Could you use a little help from your friends…?

GUNNISON VALLEY'S BASIC NEEDS RESOURCE GUIDE

Esta guía está disponible en Español; llama 970-641-7609

... and more

with special sections for:

Immigrants & Newcomers
People in Recovery
People with a Disability
Seniors
Veterans

*updated and expanded June 2023*
Contents
Space does not allow for us to list individual practitioners, or most activities of the many faith and nonprofit groups.

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Gratitude to the scores of good people in this County who care so deeply for their neighbors.
And, we are so grateful to these people who updated and researched the contents of this Guide.

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Steve Otero
Steve Patrick
Steve Sekofsky
Tina McGuinness
Tyler Lucas
VOLUNTEERING

Volunteers are the backbone of a healthy community of neighbors caring for neighbors. Whether your passion is animal welfare, helping out as a handyman, helping register people to vote, working backstage on a show, helping distribute food – the list is a long one! – we need you! Consult the list of nonprofits at https://cfgv.fcsuite.com/erp/donate/list/directory, talk to your child’s teachers, ask your pastor or worship leader, or head over to the Department of Health & Human Services – these are a few good places to start.

VOTER REGISTRATION

Gunnison County Clerk’s Office
221 N. Wisconsin Street, Gunnison

Please contact us if any of the information is incorrect or as new information becomes available so we can include it in our next edition of this Resource Guide.

Email: specialproject1@cfgv.org

The section for People in Recovery was produced by the GRASP Consortium of the Gunnison County Health Coalition. Thank you all, especially Mary Beth and Kyle!

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Part 1: Trying to make ends meet?

APPLY FOR BENEFITS

Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://www.gunnisoncounty.org/876/Colorado-Medicaid

Through this office you can apply for Medicaid and Children's Health Plan Plus (CHP+). You may also apply for emergency basic needs assistance such as food, clothing, emergency rent, medical bills, utility assistance, food assistance, child care assistance and more.

FOOD

FREE/LOW-COST FOOD & FOOD ASSISTANCE

Gunnison County Food Pantries

Gunnison Country Food Pantry
321C N. Main Street, Gunnison
(SW corner N. Main Street and W. Ohio Avenue)
In 2023, the Pantry will move to 114 S. 14th Street, Gunnison. Call to confirm location.
970-641-4156
https://gunnisoncountryfoodpantry.org/

Mondays 1:00 pm-4:00 pm, Wednesdays 1:00 pm-7:00 pm (Spanish and Cora speakers available 4:00 pm-7:00 pm), Thursdays 10:00 am -2:00 pm (caters to adults 60+)
The Pantry provides food assistance to those in need in a kind, confidential and supportive environment. If you are experiencing a barrier to food access, call the Pantry to arrange home delivery. Emergency food boxes are available at a number of locations in Gunnison County. Call the Food Pantry for exact locations.

Crested Butte Food Pantry
625 Maroon Avenue, Crested Butte
(Downstairs at Oh Be Joyful Church)
970-349-6237

Open the 1st and 3rd Thursdays of each month 5:00 pm-6:00 pm

Greater Somerset Food Pantry
3688 Highway CO-133, Somerset
970-929-5445

Open Tuesdays 2:00 pm-4:00 pm

Farmers Markets

The Gunnison and Crested Butte Farmers Markets accept Supplemental Nutritional Assistance Program (SNAP) and Women, Infants & Children (WIC) vouchers and participate in the Double Up Food Bucks program which doubles what you spend on your SNAP card up to $20 at each market. Visit the market booth to first buy SNAP vouchers.

Crested Butte Farmers Market
970-901-4181
https://cbfarmersmarket.org/

Sundays late May to early October, 9:00 am-2:00 pm on Elk Avenue (zero and 100 blocks)

Crested Butte South Farmers Market
At the bus stop in Crested Butte South
970-349-1162
staff@cbsouth.net

Thursdays July-September, 4:00 pm-6:00 pm. (Does not accept SNAP benefits.)

FAMILY PLANNING

Gunnison County Department of Health & Human Services
970-641-3244
https://www.gunnisoncounty.org/246/Family-Planning

Offers pap smear, pregnancy testing, STD/HIV testing, emergency contraception, UTI and vaginal treatments, and birth control options. Services are based on income and most insurance is accepted. They see males and females of any age, and all services are confidential. Please call to set up an appointment.

HANDYMAN

Bethany Baptist First Responders
jskokan@gvh-colorado.org, jskokan844@yahoo.com

Offers assistance to people in need such as handyman services or firewood collection.

LAUNDROMATS

Crested Butte Hostel & Laundromat
615 Teocalli, Crested Butte

Hi Country Laundromat
221 W. US Highway 50, Gunnison

One Stop Wash
922 W. Gunnison Avenue #1, Gunnison

SHOWERS

Gunnison Recreation Center
200 Spencer Avenue, Gunnison
970-641-8060

Showers are available for $5.00.
Gunnison Valley Animal Welfare League
98 Basin Park Drive, Gunnison
970-641-1173
https://www.gvawl.org/

May be able to assist low-income people with a portion of the cost of spay-neuter for their pet. Also manages “Silver Whiskers;” see p. 20

Oh Be Dogful Rescue and Sanctuary
336B Buckley Drive, Crested Butte
970-349-5047
https://www.ohbedogfulrescueandsanctuary.com/

Significant discount on care services for people in need whose animal was rescued by Oh Be Dogful; may be able to assist people unable to keep their pet because of the cost of veterinary care. Can rescue dogs of people unable to keep them due to financial hardship or housing issues.

Paradise Animal Welfare Society
26651 Highway 135, Crested Butte
970-209-3656
https://www.pawscrestedbutte.org/

May be able to assist with spay-neuter costs and veterinary assistance to people who have been continuous residents in Crested Butte for 6+ months.

Estimate Planning
970-642-4665

Each fall a local attorney assists a limited number of people who cannot afford full legal fees with estate planning including a will, power of attorney, and final medical wishes. For straightforward situations he offers a very reasonable fee for the package. Contact Health & Human Services at the number above to schedule an appointment.

Gunnison Farmers Market
Corner of N. Main Street & Virginia Avenue, Gunnison
970-648-0580
http://www.gunnisonfarmersmarket.com
bfrase@western.edu

Saturdays 9:30 am-1:00 pm, from mid-June to mid-October

Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://gunnisoncounty.org/882/Public-Assistance

Assists qualifying residents to receive Supplemental Nutritional Assistance (SNAP) benefits (“food stamps”). The purpose of SNAP is to alleviate hunger and malnutrition among low income households by increasing their ability to purchase food.

Assists qualifying residents to receive Women, Infants and Children (WIC) benefits, a nutrition program for pregnant and breast-feeding women.

Gunnison Gardens
970-964-8226
https://www.gunnisongardens.com
sue.wyman@gunnisongardens.com

Gunnison Gardens is committed to teaching people to grow their own food internship program during the summer. Times may be Tuesday evening and/or Sunday afternoon; call to confirm. We usually teach a topic, then work on the farm, then harvest and take home some free fresh produce.

Mom’s Meals
https://www.momsmeals.com/

Internet-based service that delivers low-cost meals to people who are 65+, have a disability, or on Medicaid or whose insurance program provides for home meal delivery. Menus are tailored to varying health conditions such as renal or cardiology issues, or who required food to be pureed. Medicaid recipients should apply through the Department of Health & Human Services (970-641-4665); long-term Medicaid recipients should apply via their caseworker in Delta. Recipients must have refrigerator space to store meals for 7-14 days.
Backyard Harvest: Year-round free weekly home delivery of fresh produce grown on the Mountain Roots farm, donated by gardeners and farmers or purchased from Colorado producers when possible. May–October. Sign up via the email address above.

Community Gardens: Cultivemos Cottonwood, The Giving Garden at Bill’s Park, Sunshine Garden at the Gunnison Rec. Center, and the Crested Butte/Gunnison school gardens are open to volunteers to participate in our Giving Gardens, where people work together to grow more food with less time and effort, May–October. Drop-ins and people with no gardening experience are welcome; our garden leader teaches basic skills weekly, and you can take home produce at the end of garden hours. Email the address above for more information.

Cooking/Gardening Demonstrations: Occasional demonstrations are offered to teach basic gardening skills and how to make a simple healthy meal from food grown in the garden.

Mountaineer Marketplace & Food Hub
Basement, Leslie J. Savage Library, Western Colorado University
970-943-2232

Open Tuesdays and Thursdays, 12:30 pm-2:00 pm for WCU students. Open first Friday, 2:00 pm-4:00 pm for staff and faculty. Call to confirm summer hours.

Roadkill Program
970-641-8200 Ext. 1

Call to get on a list to receive salvageable road kill. No proof of citizenship is required, but you must provide your name, phone number, and availability to be called as it could be in the middle of the night. If you are called, you must pick up the carcass, dress it and have it properly butchered. You must also obtain a free road kill permit from Colorado Parks & Wildlife, 300 W New York Ave. in Gunnison, 970-641-7060, within 48 hours of picking up the roadkill.

Six Points Evaluation & Training
https://sixpointsgunnison.org/
seprov@sixpointsgunnison.org

May provide job training opportunities to students with any disability who attend Gunnison High School.

Young Life
601 6th Street, Crested Butte
865-406-6876 or 520-241-1009

Christian fellowship for youth in Crested Butte and on the Western Colorado University campus.

This section is included because we recognize that a dog or cat may provide much needed companionship to an isolated person. You can adopt animals from these groups. Additionally, they may be willing to provide some financial support as they are able to low-income people who cannot otherwise afford to keep their pet.

Dog Cabin Ranch Sanctuary
https://www.dogcabinresort.com/
970-641-3691

People in need may be able to apply for a discount for daycare, boarding, food, microchips and veterinary services.

Gunnison Underdog Rescue
Facebook page
Text 970-209-7030

Contact GUR to learn how they may be able to assist low income people with spay-neuter for their pet.
Let's Play Marbles
Marbles program that has yielded state winners! Contact Jerry Piquette, playmarbles@msn.com, 970-641-0944

Non Profits
The nonprofits that offer programs for kids – many of which offer scholarships and discounts – include the following; visit their websites for information. This list may not be complete.

- Adaptive Sports Center – youth with disabilities
- Coldharbour Institute and Ranch – sustainable agriculture, solar, and other practices
- Crested Butte Center for the Arts
- Crested Butte Development Team – mountain biking
- Crested Butte Mountain Heritage Museum
- Crested Butte Mountain Theater
- Crested Butte Nordic
- Crested Butte School of Dance
- Crested Butte Snowsports
- gO Girls– exploring mountain sports throughout the Valley
- Gunnison Arts Center
- Gunnison Valley Mentors – find an older partner and friend
- Gunnison Valley Theatre Festival Camp, 970-596-7551
- Mountain Roots Food Project – youth gardening programs
- Rocky Mountain Biological Lab- science for kids
- Trailhead Children’s Museum
- West Elk Hockey Association
- West Elk Soccer Association

Lost Miner [Equestrian] Ranch
Lost Miner Ranch offers a wide variety of equestrian and horsemanship programs. Older kids may be able to work to earn class credit.

Parks & Recreation Departments
Both the Parks & Recreation Department in Gunnison and in Crested Butte offer a host of programs for kids of all ages; both offer scholarships.

Roping Club
Facebook page

Salmon Giveaway
Roaring Judy Fish Hatchery
Highway 135 north of Gunnison
970-641-7070 or 970-641-0190

Roaring Judy Fish Hatchery gives away Kokanee Salmon in the fall. The giveaway dates have been on Fridays in October and early November. You must be in line by 9:00 a.m. You must have a valid fishing license. Call the day before to verify and ensure that there will be fish given away.

Senior Meals
Gunnison Senior Center
200 Spencer Avenue, Gunnison
970-641-8272

Full meals on Monday, Wednesday and Friday at 11:30 am. Delivery for homebound seniors is possible with at least 24 hours’ notice. Low- or no-cost.

Student Nutrition Program
970-641-7714
https://www.gunnisonschools.net/

The Gunnison Watershed School District provides all children with free meals daily, regardless of family income. However, low-income parents are urged to complete the FARM paperwork, which may assist with other school fees.

Communications
Affordable Connectivity Program
877-384-2575
https://www.fcc.gov/acp

Both Visionary Broadband and Spectrum High-Speed Internet partner with the federal government on this program by which qualifying households (including veterans on pension benefits) may purchase discounted broadband service ($30/month as of this writing). Also offers $100 towards the purchase of a device such as a laptop computer. Both a local and a federal application are required; you may wish to start with local Visionary Broadband (108 E. Tomichi Avenue, Gunnison).
GWSD provides hot spots for students who do not have internet at home.

**Lifeline**

800-234-9473

https://www.fcc.gov/lifeline-consumers

Both Visionary Broadband and CenturyLink partner with the federal government on this program by which low income people can receive discounts on qualifying phone, broadband service or bundled packages. At the webpage you will see 3 ways to apply, one of which is to start with local Visionary Broadband (108 E. Tomichi Avenue, Gunnison) or CenturyLink. Both a local and a federal application are required.

**CLOTHING & GOODS**

**FREE & LOW-COST CLOTHING & GOODS**

**Boom-A-Rang**

221 N. Main Street, Gunnison

970-641-3115

Free clothing is placed in the dumpster in the alley behind the store. Help yourself. Consignment Store: Open daily 10:00 am-6:00 pm

**Last Ditch Thrift**

125 N. Main Street, Gunnison

970-707-4019

Open daily 10:00 am-5:00 pm. High quality secondhand clothing at “great prices.” Daily sales. During the last week of the month you can fill a bag for a flat $10.

**Choice Pass**

Gunnison County Juvenile Services

https://www.choicepass.net/

emirza@gunnisoncounty.org

A program for youth designed to promote substance-free healthy living. Over 40 local businesses and nonprofits offer discounts or free opportunities – even ski passes - to participating youth who pledge to remain substance free. Parent involvement is required. For more information consult the website above.

**Churches and Congregations**

Your faith community almost certainly has youth fellowship and activities groups in addition to “Sunday school.” See pages 28-30

**Crested Butte Explorer Program**

For youth considering careers in fire protection, law enforcement, or emergency medical services.

**Dos Rios Golf Club**

While there is a fee for club rental, scholarships are available for the Junior Golf program. Stop by to sign up, 501 Camino del Rio, Gunnison.

**Girl Scouts**

Leaders change frequently, so contact Girl Scouts of the Western Slope to learn who the leaders and troops are, www.girlscoutsofcolorado.org, 970-375-7913. If there is enough interest, they can help set up a troop for Spanish-speakers.

**Gunnison County Libraries**

Both the Gunnison and Crested Butte Libraries offer many opportunities for youth! There are Storytimes for little kids, clubs like Lego Club for bigger kids, and resources for teens like the Gaming Guild. Visit their website for a list, but the bulletin boards at the libraries themselves may be the best place to start looking. Activities are free.

**Gunnison Watershed School District**

Both the Crested Butte and Gunnison Schools offer many opportunities after school, from sports to clubs.

**High Attitude Dance Academy**

Offers recreational, competitive and elite competitive classes in a wide variety of dance forms in Gunnison.
Family Advocacy Support Team (FAST)
Helps youth and families gain support and navigate systems of assistance among educational, legal, mental and physical health systems.

Gunnison County Substance Abuse Prevention Program (GCSAPP)
Provides substance use prevention and mental health promotion through youth and family programs such as Choice Pass (see p. 67), youth groups and youth led suicide prevention trainings.

Gunnison County 4-H Program
Fred Field Center at the Fairgrounds
Gunnison County Extension Office
275 S. Spruce Street, Gunnison
970-641-1260

Build friendships, life skills and leadership by participating in clubs and projects “from raising cattle to building rockets and everything in between.” Annual fee is $25/child, and scholarships are available.

Gunnison Valley Mentors
101 N. 8th Street, Gunnison
970-641-5513
https://gunnisonmentors.com/

In a celebration of diversity, Gunnison Valley Mentors promotes the healthy growth of young people through one-to-one mentoring relationships and enrichment opportunities. All mentoring services are free.

SPORTS, ARTS, FUN & MORE

There are many, many youth activities in the Gunnison Valley. This list is not complete but it is a good place to start. We’ve tried to provide a resource for kids with many diverse interests. We have provided contact information for groups that may not be easy to find in an internet search.

Barrel Racing Club
Facebook Page – High Elevation Productions

Boy Scouts
Contact Margaret Cranor, cranor.margaret@gmail.com, 970-209-9129, to learn about scouting opportunities.

Lighthouse Pregnancy Center
144 W. Main Street #D (enter on Virginia Avenue)
970-596-1706

Open Tuesday and Thursday, 12:00 pm-6:00 pm. Offers free maternity and infant supplies.

Opportunity Shop
304 S. 10th Street, Gunnison

Open Tuesday and Thursday, 12:00 pm-4:00 pm. Gently used household goods and clothing.

Monkey Goats Consignment
118 W. Tomichi Avenue, Gunnison
970-641-4110

Open 10:30 am-5:30 pm Monday through Saturday. Modestly priced new and consignment goods. Clothes for newborns to adults; toys; baby gear. Hours are variable according to season and day of the week; it’s wise to call ahead.

St. Mary’s Garage
300 Belleview Avenue, Crested Butte
https://www.stmarysgarage.org/ and on Facebook stmarysgarage@aol.com
(In 2024 St. Mary’s Garage will move to Queen of All Saints Church, 401 Sopris Avenue, Crested Butte. Call to confirm location.)

Open 4:00 pm-5:30 pm on Tuesdays and Thursdays, Saturdays from 10:30 am-12:00 pm. Free clothing and shoes, bedding, linens, kids’ toys, baby items, and small kitchen items.

Six Points Thrift Store
1160 N. Main Street, Gunnison
970-641-3081
https://www.sixpointsgunnison.org/

Open Monday through Friday 9:00 am-6:00 pm, Saturday 10:00 am-3:00 pm. Clothing, furniture, kitchen items, dishware, toys, and more.
Wal-Mart
900 N. Main Street, Gunnison
970-641-1733

Open daily 6:00 am-11:00 pm. Clothing, kitchen items, dishware, toys and more at low prices.

MORE INFORMATION: CLOTHING & GOODS

Gunnison Country Shopper
https://www.gunnisonshopper.com/

Free weekly newspaper available Countywide and online. Often has listings for clothing and other goods, sometimes free, as well as jobs and housing possibilities

Gunnison Marketplace
Facebook Page

Facebook page where items are listed for sale, or where you could post a request for items you need.

Gunnison Valley Humanity Posse
505-235-5557
Facebook Group
cooltempsCO@gmail.com

“People helping people.” If you have an emergency need, you can post it there.

HEALTH & SAFETY

HEALTH EMERGENCY
(If you are experiencing an emergency, dial 9-1-1)

Hospital Emergency Room
711 N. Taylor Street, Gunnison
970-641-1456
https://www.gunnisonvalleyhealth.org/

24 hour emergency room

Part 3: Other Resources

YOUTH

(To report child abuse or neglect, call 1-844-264-5437 or 970-707-7005)

Consult the Health and Mental Health sections of this booklet to find items specific to young people, as well as the Early Childhood/Books/Education section. Here you will find opportunities and resources not mentioned elsewhere. These are free or offer scholarships to families in need.

Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://www.gunnisoncounty.org/150/Children-Family-Services

Children & Family Program

Provides many services so that children can live in safe and stable homes.

Gunnison County Early Childhood Program
See complete listing on p. 38-39

Gunnison County Juvenile Services
200 E. Virginia Avenue, Gunnison
970-641-7393
https://www.gunnisoncounty.org/155/Juvenile-Services

Provides information, resources, prevention and intervention services to youth and their families.

