

REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

www.fairshake.net

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MYTH-BUSTERS



Myth: FALSE DICHOTOMIES – The idea that you must choose between two options: Yes or No. Good or Bad. Right or Wrong. Candidate A or B. Rise or Fall. With Us or Against Us. Science vs Religion. Rational vs. Emotional. Individual vs. Group. and one that I've heard a lot in my life: "That's a man's (sport, job, perspective); it's not for women". (a form of yes or no) Whenever you need to make a choice, see if you can find 4, 5, or even 10 options!



Myth: WE STOP LEARNING – If I had never touched a flame before I turned 58 years old, I would learn to never touch one in the future if I touched one today. We acquire information constantly and we organize it into meaning. We may even care enough to find out how what we learned relates to what we already know and believe. One thing school failed to teach us is how to learn, and how to discern what we learn. The 'information sources' today are louder, strangely influential, and grossly incomplete. To get the full picture, we have to dig for information and ask good questions, while also trying to avoid getting overwhelmed or trapped. We must keep learning, and as we learn, we can learn to live together better! We do not have to accept limitations or acceptable levels of suffering. We are NOT STUCK. We can learn...and then change...whatever we want. "There is no inevitability as long as there is a willingness to contemplate what is happening." - Marshall McLuhan (author of The Medium is the Message)



Myth: MERITOCRACY - The more you learn the more you earn', 'you can make it if you try', 'pull yourself up', etc. Many ways to reinforce the idea that the people who have the money and the stuff are successful because they earned what they have, they got all their money through hard work and a shrewd (including a 100% respectful, environmentally-sound and firearms-free!) investment strategy. If only. Investing is almost never in line with our humanity values...yet it is always in our best interest to invest in humanity. Meritocracy is justified stratification; people above others for their achievements. Michael Sandel said: "We've slid into the assumption that the money people make is the measure of their contribution to the common good." I wonder how the merit idea would work if we increase accolades and 'status' based on care about others?



Myth: INCARCERATION PAYS A 'DEBT TO SOCIETY' - Why do we keep repeating this? Members of society believe that incarceration and the judicial system costs them money; they do not feel that they have been paid in any way. How could they? The only debt that has been paid is the one requested and required by a heartless and hungry punitive system. Society has little faith that 'the system' is providing the information necessary to reengage successfully. Together, we can change this. The 'justice system' is the only group getting paid.



Myth: WE ARE FRAGILE - The "Helping" Industry relies on us being weak. ACE (Adverse Childhood Experiences) scores may describe some aspects of people, but they in no way represent who we are. Many of us with high ACE scores have also become even more than resilient, we are now anti-fragile because of our challenges. This means that the adverse conditions made us stronger than we would have been without them.



Myth: TV NEWS INFORMS YOU OF WHAT IS GOING ON All you get from any single news source is what they want you to see and believe. What they show us is what their sponsors want them to show us. Sponsors demand support, so the advertisements determine the 'news' you'll see on TV. Social Media cannot be counted on to inform us of anything but an opinion. To get more pieces of the whole story, we must consider information offered by many news sources.



Myth: WE NEED AUTHORITY AND MONEY TO 'FIX' OUR CHALLENGES - Why would we ask the institutions, and the people who are complicit in maintaining them, to fix the problems they created? Winona LaDuke says: "You shouldn't let your dealer tell you what you need." Are we frustrated enough yet to work on the solutions together? We've been trained to believe these myths:

- Experts and 'science' have the solutions to our challenges; they will provide the relief for our suffering. Q: What if they are the cause of our suffering?
- Money will fix our problems. Does money build trust, cooperation and feelings of confidence? We have gifts to share with each other. Our focus on money continues to take away our power. Money does not give us power. Feelings of agency, support and capability give us power!



Myth: INDIVIDUALISM – Individualism is said to be a “fundamental American principle” so is authoritarianism, lying, stealing, false superiority and also the myth of the 'self-made' person and "united we stand".

INTERDEPENDENCE, on the other hand, is a fundamental planetary principle. We can easily see our impact on the environment and on each other because of our insatiable pursuit of more stuff; a belief created to fill the hole created by 'individualism'. The Rev. Desmond Tutu reminded us that "the solitary individual" is a contradiction in terms.



Myth: "FREE-MARKET CAPITALISM" - You'll find that file between Easter Bunny and Santa Clause. The game is rigged. Capitalism offers some opportunity, but 'the market' does not **respond to our needs**. Instead, it manufactures our desires and externalizes unhealthy costs.



