

## Postpartum Support:

### **Jefferson Center for Mental Health**

#### **Postpartum Depression Group:**

- Please RSVP so they know to expect you:
  - Karen Hardison LCSW @ 303-432-5607, or via email @ karenh@jcmh.org.
- Thursday mornings, 11am-12pm
- Shepherd of the Hills Presbyterian Church (basement nursery), 11500 West 20<sup>th</sup> Ave, Lakewood

## Food/Nutrition and Resources

### **Women, Infants, and Children (WIC): 303-239-7143**

Jefferson County Department of Health and Environment  
260 S. Kipling, Lakewood, CO 80226-1086

- Nutritional services, including supplemental foods and nutrition education/ counseling for pregnant women, post-partum women, and children up to the age of 5 years.
- Developmental screenings.
- Referrals to other health and social service agencies.

Colorado Information Line: 303-692-2400

Arvada Office: 303-275-7510

Edgewater Office: 303-271-5780

### **Food Bank of the Rockies/Denver Inner-City Parish:**

303-629-0636 - Commodity Supplemental Food Program, 1212 Mariposa St., Denver, CO 80204

- Program for ages birth to five years. Can apply for program on site Mon 10 – 2

## Testing, Education, Resources and Support

### **Planned Parenthood:** <http://www.plannedparenthood.org/>

*Arvada Office:* 7853 N. Wadsworth Blvd., Arvada, CO 80003, 303-425-6624

*Lakewood Office:* 1400 S. Wadsworth Blvd., Lakewood, CO 80232, 303-988-3821

*Littleton Office:* 131 W County Line Rd, Littleton, CO 80129, 303-798-0963

*Denver Office:* 921 E. 14<sup>th</sup> Ave., Denver, CO 80218, 303-832-5069

- Offers specially trained staff who can explain all the options of an unplanned pregnancy; pregnancy testing; abortion referral or services; check website or call to learn about particular services at a location

### **Jefferson County Public Health:** 303-232-6301

645 Parfet St., Lakewood, 80215 [www.jeffco.us/public-health](http://www.jeffco.us/public-health)

Other locations: Edgewater: 1711 A & B Sheridan Blvd, 80214

Arvada: 6303 Wadsworth Bypass, 80003

- **Prenatal Plus:** (303-275-7582) and **Nurse Family Partnership:** (303-239-7074):
  - NO COST nurse home visitation programs that help first time pregnant women have healthy pregnancies and babies and move towards self-sufficiency.

There are many organizations in the community that offer assistance to pregnant women. These services can range from pregnancy testing and options counseling to referral services, parenting support/education, and assistance with food or supplies.

Resources in this list include:

- Postpartum Support
- Food/Nutrition Resources
- Testing, Education, Resources, and Support

Always use your best judgment when choosing a clinic. It might be helpful to contact a couple different organizations to discuss your options.

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



- Prenatal Plus is also offered to mothers who are not first time mothers. Most likely will qualify if on Medicaid or Presumptive Eligibility (PE)
- Must fill out External Agency Referral Form and meet income requirements and live in the service area.
- **Prenatal Plus Family Helpline:** 303-692-2229, 1-800-688-7777
  - Provide automated referrals and information, including: how to apply for Medicaid, WIC, prenatal assistance, immunization, etc.
- **Nurse Family Partnership:** 303-239-7074, 1-866-864-5226
  - [www.nursefamilypartnership.org](http://www.nursefamilypartnership.org)
  - Free program for women expecting their first child and on a limited income.
  - Support offered includes home visits by nurses, one on one support, parenting information and information on resources.
  - Services last during pregnancy and after for up to 2 years.
- **Family Planning:** 303-238-7078
  - Help plan family's future with access to birth control, pregnancy testing, emergency contraceptive pill, and more.
- **Nutrition Services:** 303-239-7143
  - Nutrition education and counseling
  - Breast feeding classes and resources
  - WIC program
  - Nutrition services for children with special needs.

**Baby Buds Ministry:** 303-293-0014

168 Federal Blvd, Denver, CO 80219, [www.mybabybuds.org](http://www.mybabybuds.org)

- Faith-based program serving teens as well as single moms. Call for information about parenting classes.
- Women receive job readiness training, counseling, GED, parenting skills, life skills, budgeting and support and love.
- Monday - Saturday 9am - 5pm

**Riverside Pregnancy Center – Riverside Baptist Church:** 720-855-0505

- 2637 W. 23<sup>rd</sup> Ave., Denver 80211; [www.riversidepregnancycenter.com](http://www.riversidepregnancycenter.com)
- Pregnancy tests, ultrasounds, diapers, clothes, supplies and counseling free of charge.
- Monday 2pm-5pm, Tuesday & Thursday 10am-2pm.

**Caring Hands Pregnancy Center:** 303-916-4522

- 2707 W. Mississippi Ave., Denver 80219; [www.caringhandspregnancy.org](http://www.caringhandspregnancy.org)
- Faith-based program that offers pro-life pregnancy counseling as well as pregnancy supplies. Mon-Tues 2-4pm.

**Mountain Area Pregnancy Center:** 303-674-5881, 1-800-395-HELP

- 27884 Meadow Dr., Unit A, Evergreen 80439; [www.mapc.us](http://www.mapc.us)
- Pregnancy testing, counseling, support and referrals. All services are free and confidential.
- Open Monday – Thursday, 10am – 4pm.

**Alternatives for Pregnancy Center:** 24 Hour Helpline: 303-295-2288, [www.YouHaveAlternatives.org](http://www.YouHaveAlternatives.org)

- Pregnancy testing, options counseling, after-abortion counseling, and ongoing support. Will not provide abortion referrals.
- Pre and post-natal support through mentoring and education.



- Mother can receive baby supplies, baby furniture, emergency diapers, and additional resources.
- Free ultrasound to confirm pregnancy.
- Provide connections to resources in the community.
- Some financial help is available.
- *Lakewood Office:*  
3110 S. Wadsworth, Ste. 200, Bear Creek Commons Bldg, Lakewood, CO 80227.  
303-969-9369  
Hours: Mon, Wed, and Friday 10:00 a.m. – 4:00 p.m., Thur 1:00 p.m. – 7:00 p.m.
- *Central Office, Denver:*  
1440 Blake St., Suite 200, Denver 80202. 303-298-8815  
Hours: Monday-Friday 10:00am – 4:00pm
- *South Metro Office:*  
2 W. Dry Creek Circle, Suite 180, Littleton 80120. 303-795-1331  
Hours: Monday-Wednesday 10:00am – 4:00pm
- *Parker Office:*  
19020 E. Plaza Dr., Suite 255, Parker 80134. 720-851-2040  
Hours: Tuesday, Wednesday 10:00am – 4:00pm and by appointment.
  - All services are free and confidential.
- *Aurora Office:*  
14221 E. 4<sup>th</sup> Ave. Suite 220, Aurora, 80011. 303-344-8212  
Hours: Monday, Wednesday & Thursday 10:00am – 4:00pm

**Jefferson County Public Health Nursing/ Human Services Collaboration Program:**

303-275-7582

- Services for families that are currently working with or have previously worked with Jefferson County Human Services Division of Children, Youth, and Families.
- Voluntary program to have home nurse visits to receive help in reaching personal/family goals.
- Nurses help families to use tools to work on stress management, parenting challenges, critical thinking, and communication.