Youth Intervention/Diversion Services
Provides screenings, assessments, case management, mentoring, life skills training, restitution and restorative justice processes to court-referred youth.
Reactive Adaptations
See p. 58

A Crested Butte business that builds bikes for people with a disability. The VA may be able to assist; contact the Gunnison County Veterans Services Officer.

TRANSPORTATION
See p. 35-37

VetRide
https://www.vetride.va.gov/app/home

Ride to a scheduled appointment with the Veterans Administration. Schedule via the website; it’s preferred that you schedule at least 7 days in advance.

Urgent Care Crested Butte/ Mt. Crested Butte
Gunnison Valley Health
12 Snowmass Road, Mt. Crested Butte
970-349-0321
https://www.gunnisonvalleyhealth.org/

8:00 am -5:00 pm during summer and ski seasons

Moore Orthopedics
32 Crested Mountain Way, Crested Butte
970-349-2677, phone answered 24/7
https://www.mooreorthopedic.com/

8:30 am-4:30 pm Monday-Friday; every day during ski season. Despite their name, their urgent care is not limited to orthopedic injuries.

VSON-Alpine Orthopaedics & Sports
405 Elk Avenue, Crested Butte
970-641-6788
https://vsortho.com/gunnison

8:00 am-5:00 pm Monday-Friday; offers a 24 hour call number for orthopaedic or sports injuries only

Urgent Care Gunnison
Gunnison Valley Health Urgent Care
707 N. Iowa Street, Gunnison
970-648-7105
https://www.gunnisonvalleyhealth.org/

10:00 am-5:00 pm Monday-Friday, 12:00 pm-8:00 pm Saturday & Sunday

VSON-Alpine Orthopaedics & Sports
112 Spencer Avenue, Gunnison
970-641-6788
https://vsortho.com/gunnison

8:00 am-5:00 pm Monday-Friday, 24-hour call number for ortho or sports injuries only
Domestic Violence

Project Hope
24 hour crisis line: 970-275-1193
Non-emergencies 970-641-2712
https://www.hope4gv.org/
info@hope4gv.org

Assists victims of domestic violence, sexual assault and human trafficking.

24/7 Telephone Hotlines

First Call for Children Hotline
877-647-7440

24 hour free pediatric/children advice, operated by Rocky Mountain Hospital for Children in Denver.

Parent Smart Pediatric Nurse Hotline
720-777-0123

24 hour free pediatric/children advice, operated by Children’s Hospital of Denver.

Poison Control
800-222-1222

Mental Health Emergency
(If you are experiencing an emergency, dial 9-1-1; Suicide and Crisis Lifeline: DIAL 988 or text TALK to 38255)

Hospital Emergency Room
711 N. Taylor Street, Gunnison
970-641-1456
https://www.gunnisonvalleyhealth.org/

24 hour emergency room

Behavioral Health Mobile Crisis Program
24 hours via 9-1-1

The Gunnison Valley Health Mobile Crisis program is free. A trained mental health clinician from Gunnison Valley Health can respond to crisis calls in Gunnison and Hinsdale Counties.

Fellowship

American Legion/Auxiliary Post 54
501 E. Virginia Avenue, Gunnison
gunnisonpost54@gmail.com

For anyone who has served at least a day of active military service or is serving now. Coffee is available the first Saturday of the month; call for more information.

Isolation

Gunnison Valley Animal Welfare League
See p. 20

Health

Mobile Health Clinic
Gunnison Valley Health (near Emergency Room entrance)
711 N. Taylor Street, Gunnison
970-242-0731 ext. 2086

Second Tuesday and Wednesday of every month, 9:00 am-4:00 pm. U.S. Dept. of Veterans Affairs operates this mobile medical clinic. Schedule an appointment via the number above.

Recreation

Adaptive Sports Center
19 Emmons Road, Mt. Crested Butte
970-349-2296
https://www.adaptivesports.org/

Through Operation Rise & Conquer, we offer veterans, active military and first responders with disabilities $50 full-day summer and winter activities. This special rate is also available to veterans, active military and first responders who have a family member with a disability.
WESTERN COLORADO
INFORMATION FOR SENIORS

Seniors Blue Book
This is a free handbook of community, health and housing resources on the entire Western Slope, including the Gunnison County resources found in this Guide. It is available at the Dept. of Health & Human Services and at the Gunnison Senior Center/Recreation Center.

VETERANS RESOURCES
If you have a disability or are a senior, you may find other resources in those sections of this Guide.

Gunnison County Veterans Services Officer
970-641-7919; cell 713-823-5828
https://www.gunnisoncounty.org/910/Veterans-Services-Officer
sotero@gunnisoncounty.org

Steve Otero, Veterans Services Officer, can help you navigate Medicare, social security services, various health options, and community resources. On the website is a list of links for additional information that may be helpful.

COMMUNICATIONS
Lifeline Broadband Access and the Affordable Connectivity Program are available to veterans. See p. 5-6

DENTAL
Crested Butte Dental
See p. 15
Annually, offers a veterans-only free day.

Axis Health System
https://www.axishealthsystem.org

Crested Butte Office
318 Elk Ave, Suite 25, Crested Butte
970-252-3200
9:00 am-4:00 pm Monday-Friday

Gunnison Office
710 N. Taylor Street, Gunnison
970-252-3200
9:00 am-4:00 pm Monday-Friday

Gunnison Valley Health Behavioral Health
970-648-7128
https://www.gunnisonvalleyhealth.org

Crested Butte Office (starting summer 2023)
214 6th Street, Suite 4, Crested Butte

Gunnison Office
300 E. Denver Avenue, Gunnison

HEALTH NON-EMERGENCY
Gunnison County Department of Health and Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://gunnisoncounty.org/152clinical-services

Offers immunizations, family planning, women’s wellness, prenatal programming. May be able to advise on medical professionals who accept Medicaid.

Gunnison Valley Health (GVH)
970-641-1456
https://www.gunnisonvalleyhealth.org/

Comprehensive-care health system that also includes the assisted and senior care centers and hospice. Provides information/assistance on bill payment. Provides a bilingual/Spanish language navigator (970-648-7740) and other interpreters, including Cora speakers, if needed. Only a few departments are listed below; see the website for all of their departments and specialists.
**GVH Birth Center Classes**
970-648-7071

Offers classes for pregnant mothers and new parents. A $50 fee may be variable for families in need. Call the number above to confirm when the next classes start.

**GVH Family Medicine**
707 N Iowa Street, Gunnison
970-642-8413
https://www.gunnisonvalleyhealth.org/

**GVH Home Medical Services**
1498 W. Tomichi Avenue, Suite B, Gunnison
970-641-4254
https://www.gunnisonvalleyhealth.org/

Nursing, therapy and social work services, ordered by a physician, are offered to families with infants born prematurely or children with developmental delays or who need occupational or physical therapy; adults recovering from orthopedic surgery or in need of wound care; and seniors in need of special care. Often covered by Medicare, Medicaid and Private insurance.

**GVH Hospice & Palliative Care**
1498 W. Tomichi Avenue, Suite B, Gunnison
970-641-4254
https://www.gunnisonvalleyhealth.org/

Hospice care is a multifaceted Medicare program for people whose diagnosis suggests that the patient will live for 6 months or fewer.

Palliative care is a private pay program optimizing quality of life and mitigating suffering among people with serious, complex, and often terminal illnesses.

**GVH Hospital**
711 N. Taylor Street, Gunnison
970-641-1456
https://www.gunnisonvalleyhealth.org/

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**NORDIC SKIING**

Gray Hares
jane@murraybanks.com

A group of people age 50+ who enjoy Nordic skiing in the Crested Butte area.

**PROPERTY TAX RELIEF**

Gunnison County Assessor’s Office
221 N. Wisconsin Street, Gunnison
970-641-1085
https://www.gunnisoncounty.org/687/Senior-Property-Homestead-Exemption

Seniors who have owned their home for 10+ years, and occupied it as their primary residence may be eligible for property tax relief.

**SNOW REMOVAL ASSISTANCE**

City of Gunnison Public Works
970-641-8020
https://www.gunnisonco.gov/

The City of Gunnison has a program for City residents by which its snow plowing crews may remove heavy snow berms at the end of driveways of homes of eligible elderly or disabled persons. Visit the website and click Depts > public works > snow and ice removal > snow removal applications.

**TRANSPORTATION**

See p. 35-37

**UTILITY BILLING**

Town of Crested Butte
See p. 26
HOSPICE & PALLIATIVE CARE
See Gunnison Valley Health p. 12

HOUSING
Assisted Living Center
Gunnison Valley Health
See p. 13

Gunnison River Condos
A small number of condos restricted for purchase by seniors on the west edge of the city.

Mountain View Apartments
Gunnison Valley Regional Housing Authority
See p. 24

Richardson Hall
A very limited number of condos for seniors in central Gunnison.

Senior Care Center
Gunnison Valley Health
See p.13

ISOLATION
Gunnison Valley Animal Welfare League
“Silver Whiskers” is a program by which GVAWL pairs an older, well-mannered animal, when they are available, with seniors on a low- or fixed income such as Social Security or Veterans Disability/Retirement Benefits. See p 20

ALZHEIMER’S
ALZHEIMER’S ASSOCIATION
970-714-2875 office
800-272-3900 hotline 24/7
wbandel@alz.org

Provides consulting with individuals, families and caregivers; offers educational resources and useful connections to support them. Also see “support groups” for a caregivers group.

CANCER SUPPORT
Living Journeys Cancer Support
300 Bellevue Avenue, Suite 3B, Crested Butte
970-349-2777
https://www.livingjourneys.org
info@livingjourneys.org

Assists patients diagnosed with cancer, their families and caregivers in many ways: transportation out-of-valley for treatments; access to therapists; financial support; access to interpreters. Offers grief support to anyone, as well as caregiver support via groups with a zoom option.
Tough Enough To Wear Pink
https://gunnisontetwp.com
director@tetwp.com

Offers a vehicle so that you can drive to medical appointments and treatments, financial assistance, support groups and other resources for people impacted by breast cancer.

CHILDREN & FAMILY MEDICINE

Exploration Kids Therapy
234 N. Main Street, Gunnison
970-641-2908
https://www.explorationtherapy.com

Speech and occupational therapy for youth. As of this writing, accepts Medicaid.

Gunnison Valley Family Physicians
https://gvfp.net/

As of this writing, accepts Medicaid and Child Health Plan+ (CHP+).

Crested Butte Office
214 6th Street, Suite 1, Crested Butte
970-349-6749

Gunnison Office
130 E. Virginia Avenue, Gunnison
970-641-0211

GVH Family Medicine
see p 12

GVH Pediatrics Crested Butte
see p 13

Gunnison Watershed School District
970-641-7770
sskolan@gunnisonschools.net

Sherilyn Skokan is the School District Nurse.

Gunnison County Senior Resources Office
Gunnison County Dept. of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://www.gunnisoncounty.org/153/Adult-Senior-Services

Provides assistance with Medicare, adult protective services, home and community based services, recreation, social events, options counseling, and community resources.

CONTINUING EDUCATION

Western Colorado University
Center for Learning & Innovation
See p. 41

A 50% discount on classes is offered to people 62 years and over.

ESTATE PLANNING

See p. 70

FOOD

Mom’s Meals and Senior Meals may be of special interest; and the Food Pantry caters to adults age 60+ on Thursday. See p 1-5

HANDYMAN

See p. 71

RSVP/ Handyman Services
Department of Health & Human Resources
970-641-3244

Handyman and other services offered by volunteers may be available for low-income, minority and isolated older adults.

HOME MEDICAL SERVICES

Gunnison Valley Health
See p. 12
RECREATION

Adaptive Sports Center
970-349-2296
https://www.adaptivesports.org/
Inclusive outdoor adventures and recreation programs for people with physical, emotional and cognitive challenges. Activities include mountain biking, skiing, rock climbing, paddle sports and more. $95/day; scholarships may be available.

Reactive Adaptations
719-429-7348
https://reactiveadaptations.com
A Crested Butte business that builds bikes for people with a disability. Does not offer discounts/

UTILITY BILLING
See p 26

SENIOR RESOURCES
(To report the abuse or neglect of an at-risk adult, call 970-641-3244)

Gunnison Senior Center
Gunnison Community Recreation Center
200 E. Spencer Avenue, Gunnison
970-641-8272
egillis@gunnisonco.gov
A good first stop to learn about resources. Offers many special recreation opportunities for seniors such as fitness classes for all levels, pickleball, outdoor adventures, water aerobics, swimming, Nordic skiing and more. This is a Silver Sneakers/Silver & Fit Facility.

The PIC Place
87 Merchant Drive, Montrose
970-252-8896
https://www.pic.place
info@picplace.org
Provides comprehensive medical, dental and behavioral/mental health care for all ages. Accepts all insurances including Medicaid and Medicare. Income-based discounts for those without insurance. New patients can typically get an appointment within 2 weeks. No application process necessary. Spanish speakers are welcome.

DENTAL

Crested Butte Dental
80 Glacier Street, Crested Butte South
970-349-5880
https://www.crestedbuttedentist.com
Offers a variety of payment plans that may help you; offers sales and special offers (see the website at the insurance link). Annually, offers a veterans-only free day.

MEDICAID MEMBERS ONLY

Health First Colorado Nurse Advice Line
800-283-3221 24/7
Both English and Spanish language assistance is available.

ORTHOPEDICS

VSON-Alpine Orthopaedics & Sports
970-641-6788
https://vsortho.com/gunnison
Crested Butte Office:
405 Elk Avenue, Crested Butte
Gunnison Office
112 Spencer Avenue, Gunnison
Accepts a limited number of Medicaid patients.
PRESCRIPTION DRUGS PROGRAMS
https://hcpf.colorado.gov/prescription-drug-discount-resources

Prescription drug providers may offer a discount program that reduces the cost of your prescriptions. Ask your local pharmacy if they offer such a program, how to qualify and how to apply. You can also learn more and search via the website above.

VISION/OPTOMETRIST

Abba Eye Care
420 N. Main Street, Gunnison
970-641-2020

Accepts Medicare as of this writing.

Family Vision Center
302 W. Tomichi Avenue, Gunnison
970-641-2422

Accepts Medicaid as of this writing. Conducts free infant vision screening for low-income families.

New Eyes
https://tchnetwork.org/new-eyes/

Program that purchases eyeglasses for qualifying low income children and adults. Apply on the website.

Western Colorado University
Student Health & Wellness Office
Western Colorado University Campus Center
970-943-2891
https://www.western.edu/student-life/health-wellness/

Can assist students with information and resources regarding substance abuse, mental health, stress and suicide prevention. Other useful resources and links are on the website.

PEOPLE WITH DISABILITIES

Many of the services listed in the “senior” section also serve people with disabilities.

Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://gunnisoncounty.org/882/Public-Assistance

Children with Disabilities is a family medical assistance program that will provide Medicaid benefits for children that are under age 19 and who have a qualifying disability. Eligible families will receive Medicaid benefits for their child with a disability by paying a monthly premium on a sliding scale based on their adjusted income. Working Adults with Disabilities is a medical assistance program that provides Medicaid benefits for working individuals with disabilities, ages 16 through 64. Eligible individuals receive Medicaid benefits by paying a monthly premium on a sliding scale based on their adjusted income.

Colorado Talking Book Library
See page 40

Six Points Evaluation & Training
1160 N. Main Street, Gunnison
970-641-3081
https://www.sixpointsgunnison.org/
busmgr@sixpointsgunnison.org

Serves people with intellectual disabilities via education, training, assistance, and support to them and their families.

Provides job training skills to people with any disability; see p. 33

May provide job training opportunities to students with a disability who attend Gunnison High School. See p. 33

TRANSPORTATION
See p 35-36
Gabor Mate about the root of addiction [https://youtu.be/66cYcSak6nE](https://youtu.be/66cYcSak6nE) - Ted Talk

**Al-Anon meetings**

Gunnison: [findrecovery.com/alanon_meetings/co/gunnison](https://findrecovery.com/alanon_meetings/co/gunnison)

Crested Butte: [findrecovery.com/alanon_meetings/co/crested-butte](https://findrecovery.com/alanon_meetings/co/crested-butte)

For latest information on schedule and locations, call 866-362-4427

**For those interested in Activism and Advocacy for the Recovery Community:**

[Recovery Advocacy Project (recoveryvoices.com)](https://recoveryvoices.com) – Activism on behalf of the recovery community

[Home - Communities Project (communitiesproject.org)](https://communitiesproject.org) – leadership training

[National Council on Alcoholism and Drug Dependence (ncadd.org)](https://ncadd.org)

[Faces and Voices in Recovery (facesandvoicesofrecovery.org)](https://facesandvoicesofrecovery.org)

Any edits or additions that need to be made? Please contact Kyle Tibbett at ktibbett@gunnisoncounty.org OR Mary Beth Kelley at marybethkelley.cb@gmail.com

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**MENTAL HEALTH NON-EMERGENCY**

(If you are experiencing an emergency, dial 9-1-1; Suicide and Crisis Lifeline: DIAL 988 or text TALK to 38255)

Also see the section on Recovery Resources starting on p. 51

**Axis Health System**

[https://www.axishealthsystem.org](https://www.axishealthsystem.org)

**Crested Butte Office**

318 Elk Ave, Suite 25, Crested Butte

970-252-3200

**Gunnison Office**

710 N. Taylor Street, Gunnison

970-252-3200

Provides a range of counseling services and may be able to assist people who are unable to afford a counselor.

**Gunnison Valley Health Behavioral Health**

970-648-7128

[https://www.gunnisonvalleyhealth.org](https://www.gunnisonvalleyhealth.org)

**Crested Butte Office** (starting summer 2023)

214 6th Street, Suite 4, Crested Butte

**Gunnison Office**

300 E. Denver Avenue, Gunnison

Clinicians help you create a personal plan to help and support you. Services include individual and family therapy; addiction services/medication treatments (make an appointment at 970-644-5303); and Peer Support Specialists who use their personal experiences to help you. A Spanish-speaking patient navigator is available (970-648-7740).

Peer Support Specialists use their personal recovery experiences as a means to help clients, helping them achieve their goals and finding other community resources.
School-Based Services: counselors provide free, school-based counseling services to students at Lake and Gunnison Elementary School and Crested Butte Middle and High Schools.

Jail-Based Services: provide voluntary, short-term behavioral health services to individuals incarcerated in Gunnison County’s jail.

Crested Butte State of Mind
405 3rd Street Suite F, Crested Butte
970-596-4698
https://www.cbstateofmind.org/
mfdougherty79@gmail.com

Provides information, referrals to counselors and financial help to people anywhere in Gunnison County who are unable to afford a counselor.

Front Range Clinic – Medications for Addiction
866-628-7828
https://www.frontrangemd.com/

- Crested Butte Office
  214 Sixth Street, Suite 4, Crested Butte

- Gunnison Office
  300 E Denver Avenue, Gunnison

Phone for an appointment for help on getting free of addiction. Takes Medicaid and can work with the uninsured as well.

Western Colorado University
Student Health & Wellness Office
Western Colorado University Campus Center
970-943-2891
https://www.western.edu/student-life/health-wellness/

Can assist students with information and resources regarding substance abuse, mental health, stress and suicide prevention. Other useful resources and links are on the website.

Youth Wellness
youthwellness@gunnisoncounty.org

Youth Wellness offers up to 4 free confidential sessions with a therapist for youth 6th grade and older. Schedule an appointment via the email the address above.

Can assist students with information and resources regarding substance abuse, mental health, stress and suicide prevention. Other useful resources and links are on the website.