Myth: NOTHING WORKS: Roger Martinson wrote, "the represent array of correctional treatments has no appreciable effect - positive or negative - on rates of recidivism of convicted offenders." In the magazine Public Interest (1974), he stated, "rehabilitative efforts that have been reported so far have no appreciable effect on recidivism." The way that I read this is: the ineffective 'programs' supplied by the prisons (or whomever else) did not impact the already low (compared to today) recidivism rate. He said that no single thing works because we are unique. We are not robots. One thing that always works is 100% pro-social: it's us working together!



EMPLOYMENT AND EDUCATION REDUCE RECIDIVISM Only YOU "reduce recidivism". You and nothing else. It is up to you to utilize education or employment opportunities to support your reentry success; YOU get full credit for how you apply your gifts. After all, employment and higher education did not keep Jeff Skilling, Bernie Madoff, Martha Stewart, Bill Cosby, Charles Kushner, or several elected representatives, out of prison.



CRIMINOGENIC NEEDS Incarcerated people have basic human needs; the same needs we all have. You are not different. This is yet another attempt to scientize othering.



Myth: EXPERTS KNOW WHAT'S BEST

Experts have agendas. Always consider who is paying the 'expert'. Non-profit status does not automatically indicate integrity. Professional 'fixers' are often poor listeners. Prisons, schools and hospitals tell us what we need, they rarely ask what we think or feel. How can they 'help' if they don't hear? We can learn to listen to ourselves and each other by asking questions. We can work, care, and grow together to build our capacity for complexity, cooperation, constructive learning, critical thinking, and agency! We are the 'experts' we've been waiting for.

HOUSING

Like the Fair Shake [Find A Job](#) page, the Housing Search page lists search engines to find housing near you. In addition to the websites listed below, there is a lot more information in the [Resource Directory](#) and in Reentry Guides section below the Search Box.



Aunt Bertha

Aunt Bertha is a social care network that connects people and programs — making it easy for people to find social services in their communities. To do this, we've verified and added hundreds of thousands of programs covering every county in the US.



2-1-1

A phone number and a website! Not sure where to turn? We are here for you. **211 receives more requests for help with finding housing or shelter or paying utilities bills (over 4.4 million each year) than for any other issue.**

Homeless Shelters and Service Organizations:

National list of homeless shelters and other services homelessshelterdirectory.org/

Find the Housing Authority Near You!

A nearly-complete list. Some others are located on the Fair Shake website under State and Local Reentry Guides.

https://www.hud.gov/program_offices/public_indian_housing/pha/contacts



Section 8: Frequently Asked Questions

What is Section 8 Housing?

The actual name of the program commonly known as “Section 8” is the Housing Choice Voucher Program, a federally funded program that subsidizes rent for eligible participants. It is designed to assist very low-income families or individuals. A housing subsidy is paid directly to the landlord on behalf of a participating family/individual.



How do I apply for Section 8 housing?

Contact your local [Public Housing Authority](#).

For further assistance, contact the Housing and Urban Development office nearest you.

Does my criminal record ban me from public housing?

There are only 2 convictions for which a PHA must prohibit admission:

- If any member of the household is subject to a lifetime registration requirement under a State sex offender registration program; and,
- If any household member has ever been convicted of drug-related criminal activity for manufacturing or production of methamphetamine on the premises of federally assisted housing.



National Reentry Resources (besides Fair Shake)

2-1-1 or www.211.org Dial 211 or visit the website!

211 is a vital service that connects millions of people to help every year. Simply call 211 or search for 211 online. Program of United Way.

Services include:

Supplemental food
Shelter, housing, utilities
Emergency / disaster relief
Employment opportunities
Education opportunities
Veterans services

Health care
Rehab and addiction services
Reentry Resources
Support groups
Safe path away from abuse



Aunt Bertha: <https://www.auntbertha.com/>

Search for free or reduced cost services like medical care, food, job training, etc. People can create profiles, connect with resources, and save searches...or search anonymously anytime.

Positive Transitioning: 614-573-0464 or 844-392-9695

CALL FOR RESOURCES: Employment, Housing, Education, and Legal Assistance. - 24/7 Resources and Listening Line Are you looking for resources? Give us a call! Also sign up for coaching, enroll in classes and connect to a mentor or become a mentor. www.positivetransitioning.org

Help Yourself Therapy:

www.helpyourselftherapy.com/

SELF-Therapy For People Who ENJOY Learning About Themselves. Free, confidential, practical advice from a therapist. Everything is easy to understand and to use. Self-disclosure is never needed. Completely confidential.



Help Yourself Therapy

Homeless Accommodation Directory: www.homelessshelterdirectory.org/

Transitional Housing www.transitionalhousing.org

Food Pantries and Soup Kitchens: www.homelessshelterdirectory.org/foodbanks/

Employment Related:

Clothes For Women: **Dress For Success** <https://dressforsuccess.org/>

Clothes For Men: **Career Gear** <https://www.careergear.org/>



careeronestop

U.S. Department of Labor

Career One Stop www.careeronestop.org

Your source for career exploration, training & jobs.

