

## Emergency Assistance

9-1-1 Emergency Services.....	911
American Red Cross .....	632-3563
AspenPointe Stabilization Unit..... (844)-493-TALK (8255)	
Bijou House.....	635-5078
Care and Share, Inc.....	528-1247
Catholic Charities of Colorado Springs.....	636-2345
Comitis Crisis Center, Inc.....(303) 343-9890	
Community Cupboards.....	687-3663
Crisis Response Team.....	635-7000
Ecumenical Social Ministries.....	636-1916
KPC Kids' Place, 24/7.....	634-5439
National Runaway Switchboard.....(800) RUNAWAY	
Salvation Army Family & Social Services.....	636-3891
Springs Rescue Mission.....	632-1822
Suicide Prevention Partnership.....	573-7447
TESSA - Center for Prevention of Domestic Violence.....	633-3819
Walt Fortman Community Center.....	382-8515
National Suicide Prevention Lifeline: 24/7.....	1-800-273-8255
Colorado Crisis & Support Line: 24/7.....	844.493.TALK (8255)
Pikes Peak Suicide Prevention.....(719) 573-7447 (Provides free one-on-one "in-person" counseling, call to make an appointment)	



# Civilian Employee Community Resource Guide 2018-2019

**This publication was originally compiled and distributed by  
the 21st Force Support Squadron Civilian Personnel Section,  
21 FSS/FSMC**

**Please send updates to [21sw.cab.cat@us.af.mil](mailto:21sw.cab.cat@us.af.mil)**

## Introduction

As the Peterson Air Force Base Civilian Personnel Officer, I would like to invite our civilian employees to utilize this booklet in the event of any unforeseen needs or emergencies. Although there is help almost always available, in the time of an emergency, finding the right community resource can be difficult and time consuming.

This booklet was developed as a resource for our civilian employees and their families in an effort to provide a consolidated listing of agencies in the Pikes Peak area that are available to help. This guide is not all inclusive of all the programs and services available but a compilation of those that are most widespread.

Tonya Bonner, Chief Civilian Personnel

### What is the Community Action Team?

The Community Action Team (CAT) functions as the action arm of the CAB and develops a comprehensive, coordinated plan for integrating and implementing community outreach and prevention programs. The CAT improves the delivery of human service programs by establishing a seamless system of services through collaborative partnerships and coordinated activities.

### What is Comprehensive Airman Fitness?

The goals of Comprehensive Airman Fitness (CAF) are

- Airmen taking care of Airmen
- Embracing the Wingman concept
- Airmen and families maintaining a lifestyle of comprehensive fitness
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**Positive Behaviors:** Caring, Committing, Connecting, Celebrating and Communicating

**Holistic Health:** Mental Fitness, Physical Fitness, Social Fitness, and Spiritual Fitness

**Don't just survive. Thrive.**  
**See AFI 90-506 for details**

## Mental Health

AspenPointe.....	572-6100
Bridge to Awareness Counseling Center.....	471-2514
CASA .....	447-9898
Cedar Springs Behavioral Health System, Inc.....	633-4114
Center for Child Counseling.....	632-2663
Children's Counseling Center.....	570-7188
Colorado Access.....	(800) 511-5010
Ecumenical Social Ministries.....	636-1916
Franciscan Community Counseling.....	955-7008
Haven House, Inc.....	578-1181
Marriage and Family Treatment Center.....	520-1711
Mental Health Association of El Paso County.....	633-4601
National Alliance for the Mentally Ill.(non-crisis line).....	473-8477
Penrose / St. Francis Behavioral Health .....	776-8482
Pikes Peak Family Connections, Inc.....	520-1019
Salvation Army, Community Corps Center.....	473-6161
Samaritan Counseling & Education Center of the Pikes Peak Region.....	471-2500
Switzer Counseling Center.....	638-7777
National Suicide Prevention Lifeline: 24/7.....	1-800-273-8255
Colorado Crisis & Support Line: 24/7.....	844.493.TALK (8255)
Pikes Peak Suicide Prevention.....	(719) 573-7447 (Provides free one-on-one "in-person" counseling, call to make an appointment)

## Domestic Violence/Abuse/Sexual Assault

A Turning Point of Colorado Springs.....	550-1011
CASA.....	447-9898
Centro de la Familia.....	227-9170
Child Abuse, Neglect, Prevention & Reporting.....	444-5700
Colorado Springs Police Department.....	444-7000
El Paso County Department of Human Services.....	636-0000 / TTY: 444-5998
El Paso County Sheriff's Department.....	520-7100
Emily Griffith Centers for Children.....	344-9482
Kidpower.....	520-1311
KPC Kids' Place.....	634-5439
National Coalition Against Domestic Violence.....	(303) 839-1852
Pikes Peak Family Connections, Inc.....	520-1019
Safe Passage (Children's Advocacy Center).....	636-2460
TESSA (Center for Prevention of Domestic Violence).....	633-1462 / 24-Hour: 633-3819

## Employee Assistance Program—24/7

**(800) 222-0364 - [www.FOH4You.com](http://www.FOH4You.com)**

Counseling services—Up to 6 sessions per issue for civilian employee, spouse/dependent  
 Confidentiality—except life-threatening cases Financial and Legal Services  
 Health & Wellness presentations  
 Legal and Financial counseling  
 Supervisor consultation to assist employee



Get Connected. Get Answers.

