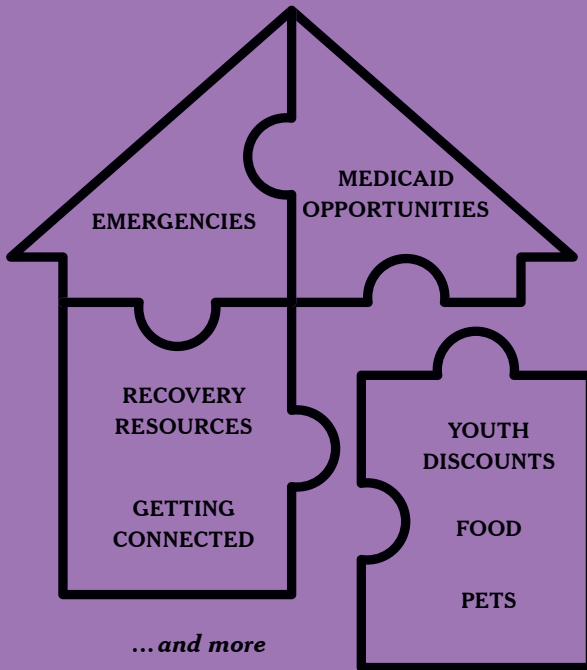


Could you use a little help from your friends...?

Gunnison Valley's Basic Needs Resource Guide

Esta guía está disponible en Español; llama 970-641-7999



with special sections for:
Immigrants and Newcomers
People in Recovery
People with a Disability
Seniors
Veterans
WCU Students, Faculty, and Staff

ABOUT THIS GUIDE: READ FIRST!

This is NOT a directory of all services in the Gunnison Valley. It IS a guide for people trying to make ends meet. And it IS also intended to be valuable for certain groups who have special challenges (not all of them economic) as they navigate the community.

Therefore, the Guide is organized to include both “Resources for Anyone” and “Resources for Specific Populations.”

We focus on in-person resources in the Gunnison Valley; we include a few nearby if they're important but not offered here; and we include a very few online resources if they address emergencies such as a suicide/crisis hotline.

In the Appendix, you'll find a Recovery Resource List for People in Recovery. This list also includes many valuable online resources.

This Guide can be found in print and online. The online version is searchable and available in both Spanish and English. It may be useful to search the online version for “Spanish” because many organizations have Spanish-speakers on their staff. **Online:** <https://cfgv.org> > Resource Library > Community.

Some final thoughts:

- Inclusion in the Guide should not be considered to be our endorsement.
- Space is limited, so we don't list individual practitioners, most for-profit businesses, and most community events unless they directly address the purposes of this Guide.
- For “Connection,” “Volunteering” or “Youth Activities” for anyone, we provide only a small sampling of what's available to demonstrate the diversity of options to choose from.
- Similarly, for “Connection” for specific populations we have highlighted a few individuals (like the Veterans Services Officer) or groups (like Inmigrantes Unidos de Gunnison) which might be a good starting place
- We don't always list addresses, as some groups don't have public offices or prefer to be contacted via the website.
- The Guide was accurate as of March 2025. But since hours and federal funds are subject to change, we suggest you call before you visit.

We hope this is useful to you, and we wish you well.

For additional state and national resources, please visit Tri-County Health Network at <https://resources.tchnetwork.org/home>

For more paper copies of this Guide, contact the Community Foundation of the Gunnison Valley, 970-641-8837.

If you have additions or changes for the Basic Needs Resource Guide, please email specialproject1@gmail.com.

PART 1: RESOURCES FOR EVERYONE

Where to find free or discounted goods and services to help you make ends meet and lead a fulfilling life.

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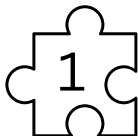
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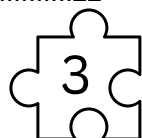
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- **Dial 911**
- **Domestic/Partner Violence – Local Hotline 970-275-1193**



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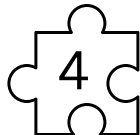
PART 2: RESOURCES FOR SPECIFIC POPULATIONS

In addition to resources listed above, here are special services for specific groups.

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(Many services above have Spanish-speaking staff. Do an online keyword search "Spanish" at <https://cfgyv.org> > Resource Library > Community > Basic Needs Resource Guide for "Spanish")

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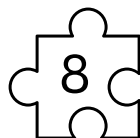
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“A LITTLE HELP FROM YOUR FRIENDS”

4-H

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

Youth Connection, Education, Books

- Gunnison County 4-H helps youth build friendships, life skills and leadership by participating in clubs and projects “from raising cattle to decorating cakes and everything in between.” Annual fee is \$25/child; scholarships are available. A program of Colorado State University Extension.

Abba Eye Care

420 N. Main Street, Gunnison
970-641-2020

Health: Non-Emergency, Prevention
Accepts Medicare

Abuse/Neglect Hotlines

Health: Emergency/Urgent Care

- If you are witnessing a life-threatening situation, call 911.
- If you suspect that a child is being harmed or neglected, call 844-264-5437 or 970-707-7005.
- If you suspect that an adult is being harmed or neglected, call 970-707-7005.

Adaptive Sports Center

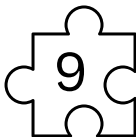
19 Emmons Road, Mt. Crested Butte
970-349-2296
<https://www.adaptivesports.org/>

People with a Disability Recreation

- Inclusive outdoor adventure recreation programs for people with disabilities and other specific needs. Activities include mountain biking, skiing, rock climbing, paddle sports and more. \$95/day; scholarships may be available.

Veterans Recreation

- 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.



All Sports Replay

200 W Tomichi Avenue, Gunnison
970- 641-1893
staff@asrgunnison.com

Recreation

- Store Hours: Monday-Saturday 9:00 am-6:00 pm. Good quality used sports equipment, clothing, boots and shoes.

American Legion/Auxiliary Post 54

501 E. Virginia Avenue, Gunnison
Gunnisonpost54@gmail.com

Veterans Connection

- 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; send an email for more information.

Axis Health System

<https://www.axishealthsystem.org>

Mental Health: Emergency

- Dial 911 to reach law enforcement, or 988 for a crisis counselor or 844-493-8255 for the Colorado Crisis Hotline.
- Substance Abuse Hotline: 970-247-5245.

Mental Health: Non-Emergency, Prevention

- Suicide prevention trainings may be offered. Consult the website or call 970-252-3200 for information.

Crested Butte

Mental Health: Non-Emergency, Prevention

- 412 Elk Avenue, 970-252-3200. 9:00 am-4:00 pm Monday-Friday.

Gunnison

Mental Health, Non-Emergency, Prevention

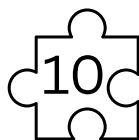
- 710 N. Taylor Street, 970-252-3200, 9:00 am-4:00 pm Monday-Friday.

Bethany Baptist First Responders

Jskokan844@yahoo.com

Assistance & Services

- Offers assistance such as handyman services or firewood collection to low-income people, people with a disability, and isolated older adults.



Boom-A-Rang

221 N. Main Street, Gunnison
970-641-3115

Basic Needs: Clothing & Household Goods

- Free clothing is placed in the dumpster in the alley behind the store. Help yourself. Consignment Store: Open Monday-Friday 10:00 am-6:00 pm; Saturday 10:00 am-5:00 pm; Sunday 11:00 am-5:00 pm.

Bustang

970-641-1111

<https://www.ridebustang.com/>

Transportation

- Visit the website > routes. Scroll to "Outrider" and you'll find the route map and schedule. It's a twice-daily public bus service to and from Crested Butte and Gunnison to Denver Union Station, which is a transportation hub, connecting you to light rail (including to Denver International Airport) and local buses. The Bustang connects in Salida for buses to Alamosa and Pueblo. As of March 2025, cost from Crested Butte/Gunnison to Denver is \$45/\$40 respectively. Use the mobile app or pay exact cash on the bus.

People with a Disability Seniors

Transportation

- Fare is discounted 50% for people 65+, under 11, or with a disability.
- Buses are equipped with a wheelchair lift.

CASA of the 7th Judicial District

147 N. Townsend Avenue, Montrose
970-249-0337

<https://www.casa7jd.org>

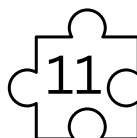
Legal/Court-Related Volunteering

- CASA volunteers are paired with kids in foster care and serve as a voice and advocate for them as they navigate the court system. See the website for details.

Youth

Mental Health: Non-Emergency, Prevention

- Pathways to Success assists youth in making the transition to adulthood through life skills coaching, counseling and more. Montrose-based staff visit Gunnison bi-weekly. A Spanish-speaking staff member is available.



City of Gunnison Community & Policy Liaison

201 W. Virginia Avenue, Gunnison

970-901-7628

resqueda@gunnison.gov

Information about the Community

- Ricardo Esqueda serves as an outreach point-of-contact for City programs and services. He is aware of a wealth of resources and connections that may be valuable to residents.

Immigrants

Information about the Community

- Ricardo also serves as the City's translator and interpreter, and his wealth of resources and connections may be valuable to immigrants.

City of Gunnison Finance

201 W. Virginia Street, Gunnison

<https://www.gunnisonco.gov/departments/finance/>

Basic Needs: Housing & Utilities

- Based on your usage, you could pay the same amount each month for your utility bill, so budgeting is more predictable. Scroll to "Utility Billing/Assistance" on the website.
- If you generate very little trash, you could arrange a bi-weekly pickup, for a modest savings. Scroll to "Utility Billing/Assistance."

City of Gunnison Parks & Recreation

200 E. Spencer Avenue, Gunnison

970-641-8060

<https://www.gunnisonrec.com>

Basic Needs: Hygiene

Recreation

- Showers are available for \$5.00.
- 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 Department of Health & Human Services, 220 N. Spruce Street, Gunnison. Basketball courts at Legion and Meadows Parks.

City of Gunnison Police Department

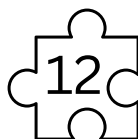
910 W. Bidwell Avenue, Gunnison

911 Emergency; 970-641-8200 Non-Emergency

Health: Non-Emergency, Prevention

Law Enforcement, Security

- Car seats: Low-income people may qualify for a free car seat for kids. Call 970-641-8273; speak with the Community Resource Officer.
- Prescription drug drop-off.