Vital Records www.cdc.gov/nchs/w2w/

Where to write, or where to go, to obtain birth, death, marriage and divorce certificates.

Social Security new or replacement card: <https://www.ssa.gov/ssnumber/>

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PRE-RELEASE INVENTORY

Additional items to add to your list!

1. List the gifts that you bring with you!

- Include your courage, determination and authenticity.
- Your ability to listen well and offer the greatest gift a person can give: your attention.
- The special tools and skills you've developed to share with employers, coworkers, customers and clients.
- Expanded knowledge, compassion and commitment to those who are close to you.
- The unique perspective, and pro-social community-building skills that you have to construct the future with others!



2. Prepare for tough times. Write down book titles, articles, names of friends and family, and community resources you can turn to when things are tough; or when you feel down or vulnerable. When it's difficult to reach out to people; books may be a good place to start.

3. Check for "Over-Confidence". It's crucial to be confident...but foolish to be over-confident! Here are a couple of ideas to locate and address possible points of overconfidence:

- + Play "Devil's Advocate". Be critical and pessimistic. If possible, solicit the help of a friend or a young person. (In general, the young are better at this than adults.)
- + Resist comparing yourself to others. Everyone does things differently!
- + Listen to, and address, concerns or criticisms from others. This doesn't mean you need to argue with them or change course. Just check to see if you are fully considering their perspective.
- + Mix modesty and humility with enthusiasm.

4. Remember: you've got a lot of choices ahead! There's always more than one option, and almost always more than two. Try to find at least 4 options from which you can build or blend options to create your best opportunities!

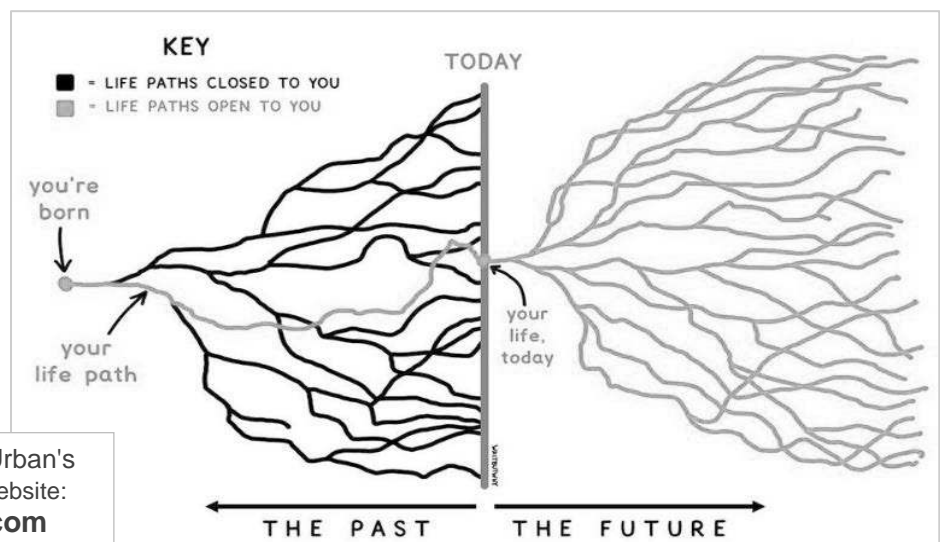


Image from Tim Urban's
Wait But Why website:
waitbutwhy.com

AGENCY and ACTION

What can we do,
with what we have,
where we are,
right now ?

*** We can get ready for change; ready to build what comes next; ready for the unknown! We can read, write, plan, draw, and think – as a strategic problem solver and community building collaborator.

*** We can stay flexible...mentally and physically...so that whatever comes, we will be ready and able to adjust and contribute.

*** We can reflect, and deepen our understanding and compassion.

*** We can consider the things that we would most love to give our deep attention to and consider how our unique gifts could bring strength to the areas we are most passionate about.

*** We can gather tools and build skills that we will need such as attending to issues with anxiety, depression, loneliness, self-doubt; or deepening skills we already have and which are so hard to find such as listening and caring.

*** We could learn something important for community building, so we can share it with any community we join.

*** Feel free to reach out to Fair Shake to see if we can connect you with a group of people who are working in the area where you would like to invest your efforts: outreach@fairshake.net.

Wishing you all the best through your transitions to come! Your success is important to me...and to our future together. **Ubuntu!**

Clothing - Interview and Career Clothing

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.

<https://dressforsuccess.org/affiliate-list/>

Education - Higher Education

A university that works for you. Our 100% online, tuition-free degree programs are designed to fit your life.