Websites to support recovery:

- I Am Not Anonymous (iamnotananonymous.org)
- Stop the Silence. Speak the Truth. (stopthesilencespeakthetruth.wordpress.com)
- Shatterproof | Reversing the Addiction Crisis in the U.S. (shatterproof.org)
- To Write Love on Her Arms (twloha.com)
- My Strength (Mystrength.com)
- Mindful Life Program (https://www.mindfullifeprogram.org/mir/)

For people with Substance Use Disorder (SUD) and/or loved ones of people with SUD:

- I raised an addict – what could I have done differently? – Heroin. Stop the Silence. Speak the Truth. - blog
- To inhale. (caitlinharrisonblog.wordpress.com/2017/09/27/to-inhale) - blog
- Understanding Addiction - YouTube (the documentary film Gunnison ValleyRCORP funded in 2020)
- Pleasure Unwoven - YouTube – movie
- The Anonymous People - YouTube – documentary
- There’s an Addict in My Closet – book
- American Fix – book
- What Addicts Know – book
- Everything You Need To Know About Addiction | McLean Hospital - website
PREVENTION RESOURCES

BLOOD TESTING

Blood Draw
Gunnison Valley Health
970-641-1456
https://www.gunnisonvalleyhealth.org

Gunnison Valley Health conducts annual blood draws in both Crested Butte and Gunnison at low cost. Some vouchers may be available for people unable to pay; contact the GVH Marketing Department. In 2022 and 2023 the Blood Draws have been held in early summer. Information about dates and signing up will be on the hospital website.

BREAST CANCER SCREENING

Mammograms
Tough Enough to Wear Pink/Gunnison Valley Hospital
711 N. Taylor Street, Gunnison
970-641-1456

If you are lawfully present in Colorado and have no insurance coverage, Tough Enough To Wear Pink will pay 100% of your mammogram cost. Call the number above, ask to speak to the Radiology Dept., and tell them that the mammogram should be billed to TETWP. If you are a Spanish speaker mention that as well so that GVH can have an interpreter available.

CAR SEATS

Gunnison Police Department
970-641-8273

Low income people may qualify for a free car seat for kids. Call the number above and ask to speak with the Community Resource Officer.
GUN LOCKS & LOCK BOXES

Gunnison County Department of Juvenile Services
200 E. Virginia Avenue
970-642-7393

May be able to provide gun locks and lock boxes.

LONELINESS & ISOLATION

See “Information & Connection,” p. 27

Gunnison Valley Animal Welfare League
970-641-1173
https://gvawl.org
info@gvawl.org

“Silver Whiskers” is a program by which GVAWL helps people address isolation and loneliness. GVAWL pairs an older, well-mannered animal when they are available with a senior who is on a low- or fixed income such as Social Security or Veterans Disability/Retirement Benefits. GVAWL may also be able to assist with related costs such as food, litter, or veterinary visits. Call or email to get the application.

PRESCRIPTION DRUG DROP-OFF

Crested Butte
Marshall’s Office
5008 Maroon Avenue

Gunnison
Gunnison Police Department
910 Bidwell Avenue

RADON TEST KITS
Colorado State University-Extension
275 S. Spruce Street, Gunnison
970-641-1260

Kits are free. Call for more information.

Front Range Clinic Medication Assisted Treatment (MAT) Program
304 W. Tomichi St Suite 23 Gunnison, CO 81230
Mondays and Fridays 9AM-4PM

214 Sixth Street, Crested Butte, CO 81224
Every Monday, 1pm to 5pm

Call 970-644-5303 (Front Range Clinic - Grand Junction) and request an appointment for Gunnison County clinic. Accept insurance or sliding scale (doesn’t turn away anyone, regardless of financial situation!)

Teocalli Treatment Options, LLC - Heather C. Peterson, Licensed Addiction Counselor
www.TeocalliTreatmentOptions.com

Private Practice offering: Individual, Couples, Family, and Group Counseling; Psycho-education; Diagnostic Assessment and Court-ordered Substance Use Disorder Assessments; Consultation/Case Management; Supervision; and other services tailored to meet individual needs.

Healing Waves Neurofeedback
Anne Linville, 970.648.4511
gunnisonneuro@gmail.com
Wesley Dent, 970.648.4290
wesley.healingwavesneuro@gmail.com

Neurofeedback is a safe, effective, well-researched treatment for addictions, depression, anxiety, trauma, grief, and many other conditions. Neurofeedback calms the brain, reduces impulsivity, reduces rumination, and prevents addictions relapse by 75% in the first year if the patient is sober and engaged for continued sobriety.

CB State Of Mind
403 3rd Street, Suite F, Crested Butte
970-596-4698 or mfdougherty79@gmail.com
https://www.facebook.com/cbstateofmind

Provides information, referrals to counselors and financial help to people anywhere in Gunnison County who are unable to afford a counselor.
Narcotics Anonymous (12 step spiritual program)
Basement of Bethany Church in Gunnison. Contact info: Joshua Fish 970-209-1974 for current schedule and location
For meetings throughout Colorado: [https://nacolorado.org/](https://nacolorado.org/)

Alcoholics Anonymous (12 step spiritual program)

**AA Meetings in Crested Butte:** Union Congregational Church, 403 Maroon Ave
NEW: Speaker meeting every Friday at 7PM at Queen of All Saints Catholic Church (Parish Building)
NEW: Women’s meeting every Wednesday at 6:30PM at Queen of All Saints Catholic Church (Parish Building)

**AA Meetings in Gunnison:** Last Resort Club, 114 N. Wisconsin Ave.
Call 970-208-5225 or 866-641-9190 for latest info

Celebrate Recovery (12 step Christian program)
Gunnison: Bethany Church, 909 N Wisconsin St
[Celebrate Recovery of Gunnison | Facebook](https://www.facebook.com/CelebrateRecoveryGunnison)
Ed Johnson at evhoward@yahoo.com, 970-306-9670 (leave message)
Large Group meetings: 1st and 3rd Fridays, Step Studies (closed small group meetings): Tuesdays

Smart Recovery (secular program)
Gunnison, Every Tuesday at 6pm starting in February. Meetings held at 202 E. Georgia, Gunnison, CO 81230. Email ktib-bett@gunnisoncounty.org or call 970-641-3244 for more information. [https://www.smartrecovery.org/](https://www.smartrecovery.org/)

**Gunnison Valley recovery and relapse prevention network**
[https://www.facebook.com/GVRRP](https://www.facebook.com/GVRRP)

**SUICIDE PREVENTION TRAININGS**
Several types of trainings are offered during the year. For information about upcoming trainings contact Emily Mirza at Gunnison County Juvenile Services, emirza@gunnisoncounty.org; or consult the Axis Health System’s website, [www.axishealthsystem.org](http://www.axishealthsystem.org), or call Axis at 970-2452-3200.

**VACCINATIONS & IMMUNIZATIONS**

**Gunnison County Department of Health & Human Services**
220 N. Spruce Street, Gunnison
970-641-3244
[https://gunnisoncounty.org/149/Health-Human-Services](https://gunnisoncounty.org/149/Health-Human-Services)

Many immunizations and vaccinations, including TB and COVID, are available. Call for details.

**City Market Pharmacy**
880 N. Main Street, Gunnison
970-641-6379

Many immunizations and vaccinations, including TB and COVID, are available. Call for details.

**Wal Mart Pharmacy**
900 N. Main Street, Gunnison
970-641-1145

Many immunizations and vaccinations, including TB and COVID, are available. Call for details.

**HUMAN TRAFFICKING**

**Western Slope Against Trafficking**
[https://www.westernslopeagainsttrafficking.com/](https://www.westernslopeagainsttrafficking.com/)

Education, resources and discussion of concerns so that trafficking in Western Colorado may be reduced and ultimately eliminated. Contact via the website, above.
**WELL WATER TESTING**

City of Gunnison Water Treatment Facility
524 County Road 32, Gunnison
970-641-8042

The City of Gunnison can test the safety of well water for any Gunnison County resident for a modest fee. Take a sample to the Water Treatment Plant, address above.

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**SUPPORT GROUPS**

Almost certainly this list is not complete. New groups come into existence as they are needed, and other groups end. This is current as of April, 2023, as best we know. If there’s a topic you don’t see below, try seeing if such a group exists via a Facebook search.

**Caregiver Support**
- Living Journeys Cancer Support, 970-349-2777
- Alzheimer’s & Dementia Caregivers: taktser8@gmail.com; 970-596-5667; meets the first Wednesday of the month

**Domestic Violence/Sexual Assault**
- Project Hope, 970-641-2712; English and Spanish.

**Family**
- Dads Support, Lighthouse Pregnancy Center, 970-596-1706
- Mothers of Preschoolers (MOPS) for moms of kids through preschool age and MOMSnext for mothers of kids grades 1-12, 970-648-4086. Spanish speakers welcome.
- Mountain Mamas Café for new mothers, addresses issues including breastfeeding to post-partum depression, 970-648-7071
- Post-abortion Support, Lighthouse Pregnancy Center, 970-596-1706
- Pregnancy Loss, Lighthouse Pregnancy Center, 970-596-1706
- Pregnant Moms, Lighthouse Pregnancy Center, 970-596-1706

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**HEALTH & SAFETY**

(If you are experiencing an emergency, dial 9-1-1)

**Law Enforcement**
See p 34

**Domestic Violence**

Project Hope
24 hour emergency help: 970-275-1193
970-641-2712
https://www.hope4gv.org/
info@hope4gv.org

Has a Spanish speaking staff that can assist with temporary housing and other support if you or a family member is a victim of violence at home. Also see p 10, 25

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**PEOPLE IN RECOVERY**

*This section of the Basic Needs Resource Guide was researched and prepared by the GRASP Consortium of the Gunnison County Health Coalition*

**Recovery Resource List**

Mobile Crisis Services 24/7/365: 1-844-493-TALK (8255) or text TALK to 38255

The Gunnison Valley Health Mobile Crisis Program is free. A trained mental health clinician from Gunnison Valley Health can respond to crisis calls in Gunnison and Hinsdale counties 24/7/365.

Not sure if you need help, and want somebody to talk to?

Visit https://www.centermh.org/self-screening/ for a free, anonymous screening.
The Hispanic Affairs Project, based in Montrose, serves Gunnison County. It provides legal representation with immigration applications, and helps immigrants to navigate the complex immigration system.

**IMMIGRATION ASSISTANCE**

**Hispanic Affairs Project Immigration Legal Assistance Program**
970-209-1807
marketa@hapjg.org

**INTERNATIONAL MONEY TRANSFERS/ WESTERN UNION**

D'Luna Mexican Store
1140 N. Main Street, Gunnison

Safeway
112 S. Spruce Street, Gunnison

City Market
880 N. Main Street, Gunnison

Wal-Mart
900 N. Main Street, Gunnison

**LEGAL ASSISTANCE**

See p 34-35

Assistance is available in Spanish.

**SKIING**

Crested Butte Nordic

Crested Butte Nordic offers winter Nordic skiing lessons and experiences in Spanish. Learn more through Marketa at the Hispanic Affairs Project, marketa@hapjg.org.

**Grief**
- Gunnison Valley Health/Hospice, 970-641-4254
- Living Journeys Cancer Support, 970-349-2777
- Mt. Calvary Lutheran Church, 970-641-1860

**Illness**
- Eating Disorder Recovery Support, edrecoverygunni@gmail.com
- Family members affected by cancer, Living Journeys Cancer Support, 970-349-2777
- Women with breast cancer, Tough Enough to Wear Pink, tetwdirector@gmail.com

**LGBTQIA+**
- Crested Butte Gay Coffee meets regularly. See Facebook page.
- Gunnison Valley Queer Women group meets monthly. gunisonvalleyqueerwomen@gmail.com.
- Spectrum at Western Colorado University. Facebook page, email wcuspectrum@gmail.com, or consult the list of clubs at www.western.edu

**Mental Health**
- Axis Health Systems offers support groups as the needs arise. Contact Axis at 970-252-3200.

**Substance & Recovery**
- An entire section of this Guide is devoted to support groups, such as AA or Narcotics Anonymous and a host of other resources for people in recovery. See p 51.

**Online**

An online group may help if nothing is available locally to meet your needs. At this site you will find 14+ groups, ranging from Military Moms to parents of LGBTQ; Youth to Apoyo Perinatal (in Spanish): https://www.postpartum.net
SEEKING HOUSING

You can do an internet search for real estate agents, such as Gunnnison Real Estate & Rentals, Apogee Real Estate & Rentals or Berkshire Hathaway/Today Realty & Associates who may be able to direct you to housing or housing resources. Because the housing shortage is dire, you may need to get creative in your search. Here we list resources available as of this writing, but we suggest you constantly check Facebook and other online sites as agencies, organizations and individuals step forward to help.

Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://gunnisoncounty.org/882/Public-Assistance

DHHS may be able to assist low-income individuals and families with rent assistance, emergency motel vouchers, etc.

Low Income Energy Assistance Program (LEAP): helps lawfully present Gunnison County residents living at or below 60% of the state median income level with some of their energy bill. Applications available at Health & Human Services.

Energy Outreach Colorado (EOC): assists people with their heating bills, taking into account income, number of people in the home, and heating bill.

Gunnison Valley Regional Housing Authority
970-641-7900
http://gvrha.org
housing@gvrha.org

Rentals, Ownership: GVRHA is the property manager for several income or workforce-restricted rentals. Visit “rentals” on their website. Also posted at “ownership opportunities” are available restricted ownership opportunities.

Energy cost reduction: The GV-HEAT program helps households reduce energy costs and make homes more comfortable, livable, affordable and safe. GV-HEAT provides home energy assessments and improvements at free or reduced cost to qualifying households.

FOOD

Complete list of food resources on p.1-5. The Food Pantry has Spanish and Cora speakers available on Wednesdays.

D’Luna Mexican Store
1140 N. Main Street, Gunnison
970-707-4304

Food, desserts, ice cream, treats, information, money transfers.

HEALTH

Bilingual Patient Navigator
Gunnison Valley Health
711 N. Taylor Street, Gunnison
970-648-7740
csaenz@gvh-colorado.org

If you come to the hospital or its Behavioral Health Program and need a Spanish or Cora speaking community member to help with interpretation, Cinthia Saenz can help you.

Lighthouse Pregnancy Center
144 N. Main Street #D, Gunnison
970-596-1706

Monday-Thursday, 12:00 pm-6:00 pm by appointment. Call to confirm that they offer support groups and workshops in Spanish.

Multicultural Resource Center
Gunnison County Department of Health & Human Services
See p 46

Support Groups

Many of the support groups welcome Spanish speakers; as of this writing, for example, Mothers of Preschoolers (MOPS) does, as do the groups set up via Gunnison Valley Health. See p 22-23 to see if a group you want to participate in can have a Spanish speaker to assist you, or a Spanish conversation table.
Connect with other Western Colorado University students from your cultural background. The Multicultural Resource Center sponsors Amigos, Asian Pacific Islanders Club, Black Student Alliance, Native American Student Council, Polynesian Chant and Dance Club.

Youth

Juntos 4-H
970-641-1260
https://4-h.org/programs/juntos-4-h/

Learn how to support your child’s education and career goals. This website is for the national program, being modified for use in Gunnison County.

Youth/League of United Latin American Citizens (LULAC)
Gunnison High School
kdrendel@gunnisonschools.net

High school chapter of this national organization. Contact Krista Drendel, email above, for more information.

Elena Pedersen Scholarship
Community Foundation of the Gunnison Valley
525 N. Main Street, Gunnison
970-641-8837

This is a yearly scholarship of up to $5,000 for graduating seniors in the Gunnison Watershed School District who are immigrants, children of immigrants or the first in their family to pursue post-secondary education.

Gunnison Marketplace
Facebook page
There are frequent posts on rentals that may be available.

Gunnison Valley Housing Hub
Facebook Page
Locals may find opportunities to lease, sublet, find roommates, buy and sell housing.

Gunnison Valley Humanity Posse
505-235-5557
Facebook Group
cooltempsCO@gmail.com

“People helping people.” If you have an emergency need, you can post it there.

Habitat for Humanity
970-641-1245
https://hfh-gunnisonvalley.org

Offers home ownership opportunities for a limited number of people who are willing to work to help build and buy their own home.

Hispanic Affairs Project/Inmigrantes Unidos de Gunnison
970-209-1807
marketa@hapgj.org

HAP may be able to assist immigrants with rent and utility payments.

Project Hope
24 hour crisis line: 970-275-1193
970-641-2712
https://www.hope4gv.org/
info@hope4gv.org

Assists victims of domestic violence, sexual assault and human trafficking with emergency shelter, transitional housing, rent and utility payments.
Valley Housing Fund
https://vhfund.org
970-901-9032

Works to support affordable and accessible housing opportunities.

COUNSELING

Housing Resources of Western Colorado
524 30 Road #3, Grand Junction
970-773-9188
https://www.hrwco.org/
cbrown@hrwco.org

Offers counseling on leases, credit scores, budgeting, homebuyer education, foreclosure prevention, and reverse mortgages.

UTILITIES & ENERGY EFFICIENCY

Gunnison County Department of Health & Human Services
See p. 24

Gunnison Valley Regional Housing Authority
See p 24
info@gvrha.org

Town of Crested Butte
970-349-5338
Google: Crested Butte senior discount utilities

The Town offers a discount on water-sewer costs for long term Crested Butte residents who qualify by reason of income or disability. Apply online via the application above.

St. Peter’s Catholic Church
Office: 400 W. Georgia Ave, Gunnison
Church: 300 N. Wisconsin Street, Gunnison
Father Andres Ayala-Santiago
970-641-0808

Spanish mass Sunday at 12:00 pm and Thursday at 6:00 pm; Bilingual mass first Sunday 11:00 am

EDUCATION

Adults

Center for Adult & Family Education (CAFE)
Gunnison County Library
1 Quartz Street, Gunnison
970-641-3485
https://www.gunnisoncountylibraries.org/cafe/
megan@gunnisoncountylibraries.org

English, GED Program, Driver's License classes in Spanish, and more. One-on-one tutoring available. Childcare is usually provided. All programs are free.

Monthly Intercambio conversation groups to practice your English with native speakers, or practice your Spanish with native speakers. Monthly bilingual book group for people of all language levels on the first Thursday of the month at 5:00 at the Gunnison Library.

Western Colorado University

Admissions
1 Western Way, Gunnison
970-901-8757
aalejandro@western.edu

Western is committed to providing a safe and accessible learning environment for all students regardless of immigration status. Undocumented students are encouraged to apply.
Spanish by appointment outside of his office hours. Feel free to reach out if you need help locating or connecting to businesses, contacting services, or navigating other resources that you may need in Gunnison.

**Multicultural Resources Services**
Gunnison County Dept. of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://www.gunnisoncounty.org/889/Multicultural-Services
Yazmin Molina, ymolina@gunnisoncounty.org, 970-641-7999
Mayte Burton, mburton@gunnisoncounty.org, 970-641-7694
Rosa Hernandez Ros, rhernandezros@gunnisoncounty.org, 970-641-7995

This office has three Spanish-speaking staff and helps immigrants better access local health and human services, and other resources.

**CHURCHES – SPANISH LANGUAGE**

*Church of Jesus Christ of Latter Day Saints*
810 N. 11th Street, Gunnison
Branch President Jose Alarcon
970-209-7905

Worship service Sunday 10:00 am, lectures and classes 11:00 am.