City of Gunnison Public Works
1100 W. Virginia Avenue, Gunnison
970-641-8020
<https://www.gunnisonco.gov/>

**People with a Disability
Seniors**

Assistance & Services

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

City of Gunnison Resiliency Project Microgrants

www.gunnisonco.gov/microgrants
gbaylor@gunnisonco.gov

Connection

- Reimbursable \$400 awards are available for events and activities whose purpose is to build ties among neighbors.

City of Gunnison Senior Center

200 Spencer Avenue, Gunnison
970-641-8272

<https://www.gunnisonco.gov>, (search for Senior Center)

Seniors

Basic Needs: Food

- Senior Meals: Full meals on Monday, Wednesday and Friday at 11:30 am at the Senior Center for \$6. Delivery for homebound seniors age 55+ is possible. 24 hours advance notice, please.

Connection

Health: Non-Emergency, Prevention

- In conjunction with the Parkinsons Association of the Rockies, offers spin classes for people with Parkinsons or other neuro-degenerative diseases. Contact egillis@gunnisonco.gov for exact hours and more information.

Recreation

- Offers many special recreation opportunities for seniors, such as fitness classes for all levels, pickleball, outdoor adventures, water aerobics, swimming, Nordic ski lessons, excursions, hikes, snowshoe hikes and more. This is a Silver Sneaker and Renew Active facility.

City of Gunnison Water Treatment Facility

524 County Road 32, Gunnison
970-641-8042

Health: Non-Emergency, Prevention

- The City of Gunnison can test the safety of well water for any Gunnison County resident for a modest fee (\$29 in 2025). Take a sample to the Water Treatment Plant, address above. Gunnison residents can pick up a sterile water test container at the treatment plant or Municipal Building. Nitrite, nitrate and fluoride tests must be scheduled in advance.

City Market Pharmacy

880 N. Main Street, Gunnison
970-641-6379

Health: Non-Emergency, Prevention Pharmacy

Many free immunizations and vaccinations are available. Call for details.

Colorado Agricultural Addiction & Mental Health Program

<https://www.campforhealth.org/>

Mental Health: Non-Emergency, Prevention

For members of the agricultural community: 6 free online counseling sessions.

Colorado Community Health Centers

<https://cchn.org/>

- Community Health Centers serve everyone, regardless of any life circumstance. Everyone is warmly welcomed at Community Health Centers, including Spanish speakers. They make every effort to provide outreach and care in culturally appropriate ways. They usually offer more than one service at low- or no- cost. Services may include medical, dental, vision, behavioral health, pharmacy and acute care. They take all insurance, self-pay, Medicaid, Medicare, and fees vary based on family income and size. Here are the Centers in Montrose and Olathe; there are others in Delta and Grand Junction.

Montrose

Health: Non-Emergency, Prevention

- Marillac Health-Montrose (former The PIC Place), 87 Merchant Drive, 979-252-8896.
- River Valley Family Health Center, 1010 S. Rio Grande, 970-497-3333 medical; 970-787-2044 pharmacy.



Olathe

Health: Non-Emergency, Prevention

- River Valley Family Health Center, 308 Main Street, 970-323-6141.

Colorado Legal Services

<https://www.coloradolegalservices.org>

Legal/Court-Related

- On the first Thursday of each month from 4:30 pm-6:00 pm, and third Wednesday of each month from 5:00 pm-7:30 pm. Call 800-521- 6968, a free 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 by telephone to an attorney for free outside these clinic hours via an online application, or by calling 800-521-6968.

Seniors

Legal/Court Related

Seniors are especially welcome.

Colorado State Patrol (CSP)

Emergency, 911; Non-Emergency, 970-249-9575

Law Enforcement, Security

- While the CSP has an office in Gunnison, it is not regularly staffed. Contact the regional office in Montrose, phone number above.

Colorado State University-Extension

Fred Field Center at the Fairgrounds

275 S. Spruce Street, Gunnison

970-641-1260

<https://gunnison.extension.colostate.edu>

Health: Non-Emergency, Prevention

- Radon Test Kits are free. Call for more information.

Education, Books

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

Youth

Connection

Education, Books

- We've listed 4-H separately, above.

Colorado Talking Book Library

800-685-2136

<https://myctbl.cde.state.co.us/> for English language books

<https://www.loc.gov/nls/es/> for Spanish language books

People with a Disability

Education, Books

- Free audio, Braille and large print books for people who can't read standard print.

Colorado Workforce Center

206 Ute Street, Delta

970-874-5781

<https://crwc.colorado.gov/>

Jobs

- Visit the website, search for the Delta location, and review job-related resources, training opportunities, and posted jobs.

People with a Disability

Veterans

Jobs

- There may be special assistance available for veterans and for people with a disability.

Community Foundation of the Gunnison Valley

525 N. Main Street, Gunnison

970-641-8837

<https://cfgv.org>

Connection

Volunteering

- Visit the website > nonprofits > nonprofit directory to see the tax-exempt organizations here where you might find the perfect opportunity to meet others who share your interests, or to volunteer.

Crested Butte Dental

80 Glacier Street, Crested Butte South

970-349-5880

<https://www.crestedbuttedentist.com>

Health: Non-Emergency, Prevention

- Offers a variety of payment plans that may help you; offers sales and special offers (see the website at the insurance link). There is a Spanish speaker on staff.

Veterans

Health: Non-Emergency, Prevention

Annually offers a veterans-only free day. Call for details.

Crested Butte Farmers Market

Elk Avenue (zero and 100 blocks)

970-901-4181

<https://cbfarmersmarket.org/>

Basic Needs : Food

- The Crested Butte Farmers Market accepts Supplemental Nutritional Assistance Program (SNAP) vouchers and participates 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. Sundays late May to early October, 9:00 am-2:00 pm.

Crested Butte Hostel & Laundromat

615 Teocalli, Crested Butte

Basic Needs: Hygiene

Public laundromat.

Crested Butte News

970-349-0500

<https://crestedbuttenews.com/>

Information about the Community

Jobs

Crested Butte Nordic

970-349-1707

<https://cbnordic.org>

Recreation

- See the website for the network of Nordic trails in the Crested Butte area. Crested Butte Nordic also works with Inmigrantes Unidos de Gunnison for free Nordic ski lessons and experiences for immigrants. Contact resqueda@gunnisonco.org for information on that program. (The website can be translated into Spanish.)

Crested Butte South Farmers Market

At Alpengardener, 193 Gillaspey Avenue

970-349-1162

staff@cbsouth.net

Basic Needs: Food

Thursdays July-September, 4:00 pm-6:00 pm.

Crested Butte State of Mind

970-596-4698

mdougherty@cbstateofmind.org

Mental Health: Non-Emergency, Prevention

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

Crested Butte Visitors Center

601 Elk Avenue, Crested Butte

970-349-6438

cbinfo@cbchamber.com

Information about the Community

Open daily 9:00 am-5:00 pm.

Dog Cabin Ranch Sanctuary

970-641-3691

Mental Health: Non-Emergency, Prevention

Animals

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

D'Luna Mexican Store

1140 N. Main Street, Gunnison 970-707-4304

Immigrants

Connection

Information about the Community

Dolly Parton's Imagination Library

Community Foundation of the Gunnison Valley (CFGV)

525 N. Main Street, Gunnison

970-641-8837

info@cfgv.org

Youth

Education, Books

- Any child can receive a free book every month from birth to their 5th birthday. Some books may be bilingual English/Spanish. 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.

Early Childhood Council (ECC)
220 N. Spruce Street, Gunnison 970-641-3244

Youth

Education, Books

- Housed at the Department of Health & Human Services, the ECC assists families and early childhood professionals. The ECC can provide information about Universal Preschool for children in 4-year-old preschool programs. Some financial assistance may be available for childcare/preschool for young children
- The ECC maintains a directory of licensed home-care preschool providers.

Easy Time Laundry

221 W. US Highway 50, Gunnison

Basic Needs: Hygiene

Estate Planning

970-642-4665

Seniors

Legal/Court-Related

- Each fall a local attorney assists a limited number of seniors 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.

Exploration Kids Therapy

234 N. Main Street, Gunnison
970-641-2908

Youth

People with a Disability

Health: Non-Emergency, Prevention

- Speech and occupational therapy for youth. Accepts Medicaid as of this writing.

Faith Communities

Opportunities for fellowship and many offer opportunities to participate in community service projects.

Crested Butte Connection

- All Saints in the Mountains Episcopal Church, 403 Maroon Avenue, 985-312-8112; <https://allsaintsinthemountains.org>
- B'Nai Butte Congregation, meets in people's homes in both Crested Butte and Gunnison, 305-803-3648, <https://www.bnaibutte.org>
- Crested Butte UCC Congregational Church, 403 Maroon Avenue, 970-209-9306, <https://ucccrestedbutte.org>
- Oh Be Joyful Baptist Church, 625 Maroon Avenue, 970-349-6237, <https://ohbejoyfulchurch.org>
- Queen of All Saints Catholic Church, 401 Sopris Avenue, 970-641-0808, <https://crestedbuttecatholic.org>