Programs: Business Administration, Computer Science, Health Science, Education, Associate Degree, Bachelor Degree, Master Degree

<https://www.uopeople.edu/>

Employment - Employment Services

We are dedicated to helping you find your next career! The National Urban League is a historic civil rights organization dedicated to elevating the standard of living in historically underserved urban communities. Founded in 1910, the National Urban League spearheads the effort of its local affiliates through the development of programs, public policy research and advocacy.

<http://www.nuljobsnetwork.com/>

Employment - Employment Services

DenUMs Employment Services Center provides supportive services for those seeking employment. All are welcome! Past job seekers have included people recently released from DOC, people experiencing homelessness, people returning to the workforce after a break and others who have experienced barriers to being employed.

The first step to becoming a client of DenUMs Employment Services is to attend an Employment Services Orientation which are held on Mondays and Wednesdays at 9:00am. Space is limited and offered on a first come, first served basis.

On Fridays we have a Resume Workshop at 9:00am. You must first attend the orientation session before attending the resume workshop.

Employment Services Include:

Resume Preparation

Career Assessment

Computer Access

Basic Computer Classes (Thursday 9:00am)

Internet Job Searches

Clothing Referrals

Writing Cover Letters

Telephones and Fax Machine Access

Copying and Printing Access

Voice Mail Boxes

Referrals for Other Assistance

Hygiene Products

Legal Counseling

Case Management

IDs and Birth Certificates

Den UM

1717 E Colfax Ave

Denver, CO 80218

(303) 355-4896

info@denum.org

<http://denum.org/need-help/employment-services/>

Employment - Job Listings

Education - Continuing Education

445 W 53rd Pl

Denver, CO 80216

303.997.0453

CCI provides youth and adults with the tools they need to build a successful future.

Colorado Construction Institute (CCI) is a non-profit organization providing hands-on construction training and professional development to bridge the middle-skills employment gap. Our innovative pre-apprentice programs serve unemployed and underemployed individuals, in-school and out-of-school youth, and adults who need skills in order to gain employment in a new industry.

<http://ccidenver.org/>

Education - Higher Education

Freshman Year for Free. Take tuition-free, high quality courses online from top institutions for college credit. Modern States Education Alliance is a non-profit dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Its founding principle is that access to affordable education is fundamental to any philosophy that respects all individuals, and fundamental to the American dream. Modern States' initial program, Freshman Year for Free, is intended to let students earn up to one year of college credit without tuition or textbook expense. Modern States hopes to provide links for students to tutoring, mentoring and college advising groups as well.

https://modernstates.org/?gclid=EAlaIQobChMIoO16uee9gIVl_3jBx34gQCHEAAYASAAEgKfRfD_BwE

Employment - Employment Services

3401 Quebec Street, Suite 8100

Denver CO 80207

Phone: 303-534-1316

<http://www.selectstaffing.com/>

Employment - Employment Services

America Works includes work readiness training, vocational training, career placement, career advancement, and employment retention services. Our mission is to equip each individual who comes to our offices with the right tools so that they are able to provide for themselves and their loved ones. People find employment, and employers find talent! Due to the Coronavirus Pandemic, you must contact the office first before you can engage in in-person services. Click on the link above to find the location nearest to you.

<https://americaworks.com/virtual-contact-info/>

Employment - Job Training

1100 E. 18th Ave.

P.O. Box 300459

Denver, CO 80203

Phone: (303) 860-7200

Most Metro Caring services are by appointment only. Metro Caring will not accept walk-ins for food services. In this way, we can be certain that you receive the highest quality services our dedicated team can provide.

HOURS: Monday-Friday 9:30am- 3:00pm and Tuesday 6:00pm- 8:00pm

*Metro Caring is closed the first Wednesday of every month and most major holidays.

Connecting Colorado is part of a state- and county-run system that delivers immediate, tangible results for your future. You can post your resume, apply for a specific job or do a self-directed job search through our jobs database.
<https://www.connectingcolorado.com/>

Employment - Job Training

1630 E 14th Ave
Denver, CO 80218
303.813.0005
Our Employment Services Department administers two programs-
Permanent / long term employment
Turnabout Program: Reintegration and employment services for former offenders
<http://www.sfcdenver.org/employment.html>

Employment - Job Training

8500 Pena Blvd
Denver, CO 80249
(303) 342-2590
Denver Workforce Services serves as a comprehensive employment and training resource for employers, jobseekers, TANF recipients, veterans, and youth throughout Denver. Having created a strong collaboration with contractors, we connect jobseekers with needed skills to secure sustainable employment, and we connect employers with a trained and ready workforce.
<https://www.denvergov.org/content/denvergov/en/denver-office-of-economic-development/jobs-employers.html>

