families
		<a href="http://www.smartstartcolorado.org/communities/index.html">www.smartstartcolorado.org/communities/index.html</a>	
<b>Child and Family Services</b>			
Angel Baskets	728-0704	<a href="mailto:pam@aldasoro.com">pam@aldasoro.com</a>	Holiday food baskets to families in need
Bright Beginnings Colorado	728-5613	<a href="http://www.brightbeginningsco.org">www.brightbeginningsco.org</a>	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	<a href="http://www.brightfuturesforchildren.org">www.brightfuturesforchildren.org</a>	Child Care Resource & Referral Service, Parents As Teachers, Regional Early Childhood Council, child care licensing info
CASA: Voices for Children	249-0337	<a href="http://www.casav4c.com">www.casav4c.com</a>	provides volunteer advocates for abused and neglected children in our local court system
Child Find	249-2405	<a href="http://www.childfindidea.org">www.childfindidea.org</a>	6 times/year, free service; Delta 874-7608; Ouray, San Miguel, West End 626-2977
CO Parent & Child Foundation	303-860-6000	<a href="http://www.cpcfonline.org">www.cpcfonline.org</a>	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	<a href="http://www.communityoptionsinc.org">www.communityoptionsinc.org</a>	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	<a href="http://www.montrose-child-advocacy.org/">http://www.montrose-child-advocacy.org/</a>	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		<a href="http://www.energyoutreach.org">www.energyoutreach.org</a>	Montrose/Ouray MADA 249-4774, San Miguel & West Montrose 728-5613
Hilltop Tandem Families	252-7445	<a href="http://www.htop.org">www.htop.org</a>	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 bin working in agricultur related work
Mothers of Preschoolers (MOPS)	874-3847		in First Baptist Church, Delta
ONE Telluride	369-7724	<a href="http://www.telluridefoundation.org/index.php?page=latino-initiative">www.telluridefoundation.org/index.php?page=latino-initiative</a>	Telluride; Cultural Community Center for family and individual recources
One to One Mentoring Program	728-0885	<a href="http://www.onetoonetelluride.com">www.onetoonetelluride.com</a>	Provides youth with a positive adult role model; San Miguel County
Parents As Teachers Program	728-5613	<a href="http://www.parentsasteachers.org">www.parentsasteachers.org</a>	serving Ouray, San Miguel, and West Montrose Counties
Partners of Delta, Montrose, and Ouray		<a href="http://www.partners-west.org/">www.partners-west.org/</a>	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	<a href="http://www.brightfuturesforchildren.org">www.brightfuturesforchildren.org</a>	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	<a href="http://www.rmser.org/">www.rmser.org/</a>	660 Dodge Street, Delta
San Miguel Resource Center	24-HOUR HOTLINE 728-5660	<a href="http://sanmiguelresourcecenter.org">sanmiguelresourcecenter.org</a>	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		<a href="mailto:safekids@acsol.net">safekids@acsol.net</a>	child abuse prevention work, Grand Junction
UnBOCs (Uncomp Bd Coop Svcs)	626-2977	<a href="http://unbocs.org">unbocs.org</a>	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	<a href="mailto:familylink@acsol.net">familylink@acsol.net</a>	Community-based resource center, serves Bright Beginnings, Ages & Stages program, family advocacy; office in Nucla
Wright Stuff Community Foundation	327-0555	<a href="http://www.wrightstufffoundation.org/">www.wrightstufffoundation.org/</a>	provides educational enrichment to rural youth and their families; serves West Montrose and San Miguel Counties

#### School Districts

Delta Schools	874-4438	<a href="http://www.deltaschools.com">www.deltaschools.com</a>	
Montrose County School District RE-1J	249-7726	<a href="http://www.mcsd.org">www.mcsd.org</a>	
Norwood School District	327-4336		
Ouray Schools R-1	325-4505	<a href="http://www.ouray.k12.co.us">www.ouray.k12.co.us</a>	
Ridgway Schools R-2	626-4320	<a href="http://www.ridgway.k12.co.us">www.ridgway.k12.co.us</a>	High School 626-5788
Telluride School District R-1	728-4377	<a href="http://www.tellurideschool.org">www.tellurideschool.org</a>	
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	<a href="http://www.deltacounty.com">www.deltacounty.com</a>	560 Dodge Street; Child Protection 874-2065; Women, Infants & Children 874-2185
Montrose County	252-5000	<a href="http://www.co.montrose.co.us">www.co.montrose.co.us</a>	Nucla Office 864-7319; Olathe WIC office 323-5078
Ouray County	626-2299		Ouray 325-4437; Ridgway 626-2299
San Miguel County	728-4411	<a href="http://www.san-miguel.co.us">www.san-miguel.co.us</a>	Norwood 327-4543

