

## Free Meals

### Bridge House Community Table Meals

Sack meal, "Grab & Go" served from Grace Commons Annex parking lot (1603 Walnut).

**Monday-Friday, 5:00-6:00 pm**

[www.boulderbridgehouse.org](http://www.boulderbridgehouse.org) 720-386-9002

### **Tuesdays, 2:30-4:00 pm Feet Forward**

Central Park Central Park Bandshell. Hosting Various Service Providers, Peer Navigation, Clothing, Hygiene, Hot Food, Beverages, Warm Clothing, Toiletries.

### **Wednesdays, 10:00 am Homeless Cares**

Breakfast in the Park near the Bandshell.  
Van leaves for showers at 11:00.

### **Thursdays, 8:00-9:00 am Lamb's Café,**

Grace Commons Courtyard, 1820 15<sup>th</sup> St.

### **Saturdays, 4:00 pm Journey Church or Food Not Bombs**

"Dinner in the Park", 13<sup>th</sup> and Canyon near the Bandshell in Central Pk. OR Library if weather is bad.

### **Lamb's Lunch, 11:30 to 12:30 starting Nov. 12,**

Grace Commons Courtyard, 1820 15<sup>th</sup> St.

### Sundays

**1<sup>st</sup> @ Noon:** St. John's Episcopal Ch., 1419 Pine

**2<sup>nd</sup> @ Noon:** Trinity Lutheran Ch., 2200 Broadway

**3<sup>rd</sup> @ Noon:** First U Methodist Ch., 1421 Spruce

**4<sup>th</sup> @ Noon:** First Congregational Ch., 1128 Pine

**5<sup>th</sup> @ Noon:** Grace Commons Ch., 1820 15<sup>th</sup>

### **Sundays, 5:00-6:00 pm, Colorado FriendShip,**

"Meals on the Street" Justice Center parking lot at 6<sup>th</sup> & Canyon.

## FOODBANKS

**Harvest of Hope Food Pantry** 4830 Pearl St.  
720-382-1971. Sack Lunch for people without kitchens,  
Monday-Friday Noon-2:00 pm. Shopping for people  
with kitchens, M-F 9-11 am, or Thurs. 4:30-6:30 pm

## Coordinated Entry (CE)

### **How to Access Adult Homeless Services in Boulder County under COVID Restrictions:**

Are you a homeless adult (18 +) with no children in your household? Do you need a safe place to sleep, shelter, or help with basic needs? Your first step to receiving services from Boulder County is by calling CE. This is a required step for anyone seeking homeless-related services. You will talk with a staff person and go through a short assessment. Based on that information, you will be referred to the most appropriate services given your needs. Services may include shelter, help identifying housing options, basic-needs services, case management and more.

### **Coordinated Entry is walk in or call:**

M, W, TH, F 10 am-4 pm, Tues 12-4 pm  
Age Well Center, 909 Arapahoe, 303-579-4404

### **What if I need help after CE hours?**

You may go to the Boulder Shelter 5-7 pm.  
You must complete the assessment at the next available time to access future services.

## Boulder Shelter for the Homeless

**Coordinated entry is required for all Services.**

**Intake is 5-7pm.**

**\*NO WALK-UP MORNING SERVICES\***

Closed for Services 10am -5 pm.

**Free bus every day**

5:00pm from 11th & Walnut to BSH

8:00am from BSH back to 11th & Walnut

4869 N. Broadway 303-442-4646

[www.bouldershelter.org](http://www.bouldershelter.org)

## The Lodge (720) 579-1637

Call first for Overnight Shelter for individuals who identify as Women or Transgender  
St. Andrew Presbyterian Church, 3700 Baseline

**February 2023  
Edition**

# **A quick list of resources for people facing Homelessness in Boulder, CO**

**(a.k.a. The Handy Dandy Handout)**



**Mile High United Way Info:** is now a **COVID INFO HOTLINE** as well as a free number to call for help for any supportive services, basic needs to childcare.  
Dial 211 or text zip code to 898-211

Boulder County Free COVID 19 Vaccination Locations.  
720-776-0822

**Updated on 2/05/2023  
by Russ Teets  
Grace Commons Church**  
Contact [russ.teets@gracecommons.org](mailto:russ.teets@gracecommons.org) with updates

## Resources

### Boulder County AIDS Project (BCAP)

- ❖ 2118 14<sup>th</sup> Street, 303-444-6121
- ❖ Free needle exchange M-F, 2:00-5:00 pm
- ❖ Free, rapid, & anonymous HIV, Hep C testing.
- ❖ Call for appt. Bilingual staff available.

### BCH Opioid & Chronic Pain Response

- ❖ Shelby Souther, Patient Navigator - 303-415-8659

### Boulder County Housing & Human Services

- ❖ 3460 Broadway, bouldercounty.org 303-441-1000
- ❖ Food Assistance, Rental Assistance, Cash Assistance
- ❖ Food stamps, TANF, Medicaid & Housing
- ❖ Mon-Fri 8:00am-4:30pm

**Boulder Police Dispatch: 303-441-3333**  
**Emergency: 911**

### Center for People with Disabilities

- ❖ 1675 Range St, Boulder, CO 80301, 303-442-8662
- ❖ Resources, information and advocacy to assist people with disabilities in overcoming barriers to living.