Food - Food Pantry

Volunteer opportunities available, too!
We provide food and necessities to people in need through signature programs and by teaming up with hundreds of Hunger Relief Partners to serve communities across Colorado and Wyoming, the largest food bank coverage area in the contiguous United States.
<https://www.foodbankrockies.org/>

Food - Food Pantry

10700 East 45th Street
Denver, CO 80239
303-371-9250
877-460-8504
We help families thrive by efficiently procuring and distributing food and essentials to the hungry through our programs and partner agencies
<http://www.foodbankrockies.org/>

Food - Food Pantry

Our Colorado Food Pantry Network brings food pantries together to end hunger in Colorado. This is your one-stop-shop for food resources across Colorado. The Food Resource Hotline connects Coloradans to needed food and nutrition resources, regardless of legal status. All caller information is confidential and services are available in 150+ languages. FOOD RESOURCE HOTLINE 855-855-4626

<https://hungerfreecolorado.org/find-food/>

Job Training- Are you interested in employment in the food industry, but struggling to secure a job? Seeds for Success is a highly individualized job-training program which provides one-on-one attention, on-the-job training in our market and warehouse, a resume-writing class, and guidance in the job search process. Space is limited!
<http://www.metrocaring.org/help/programs.html>

Employment - Job Training

333 W. Bayaud Ave.
Denver, CO 80223
(303) 830-6885
Bayaud Enterprises has a unique, cost-effective model for people experiencing barriers to employment due to mental illness, criminal history, homelessness, or physical disabilities.
<http://www.bayaudenterprises.org/our-services/training-and-placement>

Employment - Workforce Development

Workforce Centers provide a variety of free services to assist employers and job seekers alike. Click on the map to find a location near you!
Services provided:
Job listings
Computer and internet access
Career counseling and training for job seekers
Recruitment of workers, pre-screening, and referral services
Tax credits and training reimbursement for employers
Customers can choose either self-service or staff-assisted options to meet their employment needs.
<https://cdle.colorado.gov/wfc>

Food - Food Pantry

Find a food pantry near you.
<https://www.foodpantries.org/st/colorado>

Food - Food Pantry

This website is a large list of food pantries throughout CO.
http://fbr.convio.net/site/PageServer?pagename=F ind_Help

Food - Food Pantry

1100 E. 18th Ave.
P.O. Box 300459
Denver, CO 80203
Phone: (303) 860-7200
Most Metro Caring services are by appointment only. Metro Caring will not accept walk-ins for food services. In this way, we can be certain that you receive the highest quality services our dedicated team can provide.
HOURS: Monday-Friday 9:30am- 3:00pm and Tuesday 6:00pm- 8:00pm
*Metro Caring is closed the first Wednesday of every month and most major holidays.
<http://www.metrocaring.org/help/>

Food - Free Meals

303-297-1577
2323 Curtis Street
Denver, CO 80205
Catholic Worker Soup Kitchen prepares and serves a meal at 3:00 on Wednesday and Friday (no meal

Food - Food Pantry

1717 E Colfax Ave
Denver, CO 80218
(303) 355-4896

The pantry is open during regular working hours on Monday, Tuesday and Thursday. DenUM has transitioned to a Choice Food Pantry, now rather than receiving a pre-packaged allocation of food you can have the opportunity to shop in the pantry and make choices about what food items you take home. We expanded our efforts to obtain low-sodium, low-sugar, whole grain options and fresh produce to promote nutrition and meet the cultural and health needs of those we serve.

The pantry is open during our regular working hours. Families can access the pantry 9 times a year with at least 30 days between visits. You need to bring an ID and a piece of mail addressed to you and sent to your current address with a postmark within the last 45 days.

<http://denum.org/need-help/choice-food-pantry/>

Health - Counseling Services

4045 Pecos Street
Denver, Colorado 80211
(303) 742-0828

Monday-Friday 8:30am-5pm

We offer COUNSELING AND MENTAL HEALTH services faithful to the Catholic church to help restore the FAMILY and parish communities. Regina Caeli's programs are focused on providing assistance to those in need or RELIGIOUS AFFILIATION.

<https://ccdenver.org/reginacaeli/counseling-service/s/#.WJN-r1MrLcs>

Health - Counseling Services

3035 W. 25th Avenue
Denver, 80211
(303) 480-5130

Monday - Friday 1pm - 5pm

This program is intended for clients who have a need for counseling services but lack the resources for full-priced psychotherapy. Counseling by People House interns is on a sliding scale basis at a suggested cost of \$20 to \$40 per hour depending on ability to pay. We request that clients choose the appropriate fee based on income and life circumstances. Affordable Counseling Program for Adults, Couples, Children and Families. Our low cost counseling is a great opportunity for personal growth and with the fee being on a sliding scale it allows therapy for those who might not otherwise be able to afford it.