*Iglesia Christiana Pentecostes*
Pastors Juan Alvare and Delfin Ayala
302 W. Tomichi Avenue Ste B, Gunnison
719-298-833. 970-275-4082

Service Saturday at 6:00 pm

*Iglesia Emanuel*
405 W. Tomichi Avenue, Unit 2, Gunnison
Pastors Eduardo Sanchez and Alm Sanchez
970-376-6191. 970-497-6199

Worship service Sunday 12:00 pm, Monday 7:00 pm; Bible study Wednesday.

*Iglesia Christiana Rios de Agua Viva Church*
37762 W. US Highway 50, Gunnison
Pastor Pedro Vitinio
970-209-3372

Family service Sunday 6:00 pm; Tuesday, Thursday 7:00 pm Bible study, worship

Here we list some good general places to start seeking connections— if there is a “point person” for a particular group such as seniors, immigrants or veterans, we include them. We don't have the space to include such as political parties, lodges, book clubs, the League of Women Voters, and many more and you should be able to find these via an internet search or at the Libraries. We are sure that this is not an exhaustive list. Please email specialprojec1@cfgv.org to help us keep it updated.

**VISITORS CENTERS**

*Crested Butte Visitors Center*
601 Elk Avenue, Crested Butte
970-349-6438
https://cbchamber.com
cbinfo@cbchamber.com

Open daily 9:00 am-5:00 pm

*Gunnison Visitors Center*
500 E. Tomichi Avenue, Gunnison
970-641-1501
https://www.gunnisonchamber.com/
chamber@gunnison.com

Open 9:00 am-5:00 pm Monday through Friday year round; on weekends June-October 10:00 am-3:00 pm.

*Mt. Crested Butte Visitors Center*
Transit Center, Mountaineer Square
970-349-6438
https://cbchamber.com
cbinfo@cbchamber.com

Open daily 9:00 am-5:00 pm when the lifts are running in winter and summer
COMMUNITY CALENDAR

Gunnison Valley Community Calendar
https://gunnisonvalleycalendar.org

A comprehensive online calendar of events administered by KBUT Community Radio.

CONGREGATIONS & FAITH COMMUNITIES

There may be student faith groups at Western Colorado University that are not listed here. Contact 970-943-2176.

All Saints in the Mountains
Episcopal Church
403 Maroon Avenue, Crested Butte
985-312-8112

Assembly of God/ The Rising Church
92 County Road 17, Gunnison
970-889-1029

Bethany Baptist Church
909 N. Wisconsin Street, Gunnison
970-641-2144

Blue Mesa Baptist Church
1468 County Road 17, Gunnison
970-640-8494

Christian Challenge
Western Colorado University
970-943-2469

Church of Christ
600 E. Virginia Avenue, Gunnison
970-641-1588

Church of Jesus Christ of Latter Day Saints
810 N. 11th Street, Gunnison
970-641-4640
Spanish congregation: 970-209-7905

Church of the Good Samaritan
Episcopal Church
307 W. Virginia Avenue, Gunnison
970-641-0429

Part 2: Specialized Resources

IMMIGRANTS & NEWCOMERS

Most of the groups listed in this section have Spanish-speaking staff. Elsewhere in this Guide you may notice that programs or support groups in Spanish can be added if there is demand – Mountain Roots Food Project/Cooking Matters, and MOPS mothers groups are examples. Others, like the RTA, have Spanish translation on their website.

NAVIGATING THE COMMUNITY

Hispanic Affairs Project/Inmigrantes Unidos de Gunnison
970-209-1807
marketa@hapgj.org

Inmigrantes Unidos is a program of the Hispanic Affairs Project. They have an active Facebook page found at Inmigrantes Unidos de Gunnison. Meets at 6:30 pm the first Friday of every month at Iglesia Emanuel, 405 W. Tomichi Avenue, Gunnison.

HAP may also be able to offer limited assistance with housing costs.

Community Outreach Liaison/Interpreter & Translator
City Clerk’s Department
201 W. Virginia Avenue, Gunnison
970-901-7628
resqueda@gunnisonco.gov

Office Hours: Mondays 5:30 pm-7:30 pm by appointment.

Ricardo Esqueda can provide Translation and Interpretation services in
NORDIC SKI TRAILS

Crested Butte Nordic
https://cbnordic.org
(970) 349-1707

See the website for the network of Nordic trails in the Crested Butte area. Crested Butte Nordic also works with Inmigrantes Unidos for free Nordic ski lessons and experiences for immigrants; contact marketa@hapgj.org for more information, or visit https://cbnordic.org/en-espanol/

Gunnison Nordic
https://gunnisonnordic.com

The club grooms miles of free trails in several locations near Gunnison; consult the website for maps.

USED SPORTING GOODS EQUIPMENT

All Sports Replay
200 W Tomichi Ave Gunnison
970- 641-1893
staff@asrgunnison.com

Store Hours: Tues-Sat 9:00 am-6:00 pm, Sunday 12:00 pm-6:00 pm
You may be able to find used sports equipment here.

Community Church of Gunnison
107 N. Iowa Street, Gunnison
970-641-0925

Congregation B’nai Butte
http://www.bnaibutte.org
bnaibutte@gmail.com

Crested Butte UCC Congregational Church
403 Maroon Avenue, Crested Butte
970-209-9306

First Baptist Church
120 N. Pine Street, Gunnison
970-641-2240

Gunnison UCC Congregational Church
317 N. Main Street, Gunnison
970-641-3203

Iglesia Christiana Rios de Agua Viva
37762 W. US Highway 50, Gunnison
970-209-3372

Iglesia Christiana Pentecostes
302 W. Tomichi Avenue, Gunnison
719-298-8331 or 970-275-4082

Iglesia Emanuel
405 W. Tomichi Avenue, Gunnison
970-376-6191

Jehovah’s Witnesses
655 County Road 13, Gunnison
970-680-9488

Legacy Family Ministries
970-596-1706
Mt. Calvary Lutheran Church
711 N. Main Street, Gunnison
970-641-1860

New Song Christian Fellowship
77 Ute Lane, Gunnison
970-641-5034
If you live here you know there are a host of recreation opportunities here. Many entities that serve youth also offer programs for adults; see the Youth section starting on p 65. But here are a few places to start:

**PARKS & RECREATION**

**Crested Butte Parks & Recreation**
507 Maroon Avenue, Crested Butte
970-349-5338
[https://www.crestedbutte-co.gov/park-rec](https://www.crestedbutte-co.gov/park-rec)
recreation@crestedbutte-co.gov

Scholarships are available for many of the activities and the application can be accessed on the website via the description for each program.

**Gunnison Parks & Recreation**
200 E. Spencer Avenue, Gunnison
970-641-8060

Gunnison Parks & Recreation offers a wide range of recreation activities. There are scholarships available up to $400/participant/year for youth to the age of 18. Scholarships are provided via the Dept. of Health & Human Services, 220 N. Spruce Street, Gunnison.

Basketball courts at Legion and Meadows Parks.

**FIELDHOUSE ACCESS**

**Fieldhouse, Western Colorado University**

There is a drop-in fee if you want to use fieldhouse facilities. Visit the website for more information.
Lectures, Programs and Events

Gunnison County is rich in programs and events that are often free to the public. Good places to start are the newspapers (see p 32), the Community Connections Calendar online (see p 28), Western Colorado University’s Center for Learning & Innovation (formerly Extended Studies (p 41). At https://cfgv.fcsuite.com/erp/donate/list/directory you’ll find the list of nonprofits and there’s no lack of things to attend!

Western Colorado University
1 Western Way
Gunnison
www.western.edu

Western is a small public university with an enrollment of about 3,000. Has many scholarships.

EDUCATION -YOUTH

Gunnison Valley Mentors
101 N. 8th Street, Gunnison
970-641-5513
https://www.gunnisonmentors.com/

In- and out-of-school support and mentoring they offer in-school mentoring. Call or visit for more information.

Gunnison Watershed School District
800 N. Boulevard Street, Gunnison
970-641-7770
https://www.gunnisonschools.net/

Includes “Pathways” programs which may enable youth to study in nontraditional ways, such as concurrent enrollment, online classes, and career-oriented classes.

LEAD Homeschool Enrichment
970-390-1500
leaddirector.lfm@gmail.com

LEAD is a two-day-a-week drop-off program developed to enrich the educational journey, unique giftedness, and spiritual development of each and every child (ages 4-12). Meets on Tuesdays and Thursdays from 8:45am-3:15pm from the end of August through mid-May.

Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://gunnisoncounty.org/149/Health-Human-Services

DHHS provides information to low-income and vulnerable populations on health, housing, food assistance options and much more. They may be able to identify medical professionals who take Medicaid.

Gunnison County Libraries
https://www.gunnisoncountylibraries.org/

Open 9:00 am-6:00 pm Monday-Friday; 10:00 am-4:00 pm Saturday; 1:00 pm-5:00 pm Sunday

Crested Butte Library
504 Maroon Avenue, Crested Butte
970-349-6535

Gunnison Library
1 Quartz Street, Gunnison
970-641-3485

Gunnison Senior Center
200 Spencer Avenue
970-641-8272

A great way to connect with others, and engage in a host of activities.

Gunnison Valley Humanity Posse
See p. 8

Gunnison County Veterans Services Officer
713-823-5828
sotero@gunnisoncounty.org

Steve Otero, Veterans Services Officer can help you navigate Medicare, social security services, various health options, and community resources.
Gunnison Valley Women’s Network
https://www.gunnisonvalleywn.com

Networking Nights are the last Wednesday of the month, 5:30-7:30 pm. Watch the website for locations and to rsvp. Also offers many events such as a spring clothing swap and women’s evenings out.

Hispanic Affairs Project/Inmigrantes Unidos de Gunnison
Facebook Page
970-209-1807
marketa@hapgj.org

They have a Facebook page and requests for information may be posted there; or send an email to Marketa Zubkova.

NEWSPAPERS

Crested Butte News
https://crestedbuttenews.com/

Local newspaper available every Thursday; an excellent place to be oriented to Crested Butte events. You can access their help wanted section online as well.

Gunnison Country Shopper
https://www.gunnisonshopper.com/

This free weekly newspaper is found in scores of places countywide and online, and includes short- and long-term job opportunities as well as housing and items for sale.

Gunnison Country Times
https://www.gunnisontimes.com/

Local newspaper available every Thursday; an excellent place to be oriented to Gunnison events. You can access their “help wanted” section online as well.

EDUCATION - ADULT

Adult Degree Completion Program
Western Colorado University
tschliesman@western.edu

If you were enrolled in college, but weren’t able to complete your degree, this may be the way for you to do so. Scholarships are available.

Center for Adult & Family Education (CAFE)
Gunnison County Libraries
1 Quartz Street, Gunnison
https://www.gunnisoncountylibraries.org/cafe/
megan@gunnisoncountylibraries.org

English, GED Program, Driver’s License classes in Spanish, and more. One-on-one tutoring available. Childcare is usually provided. All programs are free.

Colorado State University Extension
https://gunnison.extension.colostate.edu/
Fred Field Center at the Fairgrounds,
275 S. Spruce Street, Gunnison
970-641-1260

Offers a variety of classes and written materials on finance, food and food safety, nutrition, family issues, and more. Scholarships may be available.

Continuing Education (“Extended Studies”)
Western Colorado University Center for Learning & Innovation
970-943-2889
https://www.western.edu/es
sjansen@western.edu

The Center for Learning & Innovation offers a wealth of programs, typically in the evening, ranging from introductory Spanish to cold-climate gardening. A 50% discount on classes is offered to people 62 years and over.
Crested Butte Library
504 Maroon Avenue, Crested Butte
970-349-6535

Gunnison Library
1 Quartz St, Gunnison
970-641-3485

BOOKS

Colorado Talking Book Library
1-800-685-2136
www.mycctbl.org

Free audio, Braille and large print books for youth. Call or consult website to sign up.

Dolly Parton’s Imagination Library
Community Foundation of the Gunnison Valley
525 N. Main Street, Gunnison
970-641-8837
https://cfgv.org/special-projects/imagination-library/
info@cfgv.org

Any child can receive a free book every month from birth to their 5th birthday. Call CFGV, or pick up a form at the CFGV office, the hospital, many doctors' and dentists' offices, or the County Department of Health & Human Services (220 N. Spruce Street) – forms available in English and Spanish. Or apply online (English only) via the website.

Little Free Libraries
Free books for kids and adults. There are several around the community and may look like this:

Rockin’ Reading Route Book Bus
970-319-8631
Merita1227@gmail.com

Makes regularly scheduled stops around the region during the summer months. Free books for everyone, and healthy snacks too! Call for exact locations and times.

JOBS

Colorado Workforce Center
109 E. Georgia Avenue, Gunnison
https://connectingcolorado.com
970-641-0031
gunnison@state.co.us

Go to the website and click on “Quick Job Search.” You enter your zip code and can see the posted jobs available. You can learn about training opportunities. And you can post your resume here as well.

Newspapers
See p 32

Gunnison Valley Humanity Posse
See p. 8

“People helping people;” if you are seeking work you can post your request here.

Six Points Evaluation and Training
1160 N. Main Street, Gunnison
970-641-3081
https://sixpointsgunnison.org/
seprov@sixpointsgunnison.org

As a vendor for the Colorado Division of Vocational Rehabilitation, Six Points can provide employment services such as career assessments, job seeking skills, application assistance, work adjustment, etc., to any Colorado resident 15 or older with a qualifying disability. While Six Points’ primary mission is to serve people with developmental disabilities, this program serves anyone with any disability. Call to learn more.

Six Points may also offer job skills training for Gunnison High School students with a disability. Email the address above.
LAW ENFORCEMENT
(For emergencies, dial 9-1-1)

Gunnison County Dispatch
Non-emergencies: 970-641-8200 ext. 1

Gunnison County Sheriff’s Office
510 W. Bidwell Avenue, Gunnison
Non-emergencies: 970-641-1113

Crested Butte Marshall’s Office
508 Maroon Avenue, Crested Butte
Non-emergencies: 970-349-5231

Gunnison Police Department
910 W. Bidwell Avenue, Gunnison
Non-emergencies: 970-641-8200

Mt. Crested Butte Police Department
911 Gothic Road, Mt. Crested Butte
Non-emergencies: 970-349-6516

Note: If you are booked, information on Bail Bond providers will be provided to you. If you are jailed, Gunnison Valley Health can provide a variety of mental health and substance management services to you.

LEGAL CLINICS
Colorado Legal Services
https://www.coloradolegalservices.org/

First Thursday of each month from 4:30 pm-6:00 pm; call 800-521-6968. Third Wednesday of each month from 5:00 pm-7:30 pm; call 844-404-7400

Colorado Legal Services offers low-income people and seniors two chances to talk to a lawyer for free. This is a telephone service providing legal advice in both English and Spanish. Topics can be family law, landlord-tenant law, and more. Call during these hours to talk with an attorney.

You can also become a client and speak to an attorney outside at these clinics via an online application, or call 800-521-6968.
EARLY CHILDHOOD

Gunnison-Hinsdale Early Childhood Council
970-641-3244
lathey@gunnisoncounty.org
https://www.gunnisoncounty.org/897/Gunnison-Hinsdale-Early-Childhood-Council

Some financial assistance may be available for childcare/preschool for young children. Or contact the Early Childhood Council, above, for more information about State of Colorado recent universal preschool legislation.

The Gunnison-Hinsdale Early Childhood Council, based in the Gunnison County Department of Health & Human Services, offers information, training and resources to assist early childhood development, as well as support for families with young children.

Preschools

Tuition assistance may be available at the schools listed below. A directory including licensed home care providers is at www.gunnisoncounty.org/documentcenter/view/12126; or email lathey@gunnisoncounty.org since the posted list could change.

Crested Butte

Little Red Schoolhouse
49 Gillaspey Avenue
(Crested Butte South)
970-349-0996
https://crestedbuttepreschool.com/
lilredschoolhouse1@gmail.com

Paradise Place Preschool
404 Maroon Avenue
970-349-2149
https://paradiseplacepreschool.com/
paradiseplacepreschool@gmail.com

TRANSPORTATION

OUT OF THE COUNTY

Bustang
970-641-1111
https://www.ridebustang.com/

Daily public bus service to and from Crested Butte and Gunnison to Denver Union Station, connecting in Salida for Alamosa and Pueblo. Departs from the 4-Way Stop in Crested Butte at 5:15 am and from the EconoLodge in Gunnison around 6 am, stopping at Monarch Mountain in the winter. The bus returns to Gunnison around 6:40 pm and to Crested Butte around 7:30 pm. Cost from Crested Butte and Gunnison to Denver is $45 and $40 respectively; (Half price for seniors and people with disabilities). Use the mobile app or pay exact cash on the bus. See website for the scheduled stops and times.

KIBUT Ride Line
https://www.kbutradio.org/ride-line/

Complete a form if you need a ride or can give a ride in or out of the county. Rides are announced on the radio at 9:40 am on weekdays,10:40 am on weekends.
MEDICAL APPOINTMENTS & TREATMENTS

Medride
719-545-3333
https://www.medridecolorado.com

Provides non-emergency transportation to out-of-town medical appointments and services for people on Medicaid with no other options. Requires 24-48 hours advance notice. When you call, have your Medicaid number and appointment information available.

Sunshine Rides
970-777-7777
https://www.sunshinerides.com

Provides rides to medical appointments. Takes Medicaid as well as private pay clients (private pay @ $2.50/mile over 100 miles). Requires advance notice; text or email photo ID and payment information when you make your reservation. If you are a Medicaid client, you must also fax a letter from your medical provider confirming your appointment information.

WITHIN THE COUNTY

Gunnison Valley RTA
http://www.gunnisonvalleyrta.com/

Free bus service between Gunnison and Mt. Crested Butte. Stops in Almont, CB South, Town of Crested Butte and Mt. Crested Butte Transit Center. Go online for the schedule and bus stop locations or download the free app.

Late Night Taxi—Crested Butte Area
Operated by Alpine Express
970-209-0509

10:00 pm-2:30 am; Rides are $5 in Crested Butte/Mt. Crested Butte, $7 to Crested Butte South.

Mountain Express
970-349-5616
http://www.mtnexp.org/

Free bus service between Mt. Crested Butte, Crested Butte and CB Butte South. Go online to find the schedule.

Safe Ride Gunnison
970-209-7433

Wednesday, Friday and Saturday nights, 8:00 pm-2:00 am

SafeRide provides free, no questions asked rides in the greater Gunnison area on these nights. You can get a free ride whether you’ve had too much to drink or just need to get around town.

Senior Free Bus Service

Crested Butte Senior Bus
970-275-4768

To schedule a ride, call weekdays at least 7 days before you need the ride.

Gunnison Senior Bus
970-596-6700

9:00 am-4:00 pm daily. To schedule a ride, call the number above.
**MEDICAL APPOINTMENTS & TREATMENTS**

**Medride**  
719-545-3333  
[https://www.medridecolorado.com](https://www.medridecolorado.com)

Provides non-emergency transportation to out-of-town medical appointments and services for people on Medicaid with no other options. Requires 24-48 hours advance notice. When you call, have your Medicaid number and appointment information available.

**Sunshine Rides**  
970-777-7777  
[https://www.sunshinerides.com](https://www.sunshinerides.com)

Provides rides to medical appointments. Takes Medicaid as well as private pay clients (private pay @ $2.50/mile over 100 miles). Requires advance notice; text or email photo ID and payment information when you make your reservation. If you are a Medicaid client, you must also fax a letter from your medical provider confirming your appointment information.

**WITHIN THE COUNTY**

**Gunnison Valley RTA**  

Free bus service between Gunnison and Mt. Crested Butte. Stops in Almont, CB South, Town of Crested Butte and Mt. Crested Butte Transit Center. Go online for the schedule and bus stop locations or download the free app.