Gunnison Connection

- Assembly of God/The Rising Church, 92 County Road 17, 970-444-1545, <https://gunnisonrising.church>
- Bethany Baptist Church, 909 N. Wisconsin Street, 970-641-2144, <https://gunnisonbethany.com>
- Blue Mesa Baptist Church, 1468 County Road 17, 970-640-8494
- B'Nai Butte Congregation, meets in people's homes in both Crested Butte and Gunnison, 305-803-3648, <https://www.bnaibutte.org>
- Christian Challenge, Western Colorado University, 970-417-8382, <https://western.edu/clubs-orgs/christian-challenge/>
- Church of Christ, 600 E. Virginia Avenue, 970-641-1588, <https://churchofchrist-gunnison.com>
- Church of Jesus Christ of Latter Day Saints, 810 N. 11th Street, 970-648-4804; Spanish congregation 970-209-7905
<https://local.churchofjesuschrist.org/en/units/us/co/gunnison-branch>
- Church of the Good Samaritan Episcopal Church, 307 W. Virginia Avenue, 970-641-0429, <https://goodsamaritangunnison.org>
- Community Church of Gunnison, 107 N. Iowa Street, 970-641-0925, <https://ccgunnison.com>
- First Baptist Church, 120 N. Pine Street, 970-641-3203, <https://firstbaptistgunnison.org>
- Gunnison UCC Congregational Church, 317 N. Main Street, 970-641-3203, <https://gunnisonucc.org>
- Jehovah's Witnesses, 655 County Road 13, 970-680-9488
- Legacy Family Ministries, 970-596-1706, lfgmgunnison.org
- Mt. Calvary Lutheran Church, 711 N. Main Street, 970-641-1860, <https://mountcalvarygunnison.com>
- New Song Christian Fellowship, 77 Ute Lane, 970-641-5034, <https://newsonggunnison.net>
- Rocky Mountain Christian Ministries, 1040 Highway 135, 970-641-0158, <https://rmcmchurch.org>
- Seventh Day Adventist, 77 Ute Lane, 70-641-3036, <https://gunnisonco.adventistchurch.org>

- St. Peter's Catholic Church, 301 N. Wisconsin Street; office 400 W. Georgia Avenue, 970-641-0808, <https://gunnisoncatholic.org>
- The Way International/Camp Gunnison, 606 County Road 9, 970-641-0936, <https://www.theway.org/connect-and-grow/camp-gunnison/>
- Trinity Baptist Church, 523 N. Pine Street, 970-641-1813, <https://trinitybaptistgunnison.com>
- Young Life, Western Colorado University, alinvill@western.edu

Immigrants

Connection (Spanish-Speaking Congregations)

- Church of Jesus Christ of Latter-Day Saints, 810 N. 11th Street, 970-648-4804; Spanish congregation 970-209-7905,
- Iglesia Cristiana Rios de Agua Viva, 37762 W. US Highway 50, Gunnison, 970-641-2551
- Iglesia Cristiana Pentecostes, 302 W. Tomichi Avenue, Suite 3, Gunnison, 719-298-8331 or 970-275-4082
- Iglesia Emmanuel, 405 W. Tomichi Avenue, Unit 2, Gunnison, 970-376-6191, Facebook page
- St. Peter's Catholic Church, 301 N. Wisconsin Street; office 400 W. Georgia Avenue, 970-641-0808

Family Vision Center

302 W. Tomichi Avenue, Gunnison
970-641-2422

Health: Non-Emergency, Prevention

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

First Call for Children Hotline

877-647-7440

Health: Emergency/Urgent Care

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

Gomez, Mary Ann, LPN

970-901-2950

Health: Non-Emergency, Prevention

- In-home care; private caregiver.

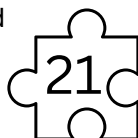
Gray Hares

jane@murraybanks.com

Seniors

Recreation

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



Gunnison Country Food Pantry

114 S. 14th Street, Gunnison
970-641-4156

<https://gunnisoncountryfoodpantry.org/>

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.

Basic Needs: Food

- Mondays 1:00 pm-4:00 pm, Wednesdays 1:00 pm-7:00 pm, Thursdays (caters to seniors) 10:00 am-2:00 pm.

Information about the Community

- If you could use some assistance in connecting with other community resources, come and chat with our in-house Public Health Worker/Community Connector.

Immigrants

Basic Needs: Food

- Spanish- and Cora-speakers are available to help you on Wednesdays 4:00 pm-7:00 pm.

Seniors

Basic Needs: Food

On Thursdays, the Pantry caters to adults age 60+, 10:00 a.m-2:00 pm.

Gunnison Country Times & Gunnison Country Shopper

218 N. Wisconsin Street, Gunnison
970-641-1414

www.gunnisontimes.com and www.gunnisonshopper.com

The Shopper is inserted into the Times and is also available for free at various locations in the Gunnison Valley. The Times frequently has a Spanish language page. The Times includes community news, where the Shopper emphasizes items for sale.

Basic Needs: Clothing & Household Goods

Basic Needs: Housing & Utilities

- Consult the Shopper for Household Goods
- Both papers list rental housing

Information about the Community

- Both papers announce community events.

Jobs

- Both papers post job listings.

Seniors

Information about the Community:

- The Seniors Calendar is published in the Shopper.

Gunnison County Assessor's Office

221 N. Wisconsin Street, Gunnison
970-641-1085

<https://www.gunnisoncounty.org/687/Senior-Property-Homestead-Exemption>

Seniors

Basic Needs: Housing & Utilities

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

Gunnison County Department of Health & Human Services (DHHS)

220 N. Spruce Street, Gunnison
970-641-3244

<https://gunnisoncounty.org/149>

- DHHS assists individuals, children, families and older adults with health, housing, food and services. DHHS offers care coordination and community resource navigation for low-income individuals and households. Spanish speakers available to interpret and translate.

Basic Needs: Food

Basic Needs: Clothing

Basic Needs: Housing & Utilities

- You can apply for Medicaid, Children's Health Plan Plus (CHP+), emergency basic needs assistance such as food, clothing, medical bills, utility assistance, food assistance, childcare assistance and more.
- You can apply for SNAP benefits ("food stamps").
- You can apply for WIC benefits, a nutrition program for pregnant and breast-feeding women.
- You may be able to receive one-time rent assistance or emergency motel vouchers.
- You may be able to access LEAP, a federally-funded program that helps eligible families, individuals and seniors pay a portion of their winter home heating costs.
- You may be able to access EOC to assist with heating bills, depending on income, number of people in the home and heating bill.

Health: Non-Emergency, Prevention

- You can access services so that children can live in safe and stable homes.
- You may be able to learn about local medical professionals who accept Medicaid.
- You can receive all recommended routine vaccinations for children, adolescents, and adults at no cost.
- You can receive family planning, women's wellness and prenatal counseling. Services include pap smear, pregnancy testing, STD/HIV testing, colposcopy, emergency contraception, UTI and vaginal treatments and birth control options. Cost for services is based on income; most insurance is accepted. Happy to see males and females of any age; services are confidential. Call for an appointment.

Immigrants

Health: Non-Emergency, Prevention

Information about the Community

- Multicultural Resources Services, 970-209-4241. Three Spanish-speaking staff members can assist immigrants to better access local health and human services and other resources. 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.

People with a Disability

Health: Non-Emergency, Prevention

- You may be eligible for Children with Disabilities assistance if the child is under 19 years old with a qualifying disability.
- You may be eligible for Working Adults with Disabilities assistance if you are a working adult age 16-64 with a qualifying disability.

Seniors

Health: Non-Emergency, Prevention

Information about the Community

- You can receive assistance in benefit enrollment and community resource navigation.

Veterans

Health: Non-Emergency, Prevention

Mental Health: Non-Emergency, Prevention

Connections

Information about the Community

- Steve Otero, Veterans Services Officer, can help you navigate Medicare, social security services, various health options and community resources. 713-823-5828, sotero@gunnisoncounty.org. On the County website is a list of links for additional information that may be helpful.

Gunnison County Dispatch

Emergency, 911; Non-Emergency, 970-641-8200 ext. 1

Law Enforcement, Security

Gunnison County Juvenile Services

202 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.

Gun Locks

- May be able to provide gun locks and lock boxes.

Youth

Legal/ Court-Related

- Youth Intervention/Diversion Services provide screenings, assessments, case management, mentoring, life-skills training, restitution and restorative justice processes to court-referred youth.

Mental Health: Non-Emergency, Prevention

- 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, youth groups and youth led suicide prevention trainings.
- Choice Pass is a program for 6th-12th grade 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 and make healthy choices. Parent involvement is required. Consult the website or email choicepass@gunnisoncounty.org.
- Youth Wellness offers up to 4 free confidential sessions with a therapist for youth 6th grade and older. Schedule an appointment via youthwellness@gunnisoncounty.org.
- Suicide prevention trainings may be offered during the year. Contact emirza@gunnisoncounty.org to learn more.

Gunnison County Libraries

<https://www.gunnisoncountylibraries.org>

- “Always free and open to all.” Clubs, programs, lectures and activity groups for all ages and all interests – too many to list. Open 9:00 am-6:00 pm Monday-Friday; 10:00 am-4:00 pm Saturday; 1:00 pm-5:00 pm Sunday. Spanish speaker available to assist in Gunnison. Consult the website for details, including:

Broadband

- Free use of computers and internet access.

Education, Books

- Thousands of books, movies and more are available to check out via your free library card.

- All ages! From toddler storytime to teen gaming guilds to adult lectures and book groups and Spanish classes... consult the "events" section of the website.

Connection

Information about the Community

- Find fellowship via all of the clubs and gatherings.
Information about the Community

Crested Butte
504 Maroon Avenue
970-349-6535

Gunnison
1 Quartz Street
970-641-3485

Education, Books

- The Center for Adult & Family Education (CAFE) program offers educational opportunities for adult learners such as GED Prep classes or drivers license training. One-on-one tutoring may be available. Childcare is often provided. All programs are free. Contact megan@gunnisoncountylibraries.org for information.

Immigrants

Education, Books

- Drivers license prep classes in English and Spanish; English classes; 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.

Gunnison County Sheriff

510 W. Bidwell Avenue, Gunnison
Emergency, 911; Non-Emergency 970-641-1113

Law Enforcement, Security

Gunnison County Victim Services

910 Bidwell Avenue, Gunnison
970-641-8299

https://www.gunnisonco.gov/departments/police/victim_services.php

Law Enforcement, Security

Legal/ Court Related

- Provides services, support, information and advocacy to victims, witnesses and family members in criminal situations.

Gunnison-Crested Butte Association of Realtors

419 N. Main Street, Gunnison
970-641-0895
<https://gacor.org>

Basic Needs: Housing & Utilities

- If you are trying to purchase a first home and have lived and worked in the Gunnison Valley for at least a year, there may be some financial assistance through the Association's "Homebuyer Assistance Program." Details and application are on the website.

Gunnison Elks Lodge 1623

123 S. Main Street, Gunnison
970-707-4262
Facebook page
Bpoe1623@gmail.com

Connection

- The Lodge is a great place to get connected. It hosts many public events; watch the Facebook page.