<http://peoplehouse.org/services/>

Health - Counseling Services

9025 Grant Street
Thornton, CO 80229
303.657.3700

Monday-Friday: 8:00am-8:00pm
Saturday: 8:00am-2:00pm

served the 3rd Wednesday of each month)
http://www.sfcdenver.org/day_services.html

Health - Counseling Services

Metro Denver
363 S. Harlan Street Suite 200
Denver, CO 80226
303.922.3433
800.579.9496

Lutheran Family Services Rocky Mountains is a faith based, non-profit human service agency helping children and families during their most challenging times. We have been committed to serving all people, regardless of race, religion, gender or age since 1948.

<http://www.lfsc.org/>

Health - Counseling Services

55 and 77 West 5th Avenue
Denver CO 80204
Monday - Friday: 8:00am-8:00pm
Saturday: 8:00am-2:00pm

Arapahoe House is not only a leader in substance abuse treatment, we are also leaders providing mental health services provided by expert level counselors. These master level counselors have a great deal of knowledge and experience helping individuals with things such as: depression, anxiety, bipolar disorder, domestic violence, parenting struggles, trauma and grief.

<https://www.arapahoehouse.org/programs>

Health - Counseling Services

4141 E Dickenson Pl
Denver, CO 80222
(303) 504-6500

Monday - Friday 8 am to 5 pm

Serves children, families, and adults who are Spanish-speaking, Deaf or hard-of-hearing, elderly, homeless, etc. through drug and alcohol recovery services, and individual and group counseling.

<https://mhcd.org/adult-recovery-services/>

Health - Counseling Services

5400 Jewell Ave. #1C
Denver, CO 80232
720-620-7714

Provides parenting classes, DUI level I and II education and therapy, outpatient treatment, and substance abuse evaluations. Provide counseling services in a confidential, supportive, and responsive setting.

<http://www.nbccenter.org/>

Health - Free/Sliding Scale Clinic

Stein Kids Community Clinic
80 S Teller St
Lakewood, CO 80226
303-360-6276

M 2:00pm-6:00pm

T-Th 8:00am-4:30pm

W 9:30am-6:00pm

F 8:00am-12:00pm

MCPN Clinical Services has experienced providers in Family Practice, Geriatrics, Internal Medicine,

Sunday: 8:00am-2:00pm

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<https://www.arapahoehouse.org/programs>

Health - Counseling Services

655 Broadway Ave. #200
Denver, CO 80203
(303) 504-6500

Provides substance abuse and mental health services including sobriety monitoring (BA's, UA’s, and Antabuse), DUI/DWI education and treatment, yoga, acupuncture, and GED classes.
<http://www.milehighbehavioralhealthcare.org/care-we-offer-our-services/care-we-offer-page-1/>

Health - Free/Sliding Scale Clinic

5075 Lincoln St.
Denver 80216
303-458-5302

It is our Mission to provide culturally competent health care and preventive health services for the medically underserved. Clínica provides low-cost primary and preventive care at its clinic. All paid clinic providers and staff that deliver services directly to patients are completely bilingual, and all volunteer providers possess some level of Spanish fluency. In addition to general primary care services, patients have access to a number of high-quality, evidence-based programs to support their health and wellness, including: comprehensive prenatal care for expectant mothers HIV/AIDS managed care that is overseen by one of Colorado leading infectious specialists; and a comprehensive diabetes program that includes personal health coaching, healthy eating instruction and exercise.
<http://clinatepeyac.org/clinic-services/>

Health - Free/Sliding Scale Clinic

1776 S. Jackson St., Ste. 418
Denver, CO 80210
(303) 394-4204
Mondays, Wednesdays, and Fridays, from 9:30 to 6:00.

We are committed to treating each client as an individual, and to understanding and treating the cause of your problems (getting to the root) and not just masking your symptoms. We have found that many perplexing and persistent health issues have more than one cause, and that all factors must be addressed to achieve long-lasting, cost-effective treatment success. We adjust what we do to meet your needs. We've never found one approach good for everything, or even every case of headache, back pain, or depression. By choosing from and weaving together diverse treatment methods, we can give you the greatest opportunity for healing.