**Late Night Taxi—Crested Butte Area**  
Operated by Alpine Express  
970-209-0509

10:00 pm-2:30 am; Rides are $5 in Crested Butte/Mt. Crested Butte, $7 to Crested Butte South.

**Mountain Express**  
970-349-5616  

Free bus service between Mt. Crested Butte, Crested Butte and CB Butte South. Go online to find the schedule.

**Safe Ride Gunnison**  
970-209-7433

Wednesday, Friday and Saturday nights, 8:00 pm-2:00 am

SafeRide provides free, no questions asked rides in the greater Gunnison area on these nights. You can get a free ride whether you’ve had too much to drink or just need to get around town.

**Senior Free Bus Service**

**Crested Butte Senior Bus**  
970-275-4768

To schedule a ride, call weekdays at least 7 days before you need the ride.

**Gunnison Senior Bus**  
970-596-6700

9:00 am-4:00 pm daily. To schedule a ride, call the number above.
Some financial assistance may be available for childcare/preschool for young children. Or contact the Early Childhood Council, above, for more information about State of Colorado recent universal preschool legislation.

The Gunnison-Hinsdale Early Childhood Council, based in the Gunnison County Department of Health & Human Services, offers information, training and resources to assist early childhood development, as well as support for families with young children.

**Preschools**

Tuition assistance may be available at the schools listed below. A directory including licensed home care providers is at www.gunnisoncounty.org/documentcenter/view/12126; or email lathey@gunnisoncounty.org since the posted list could change.

**Crested Butte**

**Little Red Schoolhouse**
49 Gillaspey Avenue  
(Crested Butte South)  
970-349-0996  
https://crestedbuttepreschool.com/  
lilredschoolhouse1@gmail.com

**Paradise Place Preschool**
404 Maroon Avenue  
970-349-2149  
https://paradiseplacepreschool.com/  
paradiseplacepreschool@gmail.com

**Pro Se Free Legal Help Clinic**

In partnership with the Gunnison County Libraries  
Gunnison Library: 970-641-3485  
Crested Butte Library: 970-349-6535

Second Wednesday of each month by phone, 2:00 pm-5:00 pm

Call either the Gunnison or the Crested Butte library to make an appointment. The attorney will call you at the appointed time. May be held via zoom.

**TRANSPORTATION**

**OUT OF THE COUNTY**

**Bustang**
970-641-1111  
https://www.ridebustang.com/

Daily public bus service to and from Crested Butte and Gunnison to Denver Union Station, connecting in Salida for Alamosa and Pueblo, Departs from the 4-Way Stop in Crested Bute at 5:15 am and from the EconoLodge in Gunnison around 6 am, stopping at Monarch Mountain in the winter. The bus returns to Gunnison around 6:40 pm and to Crested Butte around 7:30 pm. Cost from Crested Butte and Gunnison to Denver is $45 and $40 respectively; (Half price for seniors and people with disabilities). Use the mobile app or pay exact cash on the bus. See website for the scheduled stops and times.

**KBUT Ride Line**
https://www.kbutradio.org/ride-line/

Complete a form if you need a ride or can give a ride in or out of the county. Rides are announced on the radio at 9:40 am on weekdays, 10:40 am on weekends.
LAW ENFORCEMENT
(For emergencies, dial 9-1-1)

Gunnison County Dispatch
Non-emergencies: 970-641-8200 ext. 1

Gunnison County Sheriff’s Office
510 W. Bidwell Avenue, Gunnison
Non-emergencies: 970-641-1113

Crested Butte Marshall’s Office
508 Maroon Avenue, Crested Butte
Non-emergencies: 970-349-5231

Gunnison Police Department
910 W. Bidwell Avenue, Gunnison
Non-emergencies: 970-641-8200

Mt. Crested Butte Police Department
911 Gothic Road, Mt. Crested Butte
Non-emergencies: 970-349-6516

Note: If you are booked, information on Bail Bond providers will be provided to you. If you are jailed, Gunnison Valley Health can provide a variety of mental health and substance management services to you.

LEGAL CLINICS

Colorado Legal Services
https://www.coloradolegalservices.org/

First Thursday of each month from 4:30 pm-6:00 pm; call 800-521-6968. Third Wednesday of each month from 5:00 pm-7:30 pm; call 844-404-7400

Colorado Legal Services offers low-income people and seniors two chances to talk to a lawyer for free. This is a telephone service providing legal advice in both English and Spanish. Topics can be family law, landlord-tenant law, and more. Call during these hours to talk with an attorney.

You can also become a client and speak to an attorney outside at these clinics via an online application, or call 800-521-6968.

Stepping Stones Children’s Center
705 7th Street
970-349-5288
https://www.steppingstonescb.com/
steppingstonescb@gmail.com

Gunnison

Lake Preschool
800 N. Boulevard Street
970-641-7770; Spanish language assistance is available
https://lake.gunnisonschools.net/

Tenderfoot Child & Family Development Center
700 N. Colorado Street
970-642-1949
https://tenderfootchildcare.org/
tfootdirector@gmail.com

Wonderland Nature School
1498 W. Tomichi Avenue Suite C
970-641-4511
www.wonderlandnatureschool.org
admin@wonderlandnatureschool.org

Libraries

Gunnison County Libraries
https://www.gunnisoncountylibraries.org/cafe/
Youth & Family Coordinator keelin@gunnisoncountylibraries.org

Programs for toddlers to adults in both Gunnison and Crested Butte ranging from Story Hours for toddlers to clubs such as Lego Club for kids to the Gaming Guild for teens. Consult the website for program days and times.

Monday-Friday 9:00 am-6:00 pm, Saturday 10:00 am-4:00 pm, Sunday 1:00 pm-5:00 pm
Crested Butte Library
504 Maroon Avenue, Crested Butte
970-349-6535

Gunnison Library
1 Quartz St, Gunnison
970-641-3485

BOOKS

Colorado Talking Book Library
1-800-685-2136
www.myctbl.org

Free audio, Braille and large print books for youth. Call or consult website to sign up.

Dolly Parton’s Imagination Library
Community Foundation of the Gunnison Valley
525 N. Main Street, Gunnison
970-641-8837
https://cfgv.org/special-projects/imagination-library/
info@cfgv.org

Any child can receive a free book every month from birth to their 5th birthday. Call CFGV, or pick up a form at the CFGV office, the hospital, many doctors’ and dentists’ offices, or the County Department of Health & Human Services (220 N. Spruce Street) – forms available in English and Spanish. Or apply online (English only) via the website.

Little Free Libraries
Free books for kids and adults. There are several around the community and may look like this:

Rockin’ Reading Route Book Bus
970-319-8631
Merita1227@gmail.com

Makes regularly scheduled stops around the region during the summer months. Free books for everyone, and healthy snacks too! Call for exact locations and times.

JOBS

Colorado Workforce Center
109 E. Georgia Avenue, Gunnison
https://connectingcolorado.com
970-641-0031
gunnison@state.co.us

Go to the website and click on “Quick Job Search.” You enter your zip code and can see the posted jobs available. You can learn about training opportunities. And you can post your resume here as well.

Newspapers
See p 32

Gunnison Valley Humanity Posse
See p. 8

“People helping people;” if you are seeking work you can post your request here.

Six Points Evaluation and Training
1160 N. Main Street, Gunnison
970-641-3081
https://sixpointsgunnison.org/
seprov@sixpointsgunnison.org

As a vendor for the Colorado Division of Vocational Rehabilitation, Six Points can provide employment services such as career assessments, job seeking skills, application assistance, work adjustment, etc., to any Colorado resident 15 or older with a qualifying disability. While Six Points’ primary mission is to serve people with developmental disabilities, this program serves anyone with any disability. Call to learn more.

Six Points may also offer job skills training for Gunnison High School students with a disability. Email the address above.
Gunnison Valley Women’s Network
https://www.gunnisonvalleywn.com

Networking Nights are the last Wednesday of the month, 5:30-7:30 pm. Watch the website for locations and to rsvp. Also offers many events such as a spring clothing swap and women’s evenings out.

Hispanic Affairs Project/Inmigrantes Unidos de Gunnison
Facebook Page
970-209-1807
marketa@hapgj.org

They have a Facebook page and requests for information may be posted there; or send an email to Marketa Zubkova.

NEWSPAPERS

Crested Butte News
https://crestedbuttenews.com/

Local newspaper available every Thursday; an excellent place to be oriented to Crested Butte events. You can access their help wanted section online as well.

Gunnison Country Shopper
https://www.gunnisonshopper.com/

This free weekly newspaper is found in scores of places countywide and online, and includes short- and long-term job opportunities as well as housing and items for sale.

Gunnison Country Times
https://www.gunnisontimes.com/

Local newspaper available every Thursday; an excellent place to be oriented to Gunnison events. You can access their “help wanted” section online as well.

EDUCATION - ADULT

Adult Degree Completion Program
Western Colorado University
tschliesman@western.edu

If you were enrolled in college, but weren’t able to complete your degree, this may be the way for you to do so. Scholarships are available.

Center for Adult & Family Education (CAFE)
Gunnison County Libraries
1 Quartz Street, Gunnison
https://www.gunnisoncountylibraries.org/cafe/
megan@gunnisoncountylibraries.org

English, GED Program, Driver’s License classes in Spanish, and more. One-on-one tutoring available. Childcare is usually provided. All programs are free.

Colorado State University Extension
https://gunnison.extension.colostate.edu/
Fred Field Center at the Fairgrounds,
275 S. Spruce Street, Gunnison
970-641-1260

Offers a variety of classes and written materials on finance, food and food safety, nutrition, family issues, and more. Scholarships may be available.

Continuing Education (“Extended Studies”)
Western Colorado University Center for Learning & Innovation
970-943-2889
https://www.western.edu/es
sjansen@western.edu

The Center for Learning & Innovation offers a wealth of programs, typically in the evening, ranging from introductory Spanish to cold-climate gardening. A 50% discount on classes is offered to people 62 years and over.
Lectures, Programs and Events

Gunnison County is rich in programs and events that are often free to the public. Good places to start are the newspapers (see p 32), the Community Connections Calendar online (see p 28), Western Colorado University’s Center for Learning & Innovation (formerly Extended Studies (p 41). At https://cfgv.fcsuite.com/erp/donate/list/directory you’ll find the list of nonprofits and there’s no lack of things to attend!

**Western Colorado University**  
1 Western Way  
Gunnison  
www.western.edu

Western is a small public university with an enrollment of about 3,000. Has many scholarships.

**EDUCATION -YOUTH**

**Gunnison Valley Mentors**  
101 N. 8th Street, Gunnison  
970-641-5513  
https://www.gunnisonmentors.com/

In- and out-of-school support and mentoring they offer in-school mentoring. Call or visit for more information.

**Gunnison Watershed School District**  
800 N. Boulevard Street, Gunnison  
970-641-7770  
https://www.gunnisonschools.net/

Includes “Pathways” programs which may enable youth to study in nontraditional ways, such as concurrent enrollment, online classes, and career-oriented classes.

**LEAD Homeschool Enrichment**  
970-390-1500  
leaddirector.lfm@gmail.com

LEAD is a two-day-a-week drop-off program developed to enrich the educational journey, unique giftedness, and spiritual development of each and every child (ages 4-12). Meets on Tuesdays and Thursdays from 8:45am-3:15pm from the end of August through mid-May.

**Gunnison County Department of Health & Human Services**  
220 N. Spruce Street, Gunnison  
970-641-3244  
https://gunnisoncounty.org/149/Health-Human-Services

DHHS provides information to low-income and vulnerable populations on health, housing, food assistance options and much more. They may be able to identify medical professionals who take Medicaid.

**Gunnison County Libraries**  
https://www.gunnisoncountylibraries.org/

Open 9:00 am-6:00 pm Monday-Friday; 10:00 am-4:00 pm Saturday; 1:00 pm-5:00 pm Sunday

**Crested Butte Library**  
504 Maroon Avenue, Crested Butte  
970-349-6535

**Gunnison Library**  
1 Quartz Street, Gunnison  
970-641-3485

**Gunnison Senior Center**  
200 Spencer Avenue  
970-641-8272

A great way to connect with others, and engage in a host of activities.

**Gunnison Valley Humanity Posse**  
See p. 8

**Gunnison County Veterans Services Officer**  
713-823-5828  
sotero@gunnisoncounty.org

Steve Otero, Veterans Services Officer can help you navigate Medicare, social security services, various health options, and community resources.
If you live here you know there are a host of recreation opportunities here. Many entities that serve youth also offer programs for adults; see the Youth section starting on p 65. But here are a few places to start:

**PARKS & RECREATION**

**Crested Butte Parks & Recreation**  
507 Maroon Avenue, Crested Butte  
970-349-5338  
[https://www.crestedbutte-co.gov/park-rec](https://www.crestedbutte-co.gov/park-rec)  
recreation@crestedbutte-co.gov

Scholarships are available for many of the activities and the application can be accessed on the website via the description for each program.

**Gunnison Parks & Recreation**  
200 E. Spencer Avenue, Gunnison  
970-641-8060  

Gunnison Parks & Recreation offers a wide range of recreation activities. There are scholarships available up to $400/participant/year for youth to the age of 18. Scholarships are provided via the Dept. of Health & Human Services, 220 N. Spruce Street, Gunnison.

Basketball courts at Legion and Meadows Parks.

**FIELDHOUSE ACCESS**

**Fieldhouse, Western Colorado University**  

There is a drop-in fee if you want to use fieldhouse facilities. Visit the website for more information.
NORDIC SKI TRAILS

Crested Butte Nordic
https://cbnordic.org
(970) 349-1707

See the website for the network of Nordic trails in the Crested Butte area. Crested Butte Nordic also works with Inmigrantes Unidos for free Nordic ski lessons and experiences for immigrants; contact marketa@hapgj.org for more information, or visit https://cbnordic.org/en-espanol/

Gunnison Nordic
https://gunnisonnordic.com

The club grooms miles of free trails in several locations near Gunnison; consult the website for maps.

USED SPORTING GOODS EQUIPMENT

All Sports Replay
200 W Tomichi Ave Gunnison
970-641-1893
staff@asrgunnison.com

Store Hours: Tues-Sat 9:00 am-6:00 pm, Sunday 12:00 pm-6:00 pm
You may be able to find used sports equipment here.
COMMUNITY CALENDAR
Gunnison Valley Community Calendar
https://gunnisonvalleycalendar.org

A comprehensive online calendar of events administered by KBUT Community Radio.

CONGREGATIONS & FAITH COMMUNITIES

There may be student faith groups at Western Colorado University that are not listed here. Contact 970-943-2176.

- All Saints in the Mountains Episcopal Church
  403 Maroon Avenue, Crested Butte
  985-312-8112

- Assembly of God/The Rising Church
  92 County Road 17, Gunnison
  970-889-1029

- Bethany Baptist Church
  909 N. Wisconsin Street, Gunnison
  970-641-2144

- Blue Mesa Baptist Church
  1468 County Road 17, Gunnison
  970-640-8494

- Christian Challenge
  Western Colorado University
  970-943-2469

- Church of Christ
  600 E. Virginia Avenue, Gunnison
  970-641-1588

- Church of Jesus Christ of Latter Day Saints
  810 N. 11th Street, Gunnison
  Spanish congregation: 970-209-7905

- Church of the Good Samaritan
  Episcopal Church
  307 W. Virginia Avenue, Gunnison
  970-641-0429

Part 2: Specialized Resources

IMMIGRANTS & NEWCOMERS

Most of the groups listed in this section have Spanish-speaking staff. Elsewhere in this Guide you may notice that programs or support groups in Spanish can be added if there is demand – Mountain Roots Food Project/Cooking Matters, and MOPS mothers groups are examples. Others, like the RTA, have Spanish translation on their website.

NAVIGATING THE COMMUNITY

Hispanic Affairs Project/Inmigrantes Unidos de Gunnison
970-209-1807
marketa@hap gj.org

Inmigrantes Unidos is a program of the Hispanic Affairs Project. They have an active Facebook page found at Inmigrantes Unidos de Gunnison. Meets at 6:30 pm the first Friday of every month at Iglesia Emanuel, 405 W. Tomichi Avenue, Gunnison.

HAP may also be able to offer limited assistance with housing costs.

Community Outreach Liaison/Interpreter & Translator
City Clerk's Department
201 W. Virginia Avenue, Gunnison
970-901-7628
resqueda@gunnisonco.gov

Office Hours: Mondays 5:30 pm-7:30 pm by appointment.

Ricardo Esqueda can provide Translation and Interpretation services in Spanish by appointment outside of his office hours. Feel free to reach out if you need help locating or connecting to businesses, contacting services, or navigating other resources that you may need in Gunnison.
This office has three Spanish-speaking staff and helps immigrants better access local health and human services, and other resources.

**CHURCHES – SPANISH LANGUAGE**

**Church of Jesus Christ of Latter Day Saints**
810 N. 11th Street, Gunnison
Branch President Jose Alarcon
970-209-7905

Worship service Sunday 10:00 am, lectures and classes 11:00 am.

**Iglesia Christiana Pentecostes**
Pastors Juan Alvares and Delfin Ayala
302 W. Tomichi Avenue Ste B, Gunnison
719-298-833. 970-275-4082

Service Saturday at 6:00 pm

**Iglesia Emanuel**
405 W. Tomichi Avenue, Unit 2, Gunnison
Pastors Eduardo Sanchez and Alm Sanchez
970-376-6191. 970-497-6199

Worship service Sunday 12:00 pm, Monday 7:00 pm; Bible study Wednesday.

**Iglesia Christiana Rios de Agua Viva Church**
37762 W. US Highway 50, Gunnison
Pastor Pedro Vitinio
970-209-3372

Family service Sunday 6:00 pm; Tuesday, Thursday 7:00 pm Bible study, worship

**VISITORS CENTERS**

**Crested Butte Visitors Center**
601 Elk Avenue, Crested Butte
970-349-6438
[https://cbchamber.com](https://cbchamber.com)
cbinfo@cbchamber.com

Open daily 9:00 am-5:00 pm

**Gunnison Visitors Center**
500 E. Tomichi Avenue, Gunnison
970-641-1501
[https://www.gunnisonchamber.com/](https://www.gunnisonchamber.com/)
chamber@gunnison.com

Open 9:00 am-5:00 pm Monday through Friday year round; on weekends June-October 10:00 am-3:00 pm.

**Mt. Crested Butte Visitors Center**
Transit Center, Mountaineer Square
970-349-6438
[https://cbchamber.com](https://cbchamber.com)
cbinfo@cbchamber.com

Open daily 9:00 am-5:00 pm when the lifts are running in winter and summer

Here we list some good general places to start seeking connections— if there is a “point person” for a particular group such as seniors, immigrants or veterans, we include them. We don't have the space to include such as political parties, lodges, book clubs, the League of Women Voters, and many more and you should be able to find these via an internet search or at the Libraries. We are sure that this is not an exhaustive list. Please email specialprojec1@cfgv.org to help us keep it updated.
Valley Housing Fund
https://vhfund.org
970-901-9032
Works to support affordable and accessible housing opportunities.

COUNSELING

Housing Resources of Western Colorado
524 30 Road #3, Grand Junction
970-773-9188
https://www.hrwco.org/
cbrown@hrwco.org
Offers counseling on leases, credit scores, budgeting, homebuyer education, foreclosure prevention, and reverse mortgages.

UTILITIES & ENERGY EFFICIENCY

Gunnison County Department of Health & Human Services
See p. 24

Gunnison Valley Regional Housing Authority
See p. 24
info@gvrha.org

Town of Crested Butte
970-349-5338
Google: Crested Butte senior discount utilities
The Town offers a discount on water-sewer costs for long term Crested Butte residents who qualify by reason of income or disability. Apply online via the application above.