Gunnison Farmers Market

Corner of N. Main Street & Virginia Avenue
<https://www.gunnisonfarmersmarket.org>
gunnyfarmersmarket@gmail.com

Basic Needs: Food

- The Gunnison Farmers Market accepts Supplemental Nutritional Assistance Program (SNAP) vouchers and participates 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. Saturdays 9:30 am-1:00 pm, from mid-June to mid-October.

Gunnison Gardens

970-964-8226
<https://www.gunnisongardens.com>
sue.wyman@gunnisongardens.com

Basic Needs: Food

- Gunnison Gardens is committed to teaching people to grow their own food and offers an 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.

Gunnison Marketplace

Facebook: Gunnison Marketplace

Basic Needs: Clothing & Household Goods

Basic Needs: Housing & Utilities

Assistance & Service

Information about the Community

Jobs



Gunnison Nordic

<https://gunnisonnordic.com>

Recreation

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

Gunnison River Condos

Seniors

Basic Needs: Housing & Utilities

For people 55+ years of age. Consult a realtor.

Gunnison Tough

<https://gunnisontough.com>

program@gunnisontough.com

Health: Non-Emergency, Prevention

- Offers programs to support residents with any form of cancer. Programs include transportation support (we have 4 vehicles that can be checked out to travel to out-of-town appointments and treatments, lodging assistance, financial aid, and integrative therapies such as massage, acupuncture, orthobionomy or reiki).
- Provides free mammograms and if necessary follow-up services at the Hospital for people who are uninsured or underinsured,. See the Gunnison Valley Health listing for details.

Gunnison Underdog Rescue

Text 970-209-7030

Facebook: Gunnison Underdog

Mental Health: Non-Emergency, Prevention

Animals

May be able to assist low-income people with spay-neuter.

Gunnison Valley Animal Welfare League (GVAWL)

970-641-1173

<https://gvawl.org>

info@gvawl.org

Mental Health: Non-Emergency, Prevention

Animals

May be able to assist low-income people with a portion of the cost of spay-neuter for their pet.

Seniors Veterans

Mental Health: Non-Emergency, Prevention

- 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. May be able to assist with related costs, such as food, litter, or veterinary visits. Call or email to get the application.

Gunnison Valley Health

711 N. Taylor Street, Gunnison

970-641-1456

<https://www.gunnisonvalleyhealth.org>

For health emergencies, dial 911

For mental health emergencies, dial 988 for local response, or the Colorado Crisis Services hotline at 1-844-493-8255

- Comprehensive-care health system that also includes assisted-living and senior-care centers and hospice. Provides information/assistance on bill payment. Provides a Spanish- and Cora-language navigator. A list of all the resident and visiting specialists is on the website. Takes Medicare, and Medicaid and may be able to assist uninsured people.

Gunnison

Health: Emergency/Urgent Care

- Hospital Emergency room 24/7; 711 N. Taylor, but enter on Iowa Street (back side of hospital).
- Urgent care, 707 N. Iowa Street, 970-648-7105; daily 9:00 am-7:00 pm.

Mt. Crested Butte

Health: Emergency/Urgent Care

- Mountain Clinic, 12 Snowmass Road-Axtel 100, 970-349-0321. Open whenever the lifts are running at Crested Butte Mountain Resort.

Crested Butte

Health: Non-Emergency, Prevention

- Blood Draw is a very low-cost screening, typically taking place in summer. Some vouchers may be available for people unable to pay, contact the Marketing Department at the number above. For dates and to sign up, visit the website.
- Clinics
 - Family Medicine Clinic, 214 6th Street, Suite 1, 970-3-49-6749. Weekdays 8:00 am-5:00 pm, closed 1:00 pm-2:00 pm.
 - Gunnison Valley Orthopedics, 405 Elk Avenue, 970-349-5103. Weekdays 8:00 am-5:00 pm.
 - Rehabilitation & Athletic Medicine, 214 6th Street, 970-349-5684. Weekdays 9:00 am-5:00 pm.

Mental Health, Non-Emergency, Prevention

- Behavioral Health Clinic, 214 6th Street, 970-648-7128. Clinicians help you create a personal plan to support you. Services include therapy/counseling, psychiatric, medication management and Peer Support Specialists who are certified professionals and rely on their life experience and training to help you. A Spanish- and a Cora-speaking navigator are available (970-648-7740).

Gunnison

Health: Non-Emergency, Prevention

- Birth Center Classes. Free classes for pregnant mothers and new parents. \$50 fee may be waived for families in need. Call 970-648-7071 to learn when and where the next classes will be.
- Blood Draw is a very low-cost screening, typically taking place in summer. Some vouchers may be available for people unable to pay, contact the Marketing Department at the number above. For dates and to sign up, visit the website.
- Mammograms for people who are uninsured or underinsured are free, courtesy of Gunnison Tough. Call the number above and ask for Radiology to schedule. If you require any diagnostic breast imaging, such as ultrasound, MRI or biopsy, Gunnison Tough can also help cover those expenses. Email program@gunnison tough.com and request the breast imaging support application. You can request a Spanish- or Cora-speaker to be available.

Clinics

- - Family Medicine Clinic, 707 N. Iowa Street, 970-642-8413. Weekdays 8:00 am-5:00 pm; closed noon-1:00 pm.
 - Family Medicine Clinic Downtown, 130 E. Virginia Avenue, 970-641-0211. Weekdays 8:00 am-5:00 pm; closed 1:00 pm-2:00 pm.
 - Gunnison Valley Orthopedics, 112 Spencer Avenue, Suite A, 970-641-8899. Weekdays 8:00 am-5:00 pm.
 - Rehabilitation & Athletic Medicine, 112 Spencer Avenue, 970-641-2001. Weekdays 9:00 am-5:00 pm.
 - Rehabilitation & Athletic Medicine at the hospital, 711 N. Taylor Street. 9:00 am-5:00 pm weekdays.
 - Specialty Clinics, South entrance of the hospital, 711 N. Taylor Street. Many specialists, some visiting from neighboring communities. Most do their booking directly; visit gunnisonvalleyhealth.org/locations/specialty-clinics to see the clinics, their services, and contact information.
- Home Medical Services, 1498 W. Tomichi Avenue, Suite B. 970-641-4254. 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.

Mental Health, Non-Emergency, Prevention

- Behavioral Health Clinic, 214 6th Street, 970-648-7128. Clinicians help you create a personal plan to support you. Services include therapy/counseling, psychiatric, medication management and Peer Support Specialists who are certified professionals and rely on their life experience and training to help you. A Spanish- and a Cora-speaking navigator are available (970-648-7740).

Gunnison

Health: Non-Emergency, Prevention

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- Mammograms for people who are uninsured or underinsured are free, courtesy of Gunnison Tough. Call the number above and ask for Radiology to schedule. If you require any diagnostic breast imaging, such as ultrasound, MRI or biopsy, Gunnison Tough can also help cover those expenses. Email program@gunnisonontough.com and request the breast imaging support application. You can request a Spanish- or Cora-speaker to be available.

Clinics

- - Family Medicine Clinic, 707 N. Iowa Street, 970-642-8413. Weekdays 8:00 am-5:00 pm; closed noon-1:00 pm.
 - Family Medicine Clinic Downtown, 130 E. Virginia Avenue, 970-641-0211. Weekdays 8:00 am-5:00 pm; closed 1:00 pm-2:00 pm.
 - Gunnison Valley Orthopedics, 112 Spencer Avenue, Suite A, 970-641-8899. Weekdays 8:00 am-5:00 pm.
 - Rehabilitation & Athletic Medicine, 112 Spencer Avenue, 970-641-2001. Weekdays 9:00 am-5:00 pm.
 - Rehabilitation & Athletic Medicine at the hospital, 711 N. Taylor Street. 9:00 am-5:00 pm weekdays.
 - Specialty Clinics, South entrance of the hospital, 711 N. Taylor Street. Many specialists, some visiting from neighboring communities. Most do their booking directly; visit gunnisonvalleyhealth.org/locations/specialty-clinics to see the clinics, their services, and contact information.
- Home Medical Services, 1498 W. Tomichi Avenue, Suite B. 970-641-4254. 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.

- Hospice & Palliative Care, 1498 W. Tomichi Avenue, Suite B, 970-641-4254. 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.

Mental Health: Emergency

- Gunnison Valley Hospital Emergency Room, 711 N. Taylor Street (use Iowa Street entrance on back side of hospital), Gunnison.
- Behavioral Health Mobile Crisis Program, call 988 anytime. This number will reach a local crisis counselor who may alert the Mobile Crisis team to come to you. The team will include a crisis clinician and a peer support specialist. It is free.

Mental Health: Non-Emergency, Prevention

- Behavioral Health Wellness Center, 300 E. Denver Avenue. 970-648-7128. Weekdays 8:30 am-5:00 pm. Clinicians help you create a personal plan to support you. Services include therapy/counseling, psychiatric, medication management, and Peer Support Specialists who are certified professionals and rely on their life experience and training to help you. A Spanish- and Cora-speaking navigator are available (970-648-7740).
- Jail-based services include therapy, counseling and connection to resources while detained and post-release.
- WCU campus office (see details at Western Colorado University listing).
- School-based services at all Gunnison Watershed School District locations.

Immigrants

Health: Emergency

Health: Non-Emergency, Prevention

- There is both a Spanish and Cora-speaking navigator on the hospital staff to help you. 970-648-7740.

People with a Disability

Transportation

- Senior Transportation available (non-emergency) free for Gunnison-area community members with a permanent disability. Must be scheduled at least 2 hours in advance. Can be used for medical appointments, shopping or other personal errands. 8:30 am-4:00 pm daily. Call 970-596-6700 to schedule.

Seniors

Basic Needs: Housing & Utilities

- Senior Assisted Living Center, 300 N. Third Street, Gunnison. 970-641-3031.
- Senior Care Center, 1500 W. Tomichi Avenue, Gunnison. 970-641-0704. Skilled nursing facility.

Transportation

- Senior Transportation available (non-emergency) free for community members 55+ of age. Must be scheduled at least 2 hours in advance. Can be used for medical appointments, shopping or other personal errands. 8:30 am-4:00 pm daily. Call 970-596-6700 to schedule.