### Clothing and Personal Items Deacons Closet

- ❖ at Grace Commons Annex Parking Lot,
- ❖ 1603 Walnut, Thursdays, 9:00-10:30 am

### Community Circle with Elizabeth Stahl MA, Psychotherapist, A free group to support transition

- ❖ Tuesdays 11:30-12:30 pm on Zoom
- ❖ To enroll: 646-573-0195, **Must register first!**  
www.elizabethstahlpsychotherapy.com

### Dental (Accepts Medicaid)

- ❖ **Dental Aid** 4155 Darley, 303-499-7072
- ❖ **Comfort Dental:** 4550 N Broadway, 303-848-2906
- ❖ **Comfort Dental:** 3400 Arapahoe, 303-444-2129

### Emergency Family Assistance Association (EFAA) All requests handled by phone

- ❖ 1575 Yarmouth, 303-442-3042
- ❖ Assistance with deposit or first month rent, furniture, minor medical & dental costs, short term housing, and transitional housing for **families.**
- ❖ Assistance for seniors, and people with disabilities.
- ❖ Mon, Tues, Weds, Fri 12:30-4:30pm
- ❖ or Thurs 12-6pm

### Showers & Laundry Sign Ups Homeless Cares

- ❖ For showers, at Breakfast at the Bandshell, Van leaves for showers at 11:00 on Wed,
- ❖ For laundry, at Deacons' Closet, Thur. 9:30  
Or call 720-235-8520 to reserve in advance.

### Mental Health Partners

**24/7 Temporary Reduction of hours for Walk-in Crisis Center & Addiction Services:**  
**Call 1-844-493-TALK; text TALK to 38255 or go to 3180 Airport Rd. Boulder CO**

- ❖ New clients and appts: Call 303-443-8500
- ❖ All other MHP locations are closed for general entry.
- ❖ Clients should check with their provider/CARE team prior to their appointments regarding delivery of care as more in-person services are gradually phased-in.

### MESA Rape Crisis Hotline 303-443-7300

### Colorado Human Trafficking Hotline 866-455-5075

### Little Flower Maternity Home - 720-609-2934

- ❖ Free maternity housing for pregnant mothers 18+
- ❖ Free pregnancy test and resources.

### Mother House 303-447-9602

- ❖ Residential program for pregnant women (18+)

### OUT Boulder, LGBTQ Community

- ❖ 3340 Mitchell Lane, Boulder. 303-499-5777

### People's Clinic & Clinica Family Health Services

- ❖ Open for urgent preventative appts. Pharmacy open.
- ❖ COVID testing, COVID vaccinations 12+, telehealth.
- ❖ M,W,F 8am-5pm, T,TH 8am-9pm
- ❖ 2525 13<sup>th</sup> St., Boulder, CO 80304 **303-650-4460**

### St. Benedict Health & Healing Ministry

#### **FREE CLINIC NO EMERGENCY SERVICES.**

#### **Please call 303-669-2700 to check status**

- ❖ Doctor, Nurse, and Physical Therapist Visits.
- ❖ 12-1:00 pm (Coincides with Sunday noon meals)
- ❖ 1<sup>st</sup> Sunday-St. John's Episcopal Church
- ❖ 2<sup>nd</sup> Sunday-Trinity Lutheran Church
- ❖ 4<sup>th</sup> Sunday-First Congregational Church
- ❖ Sister Carmen Center—call for hours

### Safehouse Progressive Alliance for Nonviolence (SPAN) 24/7 Crisis Hotline 303-444-2424

- ❖ Emergency safe shelter for survivors fleeing domestic violence (DV)
- ❖ DV Outreach: 835 North St. 303-449-8623  
Counseling, legal advocacy, support groups

### City of Boulder Public Space Reclamation Dept.

Hotline to Schedule Retrieval of Personal Belongings Related to Encampment Clean-up.  
Coming Soon: 303-441-1885

### Boulder Community Health Foothills Hospital

- ❖ 4747 Arapahoe Avenue, 303-415-7000

### TGTHR's The Source

**24/7 Hotline 303-447-1207** 3080 Broadway  
❖ Overnight Shelter (Ages 12-20) 5pm each night  
❖ The Source Drop-in Center (Ages 12-24)  
Every Day 12:30-5pm for a hot meal, shower, clothing, laundry, internet, counseling, and more...

### Social Security

- ❖ 480 Dahlia St, Louisville CO 80027
- ❖ 1-800-772-1213 / 1-800-325-0778
- ❖ M,T,TH,F 9:00 am-4 pm, Wed. 8:00 am-12:00 pm

### Withdrawal Management

- ❖ 3180 Airport Road, Boulder, CO 80301
- ❖ 303-441-1281
- ❖ Services offered: Detox and referral to substance abuse treatment programs.

## Transportation

### RTD Bus Station

**Local Buses:** 303-299-6000, Walnut & 14<sup>th</sup>

### Community Cycles: Refurbished bikes 720-565-6019

- ❖ 2601 Spruce St., Unit B, Boulder, CO 80301
- ❖ Thu-Sun, 11am-4pm

### VIA Mobility Services 303-447-2848 ex 1014

### zTrip 303-699-8747 ztrip.com/boulder

### Coloradopetpantry.org

Check website for free dog food in Boulder

### Veteran's Services

#### **Boulder Vet Center: 303-440-7306**

4999 Pearl East Circle, 80301  
Counseling & Referral, VA Benefits Explanation, and other services.

#### **VA Crisis Line: 1-800-273-8255**

**Homeless Outreach Coordinator: 720-362-0023**  
**Veterans Helping Veterans Now: 303-772-9777**  
**Volunteers of America Bk Home: 720-501-3368**

### Boulder Community Court

Do you have tickets in the Boulder Municipal Courts? If you participate in this program, you may be eligible to have your ticket dismissed.

Community Court is a voluntary program—you will NOT be arrested. Come to Community Court at Deacons' Closet and Central Park for help with Housing, Food Assistance, Medicaid, Substance Abuse, Mental Health Care, and more.

720-441-9619 NguyenN@bouldercolorado.gov