St. Peter’s Catholic Church
Office: 400 W. Georgia Ave, Gunnison
Church: 300 N. Wisconsin Street, Gunnison
Father Andres Ayala-Santiago
970-641-0808
Spanish mass Sunday at 12:00 pm and Thursday at 6:00 pm; Bilingual mass first Sunday 11:00 am

EDUCATION

Adults

Center for Adult & Family Education (CAFE)
Gunnison County Library
1 Quartz Street, Gunnison
970-641-3485
https://www.gunnisoncountylibraries.org/cafe/
megan@gunnisoncountylibraries.org
English, GED Program, Driver’s License classes in Spanish, and more. One-on-one tutoring available. Childcare is usually provided. All programs are free.

Monthly Intercambio conversation groups to practice your English with native speakers, or practice your Spanish with native speakers. Monthly bilingual book group for people of all language levels on the first Thursday of the month at 5:00 at the Gunnison Library.

Western Colorado University
Admissions
1 Western Way, Gunnison
970-901-8757
aalejandro@western.edu
Western is committed to providing a safe and accessible learning environment for all students regardless of immigration status. Undocumented students are encouraged to apply.
Students
Multicultural Resource Center
Student Center
970-943-2703
molvera@western.edu

Connect with other Western Colorado University students from your cultural background. The Multicultural Resource Center sponsors Amigos, Asian Pacific Islanders Club, Black Student Alliance, Native American Student Council, Polynesian Chant and Dance Club.

Youth
Juntos 4-H
970-641-1260
https://4-h.org/programs/juntos-4-h/

Learn how to support your child’s education and career goals. This website is for the national program, being modified for use in Gunnison County.

Youth/League of United Latin American Citizens (LULAC)
Gunnison High School
kdrendel@gunnisonschools.net

High school chapter of this national organization. Contact Krista Drendel, email above, for more information.

Elena Pedersen Scholarship
Community Foundation of the Gunnison Valley
525 N. Main Street, Gunnison
970-641-8837

This is a yearly scholarship of up to $5,000 for graduating seniors in the Gunnison Watershed School District who are immigrants, children of immigrants or the first in their family to pursue post-secondary education.

Gunnison Marketplace
Facebook page

There are frequent posts on rentals that may be available.

Gunnison Valley Housing Hub
Facebook Page

Locals may find opportunities to lease, sublet, find roommates, buy and sell housing.

Gunnison Valley Humanity Posse
505-235-5557
Facebook Group
cooltempsCO@gmail.com

“People helping people.” If you have an emergency need, you can post it there.

Habitat for Humanity
970-641-1245
https://hfh-gunnisonvalley.org

Offers home ownership opportunities for a limited number of people who are willing to work to help build and buy their own home.

Hispanic Affairs Project/Inmigrantes Unidos de Gunnison
970-209-1807
marketa@hapgj.org

HAP may be able to assist immigrants with rent and utility payments.

Project Hope
24 hour crisis line: 970-275-1193
970-641-2712
https://www.hope4gv.org/
info@hope4gv.org

Assists victims of domestic violence, sexual assault and human trafficking with emergency shelter, transitional housing, rent and utility payments.
SEEKING HOUSING

You can do an internet search for real estate agents, such as Gunnison Real Estate & Rentals, Apogee Real Estate & Rentals or Berkshire Hathaway/Today Realty & Associates who may be able to direct you to housing or housing resources. Because the housing shortage is dire, you may need to get creative in your search. Here we list resources available as of this writing, but we suggest you constantly check Facebook and other online sites as agencies, organizations and individuals step forward to help.

**Gunnison County Department of Health & Human Services**
220 N. Spruce Street, Gunnison
970-641-3244
https://gunnisoncounty.org/882/Public-Assistance

DHHS may be able to assist low-income individuals and families with rent assistance, emergency motel vouchers, etc.

Low Income Energy Assistance Program (LEAP): helps lawfully present Gunnison County residents living at or below 60% of the state median income level with some of their energy bill. Applications available at Health & Human Services.

Energy Outreach Colorado (EOC): assists people with their heating bills, taking into account income, number of people in the home, and heating bill.

**Gunnison Valley Regional Housing Authority**
970-641-7900
http://gvrha.org
housing@gvrha.org

Rentals, Ownership: GVRHA is the property manager for several income or workforce-restricted rentals. Visit “rentals” on their website. Also posted at “ownership opportunities” are available restricted ownership opportunities.

Energy cost reduction: The GV-HEAT program helps households reduce energy costs and make homes more comfortable, livable, affordable and safe. GV-HEAT provides home energy assessments and improvements at free or reduced cost to qualifying households.

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**FOOD**

Complete list of food resources on p.1-5. The Food Pantry has Spanish and Cora speakers available on Wednesdays.

**D’Luna Mexican Store**
1140 N. Main Street, Gunnison
970-707-4304

Food, desserts, ice cream, treats, information, money transfers.

**HEALTH**

**Bilingual Patient Navigator**
**Gunnison Valley Health**
711 N. Taylor Street, Gunnison
970-648-7740
csaenz@gvh-colorado.org

If you come to the hospital or its Behavioral Health Program and need a Spanish or Cora speaking community member to help with interpretation, Cinthia Saenz can help you.

**Lighthouse Pregnancy Center**
144 N. Main Street #D, Gunnison
970-596-1706

Monday-Thursday, 12:00 pm-6:00 pm by appointment. Call to confirm that they offer support groups and workshops in Spanish.

**Multicultural Resource Center**
Gunnison County Department of Health & Human Services
See p 46

**Support Groups**

Many of the support groups welcome Spanish speakers; as of this writing, for example, Mothers of Preschoolers (MOPS) does, as do the groups set up via Gunnison Valley Health. See p 22-23 to see if a group you want to participate in can have a Spanish speaker to assist you, or a Spanish conversation table.
Spanish speakers welcome.

**IMMIGRATION ASSISTANCE**

Hispanic Affairs Project Immigration Legal Assistance Program

970-209-1807
marketa@hapgj.org

The Hispanic Affairs Project, based in Montrose, serves Gunnison County. It provides legal representation with immigration applications, and helps immigrants to navigate the complex immigration system.

**INTERNATIONAL MONEY TRANSFERS/ WESTERN UNION**

D'Luna Mexican Store
1140 N. Main Street, Gunnison

Safeway
112 S. Spruce Street, Gunnison

City Market
880 N. Main Street, Gunnison

Wal-Mart
900 N. Main Street, Gunnison

**LEGAL ASSISTANCE**

See p 34-35

Assistance is available in Spanish.

**SKIING**

Crested Butte Nordic

Crested Butte Nordic offers winter Nordic skiing lessons and experiences in Spanish. Learn more through Marketa at the Hispanic Affairs Project, marketa@hapgj.org.

**Grief**

- Gunnison Valley Health/Hospice, 970-641-4254
- Living Journeys Cancer Support, 970-349-2777
- Mt. Calvary Lutheran Church, 970-641-1860

**Illness**

- Eating Disorder Recovery Support, edrecoverygunni@gmail.com
- Family members affected by cancer, Living Journeys Cancer Support, 970-349-2777
- Women with breast cancer, Tough Enough to Wear Pink, tetwpdirector@gmail.com

**LGBTQIA+**

- Crested Butte Gay Coffee meets regularly. See Facebook page.
- Gunnison Valley Queer Women group meets monthly. gunisonvalleyqueerwomen@gmail.com.
- Spectrum at Western Colorado University. Facebook page, email wcuspectrum@gmail.com, or consult the list of clubs at www.western.edu

**Mental Health**

- Axis Health Systems offers support groups as the needs arise. Contact Axis at 970-252-3200.

**Substance & Recovery**

- An entire section of this Guide is devoted to support groups, such as AA or Narcotics Anonymous and a host of other resources for people in recovery. See p 51.

**Online**

An online group may help if nothing is available locally to meet your needs. At this site you will find 14+ groups, ranging from Military Moms to parents of LGBTQ; Youth to Apoyo Perinatal (in Spanish): https://www.postpartum.net
WELL WATER TESTING
City of Gunnison Water Treatment Facility
524 County Road 32, Gunnison
970-641-8042

The City of Gunnison can test the safety of well water for any Gunnison County resident for a modest fee. Take a sample to the Water Treatment Plant, address above.

SUPPORT GROUPS

Almost certainly this list is not complete. New groups come into existence as they are needed, and other groups end. This is current as of April, 2023, as best we know. If there’s a topic you don’t see below, try seeing if such a group exists via a Facebook search.

Caregiver Support

- Living Journeys Cancer Support, 970-349-2777
- Alzheimer’s & Dementia Caregivers: taktser8@gmail.com; 970-596-5667; meets the first Wednesday of the month

Domestic Violence/Sexual Assault

- Project Hope, 970-641-2712; English and Spanish.

Family

- Dads Support, Lighthouse Pregnancy Center, 970-596-1706
- Mothers of Preschoolers (MOPs) for moms of kids through preschool age and MOMSnext for mothers of kids grades 1-12, 970-648-4086. Spanish speakers welcome.
- Mountain Mamas Café for new mothers, addresses issues including breastfeeding to post-partum depression, 970-648-7071
- Post-abortion Support, Lighthouse Pregnancy Center, 970-596-1706
- Pregnancy Loss, Lighthouse Pregnancy Center, 970-596-1706
- Pregnant Moms, Lighthouse Pregnancy Center, 970-596-1706

HEALTH & SAFETY

(If you are experiencing an emergency, dial 9-1-1)

Law Enforcement
See p 34

Domestic Violence

Project Hope
24 hour emergency help: 970-275-1193
970-641-2712
https://www.hope4gv.org/
info@hope4gv.org

Has a Spanish speaking staff that can assist with temporary housing and other support if you or a family member is a victim of violence at home. Also see p 10,25

PEOPLE IN RECOVERY

*This section of the Basic Needs Resource Guide was researched and prepared by the GRASP Consortium of the Gunnison County Health Coalition*

Recovery Resource List

Mobile Crisis Services 24/7/365: 1-844-493-TALK (8255) or text TALK to 38255

The Gunnison Valley Health Mobile Crisis Program is free. A trained mental health clinician from Gunnison Valley Health can respond to crisis calls in Gunnison and Hinsdale counties 24/7/365.

Not sure if you need help, and want somebody to talk to?

Visit https://www.centermh.org/self-screening/ for a free, anonymous screening.
Narcotics Anonymous (12 step spiritual program)
Basement of Bethany Church in Gunnison. Contact info: Joshua Fish 970-209-1974 for current schedule and location
For meetings throughout Colorado: https://nacolorado.org/

Alcoholics Anonymous (12 step spiritual program)
AA Meetings in Crested Butte: Union Congregational Church, 403 Maroon Ave
NEW: Speaker meeting every Friday at 7PM at Queen of All Saints Catholic Church (Parish Building)
NEW: Women’s meeting every Wednesday at 6:30PM at Queen of All Saints Catholic Church (Parish Building)

AA Meetings in Gunnison: Last Resort Club, 114 N. Wisconsin Ave.
Call 970-208-5225 or 866-641-9190 for latest info

Celebrate Recovery (12 step Christian program)
Gunnison: Bethany Church, 909 N Wisconsin St
Celebrate Recovery of Gunnison | Facebook
Ed Johnson at evhoward@yahoo.com, 970-306-9670 (leave message)
Large Group meetings: 1st and 3rd Fridays, Step Studies (closed small group meetings): Tuesdays

Smart Recovery (secular program)
Gunnison, Every Tuesday at 6pm starting in February. Meetings held at 202 E. Georgia, Gunnison, CO 81230. Email ktib-bett@gunnisoncounty.org or call 970-641-3244 for more information. https://www.smartrecovery.org/

Gunnison Valley recovery and relapse prevention network
https://www.facebook.com/GVRRP

SUICIDE PREVENTION TRAININGS
Several types of trainings are offered during the year. For information about upcoming trainings contact Emily Mirza at Gunnison County Juvenile Services, emirza@gunnisoncounty.org; or consult the Axis Health System’s website, www.axishealthsystem.org, or call Axis at 970-2452-3200.

VACCINATIONS & IMMUNIZATIONS
Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://gunnisoncounty.org/149/Health-Human-Services

Many immunizations and vaccinations, including TB and COVID, are available. Call for details.

City Market Pharmacy
880 N. Main Street, Gunnison
970-641-6379

Many immunizations and vaccinations, including TB and COVID, are available. Call for details.

Wal Mart Pharmacy
900 N. Main Street, Gunnison
970-641-1145

Many immunizations and vaccinations, including TB and COVID, are available. Call for details.

HUMAN TRAFFICKING
Western Slope Against Trafficking
https://www.westernslopeagainsttrafficking.com/

Education, resources and discussion of concerns so that trafficking in Western Colorado may be reduced and ultimately eliminated. Contact via the website, above.
GUN LOCKS & LOCK BOXES
Gunnison County Department of Juvenile Services
200 E. Virginia Avenue
970-642-7393

May be able to provide gun locks and lock boxes.

LONELINESS & ISOLATION

See “Information & Connection,” p. 27

Gunnison Valley Animal Welfare League
970-641-1173
https://gvawl.org
info@gvawl.org

“Silver Whiskers” is a program by which GVAWL helps people address isolation and loneliness. GVAWL pairs an older, well-mannered animal when they are available with a senior who is on a low- or fixed income such as Social Security or Veterans Disability/Retirement Benefits. GVAWL may also be able to assist with related costs such as food, litter, or veterinary visits. Call or email to get the application.

PRESCRIPTION DRUG DROP-OFF

Crested Butte
Marshall’s Office
5008 Maroon Avenue

Gunnison
Gunnison Police Department
910 Bidwell Avenue

RADON TEST KITS
Colorado State University-Extension
275 S. Spruce Street, Gunnison
970-641-1260

Kits are free. Call for more information.

Front Range Clinic Medication Assisted Treatment (MAT) Program
304 W. Tomichi St Suite 23 Gunnison, CO 81230
Mondays and Fridays 9AM-4PM

214 Sixth Street, Crested Butte, CO 81224
Every Monday, 1pm to 5pm

Call 970-644-5303 (Front Range Clinic - Grand Junction) and request an appointment for Gunnison County clinic. Accept insurance or sliding scale (doesn’t turn away anyone, regardless of financial situation!)

Teocalli Treatment Options, LLC - Heather C. Peterson, Licensed Addiction Counselor
www.TeocalliTreatmentOptions.com

Private Practice offering: Individual, Couples, Family, and Group Counseling; Psycho-education; Diagnostic Assessment and Court-ordered Substance Use Disorder Assessments; Consultation/Case Management; Supervision; and other services tailored to meet individual needs.

Healing Waves Neurofeedback
Anne Linville, 970.648.4511
gunnisonneuro@gmail.com
Wesley Dent, 970.648.4290
wesley.healingwavesneuro@gmail.com

Neurofeedback is a safe, effective, well-researched treatment for addictions, depression, anxiety, trauma, grief, and many other conditions. Neurofeedback calms the brain, reduces impulsivity, reduces rumination, and prevents addictions relapse by 75% in the first year if the patient is sober and engaged for continued sobriety.

CB State Of Mind
403 3rd Street, Suite F, Crested Butte
970-596-4698 or mfdougherty79@gmail.com
https://www.facebook.com/cbstateofmind

Provides information, referrals to counselors and financial help to people anywhere in Gunnison County who are unable to afford a counselor.
Gunnison Valley Health
Behavioral Health Department
gunnisonvalleyhealth.org/Our-Services/Behavioral-Health
300 E. Denver Ave. Gunnison, CO 81230
970-648-7128 (daytime office)

Axis Health System
centermh.org
Support Line: 970-252-6220
Crested Butte Office: 214 6th Street, Suite 4, Crested Butte
970-252-3200
Gunnison Office: 710 N. Taylor Street, Gunnison
970-252-3200

Advantage Treatment Centers Inc.
Montrose
https://www.atreatmentcenters.com/montrose/

Online meetings (secular programs):
Self-Help Addiction Recovery Program | Addiction Support Groups
(smartrecovery.org)

Mindfulness in Recovery (mirmeetings.com)

Wellbriety - White Bison (Native American-based spirituality)
(recoveryourpurpose.org)

Resources for Gunnison middle school and high school student and families:
Email: youthwellness@gunnisoncounty.org

Youth Wellness offers up to 4 free confidential sessions with a therapist for youth age 12+. For more information or to sign up, email the address above.

Resources for Western Colorado University students:
Western Colorado University Student Health and Wellness Office
western.edu/student-life/health-wellness
Western Colorado University Campus Center Crystal Hall #104
970-648-7128

PREVENTION RESOURCES

BLOOD TESTING

Blood Draw
Gunnison Valley Health
970-641-1456
https://www.gunnisonvalleyhealth.org

Gunnison Valley Health conducts annual blood draws in both Crested Butte and Gunnison at low cost. Some vouchers may be available for people unable to pay; contact the GVH Marketing Department. In 2022 and 2023 the Blood Draws have been held in early summer. Information about dates and signing up will be on the hospital website.

BREAST CANCER SCREENING

Mammograms
Tough Enough to Wear Pink/Gunnison Valley Hospital
711 N. Taylor Street, Gunnison
970-641-1456

If you are lawfully present in Colorado and have no insurance coverage, Tough Enough To Wear Pink will pay 100% of your mammogram cost. Call the number above, ask to speak to the Radiology Dept., and tell them that the mammogram should be billed to TETWP. If you are a Spanish speaker mention that as well so that GVH can have an interpreter available.

CAR SEATS

Gunnison Police Department
970-641-8273

Low income people may qualify for a free car seat for kids. Call the number above and ask to speak with the Community Resource Officer.
School-Based Services: counselors provide free, school-based counseling services to students at Lake and Gunnison Elementary School and Crested Butte Middle and High Schools.

Jail-Based Services: provide voluntary, short-term behavioral health services to individuals incarcerated in Gunnison County’s jail.

**Crested Butte State of Mind**
405 3rd Street Suite F, Crested Butte
970-596-4698
[https://www.cbstateofmind.org/](https://www.cbstateofmind.org/)
mfdougherty79@gmail.com

Provides information, referrals to counselors and financial help to people anywhere in Gunnison County who are unable to afford a counselor.

**Front Range Clinic – Medications for Addiction**
866-628-7828
[https://www.frontrangemd.com/](https://www.frontrangemd.com/)

Crested Butte Office
214 Sixth Street, Suite 4, Crested Butte

Gunnison Office
300 E Denver Avenue, Gunnison

Phone for an appointment for help on getting free of addiction. Takes Medicaid and can work with the uninsured as well.

**Western Colorado University Student Health & Wellness Office**
Western Colorado University Campus Center
970-943-2891
[https://www.western.edu/student-life/health-wellness/](https://www.western.edu/student-life/health-wellness/)

Can assist students with information and resources regarding substance abuse, mental health, stress and suicide prevention. Other useful resources and links are on the website.

**Youth Wellness**
youthwellness@gunnisoncounty.org

Youth Wellness offers up to 4 free confidential sessions with a therapist for youth 6th grade and older. Schedule an appointment via the email the address above.

Can assist students with information and resources regarding substance abuse, mental health, stress and suicide prevention. Other useful resources and links are on the website.