<http://confluencewellness.com/services/>

Obstetrics, Pediatrics, and Specialized Primary Care (Adolescent Medicine, Down syndrome, HIV, Homeless Services, Multiple Sclerosis, Physical and Intellectual Disabilities, Refugee Health, and Women's Wellness). All MCPN locations provide general primary care, physical examinations, well child visits, immunizations, chronic disease management, family planning, limited pharmacy and laboratory support, and referral to outside services.
<http://mcpn.org/services/>

Health - Free/Sliding Scale Clinic with Dental PECOS MEDICAL / DENTAL CLINIC

1701 W. 72nd Ave. 3rd Fl
Denver 80221
303.650.4460
Comprehensive medical services
Minor surgical procedures
Behavioral health services
Nutrition services
Group visits
Case management services
Dental care for children and adults
Full pharmacy services
Financial screening
<https://clinica.org/locations/pecos/>

Health - Free/Sliding Scale Clinic with Dental

Lakewood Health Center
8500 W Colfax Ave
Lakewood, CO 80215
M-F 7:00am-5:30pm
Family Practice, Behavioral Health, Diabetes & Health Education, Homeless Peer Resources, Clinical Care Coordination, Outreach and Enrollment
<http://mcpn.org/services/>

Health - Mental Health

1355 S. Colorado Blvd, C-100
Denver, CO 80222
(303) 756-9052
To find a therapist, call our Intake office:
303-756-9052 x127
Take our mental health screening. It is free, anonymous, and will give you a clearer idea of whether counseling could be helpful to you. We help individuals and families overcome obstacles, heal from emotional trauma and distress, and achieve personal growth and satisfaction in their lives. In addition to therapy for individuals and children, we offer marriage counseling, family therapy, addiction counseling, grief counseling, and stress management.

<http://www.mariadroste.org/>

Health - Mental Health

The Heartland Clinic
709 E 12th Avenue
Denver, Co 80203
303-830-8805
Services include counseling, case management, skills training, a payee program, recreational activities, medication management, and monitoring of overall health. Peer specialists, therapists & social workers, a psychiatric nurse & a

Health - Free/Sliding Scale Clinic with Dental

8990 N. Washington St.
Thornton, CO 80229
303.650.4460
Monday-Fri 8am-5pm
Comprehensive medical services
Minor surgical procedures
Behavioral health services
Nutrition services
Group visits
Case management services
Dental care for children and adults
Pharmacy outlet
<https://clinica.org/locations/thornton/>

Health - Free/Sliding Scale Clinic with Dental

2130 Stout Street
Denver, CO 80205
Phone: (303) 293-2220
Colorado Coalition for the Homeless
Pharmacy Refills Phone: 303-293-6516
Mental Health Triage Phone: 303-293-6512
Dental Clinic Phone: 303-312-9703
Eye Clinic Phone: , ext 1524
<https://www.coloradocoalition.org/healthcare>

Health - Mental Health

The David Quarton Drop-In Center @ CHARG
920 Emerson St
Denver, CO 80218
303-830-2130
HOURS: Mon/Wed/Fri 10-5, T/TH 12-5, SAT 10-2
Open to anyone 18 years and older living with mental illness regardless of where they receive treatment. It is a warm & welcoming place where one can sit quietly and read, or socialize in a variety of groups, recreational outings, and seasonal celebrations. In addition to coffee and snacks, there is a food bank, the daily newspaper, a clothing bank, free internet & phone, and a low-cost lunch (\$1.25) on Tuesdays.
<http://www.charg.org/services/>

Health - Mental Health

Donald C. Ciancio Memorial Building
8989 Huron St.
Thornton, CO 80260
(303) 853-3500
Monday-Friday 8:00am to 3:00pm
We are dedicated to helping you reach your optimal self by providing you with the tools needed to reach total mind and body wellness. We do this by recognizing the interplay between mental and physical health and by providing services and programs
<https://www.communityreachcenter.org/services/services-overview/>

Reentry Resource - Multiple Resources Available

633 17th Street, Suite 700
Denver, CO 80202-3660
303-318-8822
Community Re-Entry provides unique programs and support services through an intensive 'case management model.' Multiple services are delivered and/or programs utilized to assist the offender's transition plan. Delivery of services and programs are incentive- based, and are part of the

psychiatrist comprise the clinical team.
<http://www.charg.org/services/>

Reentry Resource - Multiple Resources Available

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365.
<https://www.211colorado.org/>

Reentry Resource - Multiple Resources Available

2222 West 32nd Ave.
Denver, CO 80211
303-477-3944
The 32nd Avenue Jubilee Center has been a welcoming presence in the Northwest Denver community since 2001 helping those who live in poverty and who are marginalized. The center accomplishes this through programs and services that target poverty, youth and their families, those in immigrant communities, the elderly, and those living with disabilities.
Geographic service boundaries in the Denver area are 52nd Avenue on the north, Colfax Avenue on the south, I-25 on the east, and Sheridan Boulevard on the west.
<http://www.jubilee32.org/>

Reentry Resource - Multiple Resources Available

Our findhelp technology powers Americas leading social care network. Our network features more than 300,000 free and reduced-cost programs in all 50 U.S. states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.
<https://www.findhelp.org/find-social-services/colorado>