Western Colorado University Students, Faculty, Staff

Health: Non-Emergency, Prevention

- Campus Health Center, 104 Tomichi Hall, WCU, 970-943-2707. Weekdays 9:30 am-3:30 pm, closed noon-1:00 pm.

Mental Health: Non-Emergency, Prevention

- Campus Counseling Center, Crystal Hall 104, WCU, 970-648-7128. Free mental health support and crisis services.

Gunnison Valley Housing Hub

Facebook: Gunnison Valley Housing Hub

Basic Needs: Housing & Utilities

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

Gunnison Valley Humanity Posse

505-235-5557

Facebook: Gunnison Valley Humanity Posse

cooltempesco@gmail.com

Basic Needs: Food

Basic Needs: Clothing & Household Goods

Basic Needs: Housing & Utilities

Assistance & Services

Jobs

“People helping people.” If you need something, you can post the need here.

Gunnison Valley Mentors

101 N. 8th Street, Gunnison

970-641-5513

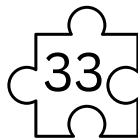
<https://gunnisonmentors.com>

Youth

Mental Health: Non-Emergency, Prevention

Connection

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



Gunnison Valley Regional Housing Authority

970-641-7900

<http://gvrha.org>

Basic Needs: Housing & Utilities

- 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. housing@gvrha.org.
- The GV-HEAT program helps households reduce energy costs or reduced cost to qualifying households. info@gvrha.org.

People with a Disability

Seniors

Basic Needs: Housing & Utilities

- Mountain View Apartments are independent-living apartments for low- and moderate-income seniors and persons with disabilities. Rent is calculated based on income, assets and medical expenses. Visit the website > affordable rentals > GVRHA Rental Properties for details and an application for the waiting list.

Gunnison Valley RTA

<https://gunnisonvalleyrta.com>

Transportation

- 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. Schedules and information are available in Spanish.

People with a Disability

Transportation

Buses are wheelchair accessible.

Seniors

Transportation

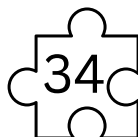
- The RTA operates the Crested Butte Senior Van on weekdays 9:00 am-5:00 pm. It operates locally to meet transportation needs, and can be booked for trips to appointments in Montrose and Grand Junction with at least 7 days advance notice. Free (tips are encouraged). 970-275-4768.

Gunnison Valley Women's Network

<https://www.gunnisonvalleywn.com>

Connection

- For all women young and old, working and not-working, moms and non-moms! 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.



Gunnison Visitors Center

500 E. Tomichi Avenue, Gunnison
970-641-1501

<https://www.gunnisonchamber.com/>
chamber@gunnisonchamber.com

Information about the Community

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

Gunnison Watershed School District (GWSD)

800 N. Boulevard Street, Gunnison
970-641-7770

<https://www.gunnisonschools.net>

The District has Spanish speaking personnel and interpreters.

Basic Needs: Food

- Student Nutrition Program: 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.

Health: Non-Emergency, Prevention

- Sherilyn Skokan is the School District Nurse, sskokan@gunnisonschools.net
- Mental Health, Non-Emergency, Prevention
- Counselors affiliated with Gunnison Valley Health Behavioral Health provide free counseling services at all 6 GWSD locations; all referrals come from the school mental health team. GWSD also makes use of the online “I Matter Colorado” therapy resources, <https://imattercolorado.org>.

Connection

- LULAC (League of United Latin American Citizens) has a chapter at Gunnison High School; contact kdrendel@gunnisonschools.net for more information.
- There are LGBTQ+ groups; consult the guidance counselor for information.
- There are countless other clubs, activities and sports groups.

Education, Books

- The Pathways program may enable youth to study in nontraditional ways, such as concurrent enrollment with institutions such as Western Colorado University, online classes, and career-oriented classes.
- The Guidance Counselors are aware of many locally-awarded scholarships including scholarships for immigrants, first-time-in-your-family college-bound students, vocationally-oriented students and more.

Habitat for Humanity – Gunnison Valley

970-641-1245

<https://hfh-gunnisonvalley.org>

Basic Needs: Housing & Utilities

Offers home ownership opportunities to income qualified buyers.

Health First Colorado Nurse Advice Line

800-283-3221 24/7

Health: Non-Emergency, Prevention

- Medicaid members only!! Both English and Spanish language assistance is available.

Hispanic Affairs Project

504 N. First Street, Montrose

970-249-4115

<https://hapgj.org>

Immigrants

Connection

- Inmigrantes Unidos de Gunnison is an all-volunteer program of HAP; see the Inmigrantes Unidos listing.

Legal/Court-Related

- Low-cost immigration legal services; support to navigate the immigration system.
- Assistance with the Colorado Recovery Fund application (unemployment benefits for undocumented workers using W-2).

Housing Resources of Western Colorado

524 30 Road #3, Grand Junction

970-773-9188

<https://www.hrwco.org/>

annalisap@hrwco.org

Basic Needs: Housing & Utilities

- Offers free counseling on leases, credit scores, budgeting, homebuyer education and foreclosure prevention.

Inmigrantes Unidos de Gunnison

Facebook: Inmigrantes Unidos de Gunnison

719-849-9461

inmigrantesunidosdegunnison1@gmail.com

Immigrants

Connection

- This is a local program of the Hispanic Affairs Project, with local leadership. Monthly meetings to discuss community issues, share resources, collaborate with local government and agencies to address local needs. Represents immigrants and refugees to advance immigrant integration initiatives. Provides leadership development opportunities.

Jermaine's
728 N. Main Street, Gunnison
970-641-9876

**Youth
Connection**

- While Jermaine's offers a wide selection of frozen and baked treats, coffee and light meals, it is intended to be a safe and comfortable place for "kids to be kids" with zero pressure to buy anything. Open Monday-Saturday, 8:00 am-9:30 pm and Sunday noon-9:30 pm.

Juntos por Gunnison
317 N. Main Street, Gunnison
720-850-0783
marketa@juntosporgunnison.org

**Immigrants
Connection**

- Connects immigrants with resources and empowers them through education to facilitate their integration into the community.

KBUT Community Radio
508 Maroon Avenue, Crested Butte
970-349-5225
90.3 Crested Butte, 88.7 Gunnison
<https://kbut.org>

Information about the Community

- Comprehensive online calendar of events administered by KBUT Community Radio, <https://gunnisonvalleycalendar.com>.
- "Community Matters," every other Monday from 4:00-5:00 pm; conversations with local leaders about important issues.
- Lost & Found announcements for both items and animals ("Pet Patrol").

Transportation

- Drivers willing to take passengers (typically for sharing the costs of gas) post their destination and contact information. Available rides are announced at 9:40 am weekdays, 10:40 am weekends.

LaCapra, Dominica, CNA
970-901-9808

Health: Non-Emergency, Prevention

- In-home private caregiver.

Lake Preschool

800 N. Boulevard Street, Gunnison

970-641-7770

<https://lake.gunnisonschools.net>

Education, Books

- Preschool; tuition assistance may be available.
- Spanish language assistance is available.

LEAD Homeschool Enrichment

970-390-1500

leaddirector.lfm@gmail.com

Education, Books

- 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 8:45 am-3:15 pm from the end of August through mid-May.

Lifeline

888-682-1884

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

Broadband:

- Both Visionary Broadband and CenturyLink partner with the federal government on this program. People already receiving federal help (Medicaid, SNAP, etc.) or who qualify as evidenced by their tax return or pay stubs can receive discounts up to \$9.20/month on qualifying phone, broadband service or bundled packages. At the webpage you will see three 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.

Lighthouse Pregnancy Center

223 N. Iowa Street, Gunnison

970-596-1706

Family Planning

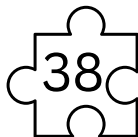
- For pregnant women and families with a child one year old or younger. Free confidential service including pregnancy testing, pregnancy options and sexual health; educational videos. Clients have access to free baby supplies and toys. Call or text for an appointment. Open Monday-Wednesday noon-6:00 pm.

Little Adventures Child Care Center

1498 W. Tomichi Avenue Suite C, Gunnison

970-641-4511

<https://littleadventures.co>
director@littleadventures.com



Education, Books

Preschool; tuition assistance may be available.

Little Free Libraries

Education, Books

- Help yourself! Free books for kids and adults. There are several around the community and may look like this:



Little Red Schoolhouse

9 Gillaspey Avenue, Crested Butte South
970-349-0996

<https://crestedbuttepreschool.com>
lilredschoolhouse1@gmail.com

Education, Books

Preschool; tuition assistance may be available.

Living Journeys Cancer Support

300 Belleview Avenue, Suite 3B, Crested Butte
970-349-2777

<https://www.livingjourneys.org>
info@livingjourneys.org

Health: Non-Emergency, Prevention

- Offers free, client-centered programs to support individuals, their families and caregivers affected by cancer. Includes financial support, emotional support (private therapy, support groups), food delivery, transportation, lodging reimbursement for travel and enrichment opportunities such as house cleaning, massage therapy, yoga membership. Our support groups are open to anyone, not only those experiencing cancer.

Medride

719-545-3333

<https://medridecolorado.com>

Transportation

- 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. Review the website to learn more.
- Private pay transportation may be available, but there are restrictions on certain routes.

Mom's Meals

<https://www.momsmeals.com/>

Basic Needs: Food

- Internet-based service that delivers low-cost meals to people who are 65+, have a disability, 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 require 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.

Monkey Goats Consignment

118 W. Tomichi Avenue, Gunnison
970-641-4110

Basic Needs: Clothing & Goods

- Generally open Monday through Saturday though winter hours may vary. Modestly priced new and consignment goods. Clothes for newborns to adults; toys; baby gear. Spanish speaker available.

Moore Orthopedics

32 Crested Mountain Way, Mt. Crested Butte
970-349-2677

<https://www.mooreorthopedic.com>

Health: Emergency/Urgent Care

Health: Non-Emergency, Prevention

8:30 am-4:30 pm weekdays; every day during the ski season.