**Websites to support recovery:**

*I Am Not Anonymous* ([iamnotanonymous.org](https://iamnotanonymous.org))

*Stop the Silence. Speak the Truth.* ([stopthesilencespeakthetruth.wordpress.com](https://stopthesilencespeakthetruth.wordpress.com))

*Shatterproof | Reversing the Addiction Crisis in the U.S.* ([shatterproof.org](https://shatterproof.org))

*To Write Love on Her Arms* ([twloha.com](https://twloha.com))

*My Strength* ([Mystrength.com](https://Mystrength.com))

*Mindful Life Program* ([https://www.mindfullifeprogram.org/mir/](https://www.mindfullifeprogram.org/mir/))

**For people with Substance Use Disorder (SUD) and/or loved ones of people with SUD:**

*I raised an addict – what could I have done differently? – Heroin. Stop the Silence. Speak the Truth.* - blog

*To inhale.* ([caitlinharrisonblog.wordpress.com/2017/09/27/to-inhale](https://caitlinharrisonblog.wordpress.com/2017/09/27/to-inhale)) - blog

*Understanding Addiction - YouTube* (the documentary film Gunnison ValleyRCORP funded in 2020)

*Pleasure Unwoven - YouTube* – movie

*The Anonymous People - YouTube* – documentary

*There’s an Addict in My Closet* – book

*American Fix* – book

*What Addicts Know* – book

*Everything You Need To Know About Addiction | McLean Hospital* - website
Gabor Mate about the root of addiction [https://youtu.be/66cYcSak6nE](https://youtu.be/66cYcSak6nE) - Ted Talk

**Al-Anon meetings**

Gunnison: [findrecovery.com/alanon_meetings/co/gunnison](findrecovery.com/alanon_meetings/co/gunnison)

Crested Butte: [findrecovery.com/alanon_meetings/co/crested-butte](findrecovery.com/alanon_meetings/co/crested-butte)

For latest information on schedule and locations, call 866-362-4427

**For those interested in Activism and Advocacy for the Recovery Community:**

[Recovery Advocacy Project (recoveryvoices.com)](recoveryvoices.com) – Activism on behalf of the recovery community

[Home - Communities Project (communitiesproject.org)](communitiesproject.org) – leadership training

[National Council on Alcoholism and Drug Dependence (ncadd.org)](ncadd.org)

[Faces and Voices in Recovery (facesandvoicesofrecovery.org)](facesandvoicesofrecovery.org)

Any edits or additions that need to be made? Please contact Kyle Tibbett at ktibbett@gunnisoncounty.org OR Mary Beth Kelley at marybethkelley.cb@gmail.com

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**MENTAL HEALTH NON-EMERGENCY**

(If you are experiencing an emergency, dial 9-1-1; Suicide and Crisis Lifeline: Dial 988 or text TALK to 38255)

**Also see the section on Recovery Resources starting on p. 51**

**Axis Health System**

[https://www.axishealthsystem.org](https://www.axishealthsystem.org)

- **Crested Butte Office**
  318 Elk Ave, Suite 25, Crested Butte
  970-252-3200

- **Gunnison Office**
  710 N. Taylor Street, Gunnison
  970-252-3200

Provides a range of counseling services and may be able to assist people who are unable to afford a counselor.

**Gunnison Valley Health Behavioral Health**

970-648-7128

[https://www.gunnisonvalleyhealth.org](https://www.gunnisonvalleyhealth.org)

- **Crested Butte Office (starting summer 2023)**
  214 6th Street, Suite 4, Crested Butte

- **Gunnison Office**
  300 E. Denver Avenue, Gunnison

Clinicians help you create a personal plan to help and support you. Services include individual and family therapy; addiction services/medication treatments (make an appointment at 970-644-5303); and Peer Support Specialists who use their personal experiences to help you. A Spanish-speaking patient navigator is available (970-648-7740).

Peer Support Specialists use their personal recovery experiences as a means to help clients, helping them achieve their goals and finding other community resources.
PRESCRIPTION DRUGS PROGRAMS
https://hcpf.colorado.gov/prescription-drug-discount-resources

Prescription drug providers may offer a discount program that reduces the cost of your prescriptions. Ask your local pharmacy if they offer such a program, how to qualify and how to apply. You can also learn more and search via the website above.

VISION/OPTOMETRIST

Abba Eye Care
420 N. Main Street, Gunnison
970-641-2020

Accepts Medicare as of this writing.

Family Vision Center
302 W. Tomichi Avenue, Gunnison
970-641-2422

Accepts Medicaid as of this writing. Conducts free infant vision screening for low-income families.

New Eyes
https://tchnetwork.org/new-eyes/

Program that purchases eyeglasses for qualifying low income children and adults. Apply on the website.

Western Colorado University
Student Health & Wellness Office
Western Colorado University Campus Center
970-943-2891
https://www.western.edu/student-life/health-wellness/

Can assist students with information and resources regarding substance abuse, mental health, stress and suicide prevention. Other useful resources and links are on the website.

PEOPLE WITH DISABILITIES

Many of the services listed in the “senior” section also serve people with disabilities.

Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://gunnisoncounty.org/882/Public-Assistance

Children with Disabilities is a family medical assistance program that will provide Medicaid benefits for children that are under age 19 and who have a qualifying disability. Eligible families will receive Medicaid benefits for their child with a disability by paying a monthly premium on a sliding scale based on their adjusted income. Working Adults with Disabilities is a medical assistance program that provides Medicaid benefits for working individuals with disabilities, ages 16 through 64. Eligible individuals receive Medicaid benefits by paying a monthly premium on a sliding scale based on their adjusted income.

Colorado Talking Book Library
See page 40

Six Points Evaluation & Training
1160 N. Main Street, Gunnison
970-641-3081
https://www.sixpointsgunnison.org/
busm@sixpointsgunnison.org

Serves people with intellectual disabilities via education, training, assistance, and support to them and their families.

Provides job training skills to people with any disability; see p. 33

May provide job training opportunities to students with a disability who attend Gunnison High School. See p. 33

TRANSPORTATION
See p 35-36
**RECREATION**

Adaptive Sports Center  
970-349-2296  
https://www.adaptivesports.org/  

Inclusive outdoor adventures and recreation programs for people with physical, emotional and cognitive challenges. Activities include mountain biking, skiing, rock climbing, paddle sports and more. $95/day; scholarships may be available.

Reactive Adaptations  
719-429-7348  
https://reactiveadaptations.com  

A Crested Butte business that builds bikes for people with a disability. Does not offer discounts.

**UTILITY BILLING**  
See p 26

**SENIOR RESOURCES**  
(To report the abuse or neglect of an at-risk adult, call 970-641-3244)

Gunnison Senior Center  
Gunnison Community Recreation Center  
200 E. Spencer Avenue, Gunnison  
970-641-8272  
egillis@gunnisonco.gov

A good first stop to learn about resources. Offers many special recreation opportunities for seniors such as fitness classes for all levels, pickleball, outdoor adventures, water aerobics, swimming, Nordic skiing and more. This is a Silver Sneakers/Silver & Fit Facility.

The PIC Place  
87 Merchant Drive, Montrose  
970-252-8896  
https://www.pic.place  
info@picplace.org

Provides comprehensive medical, dental and behavioral/mental health care for all ages. Accepts all insurances including Medicaid and Medicare. Income-based discounts for those without insurance. New patients can typically get an appointment within 2 weeks. No application process necessary. Spanish speakers are welcome.

**DENTAL**

Crested Butte Dental  
80 Glacier Street, Crested Butte South  
970-349-5880  
https://www.crestedbuttedentist.com

Offers a variety of payment plans that may help you; offers sales and special offers (see the website at the insurance link). Annually, offers a veterans-only free day.

**MEDICAID MEMBERS ONLY**

Health First Colorado Nurse Advice Line  
800-283-3221 24/7

Both English and Spanish language assistance is available.

**ORTHOPEDICS**

VSON-Alpine Orthopaedics & Sports  
970-641-6788  
https://vsortho.com/gunnison

Crested Butte Office:  
405 Elk Avenue, Crested Butte  

Gunnison Office  
112 Spencer Avenue, Gunnison

Accepts a limited number of Medicaid patients.
Tough Enough To Wear Pink
https://gunnisontetwp.com
director@tetwp.com

Offers a vehicle so that you can drive to medical appointments and treatments, financial assistance, support groups and other resources for people impacted by breast cancer.

CHILDREN & FAMILY MEDICINE

Exploration Kids Therapy
234 N. Main Street, Gunnison
970-641-2908
https://www.explorationtherapy.com

Speech and occupational therapy for youth. As of this writing, accepts Medicaid.

Gunnison Valley Family Physicians
https://gvfp.net/

As of this writing, accepts Medicaid and Child Health Plan+ (CHP+).

Crested Butte Office
214 6th Street, Suite 1, Crested Butte
970-349-6749

Gunnison Office
130 E. Virginia Avenue, Gunnison
970-641-0211

GVH Family Medicine
see p 12

GVH Pediatrics Crested Butte
see p 13

Gunnison Watershed School District
970-641-7770
sskolan@gunnisonschools.net

Sherilyn Skokan is the School District Nurse.

Gunnison County Senior Resources Office
Gunnison County Dept. of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://www.gunnisoncounty.org/153/Adult-Senior-Services

Provides assistance with Medicare, adult protective services, home and community based services, recreation, social events, options counseling, and community resources.

CONTINUING EDUCATION

Western Colorado University Center for Learning & Innovation
See p. 41

A 50% discount on classes is offered to people 62 years and over.

ESTATE PLANNING
See p. 70

FOOD

Mom’s Meals and Senior Meals may be of special interest; and the Food Pantry caters to adults age 60+ on Thursday. See p 1-5

HANDYMAN
See p. 71

RSVP/ Handyman Services
Department of Health & Human Resources
970-641-3244

Handyman and other services offered by volunteers may be available for low-income, minority and isolated older adults.

HOME MEDICAL SERVICES

Gunnison Valley Health
See p. 12
**HOSPICE & PALLIATIVE CARE**
See Gunnison Valley Health p. 12

**HOUSING**

**Assisted Living Center**
Gunnison Valley Health
See p. 13

**Gunnison River Condos**
A small number of condos restricted for purchase by seniors on the west edge of the city.

**Mountain View Apartments**
Gunnison Valley Regional Housing Authority
See p. 24

**Richardson Hall**
A very limited number of condos for seniors in central Gunnison.

**Senior Care Center**
Gunnison Valley Health
See p. 13

**ISOLATION**

**Gunnison Valley Animal Welfare League**
“Silver Whiskers” is a program by which GVAWL pairs an older, well-mannered animal, when they are available, with seniors on a low- or fixed income such as Social Security or Veterans Disability/Retirement Benefits. See p 20

**GVH Pediatrics Crested Butte**
305 6th Street, Crested Butte
970-641-8413
https://www.gunnisonvalleyhealth.org/
Open Thursdays.

**GVH Senior Assisted Living Center**
300 N. Third Street, Gunnison
970-641-3031
https://www.gunnisonvalleyhealth.org/

**GVH Senior Care Center**
1500 W. Tomichi Avenue, Gunnison
970-641-0704
https://www.gunnisonvalleyhealth.org/
Skilled nursing facility.

**ALZHEIMER’S**

**ALZHEIMER’S ASSOCIATION**
970-714-2875 office
800-272-3900 hotline 24/7
wbandel@alz.org
Provides consulting with individuals, families and caregivers; offers educational resources and useful connections to support them. Also see “support groups” for a caregivers group.

**CANCER SUPPORT**

**Living Journeys Cancer Support**
300 Belleview Avenue, Suite 3B, Crested Butte
970-349-2777
https://www.livingjourneys.org
info@livingjourneys.org
Assists patients diagnosed with cancer, their families and caregivers in many ways: transportation out-of-valley for treatments; access to therapists; financial support; access to interpreters. Offers grief support to anyone, as well as caregiver support via groups with a zoom option.
GVH Birth Center Classes
970-648-7071

Offers classes for pregnant mothers and new parents. A $50 fee may be variable for families in need. Call the number above to confirm when the next classes start.

GVH Family Medicine
707 N Iowa Street, Gunnison
970-642-8413
https://www.gunnisonvalleyhealth.org/

GVH Home Medical Services
1498 W. Tomichi Avenue, Suite B, Gunnison
970-641-4254
https://www.gunnisonvalleyhealth.org/

Nursing, therapy and social work services, ordered by a physician, are offered to families with infants born prematurely or children with developmental delays or who need occupational or physical therapy; adults recovering from orthopedic surgery or in need of wound care; and seniors in need of special care. Often covered by Medicare, Medicaid and Private insurance.

GVH Hospice & Palliative Care
1498 W. Tomichi Avenue, Suite B, Gunnison
970-641-4254
https://www.gunnisonvalleyhealth.org/

Hospice care is a multifaceted Medicare program for people whose diagnosis suggests that the patient will live for 6 months or fewer.

Palliative care is a private pay program optimizing quality of life and mitigating suffering among people with serious, complex, and often terminal illnesses.

GVH Hospital
711 N. Taylor Street, Gunnison
970-641-1456
https://www.gunnisonvalleyhealth.org/

NORDIC SKIING

Gray Hares
jane@murraybanks.com

A group of people age 50+ who enjoy Nordic skiing in the Crested Butte area.

PROPERTY TAX RELIEF

Gunnison County Assessor’s Office
221 N. Wisconsin Street, Gunnison
970-641-1085
https://www.gunnisoncounty.org/687/Senior-Property-Homestead-Exemption

Seniors who have owned their home for 10+ years, and occupied it as their primary residence may be eligible for property tax relief.

SNOW REMOVAL ASSISTANCE

City of Gunnison Public Works
970-641-8020
https://www.gunnisonco.gov/

The City of Gunnison has a program for City residents by which its snow plowing crews may remove heavy snow berms at the end of driveways of homes of eligible elderly or disabled persons. Visit the website and click Depts > public works > snow and ice removal > snow removal applications.

TRANSPORTATION

See p. 35-37

UTILITY BILLING

Town of Crested Butte
See p. 26
WESTERN COLORADO
INFORMATION FOR SENIORS

Seniors Blue Book
This is a free handbook of community, health and housing resources on the entire Western Slope, including the Gunnison County resources found in this Guide. It is available at the Dept. of Health & Human Services and at the Gunnison Senior Center/Recreation Center.

VETERANS RESOURCES

If you have a disability or are a senior, you may find other resources in those sections of this Guide.

Gunnison County Veterans Services Officer
970-641-7919; cell 713-823-5828
https://www.gunnisoncounty.org/910/Veterans-Service-Officer
sotero@gunnisoncounty.org

Steve Otero, Veterans Services Officer, can help you navigate Medicare, social security services, various health options, and community resources. On the website is a list of links for additional information that may be helpful.

COMMUNICATIONS

Lifeline Broadband Access and the Affordable Connectivity Program are available to veterans. See p. 5-6

DENTAL

Crested Butte Dental
See p. 15
Annually, offers a veterans-only free day.

Axis Health System
https://www.axishealthsystem.org

Crested Butte Office
318 Elk Ave, Suite 25, Crested Butte
970-252-3200
9:00 am-4:00 pm Monday-Friday

Gunnison Office
710 N. Taylor Street, Gunnison
970-252-3200
9:00 am-4:00 pm Monday-Friday

Gunnison Valley Health Behavioral Health
970-648-7128
https://www.gunnisonvalleyhealth.org

Crested Butte Office (starting summer 2023)
214 6th Street, Suite 4, Crested Butte

Gunnison Office
300 E. Denver Avenue, Gunnison

HEALTH NON-EMERGENCY

Gunnison County Department of Health and Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://gunnisoncounty.org/152clinical-services

Offers immunizations, family planning, women’s wellness, prenatal programming. May be able to advise on medical professionals who accept Medicaid.

Gunnison Valley Health (GVH)
970-641-1456
https://www.gunnisonvalleyhealth.org/

Comprehensive-care health system that also includes the assisted and senior care centers and hospice. Provides information/assistance on bill payment. Provides a bilingual/Spanish language navigator (970-648-7740) and other interpreters, including Cora speakers, if needed. Only a few departments are listed below; see the website for all of their departments and specialists.
Domestic Violence
Project Hope
24 hour crisis line: 970-275-1193
Non-emergencies 970-641-2712
https://www.hope4gv.org/
info@hope4gv.org

Assists victims of domestic violence, sexual assault and human trafficking.

24/7 Telephone Hotlines
First Call for Children Hotline
877-647-7440

24 hour free pediatric/children advice, operated by Rocky Mountain Hospital for Children in Denver.

Parent Smart Pediatric Nurse Hotline
720-777-0123

24 hour free pediatric/children advice, operated by Children’s Hospital of Denver.

Poison Control
800-222-1222

MENTAL HEALTH EMERGENCY
(If you are experiencing an emergency, dial 9-1-1; Suicide and Crisis Lifeline: DIAL 988 or text TALK to 38255)

Hospital Emergency Room
711 N. Taylor Street, Gunnison
970-641-1456
https://www.gunnisonvalleyhealth.org/

24 hour emergency room

Behavioral Health Mobile Crisis Program
24 hours via 9-1-1

The Gunnison Valley Health Mobile Crisis program is free. A trained mental health clinician from Gunnison Valley Health can respond to crisis calls in Gunnison and Hinsdale Counties.

FELLOWSHIP
American Legion/Auxiliary Post 54
501 E. Virginia Avenue, Gunnison
gunnisonpost54@gmail.com

For anyone who has served at least a day of active military service or is serving now. Coffee is available the first Saturday of the month; call for more information.

ISOLATION
Gunnison Valley Animal Welfare League
See p. 20

HEALTH
Mobile Health Clinic
Gunnison Valley Health (near Emergency Room entrance)
711 N. Taylor Street, Gunnison
970-242-0731 ext. 2086

Second Tuesday and Wednesday of every month, 9:00 am-4:00 pm. U.S. Dept. of Veterans Affairs operates this mobile medical clinic. Schedule an appointment via the number above.

RECREATION
Adaptive Sports Center
19 Emmons Road, Mt. Crested Butte
970-349-2296
https://www.adaptivesports.org/

Through Operation Rise & Conquer, we offer veterans, active military and first responders with disabilities $50 full-day summer and winter activities. This special rate is also available to veterans, active military and first responders who have a family member with a disability.
Reactive Adaptations
See p. 58

A Crested Butte business that builds bikes for people with a disability. The VA may be able to assist; contact the Gunnison County Veterans Services Officer.

TRANSPORTATION
See p. 35-37

VetRide
https://www.vetride.va.gov/app/home

Ride to a scheduled appointment with the Veterans Administration. Schedule via the website; it’s preferred that you schedule at least 7 days in advance.

Urgent Care Crested Butte/ Mt. Crested Butte
Gunnison Valley Health
12 Snowmass Road, Mt. Crested Butte
970-349-0321
https://www.gunnisonvalleyhealth.org/

8:00 am -5:00 pm during summer and ski seasons

Moore Orthopedics
32 Crested Mountain Way, Crested Butte
970-349-2677, phone answered 24/7
https://www.mooreorthopedic.com/

8:30 am-4:30 pm Monday-Friday; every day during ski season. Despite their name, their urgent care is not limited to orthopedic injuries.

VSON-Alpine Orthopaedics & Sports
405 Elk Avenue, Crested Butte
970-641-6788
https://vsortho.com/gunnison

8:00 am-5:00 pm Monday-Friday; offers a 24 hour call number for orthopaedic or sports injuries only

Urgent Care Gunnison
Gunnison Valley Health Urgent Care
707 N. Iowa Street, Gunnison
970-648-7105
https://www.gunnisonvalleyhealth.org/

10:00 am-5:00 pm Monday-Friday, 12:00 pm-8:00 pm Saturday & Sunday

VSON-Alpine Orthopaedics & Sports
112 Spencer Avenue, Gunnison
970-641-6788
https://vsortho.com/gunnison

8:00 am-5:00 pm Monday-Friday, 24-hour call number for ortho or sports injuries only
Wal-Mart
900 N. Main Street, Gunnison
970-641-1733

Open daily 6:00 am-11:00 pm. Clothing, kitchen items, dishware, toys and more at low prices.