Shelter - Energy Assistance

1100 E. 18th Ave.
P.O. Box 300459
Denver, CO 80203
Phone: (303) 860-7200
Most Metro Caring services are by appointment only. Metro Caring will not accept walk-ins for food services. In this way, we can be certain that you receive the highest quality services our dedicated team can provide.
Utility Assistance: Get help with heat/electric bills once each year (October 1-September 30) when funds are available (through Energy Outreach Colorado). You must have already applied for LEAP during the LEAP season (November 1-April 30). Call 720-515-9888 Tuesdays at 4pm and leave a message with your first and last name spelled correctly, phone number, address that was on your LEAP application, and utility account number. Due to resource limitations, we will call you to schedule an appointment for a Financial Literacy Course if you are one of the first 20 to call.
<http://www.metrocaring.org/help/programs.html>

Shelter - Homeless Assistance

3201 Curtis Street
Denver, 80205

offenders' community supervision plan
<https://e-colorado.coworkforce.com/File.aspx?ID=24271>

Reentry Resource - Multiple Resources Available

1630 E 14th Ave
Denver, CO 80218
303.813.0005
St. Francis Center offers a wide range of services in its Day Program
Adjunct Services
Additional services are offered through a collaborative effort between members of the wider community and St. Francis Center to bring expanded health services, mental health services, veterans assistance and wholesome meals to the day facility on designated days during the week.
http://www.sfcdenver.org/day_services.html

Reentry Resource - Multiple Resources Available

Meals (breakfast, 4 course hot lunch and sack lunch)
Food boxes for families
Private showers
Laundry service
Phone service
Wireless internet access
Clothing
Mail and document safe keeping
Hygiene kits (i.e. travel shampoos, soaps, lotions, toothbrushes, and toothpastes)
Distribution of over-the-counter medication
Outreach Coordinator to work with guests on finding resources pertaining to shelter, employment, transportation, etc.
Weekly Outreach Worker from Denver Human Services to help with food stamps, disability, and housing eligibility
Weekly Medicaid Representative to assist guests with Medicaid signup and questions
Weekly VA Representative
Weekly Stout Street Mobile Medical Clinic to assist guests with basic medical needs and referrals
Weekly dental clinic
Weekly yoga classes
Weekly massage therapy
Monthly HIV/Hep C testing clinic
Monthly prosthetic clinic
Monthly physical therapy & wound clinic
NEW! Eye Clinic
<https://frwoodyshavenofhope.org/>

Shelter - Habitat for Humanity

1500 W. 12th Ave.
Denver , 80204
(303) 534-2929
shelter for all
<https://www.habitatmetrodenver.org/>

Shelter - Homeless Shelter

2323 Curtis St.
Denver, CO 80205
303-297-1576
St. Francis Center is a refuge for men and women who are homeless in the metro Denver area, providing shelter along with services that enable people to meet their basic needs for daily survival

(303) 292-1919 x235
Women
<http://www.womensbeanproject.com>

Shelter - Housing Authority

TTY# 720.932.3110
Denver Housing Authority provides decent and safe rental housing for families and individuals. We offer a variety of housing opportunities.
<http://www.denverhousing.org/AFFORDABLEHOUSING/Pages/default.aspx>

Shelter - Supportive Housing

ARC Adult Rehab Center
4751 N Broadway,
Denver CO 80216
303-294-0827 / M-F: 7am-4pm
Serves single men with a six-month sobriety program. Run by the Salvation Army and faith-based. Provides housing, therapy, counseling, spiritual guidance, and life skills. The program is free but you are expected to follow the program and gain the skills you need to return to the community and employment. Write to christian.mccoy@usw.salvationarmy.org to apply for the program.
<http://denverarc.salvationarmy.org/>

Transportation - Public Transportation

1600 Blake Street
Denver, CO 80202
Customer Support
303.299.6000
(tdd) 303.299.6089
<http://www.rtd-denver.com/>

and to transition out of homelessness.
St. Francis Center Housing Program provides
permanent housing and case management for
participants who are ready to move to a more
structured environment.
<http://www.sfcdenver.org/housing.html>

Shelter - Supportive Housing

2301 Lawrence St.
Denver, CO 80205
303-294-0241
Samaritan House is a ministry operated by
Catholic Charities. Since 1986, we have helped
people secure sufficient food and clothing, the
ability to earn a living wage and affordable
housing.
<https://samhousedenver.org/>

Shelter - Supportive Housing

Step Denver
2029 Larimer Street Denver CO 80205
303-295-7837 / M-Th: 8am-noon
Residential 12-step addictions recovery program
for men. Offers sobriety programs, employment
training and placement, life skills classes, and
voluntary spiritual program. Must pass UA and BA
testing and be committed to being sober. Same
day intake. Can't take anyone convicted of violent
offense or sex offense. No open court cases or
active warrants.
<https://stepdenver.org/>