Mountain Express

2 N. 8th Street, Building D, Crested Butte
970-349-5616

<https://www.mtnexp.org>

Transportation

- Town Shuttle is free; it loops through Crested Butte and Mt. Crested Butte every 15 minutes from 7:10 am-midnight. Consult the website as schedule may vary slightly with the season.
- Crystal/Castle Shuttle operates in Mt. Crested Butte during the ski season. Consult the website for the route.
- First Tracks is a shuttle that services Mt. Crested Butte north of the base area from 7:45 am-12:15 am. It picks you up at your door on-demand, and connects with the Town Shuttle or the RTA. Use the First Tracks app or call 970-713-4070 daily.
- First Tracks – Late Night Service. Services the North end of the Valley 10:00 pm-2:30 am. Rides are \$15-25 depending on the trip. Book through the Fast Tracks app.

People with a Disability

Transportation

- All Mountain Express buses are wheelchair accessible and welcome service animals.
- For ADA paratransit van for the First Tracks service, select the “wheelchair” option on the passenger selection screen.
- Passengers with disabilities may request modifications to current service procedures to access the service. To make a request, please call us at 970-349-5616 at least the day before the trip. (Policy is on the website.)

Seniors

Transportation

- Provides on-demand transportation service to seniors of Gunnison County who reside in the Mt. Crested Butte/Crested Butte area. To arrange a ride on the service, please contact Barbara at least 24 hours in advance at 970-275-4768. May be able to assist with needs in nearby communities; call to discuss.

Mountain Roots Food Project

970-417-7848

<https://www.mountainrootsfoodproject.org/>
foodsecurity@mountainrootsfoodproject.org

Basic Needs: Food

- Backyard Harvest: Year-round free weekly home delivery of fresh produce grown on the Mountain Roots farm to people in need, 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 Recreation 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: Demonstrations are offered to teach basic gardening skills. Cooking Matters classes teach how to make a simple healthy meal from food grown in the garden, and participants leave with ingredients to make the meals for their families.

Mt. Crested Butte Visitors Center

Transit Center Mountaineer Square, Mt. Crested Butte
970-349-6438

<https://cbchamber.com>
cbinfo@cbchamber.com

Information about the Community

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



New Eyes

<https://tchnetwork.org/new-eyes>

970-708-7096

Health: Non-Emergency, Prevention

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

Norris, Bre, CNA

970-209-7337

Health: Non-Emergency, Prevention

- In-home caregiver.

Oh Be Dogful Rescue & Sanctuary

336B Buckley Drive, Crested Butte

970-349-5047

<https://www.ohbedogfulrescueandsanctuary.com/>

Mental Health: Non-Emergency, Prevention

Animals

- 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.

Oh Be Joyful Church Food Pantry

625 Maroon Avenue, Crested Butte

970-349-6237

<https://www.ohbejoyfulchurch.org/foodpantry>

Basic Needs: Food

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

One Stop Wash

922 W. Gunnison Avenue #1, Gunnison

Basic Needs: Hygiene

Laundromat.

Paradise Animal Welfare Society (PAWS)

26651 Highway 135, Crested Butte

970-209-3656

<https://www.pawscrestedbutte.org/>

Mental Health: Non-Emergency, Prevention

Animals

- 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.



Paradise Place Preschool

404 Maroon Avenue, Crested Butte

970-349-2149

<https://paradisepreschool.com>

Education, Books

Preschool; tuition assistance may be available.

Parent Smart Pediatric Nurse Hotline

720-777-0123

Health: Emergency/Urgent Care

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

Pavillion Dance Series

Three Rivers Resort Dance Pavillion

130 County Road 742, Almont

Facebook page

thealmontpavillion@gmail.com

Connection

- Family-friendly social dances at the Dance Pavillion from early June to mid-August. Lessons at 6:00 followed by dancing to a live band. Modest fee.

Pets for Vets

jenni@elevateddogtraining.com

Veterans

Mental Health: Non-Emergency, Prevention

Animals

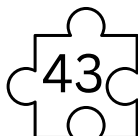
- This new Gunnison location of the national organization recognizes that transition back to civilian life can be hard; and that many wonderful shelter animals need homes. Pets for Vets makes "the right match," which gives an animal a loving home and which eases stress, depression, loneliness and anxiety for the vet. Email for more information.

Poison Control Hotline

800-222-1222

Health: Emergency/Urgent Care

- 24/7 hotline that provides free information and assistance if you suspect a poisoning.



Porch Light Health

304 Tomichi Avenue #23, Gunnison

<https://porchlighthealth.com>

866-775-3477

People in Recovery

Mental Health: Non-Emergency, Prevention

- Provides medications for addiction treatment, psychiatric services for substance use disorder, behavioral health services, virtual IOP and HepC treatments. No wait list! Takes Medicaid, Medicare and commercial insurance. Phone for an appointment .

Prescription Drugs Programs

<https://hcpf.colorado.gov/prescription-drug-discount-resources>

Health: Pharmacy

- 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.

Programs, Lectures, Events

Connection

Education, Books

- It's often said that there are 20 things happening in the Gunnison Valley on any given evening! We are rich in parades, traditions, programs and events that are often free to the public. Good places to start are the newspapers, the online Community Calendar (see KBUT), Western Colorado University's Center for Learning & Innovation, KBUT, the Elks Lodge Facebook page, the Gunnison Marketplace Facebook page – to name a few - and all the many posters around town. And, <https://cfgv.org> > nonprofits > nonprofit directory you'll find a list of the nonprofits here – many of whom have events which are great ways to connect with like-minded people.

Project Hope

Non-emergencies 970-641-2712

<https://www.hope4gv.org/> info@hope4gv.org

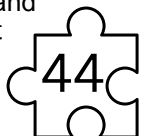
If you are a victim of domestic/partner violence you can call the local 24-hour crisis line anytime: 970-275-1193

Health: Emergency/Urgent Care

- Assists victims of domestic violence, sexual assault and human trafficking. The 24-hour crisis line is answered locally. Spanish speakers available.

Basic Needs: Housing & Utilities

- May be able to assist victims of domestic violence, sexual assault and human trafficking with emergency shelter, transitional housing, rent and utility payments.



Reactive Adaptations

719-429-7348

<https://reactiveadaptations.com>

People with a Disability

Recreation

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

Region 10 SHIP

970-765-3146 Gunnison SHIP; 970-765-3129 Main SHIP

Seniors

Health: Non-Emergency, Prevention

- The free State Health Insurance Assisted Program lets you speak with a trained counselor to help you navigate the Medicare system. Free.

Richardson Square Condominiums

970-641-2219

Seniors

Basic Needs: Housing & Utilities

A very limited number of condos in central Gunnison.

Roadkill Program

970-641-8200 Ext. 1

Basic Needs: Food

- Call to get on a list to receive salvageable roadkill. 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 roadkill permit from Colorado Parks & Wildlife, 300 W. New York Avenue in Gunnison, 970-641-7060, within 48 hours of picking up the roadkill.

Rockin' Reading Route Book Bus

970-319-8631

Merita1227@gmail.com

Youth

Education, Books

- The yellow "school bus"/book bus makes regular stops around Gunnison in the summer and may turn up at community events as well. Kids can keep or return their books. Healthy snacks too! Call for exact locations and times. Rita is a Spanish speaker.

Rotary's Coat Closet

114 S. 14th Street, Gunnison

Basic Needs: Clothing & Household Goods

Free coats. Located outside the Food Pantry.



RSVP

lgery@region10.net or jlazo@region10.net

Seniors

Volunteering

- If you are 55+ and want to make a difference in the lives of other older adults in the Gunnison Valley there may be several options available. Contact Laurie or Jill, above.

SafeRide Gunnison

970-209-7433

Transportation

- 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.

Salmon Giveaway

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

Basic Needs: Food

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

Seniors Blue Book

Information about the Community

- This is a free handbook of community, health and housing resources on the entire Western Slope. It includes many of the resources found in this Guide, but also resources in Montrose and Grand Junction as well as statewide go-to items. It is available at the Department of Health & Human Services and at the Gunnison Senior Center/Recreation Center.

Six Points Evaluation & Training

1160 N. Main Street, Gunnison
970-641-3081

<https://sixpointsgunnison.org>

Basic Needs: Clothing & Household Goods

- The Six Points Thrift Store is open Monday-Friday, 9:00 am-6:00 pm, Saturday 10:00 am-3:00 pm. Clothing, furniture, kitchen items, dishware, toys, and more.

Education, Books

Almost all books are free.

People with a Disability

Basic Needs

- Six Points' mission is to serve people with developmental disabilities in all ways.

Jobs

- 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 years 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.

Small Business Development Center

109 E. Georgia Avenue #1-E, Gunnison
970-765-3139

<https://sbdcenter.colorado.gov/westcentral>
callie@region10.net

Jobs

- Perhaps you have an idea for a business, or you want assistance to improve your business. Counseling is free, and other training options are available. Staff in Gunnison speak some Spanish, but staff in Olathe is fluent (contact achavira@region10.net 970-765-3136).

St. Mary's Garage

421a Sopris Avenue, Crested Butte
970-318-6826

<https://stmarysgaragecb.org/> and on Facebook
stmarysgarage@aol.com

Basic Needs: Clothing & Household Goods

- 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.

Stepping Stones Children's Center

705 7th Street, Crested Butte
970-349-5288

<https://www.steppingstonescb.com>
steppingstonescb@gmail.com

Education, Books

Preschool; tuition assistance may be available.

Sunshine Rides

970-777-7777

<https://www.sunshinerides.com>

Transportation

- Sunshine Rides specializes in providing Medicaid medical transportation for non-emergency health appointments, and community transportation for Home and Community Based Services program (HCBS). Call for more information or to schedule your ride.
- If you need to go more than 25 miles, a form must be completed from your medical provider confirming your appointment.
- Private pay rides may be available.

Support Groups

Support groups form – and are disbanded – as the need arises. And meeting times may change. This list is as complete as we can make it as of March 2025. You may find a more complete description of certain groups in the Recovery Resource List appendix.

Mental Health: Non-Emergency, Prevention

◦ Caregiver Support

- Living Journeys Caregiver Support, 970-349-2777.
- Alzheimer's & Dementia Caregiver Support, 970-596-5667, takser8@gmail.com. Meets the first Wednesday of the month, 4:30 pm, Gunnison Library. A 24/7 helpline is also available, 800-272-3900.