<b>Community Support Entities</b>	<b>Phone</b>	<b>Email/website</b>	<b>Services/Other info</b>
<b>Health / Nursing Department</b>		<b>Immunizations, health care, HIV testing, family planning, etc.</b>	
Delta County	874-2165	<a href="http://www.deltacounty.com">www.deltacounty.com</a>	
Delta County Tobacco Coalition	874-2517	<a href="http://www.deltacounty.com/tobaccofree">www.deltacounty.com/tobaccofree</a>	
Montrose County	252-5000	<a href="http://www.hospital-data.com">www.hospital-data.com</a>	Nucla Office 864-7319
Ouray County	325-4670	<a href="http://ouraycountyco.gov/publichealth.html">http://ouraycountyco.gov/publichealth.html</a>	
San Miguel County	728-4289	<a href="http://www.sanmiguelcounty.org">www.sanmiguelcounty.org</a>	Environmental Health Department 728-0447
<b>Medical Services</b>		<b>Emergencies/Ambulance 911</b>	
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		
Dr. Homer, Family Physician	728-6654		Telluride
Farm Worker Health Program	323-8699		Olathe; Montrose County
Grand Junction Community Hospital	242-0920		
Health Directory	NA	<a href="http://www.telluridefoundation.org/healthdirectory">www.telluridefoundation.org/healthdirectory</a>	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	<a href="http://www.montrosehospital.com">www.montrosehospital.com</a>	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	<a href="http://www.sanmiguelcounty.org">www.sanmiguelcounty.org</a>	
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	<a href="http://www.tellmed.org">www.tellmed.org</a>	sliding fee scale, payment plan options, credit line available
Uncompahgre Medical Clinic	327-4233	<a href="http://www.umclinic.org">www.umclinic.org</a>	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	<a href="http://www.umclinic.org">www.umclinic.org</a>	1175 Grand Ave, Norwood; medical, dental, mental health

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<b>Mental Health</b>			
AL-ANON / AL-Teen	888-966-4662		Western Slope
Families Plus	874-0464	<a href="http://www.familiesplus.net/">www.familiesplus.net/</a>	child-centered organization promoting healthy families
Midwestern Colorado Center for Mental Health	964-2121	<a href="mailto:sgreen@centermh.org">sgreen@centermh.org</a>	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		
<b>Sherriff's Department</b>			
<b>Emergencies - All areas</b>	911		
Delta County Sheriff	874-2000	<a href="http://www.deltacounty.com">www.deltacounty.com</a>	Dispatch 874-2015
Montrose County Sheriff	252-4023	<a href="http://www.co.montrose.co.us">www.co.montrose.co.us</a>	
Montrose County Sheriff - Nucla	864-2281		Dispatch 864-7333
Ouray County	325-7272	<a href="http://ouraycountyco.gov/sherriff">ouraycountyco.gov/sherriff</a>	
San Miguel County Sheriff & County Jail	728-4442	<a href="http://sanmiguelsherriff.com">sanmiguelsherriff.com</a>	Dispatch 728-1911
<b>Police/Marshal Departments</b>			
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	<a href="http://www.mountain-village.co.us">www.mountain-village.co.us</a>	
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	<a href="http://www.telluride-co.gov">www.telluride-co.gov</a>	

Community Support Entities	Phone	Email/website	Services/Other info
<b>Housing Authorities / Shelters</b>			
Cottonwood Creek Apartments	327-4818		Norwood
Delta Housing Authority	874-7266		511 E. 10 <sup>th</sup> Street
Housing Authority of Montrose County	240-2895	<a href="http://montroshousingauthority.com">montroshousingauthority.com</a>	Olathe 323-5445
Montrose Shelter Outreach	252-0759		
Nucla Apartments	864-7125		
San Miguel County Housing Authority	728-3034	<a href="http://www.smrha.org">www.smrha.org</a>	
<b>Employment/Workforce Placement</b>			
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
<b>Public Libraries</b>			
Cedaredge Public Library	856-3518	<a href="http://depld.org/cedaredge.htm">depld.org/cedaredge.htm</a>	180 SW 6th, Cedaredge
Crawford Public Library	921-3500	<a href="http://depld.org/crawford.htm">depld.org/crawford.htm</a>	429 Hwy 92, Crawford
Delta Public Library	874-9630	<a href="http://www.dcpld.org">www.dcpld.org</a>	211 W. 6th, Delta
Hotchkiss Public Library	872-4153	<a href="http://www.dcpld.org">www.dcpld.org</a>	149 E. Main Street, Hotchkiss
Montrose Regional Library	249-9656	<a href="http://www.montroselibrary.org">www.montroselibrary.org</a>	320 S 2nd, Montrose
Naturita (Montrose Regional Library branch)	865-2848		411 W. 2nd Avenue, Naturita
Norwood Public Library	327-4833	<a href="http://www.norwood.colibraries.org">www.norwood.colibraries.org</a>	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	<a href="http://www.dcpld.org">www.dcpld.org</a>	140 Grand Avenue, Paonia
Paradox Community Library	859-7236	<a href="http://paradoxvalleyschool.org">paradoxvalleyschool.org</a>	public library in the Paradox Valley School
Ridgway Public Library	626-5252	<a href="http://youseemore.com/ridgwaypl">youseemore.com/ridgwaypl</a>	300 Charles, Ridgway
Telluride / Wilkinson Public Library	728-4519	<a href="http://telluridelibrary.org">telluridelibrary.org</a>	100 W. Pacific Avenue, Telluride

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

<b>Transportation Assistance</b>			
Montrose	249-0128		
Uncompahgre Medical Center - West End	327-4233		

<b>Legal Services</b>			
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
<b>Other</b>			
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	<a href="http://www.deltacounty.com/tobaccofree">www.deltacounty.com/tobaccofree</a>	

<b>Health Directories</b>			
Montrose Area		<a href="http://www.montrosehealthdirectory.com">www.montrosehealthdirectory.com</a>	free online regional health directory
Telluride Foundation - Health Directory		<a href="http://www.telluridefoundation.org/healthdirectory">www.telluridefoundation.org/healthdirectory</a>	free online regional health directory

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