MORE INFORMATION: CLOTHING & GOODS

Gunnison Country Shopper
https://www.gunnisonshopper.com/

Free weekly newspaper available Countywide and online. Often has listings for clothing and other goods, sometimes free, as well as jobs and housing possibilities

Gunnison Marketplace
Facebook Page

Facebook page where items are listed for sale, or where you could post a request for items you need.

Gunnison Valley Humanity Posse
505-235-5557
Facebook Group
cooltempsCO@gmail.com

“People helping people.” If you have an emergency need, you can post it there.

HEALTH & SAFETY

HEALTH EMERGENCY

(If you are experiencing an emergency, dial 9-1-1)

Hospital Emergency Room
711 N. Taylor Street, Gunnison
970-641-1456
https://www.gunnisonvalleyhealth.org/

24 hour emergency room

Part 3: Other Resources

YOUTH

(To report child abuse or neglect, call 1-844-264-5437 or 970-707-7005)

Consult the Health and Mental Health sections of this booklet to find items specific to young people, as well as the Early Childhood/Books/Education section. Here you will find opportunities and resources not mentioned elsewhere. These are free or offer scholarships to families in need.

Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://www.gunnisoncounty.org/150/Children-Family-Services

Children & Family Program

Provides many services so that children can live in safe and stable homes.

Gunnison County Early Childhood Program
See complete listing on p. 38-39

Gunnison County Juvenile Services
200 E. Virginia Avenue, Gunnison
970-641-7393
https://www.gunnisoncounty.org/155/Juvenile-Services

Provides information, resources, prevention and intervention services to youth and their families.

Youth Intervention/Diversion Services
Provides screenings, assessments, case management, mentoring, life skills training, restitution and restorative justice processes to court-referred youth.
Family Advocacy Support Team (FAST)
Helps youth and families gain support and navigate systems of assistance among educational, legal, mental and physical health systems.

Gunnison County Substance Abuse Prevention Program (GCSAPP)
Provides substance use prevention and mental health promotion through youth and family programs such as Choice Pass (see p. 67), youth groups and youth led suicide prevention trainings.

Gunnison County 4-H Program
Fred Field Center at the Fairgrounds
Gunnison County Extension Office
275 S. Spruce Street, Gunnison
970-641-1260

Build friendships, life skills and leadership by participating in clubs and projects “from raising cattle to building rockets and everything in between.” Annual fee is $25/child, and scholarships are available.

Gunnison Valley Mentors
101 N. 8th Street, Gunnison
970-641-5513
https://gunnisonmentors.com/

In a celebration of diversity, Gunnison Valley Mentors promotes the healthy growth of young people through one-to-one mentoring relationships and enrichment opportunities. All mentoring services are free.

SPORTS, ARTS, FUN & MORE
There are many, many youth activities in the Gunnison Valley. This list is not complete but it is a good place to start. We’ve tried to provide a resource for kids with many diverse interests. We have provided contact information for groups that may not be easy to find in an internet search.

Barrel Racing Club
Facebook Page – High Elevation Productions

Boy Scouts
Contact Margaret Cranor, cranor.margaret@gmail.com, 970-209-9129, to learn about scouting opportunities.

Lighthouse Pregnancy Center
144 W. Main Street #D (enter on Virginia Avenue)
970-596-1706

Open Tuesday and Thursday, 12:00 pm-6:00 pm. Offers free maternity and infant supplies.

Opportunity Shop
304 S. 10th Street, Gunnison

Open Tuesday and Thursday, 12:00 pm-4:00 pm. Gently used household goods and clothing.

Monkey Goats Consignment
118 W. Tomichi Avenue, Gunnison
970-641-4110

Open 10:30 am-5:30 pm Monday through Saturday. Modestly priced new and consignment goods. Clothes for newborns to adults; toys; baby gear. Hours are variable according to season and day of the week; it’s wise to call ahead.

St. Mary’s Garage
300 Belleview Avenue, Crested Butte
https://www.stmarysgarage.org/ and on Facebook stmarysgarage@aol.com
(In 2024 St. Mary’s Garage will move to Queen of All Saints Church, 401 Sopris Avenue, Crested Butte. Call to confirm location.)

Open 4:00 pm-5:30 pm on Tuesdays and Thursdays, Saturdays from 10:30 am-12:00 pm. Free clothing and shoes, bedding, linens, kids’ toys, baby items, and small kitchen items.

Six Points Thrift Store
1160 N. Main Street, Gunnison
970-641-3081
https://www.sixpointsgunnison.org/

Open Monday through Friday 9:00 am-6:00 pm, Saturday 10:00 am-3:00 pm. Clothing, furniture, kitchen items, dishware, toys, and more.
GWSD provides hot spots for students who do not have internet at home.

**Lifeline**
800-234-9473
https://www.fcc.gov/lifeline-consumers

Both Visionary Broadband and CenturyLink partner with the federal government on this program by which low income people can receive discounts on qualifying phone, broadband service or bundled packages. At the webpage you will see 3 ways to apply, one of which is to start with local Visionary Broadband (108 E. Tomichi Avenue, Gunnison) or CenturyLink. Both a local and a federal application are required.

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**CLOTHING & GOODS**

**FREE & LOW-COST CLOTHING & GOODS**

**Boom-A-Rang**
221 N. Main Street, Gunnison
970-641-3115

Free clothing is placed in the dumpster in the alley behind the store. Help yourself. Consignment Store: Open daily 10:00 am-6:00 pm

**Last Ditch Thrift**
125 N. Main Street, Gunnison
970-707-4019

Open daily 10:00 am-5:00 pm. High quality secondhand clothing at "great prices." Daily sales. During the last week of the month you can fill a bag for a flat $10.

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**Choice Pass**
Gunnison County Juvenile Services
https://www.choicepass.net/
emirza@gunnisoncounty.org

A program for youth designed to promote substance-free healthy living. Over 40 local businesses and nonprofits offer discounts or free opportunities – even ski passes - to participating youth who pledge to remain substance free. Parent involvement is required. For more information consult the website above.

**Churches and Congregations**
Your faith community almost certainly has youth fellowship and activities groups in addition to “Sunday school.” See pages 28-30

**Crested Butte Explorer Program**
For youth considering careers in fire protection, law enforcement, or emergency medical services.

**Dos Rios Golf Club**
While there is a fee for club rental, scholarships are available for the Junior Golf program. Stop by to sign up, 501 Camino del Rio, Gunnison.

**Girl Scouts**
Leaders change frequently, so contact Girl Scouts of the Western Slope to learn who the leaders and troops are, www.girlscoutscolrado.org, 970-375-7913. If there is enough interest, they can help set up a troop for Spanish-speakers.

**Gunnison County Libraries**
Both the Gunnison and Crested Butte Libraries offer many opportunities for youth! There are Storytimes for little kids, clubs like Lego Club for bigger kids, and resources for teens like the Gaming Guild. Visit their website for a list, but the bulletin boards at the libraries themselves may be the best place to start looking. Activities are free.

**Gunnison Watershed School District**
Both the Crested Butte and Gunnison Schools offer many opportunities after school, from sports to clubs.

**High Attitude Dance Academy**
Offers recreational, competitive and elite competitive classes in a wide variety of dance forms in Gunnison.
Let’s Play Marbles
Marbles program that has yielded state winners! Contact Jerry Piquette, playmarbles@msn.com, 970-641-0944

Non Profits
The nonprofits that offer programs for kids – many of which offer scholarships and discounts – include the following; visit their websites for information. This list may not be complete.

- Adaptive Sports Center – youth with disabilities
- Coldharbour Institute and Ranch – sustainable agriculture, solar, and other practices
- Crested Butte Center for the Arts
- Crested Butte Development Team – mountain biking
- Crested Butte Mountain Heritage Museum
- Crested Butte Mountain Theater
- Crested Butte Nordic
- Crested Butte School of Dance
- Crested Butte Snowsports
- gO Girls – exploring mountain sports throughout the Valley
- Gunnison Arts Center
- Gunnison Valley Mentors – find an older partner and friend
- Gunnison Valley Theatre Festival Camp, 970-596-7551
- Mountain Roots Food Project – youth gardening programs
- Rocky Mountain Biological Lab- science for kids
- Trailhead Children’s Museum
- West Elk Hockey Association
- West Elk Soccer Association

Lost Miner [Equestrian] Ranch
Lost Miner Ranch offers a wide variety of equestrian and horsemanship programs. Older kids may be able to work to earn class credit.

Parks & Recreation Departments
Both the Parks & Recreation Department in Gunnison and in Crested Butte offer a host of programs for kids of all ages; both offer scholarships.

Roping Club
Facebook page

Salmon Giveaway
Roaring Judy Fish Hatchery
Highway 135 north of Gunnison
970-641-7070 or 970-641-0190

Roaring Judy Fish Hatchery gives away Kokanee Salmon in the fall. The giveaway dates have been on Fridays in October and early November. You must be in line by 9:00 a.m. You must have a valid fishing license. Call the day before to verify and ensure that there will be fish given away.

Senior Meals
Gunnison Senior Center
200 Spencer Avenue, Gunnison
970-641-8272

Full meals on Monday, Wednesday and Friday at 11:30 am. Delivery for homebound seniors is possible with at least 24 hours’ notice. Low- or no–cost.

Student Nutrition Program
970-641-7714
https://www.gunnisonschools.net/

The Gunnison Watershed School District provides all children with free meals daily, regardless of family income. However, low-income parents are urged to complete the FARM paperwork, which may assist with other school fees.

COMMUNICATIONS

Affordable Connectivity Program
877-384-2575
https://www.fcc.gov/acp

Both Visionary Broadband and Spectrum High-Speed Internet partner with the federal government on this program by which qualifying households (including veterans on pension benefits) may purchase discounted broadband service ($30/month as of this writing). Also offers $100 towards the purchase of a device such as a laptop computer. Both a local and a federal application are required; you may wish to start with local Visionary Broadband (108 E. Tomichi Avenue, Gunnison).
Backyard Harvest: Year-round free weekly home delivery of fresh produce grown on the Mountain Roots farm, donated by gardeners and farmers or purchased from Colorado producers when possible. May–October. Sign up via the email address above.

Community Gardens: Cultivemos Cottonwood, The Giving Garden at Bill’s Park, Sunshine Garden at the Gunnison Rec. Center, and the Crested Butte/Gunnison school gardens are open to volunteers to participate in our Giving Gardens, where people work together to grow more food with less time and effort, May–October. Drop-ins and people with no gardening experience are welcome; our garden leader teaches basic skills weekly, and you can take home produce at the end of garden hours. Email the address above for more information.

Cooking/Gardening Demonstrations: Occasional demonstrations are offered to teach basic gardening skills and how to make a simple healthy meal from food grown in the garden.

Mountaineer Marketplace & Food Hub
Basement, Leslie J. Savage Library, Western Colorado University
970-943-2232

Open Tuesdays and Thursdays, 12:30 pm-2:00 pm for WCU students. Open first Friday, 2:00 pm-4:00 pm for staff and faculty. Call to confirm summer hours.

Roadkill Program
970-641-8200 Ext. 1

Call to get on a list to receive salvageable road kill. No proof of citizenship is required, but you must provide your name, phone number, and availability to be called as it could be in the middle of the night. If you are called, you must pick up the carcass, dress it and have it properly butchered. You must also obtain a free road kill permit from Colorado Parks & Wildlife, 300 W New York Ave. in Gunnison, 970-641-7060, within 48 hours of picking up the roadkill.
**Gunnison Valley Animal Welfare League**  
98 Basin Park Drive, Gunnison  
970-641-1173  
https://www.qvawl.org/  

May be able to assist low-income people with a portion of the cost of spay-neuter for their pet. Also manages “Silver Whiskers;” see p. 20.

**Oh Be Dogful Rescue and Sanctuary**  
336B Buckley Drive, Crested Butte  
970-349-5047  
https://www.ohbedogfulrescueandsanctuary.com/  

Significant discount on care services for people in need whose animal was rescued by Oh Be Dogful; may be able to assist people unable to keep their pet because of the cost of veterinary care. Can rescue dogs of people unable to keep them due to financial hardship or housing issues.

**Paradise Animal Welfare Society**  
26651 Highway 135, Crested Butte  
970-209-3656  
https://www.pawscrestedbutte.org/  

May be able to assist with spay-neuter costs and veterinary assistance to people who have been continuous residents in Crested Butte for 6+ months.

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**ESTATE PLANNING**  
970-642-4665  

Each fall a local attorney assists a limited number of people who cannot afford full legal fees with estate planning including a will, power of attorney, and final medical wishes. For straightforward situations he offers a very reasonable fee for the package. Contact Health & Human Services at the number above to schedule an appointment.

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**Gunnison Farmers Market**  
Corner of N. Main Street & Virginia Avenue, Gunnison  
970-648-0580  
http://www.gunnisonfarmersmarket.com  
bfrase@western.edu  

Saturdays 9:30 am-1:00 pm, from mid-June to mid-October

**Gunnison County Department of Health & Human Services**  
220 N. Spruce Street, Gunnison  
970-641-3244  
https://gunnisoncounty.org/882/Public-Assistance

Assists qualifying residents to receive Supplemental Nutritional Assistance (SNAP) benefits (“food stamps”). The purpose of SNAP is to alleviate hunger and malnutrition among low income households by increasing their ability to purchase food.

Assists qualifying residents to receive Women, Infants and Children (WIC) benefits, a nutrition program for pregnant and breast-feeding women.

**Gunnison Gardens**  
970-964-8226  
https://www.gunnisongardens.com  
sue.wyman@gunnisongardens.com

Gunnison Gardens is committed to teaching people to grow their own food internship program during the summer. Times may be Tuesday evening and/or Sunday afternoon; call to confirm. We usually teach a topic, then work on the farm, then harvest and take home some free fresh produce.

**Mom’s Meals**  
https://www.momsmeals.com/

Internet-based service that delivers low-cost meals to people who are 65+, have a disability, or on Medicaid or whose insurance program provides for home meal delivery. Menus are tailored to varying health conditions such as renal or cardiology issues, or who required food to be pureed. Medicaid recipients should apply through the Department of Health & Human Services (970-641-4665); long-term Medicaid recipients should apply via their caseworker in Delta. Recipients must have refrigerator space to store caseworker in Delta. Recipients must have refrigerator space to store meals for 7-14 days.
The Pantry provides food assistance to those in need in a kind, confidential and supportive environment. If you are experiencing a barrier to food access, call the Pantry to arrange home delivery. Emergency food boxes are available at a number of locations in Gunnison County. Call the Food Pantry for exact locations.

Crested Butte Food Pantry
625 Maroon Avenue, Crested Butte
(Downstairs at Oh Be Joyful Church)
970-349-6237

Open the 1st and 3rd Thursdays of each month 5:00 pm-6:00 pm

Greater Somerset Food Pantry
3688 Highway CO-133, Somerset
970-929-5445

Open Tuesdays 2:00 pm-4:00 pm

Farmers Markets

The Gunnison and Crested Butte Farmers Markets accept Supplemental Nutritional Assistance Program (SNAP) and Women, Infants & Children (WIC) vouchers and participate in the Double Up Food Bucks program which doubles what you spend on your SNAP card up to $20 at each market. Visit the market booth to first buy SNAP vouchers.

Crested Butte Farmers Market
970-901-4181
https://cbfarmersmarket.org/

Sundays late May to early October, 9:00 am-2:00 pm on Elk Avenue (zero and 100 blocks)

Crested Butte South Farmers Market
At the bus stop in Crested Butte South
970-349-1162
staff@cbsouth.net

Thursdays July-September, 4:00 pm-6:00 pm. (Does not accept SNAP benefits.)

FAMILY PLANNING

Gunnison County Department of Health & Human Services
970-641-3244
https://www.gunnisoncounty.org/246/Family-Planning

Offers pap smear, pregnancy testing, STD/HIV testing, emergency contraception, UTI and vaginal treatments, and birth control options. Services are based on income and most insurance is accepted. They see males and females of any age, and all services are confidential. Please call to set up an appointment.

HANDYMAN

Bethany Baptist First Responders
jskokan@gvh-colorado.org, jskokan844@yahoo.com

Offers assistance to people in need such as handyman services or firewood collection.

LAUNDROMATS

Crested Butte Hostel & Laundromat
615 Teocalli, Crested Butte

Hi Country Laundromat
221 W. US Highway 50, Gunnison

One Stop Wash
922 W. Gunnison Avenue #1, Gunnison

SHOWERS

Gunnison Recreation Center
200 Spencer Avenue, Gunnison
970-641-8060

Showers are available for $5.00.
VOLUNTEERING
Volunteers are the backbone of a healthy community of neighbors caring for neighbors. Whether your passion is animal welfare, helping out as a handyman, helping register people to vote, working backstage on a show, helping distribute food – the list is a long one! – we need you! Consult the list of nonprofits at https://cfgv.fcsuite.com/erp/donate/list/directory, talk to your child’s teachers, ask your pastor or worship leader, or head over to the Department of Health & Human Services – these are a few good places to start.

VOTER REGISTRATION
Gunnison County Clerk’s Office
221 N. Wisconsin Street, Gunnison

Please contact us if any of the information is incorrect or as new information becomes available so we can include it in our next edition of this Resource Guide.

Email: specialproject1@cfgv.org

The section for People in Recovery was produced by the GRASP Consortium of the Gunnison County Health Coalition. Thank you all, especially Mary Beth and Kyle!

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This Resource Guide was produced by Maryo Gard Ewell and Scott Krieger of the Community Foundation of the Gunnison Valley.

Part 1: Trying to make ends meet?

APPLY FOR BENEFITS
Gunnison County Department of Health & Human Services
220 N. Spruce Street, Gunnison
970-641-3244
https://www.gunnisoncounty.org/876/Colorado-Medicaid

Through this office you can apply for Medicaid and Children’s Health Plan Plus (CHP+). You may also apply for emergency basic needs assistance such as food, clothing, emergency rent, medical bills, utility assistance, food assistance, child care assistance and more.

FOOD
FREE/LOW-COST FOOD & FOOD ASSISTANCE
Gunnison County Food Pantries
Gunnison Country Food Pantry
321C N. Main Street, Gunnison
(SW corner N. Main Street and W. Ohio Avenue)
In 2023, the Pantry will move to 114 S. 14th Street, Gunnison. Call to confirm location.
970-641-4156
https://gunnisoncountryfoodpantry.org/

Mondays 1:00 pm-4:00 pm, Wednesdays 1:00 pm-7:00 pm (Spanish and Cora speakers available 4:00 pm-7:00 pm), Thursdays 10:00 am-2:00 pm (caters to adults 60+)
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Space does not allow for us to list individual practitioners, or most activities of the many faith and nonprofit groups.

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Gratitude to the scores of good people in this County who care so deeply for their neighbors.

And, we are so grateful to these people who updated and researched the contents of this Guide.

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Roanne Rouse
Rita Merrigan
Rob Whiting
Ronda Connaway
Sarah Macort
Scott Krieger
Steve Otero
Steve Patrick
Steve Sekofsky
Tina McGuinness
Tyler Lucas
Could you use a little help from your friends...?

GUNNISON VALLEY'S
BASIC NEEDS RESOURCE GUIDE

With special sections for:

- Immigrants & Newcomers
- People in Recovery
- People with a Disability
- Seniors
- Veterans

*updated and expanded June 2023*