◦ Domestic Violence/Sexual Assault

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

◦ Family

- MomCo (formerly MOPS) welcomes all moms, pregnancy through their child's 18th year. Spanish speakers welcome. 970-648-4086.
- Moms with kids: The Grove, 304 W. Tomichi Avenue, Gunnison, hosts a weekly drop-in casual gathering for moms and a play-date for their kids. Consult website for details, <https://thegrovemotherwellness.com>.
- Mountain Mamas Café for new mothers, addresses issues including breastfeeding to post-partum depression. Spanish language available. 970-648-7071.

◦ Grief

- Gunnison Valley Health/Hospice 970-641-4254.
- Living Journeys, 970-349-2777.
- Mt. Calvary Lutheran Church, 970-209-7275, pastorcarabotta@mountcalvarygunnison.com.

◦ Illness

- Cancer-impacted families, Living Journeys, 970-349-2777.
- Women with breast cancer, Gunnison Tough, <https://gunnisonontough.com>.
- Women with breast cancer, "Casting for Recovery" is co-sponsored by local Trout Unlimited. This is a free annual fly fishing camp for 14 West Slope women diagnosed with or healing from breast cancer. Learn more at <https://castingforrecovery.org/retreats/> or ski3pin@yahoo.com.

- LGBTQIA+
 - Crested Butte Gay Coffee meets weekly. See Facebook page.
 - Gunnison Valley Pride, organizes Pride events and queer safe spaces in the Gunnison Valley. <https://gunnisonvalleypride.org>.
 - Gunnison and Crested Butte schools have pride groups; contact the school guidance counselor for more information.
 - Spectrum is a fellowship group at Western Colorado University. Email wcuspectrum@gmail.com, or consult the list of clubs at <https://events.western.edu/group/clubs-and-organizations>.
- Substance & Recovery
 - Gunnison County's GRASP consortium has created a comprehensive guide of meetings (such as AA), support groups (such as Brothers Helping Brothers) and therapy and support services (Porch Light Medication Assisted Treatment Program), and it is presented as Appendix A. It includes many resources for People in Recovery or who are struggling with substances.
 - WeCareGunny, initially formed to address the Valley's alarming suicide rate, is a network of 12 Gunnison Valley churches offering spiritual coaching online 24/7, and free in-person pastoral counseling.

Tacos La Esquina

618 W. Tomichi Avenue
970-901-7636

Immigrants Connection

Information about the Community

Tenderfoot Child & Family Development Center

700 N. Colorado Street, Gunnison
970-642-1949

<https://tenderfootchildcare.org>
tfootdirector@gmail.com

Education, Books

Preschool; tuition assistance may be available.

Thanksgiving Dinner

Fred Field Center
298 S. Spruce Street, Gunnison

Basic Needs: Food

- Free traditional Thanksgiving turkey dinner for the whole Gunnison Valley. Music, kids play area too. Noon-2:00 pm.

Thrifty Hippy
125 N. Main Street, Gunnison
970-707-4019
Facebook: Last Ditch Thrift

Basic Needs: Clothing & Household Goods

- Open daily 10:00 am-5:30 pm. High quality second-hand clothing at great prices. Daily sales. See Facebook and Instagram for flash sales.

Town of Crested Butte

970-349-5338

Google: "Crested Butte senior discount utilities"

Basic Needs: Housing & 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 website above.

People with a Disability

Basic Needs: Housing & Utilities

- Long-term Crested Butte residents with a disability may qualify.

Town of Crested Butte Marshall

508 Maroon Avenue, Crested Butte

911 Emergency, 970-349-5231 Non-Emergency

Health: Non-Emergency, Prevention

Law Enforcement, Security

- Prescription drug dropoff.

Town of Crested Butte Parks & Recreation

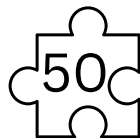
507 Maroon Avenue, Crested Butte

970-349-5338

<https://www.crestedbutte-co.gov/park-rec>

Recreation

- Scholarships are available for many of the activities. Find the application on the website via the description for each program.



Town of Mt. Crested Butte Police Department

911 Gothic Road, Mt. Crested Butte
911 Emergency; 970-349-6632 Non-Emergency

Law Enforcement, Security, Guns

- May be able to provide free gun locks.

Vet Center

561 25th Road, Suite 101, Grand Junction
970-245-4156 <https://www.va.gov/grand-junction-vet-center/>

Veterans

Mental Health, Non-Emergency, Prevention

- The Vet Center offers readjustment counseling for combat vets and their families. Free. Walk-ins welcome.

Veterans Administration Mobile Health Clinic

Located either at the Gunnison Valley Hospital, 711 N. Taylor Street, or at the American Legion, 501 E. Virginia Avenue, Gunnison
970-263-2829

<https://www.gunnisoncounty.org/>; enter MMU Trifold in the search box.

Veterans

Health: Non-Emergency, Prevention

- 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.

VetRide

<https://www.vetride.va.gov/app/home>

Veterans

Health: Non-Emergency, Prevention Transportation

- 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.

Walmart
900 N. Main Street, Gunnison
970-641-1733

Basic Needs: Food
Basic Needs: Clothing & Household Goods

- Open daily 6:00 am-11:00 pm. Sensory-friendly hours – which are quieter and less busy – are 8:00 am-10:00 am.

Pharmacy

- Free vaccinations. On Sunday, pharmacy opens 11:00 am.

Western Colorado University (WCU)
1 Western Way, Gunnison <https://western.edu>

- Western Colorado University is a small public university with enrollment of about 3,000 students, with undergraduate and several graduate programs. WCU offers a variety of funding opportunities through merit scholarships, program-based Scholarships, and more. 80% of students receive some form of financial aid. First we list resources open to the community, followed by resources exclusively for WCU students, faculty and staff.

Anyone

Health: Non-Emergency, Prevention

- “Wellness Elevated” is a partnership between the Department of Recreation, Exercise & Sports Science and the local medical community. Students, under supervision, assist clients with certain clinical conditions such as heart disease, Parkinson’s, obesity and other conditions, who seek prevention or management of limitations, improvement of general health/quality of life or return to normal functioning. 970-943-2179. <https://western.edu/program/exercise-sport-science/wellness-elevated/>

Education, Books

- Adult Degree Completion Program: 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 may be available. 970-943-2997, eekestrom-sullivan@western.edu

Recreation

- Community members may use the Mountaineer Fieldhouse for recreation and health/wellness for a modest membership fee. <https://campusrec.western.edu>

Seniors

Education, Books

- The Center for Learning & Innovation offers a wealth of continuing education programs, typically in the evening, ranging from leadership to CPR training to cold-climate gardening. A 50% discount is offered to people 62+ years of age. 970-943-2885.

Youth

Education, Books

Recreation

- Junior Mountaineers Camp combines athletics & physical activities with STEAM (science, technology, engineering, art, math) to create a summer full of adventures and learning. Ages 5-12. Visit Western's website or contact bhare@western.edu.

WCU Students, Faculty, Staff

Basic Needs: Food

- Mountaineer Marketplace. Located in the Pinnacles Multipurpose room on campus; enter through south door near the fire pit. Free groceries, SNAP registration. Phone 970-943-2101 or 970-943-2189 to learn exact hours.

Basic Needs: Clothing & Household Goods

- FreeCycle offers free clothing and other items. Located in the basement of Ute Hall. Hours vary; consult the WCU website or social media: Instagram: leadsustainability or freecyclewcu. Facebook: LEAD Sustainability & FreeCycle at WCU.

Health: Emergency

- Dial 911

Health: Non-Emergency, Prevention

- Campus Health Center, 104 Tomichi Hall, 970-943-2707. Weekdays 9:30 am-3:30 pm, closed noon-1:00 pm.

Mental Health: Emergency

- If you are experiencing a mental health emergency, dial 911 for law enforcement, dial 988 for local response or the Colorado Crisis Services hotline at 844-493-8255.
- Gunnison Valley Health Hospital Emergency Room, 711 N. Taylor Street (back side of hospital, enter via Iowa Street)

Mental Health: Non-Emergency, Prevention

- Campus Counseling Center, Crystal Hall 104, 970-648-7128. Free mental health support and crisis services.

- Wellness Center, University Center 117, reslife@western.edu General wellness, harm reduction, food security and basic needs.
- Student Affairs, 970-943-2011. Campus support, student success and well-being.
- If you are worried about a WCU student, share your concerns at <https://housing.western.edu> via a CARE Report, and a Western professional will reach out to them.

Law Enforcement, Security

- Emergency - Dial 911.
- Campus Security: 970-209-1020.

Connection

- Multicultural Center, University Center 122, strives to provide a welcoming space for all students
- Western Colorado University is home to many fellowship groups, support groups, faith groups and clubs. Consult <https://events.western.edu/group/clubs-and-organizations> to find a group of interest to you.

Youth

Recreation

Education

- Junior Mountaineers Camp combines athletics & physical activities with STEAM (science, technology, engineering, art, math) to create a summer full of adventures and learning. Ages 5-12; CCCAP (Colorado Child Care Assistance Program) accepted. Visit Western's website or contact bhare@western.edu.

Western Slope Against Trafficking

<https://www.westernslopeagainstafficking.com/>

Law Enforcement, Security

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

Youth Activities: A Sampling

This short list suggests the range of things for kids with diverse interests. Many are free or may give discounts for families needing assistance. Consult their website or Facebook page.

- Barrel Racing
 - Facebook: Barrel Burner Productions.
- Choice Pass
 - Discounts or free opportunities participating youth who pledge to remain substance free. See Gunnison County Juvenile Services.
- 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.
- Faith Communities
 - Most faith communities sponsor youth fellowship/activities groups.
- Girl Scouts o Visit <https://www.girlscoutsofColorado.org> to find the local troops.
- Gunnison County 4-H
 - "From raising cattle to decorating cakes." See 4H listing.
- Gunnison County Libraries
 - Plenty of diverse offerings for kids of all ages. See Libraries listing.
- Gunnison Watershed School District
 - Lots of after-school activities, sports and clubs, and in the summer (except in 2025) very low-cost Summer Enrichment program.
- High Attitude Dance Academy
 - Offers recreational, competitive and elite competitive classes in a wide variety of dance forms in Gunnison.
- Nonprofits o Too many to list here! If you go to <https://cfgv.org> > nonprofits > nonprofit directory you'll find their websites. Many offer scholarships.
- Lost Miner [Equestrian] Ranch
 - Many equestrian/horsemanship programs. Older kids may be able to work to earn class credit. Consideration may be able to be negotiated for children with special circumstances. Call Gaelan, 970-901-4900.