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## Air Force Civilian employees & family members Employee Assistance Program—24/7

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## Basic Living Necessities (includes food, rent, utilities, etc. )

Airman & Family Readiness Center - Peterson AFB.....	556-6141
Army Community Services (Ft. Carson) .....	526-4590
Assistance League of Colorado Springs.....	475-1029
Care & Share, Inc.....	528-1247
Christmas Unlimited.....	597-1821
Crossfire Ministries, Inc.....	447-1806
Divine Redeemer Food Pantry .....	633-5559
Dress for Success.....	471-3170
Ecumenical Social Ministries.....	636-1916
Food Stamp Program (DHS).....	444-5124
Good News Foundation.....	638-8985
Kids Crossing.....	632-4569
Life Support Center, Inc.....	578-1222
Lighthouse Mobile Ministries.....	633-6800
Manna Food Ministries.....	635-1057
Marian House Soup Kitchen.....	475-7314
Meals on Wheels.....	884-2330
Northern Churches Care.....	277-7470
Operation School Bell (Assistance League).....	475-1029
Pikes Peak Community Action Agency.....	633-8994

## Drug and Alcohol Treatment

Alano Recovery Homes.....	520-1732
A Turning Point of Colorado Springs.....	550-1011
Al-Anon and Al-Ateen.....	(888) 425-2666
Alano Recovery Homes.....	520-1732
Alcoholics Anonymous.....	573-5020
Aspen Pointe, Chemical Dependency Center.....	572-6340
Aspen Pointe, Detoxification Facility.....	572-6340 / 24-Hour: 635-7000
Bridge to Awareness Counseling Center.....	471-2514
Cedar Springs Behavioral Health System, Inc.....	633-4114
Community Alcohol/Drug Rehabilitation & Education Center (C.A.D.R.E.C.) .....	(303) 295-2521
Connect Care LLC.....	572-6133
Genesis Alcohol, Drug & Domestic Violence Treatment Program.....	632-3510
Gordon S. Riegel Center.....	776-8741
Harbor House Collaborative.....	473-5557
Light House Assistance Center.....	572-6340
Journeys Counseling Center.....	687-6927
Narcotics Anonymous.....	637-1580
National Clearinghouse for Alcohol and Drug Information.....	(800) 729-6686
National Council on Alcoholism and Drug Dependence, Inc.....	(800) 475-4673
Western Clinical Health Services of Colorado (WCHS).....	434-2061



## Health and Wellness

Postpartum Support.....	(800) 944-4773
Rocky Mountain Cancer Information Service.....	(303) 418-7600
Rocky Mountain Poison and Drug Center.....	(303) 389-1100
Service Empowerment Transformation (S.E.T.).....	776-8850
Solid Rock Christian Church.....	393-7625
Southern Colorado AIDS Project (S-CAP).....	578-9092
“Su Familia” National Hispanic Family Health Helpline.....	(866) 783-2645
Summit Home Health Care.....	533-0084
Tobacco Cessation: Colorado Quitline .....	1-800-784-8669

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## Basic Living Necessities (includes food, rent, utilities, etc. )

Salvation Army, Community Corps Center.....	578-9190
Seventh Day Adventist Community Services Center.....	634-1682
Solid Rock Christian Church.....	393-7625
Springs Rescue Mission.....	632-1822
Walt Fortman Community Center.....	382-8515
Westside Cares (West side residents only).....	389-0759
WIC Program (Women, Infants and Children’s Program).....	578-3225
Women Partnering.....	577-9404

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## Health and Wellness

Al Kaly Temple, Child Health Assistance.....	719-544-0658
Alzheimer’s Association.....	(800) 864-4404
American Cancer Society.....	636-5101
American Council of the Blind of Colorado, Southern Colorado Chapter .....	(888) 775-2221
American Diabetes Association.....	(800) 232-3472
American Heart Association (AHA) .....	635-7688
American Lung Association.....	(800) LUNG-USA
Arthritis Foundation.....	520-5711
Breast Cancer Support Group.....	365-2697
Bright Eyes Vision Center.....	667-0665
Centennial Health.....	(303) 646-4519
Center for Hearing, Speech and Language.....	597-3390
Centura Home Health.....	272-7500
Centura Health.....	776-5000
Cerebral Palsy Association of Colorado Springs.....	638-0808
Child Development Center of Colorado Springs.....	574-8300
Colorado Access.....	800-511-5010
Colorado Child Health Plan Plus.....	(800) 359-1991 / TTY: 800-659-2656
Colorado Springs Osteopathic Foundation.....	635-9057
Community Health Education Services, Inc.....	(303) 921-7678
Community Health Partnership.....	632-5094
Department of Human Services.....	636-0000/ TTY:444-5998
Developmental Pediatrics.....	475-0477
El Paso County Medical Society.....	591-2424
El Paso County Department of Health and Environment.....	578-3199

## Health and Wellness

El Paso County Visiting Nurses Association.....	577-4448
ENTRADA School Health Based Center (Harrison D-2).....	344-6743
Extension Food, Nutrition, & Education Program.....	520-7680
Health Advisor (Penrose Hospital).....	776-5555
Healthy Communities EPSDT Outreach Program.....	(303) 602-6770
Kids in Need of Dentistry.....	227-1018
La Leche League.....	481-2909
March of Dimes Foundation.....	1-888-274-3711
Medicaid/ Medicare Services.....	(303) 844-2111
Memorial Hospital/ Hospital Memorial.....	365-5000
Memorial Pediatric Rehabilitation Center.....	365-5642
Memorial Urgent and After Hours Care, Prenatal Classes .....	365-2888
Mission Medical.....	219-3402
Mountain Doula.....	687-4232/433-4372
Multiple Sclerosis Alliance of Southern Colorado.....	633-4601
Muscular Dystrophy Association.....	260-8777
National Association for Parents of Visually Impaired .....	(800) 562-6265
National Children’s Cancer Society.....	(800) 532-6459
Nursefinders.....	634-7700
Odyssey Health Care.....	(866) 366-6473
Peak Vista Health Centers.....	632-5700
Pikes Peak Hospice.....	633-3400
Planned Parenthood.....	475-7162