- Parks & Recreation Departments
 - The Rec Departments in Gunnison and Crested Butte offer programs for kids of all ages; both offer scholarships. See their listings.
- Scouting America [formerly Boy Scouts of America]
 - Provides scouting for packs (younger than 11) and troops (11+).
wmcranor@gunnison.com, 970-209-9129.
- Young Life: Crested Butte and Gunnison. Fellowship for young people with a Christian perspective. <https://crestedbutte.younglife.org/info/> or consult Instagram and Facebook for meeting times and locations.

APPENDIX: PEOPLE IN RECOVERY

Recovery Resource List

This was produced by the GRASP Consortium, some 30 individuals and organizations who address gaps in the community as it pertains to OUD (Opioid Use Disorder) and SUD (Substance Use Disorder). For more information, contact grasp@gunnisoncounty.org

In Crisis? Call 988

Gunnison Valley Health Mobile Crisis is free. A clinician and peer co-respond to crisis calls in Gunnison and Hinsdale counties 24/7/365.

Recovery Resources: Crested Butte/Gunnison

Alcoholics Anonymous (AA)

(12 step spiritual program)
970-208-5225

You can locate AA meetings locally or nationally, should you be traveling, at <https://findrecovery.com>.

Crested Butte

- Union Congregational Church, 403 Maroon Avenue.
- Speaker meeting every Friday at 7:00 pm at Queen of All Saints Catholic Church (Parish Building).
- Women's meeting every Wednesday at 6:30 pm at Queen of All Saints Catholic Church (Parish Building).

Gunnison

- Last Resort Club, 114 N. Wisconsin Avenue.
- 8:00 am Every day for Everybody.
- 7:00 pm Every day for Everybody.
- Mondays - 6:30 am Men's Meeting.
- Tuesdays - 6:30 am Step Meeting.

Al-Anon
866-504-6974
<https://findrecovery.com>

Gunnison

- Last Resort, 114 N. Wisconsin Street, Tuesdays 7:00 am.

Crested Butte

- UCC Church, 403 Maroon Avenue, Wednesday 6:30 am.

Axis Health System
<https://www.axishealthsystem.org/>
970-252-3200

Support Line: 970-252-6220

Crested Butte

- 412 Elk Avenue.

Gunnison

- 710 N. Taylor Street.

Brothers Helping Brothers
970-209-4188
<https://www.gunnibhb.com/>
info@gunnibhb.com

- Men's mental health support network. Dude Talk dinners twice monthly, Mondays, 6:30 pm at The Dive, 213 W. Tomichi Avenue, Gunnison.
- Free.
- Activity days and volunteer opportunities.
- Confirm schedule via the website.

Celebrate Recovery

(12-step Christian program)

Facebook page: Celebrate Recovery of Gunnison

Jason.starinieri@gmail.com

- Large Group meetings: 1st and 3rd Fridays.
- Step Studies (closed small group meetings): Tuesdays.
- Contact Jason Starinieri, email above, with questions and for exact location and times.

Crested Butte State of Mind

970-596-4698

Facebook page

mdougherty@cbstateofmind.org

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

Dharma Recovery

806-730-1892

Facebook page: Gunnison Recovery Dharma

- Gunnison Congregational Church, 317 N. Main Street, Gunnison, Thursdays at 7:00 pm.
-

Gunnison Valley Health Behavioral Health

970-648-7128

gunnisonvalleyhealth.org/Our-Services/Behavioral-Health

Crested Butte

- 214 6th Street. Suite 4.
- Crested Butte Community School.

Gunnison

- 300 E. Denver Avenue
- Western Colorado University Campus, Crystal Hall 104
- Detention Center, 510 West Bidwell Avenue

- Gunnison High School, Middle School, Elementary School and Lake School

Gunnison Valley Health Primary Care

Integrated Behavioral Health Provider

970-642-8413

- 707 N. Iowa Steet, Gunnison.
- 130 E. Virginia Avenue, Gunnison.

Mindfulness in Recovery

970-641-3989

<https://www.mindfulnessinrecovery.com>

- In-person on Mondays at 5:00 pm at the Here and Now Center, 115 S. Colorado Street; see the website for details.
- Contact Dusty at the number above for questions.

Narcotics Anonymous

(12-step spiritual program)

970-209-1974; call Joshua Fish to verify schedule and location

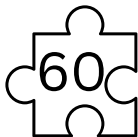
You can locate Narcotics Anonymous meetings in Colorado, should you be traveling, at <https://nacolorado.org/>.

- Gunnison meeting: Basement of Bethany Church, Fridays at 7:00 pm.

Oxford House

<https://www.oxfordvacancies.com> and search "Gunnison"

- Oxford House is a sober living residence for men in recovery in the Gunnison Valley. To apply for residency, visit the website or call the number above.



Porch Light Health Medication Assisted Treatment (MAT) Program

304 W. Tomichi Street, Suite 23 Gunnison

866-628-7828

<https://porchlighthealth.com/suboxone-clinics/gunnison-colorado/>

- Mondays, Wednesdays and Fridays 8:30 am-4:00 pm.
- Call Porch Light Health and request an appointment for Gunnison County clinic.
- Accepts insurance on sliding scale; doesn't turn away anyone, regardless of financial situation!

Sagebrush Recovery

720-688-1235

<https://www.sagebrushrecovery.com/coaching>

- Peer recovery support from local certified recovery coaches.
- Call or fill out a contact form on their website to get connected to a coach.

Recovery Resources: Surrounding Communities

Advantage Treatment Centers Inc.

Montrose

<https://www.atreatmentcenters.com/montrose/>

Denver Recovery Group

Montrose

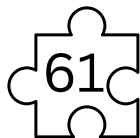
<https://www.denverrecoverygroup.com/>

Solvista Health

Salida

<https://solvistahealth.org/services/addiction-recovery/intensive-outpatient-services/>

Drug and alcohol outpatient rehab services.



Vet Center

Grand Junction

<https://www.va.gov/grand-junction-vet-center/>

- The Vet Center offers readjustment counseling for combat vets and their families.
- Free.
- Walk-ins welcome.

Online Programs & Meetings

Antelope Recovery

<https://www.anteloperecovery.com/>

- Intensive Outpatient (IOP) Support for youth and their parents/caregivers.

Charlie Health

<https://www.charliehealth.com>

Intensive Outpatient (IOP) and wraparound services for youth and adults

Colorado Agricultural Addiction & Mental Health Program

<https://www.campforhealth.org/>

- For members of the agricultural community: 6 free online counseling sessions. Mindfulness in Recovery <https://www.mindfulnessinrecovery.com/mir-meetings/>

SMART Recovery

<https://smartrecovery.org/>

- Self-help addiction recovery program - Addiction support groups.

Welbriety

<https://whitebison.org/>

- Native American-based spirituality, “Welbriety – White Biston” has resources also available to non-Native people.

Resources for Gunnison Middle School and High School Students and Families

youthwellness@gunnisoncounty.org

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

Assistance with Basic Needs

- Oxford House Castles is a sober living residence for men in the Gunnison Valley. To apply for residency, visit <https://www.oxfordvacancies.com> and search "Gunnison".
- Basic Needs Resource Guide for Gunnison Valley is found in paper at Gunnison Valley Health, Gunnison County Department of Health & Human Services, Gunnison Watershed Schools, and many other places in the Gunnison Valley; it is free. It is also online at <https://cfgv.org> > resource library > community. It takes a comprehensive view of "Wellness" and includes everything from food to information on transportation, jobs, finding connections and more
- Help with resume building can be found at: <https://www.resumebuilder.com/career-center/employment-guide-for-people-in-substance-abuse-recovery/>

Websites to Support Recovery

- I Am Not Anonymous <https://www.iamnotanonymous.org>) · My Strength <http://mystrength.com> · Mindful Life Program <https://www.mindfullifeprogram.org/mir/>
- Shatterproof: Reversing the Addiction Crisis in the U.S. <http://shatterproof.org>
- Stop the Silence, Speak the Truth <https://stopthesilencespeakthetruth.wordpress.com> · To Write Love on Her Arms <https://twloha.com>

For People with SUD (Substance Use Disorder) and/or Loved Ones of People with SUD

- Blogs
 - I Raised an Addict – What Could I Have Done Differently? Heroin. Stop the Silence. Speak the Truth.
stopthesilencespeakthetruth.wordpress.com/2015/07/10/i-raised-an-addict-what-could-i-have-done-differently
 - To Inhale. caitlinharrisonblog.wordpress.com/2017/09/27/to-inhale
- Books
 - American Fix
 - here's an Addict in My Closet
 - What Addicts Know
- Website
 - Everything You Need to Know About Addiction, <https://www.mcleanhospital.org/essential/addiction>
- YouTube, Films
 - Pleasure Unwoven. Pleasure Unwoven - YouTube o Understanding Addition. Documentary. Understanding Addiction - YouTube funded by the Gunnison Valley RCORP in 2020
 - The Anonymous People. Documentary The Anonymous People (2013) - IMDb)
 - The Power of Addiction and the Addiction of Power; Gabor Mate discusses the root of addiction; TED Talk <https://youtu.be/66cYcSak6nE>

Activism & Advocacy

- Faces and Voices in Recovery. <https://facesandvoicesofrecovery.org>
- National Council on Alcoholism and Drug Dependence. <https://www.ncaddms.org/>
- Recovery Advocacy Project. Activism on behalf of the recovery community <https://www.recoveryvoices.com>
- The Communities Project. Leadership Training. <https://communitiesproject.org/>.

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

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**GUNNISON VALLEY HEALTH
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GRASP Consortium

