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

Education/Support Services:

Jeffco Public Schools
Adult ESL
303-982-7484 (English) | 303-982-5221 (Spanish)
https://www.jeffcopublicschools.org/programs/adult_education/adult_esl
- Sessions are 15-16 weeks in length
- Offered at four locations in Lakewood, Arvada, Wheat Ridge and Edgewater.

Jeffco HIPPY (Home Instruction for Parents of Preschool Youngsters)
303-982-8011
https://www.jeffcopublicschools.org/academics/early_learning/HIPPY
- Free program for families with 2, 3, or 4 year old children. Home visitation program available in English and Spanish that will help parents prepare their children for success in school. Offers role play, free school supplies, free books, field trips, parenting, and curriculum packets.

The Learning Source
303-922-4683
https://www.thelearningsource.org/
- Offers ESL and GED courses through the Metro area as well as online.

Adams County School District 14 – Adult Learning Center
303-289-4396
5291 E. 60th Ave. (Commerce City)
www.adams14.org (click on Departments>Adult Education)
- Offers English as a Second Language Levels 1-6
- Email: adulted@adams14.org

Arvada United Methodist Church
Contact Beth Angela at 719-440-6037 or email arvadaeslprogram@gmail.com
6750 Carr Street, Arvada, CO 80004
https://arvadaumc.org/english-as-a-second-language
- Provides weekly tutoring to help with learning English as a Second Language and studying for the United State citizenship test.
- Contact Beth Angel to find out about next semester dates.
- There is a $25 book fee to enroll.

The following is a list of resources that are offered to those who speak Spanish. This list is also available in Spanish (español).

- Education/Support Services – p.1
- Physical and Mental Health Services – p.3
- Immigration Assistance – p.6
- Rent/Utility Assistance – p.8
- Translation and Interpretation – p.9

Many resources offered provide services to undocumented citizens but not all. It is possible to apply for Human Services benefits as long as there is a documented citizen in the family. Please call Navigation for more assistance in applying for benefits.
Centro San Juan Diego/Bienestar Family Services
303-295-9470
2830 Lawrence St. Denver, CO 80205
www.centrosanjuandiego.org
- This program provides the following services:
  o Adult Education Services
    ▪ GED preparation, ESL classes, computer skills training, and a citizenship class.
  o Counseling and Family Support Services
    ▪ Individualized case management, and referrals to community partners.
  o Life Skills Education and Training
    ▪ Legal clinic and citizenship workshops.

Mi Casa Women’s Resource Center:
303-539-5600
360 Acoma St. Denver, CO
www.micasadenver.org
- This program offers business classes, ESL classes, and career development classes for men and women including, job search resources and resume help. Business classes have a fee but a sliding scale is available.
- Spanish Family Law Legal Clinic
  o Date: Every 2nd Tuesday of the month
  o Location: Mi Casa Resource Center Community Room 360 Acoma St
  o Time: 5:30pm-7:00pm
  o Must be an appointment.
  o Description: This free monthly clinic offers an opportunity to meet 1 on 1 with a volunteer attorney in the following areas:
    ▪ Family Law
    ▪ Immigration
    ▪ Employment
    ▪ Criminal Cases
    ▪ Housing/Tenant Issues
    ▪ Credit/Bankruptcy

El Centro Humanitario
303-292-4115
2260 California St. Denver, CO 80205
www.centrohumanitario.org
- This organization asks for a membership fee of $20/yr. Person can make small payments if person cannot afford to pay membership in full.
- This program provides the following services:
  o Employment program – For individuals seeking daily jobs. Trainings, workshops and one-on-one support are offered through El Centro.
  o Legal program – Legal advice particularly regarding employment issues such as unpaid wages, and workers’ rights.
  o Women’s program – 8 week job readiness program
  o Financial Education program – Financial services
Denver Public Library – New Americans Program
720-865-2362
https://www.denverlibrary.org/services-immigrants

- ESL and citizenship classes

Focus Points Family Resource Center – ESL Program
303-292-0770
2501 E. 48th Ave., Denver 80216
www.focuspoints.org (click on “Adult Education”, choose “ESL”)

- Classes held in several locations around Denver metro area

Spring Institute
(303) 835-1128
https://springinstitute.org/adult-education/

- Collaborates with other community providers in the metro area to provide ESL and GED preparation courses.
- Calendar of events available on website.

Physical/Mental Health Services

Centro Dones – Jefferson Center for Mental Health
303-425-0300
https://www.jcmh.org/centro-dones-de-nuestra-comunidad/

- Offers bilingual individual and family therapy.

STRIDE Community Health Center (formerly MCPN)
303-360-6276
www.stridehc.org

- Clinics all over Jefferson County including Jefferson Center Health Homes and the Kids and Teen clinics at Stein Elementary and Jefferson High School.
- STRIDE serves patients with Medicaid, Medicare, CHP+ and sliding scale
- Spanish speaking services available.
- Contact Navigation to be referred to a health home located at Jefferson Center.

Clinica Tepeyac
303-458-5302
5075 Lincoln Street, Denver, CO 80216
www.clinicatepeyac.org

- Hours are Monday through Friday 8:00 am – 5:00 pm and Saturday 8:00 am – 12:00 pm
- Clinic serves working families throughout the Metro Denver Area
- Serves patients regardless of their ability to pay. Most office visits are available on a reduced fee ranging from $25 to $40 a visit. Additional information on reduced fee services on the website.

Sheridan Health Services
303-315-6150
Family Clinic: 3525 W Oxford Ave, Unit G1, Denver, CO 80236

jcmh.org | 303-425-0300
Youth Clinic: 4107B S Federal Blvd, Englewood, CO 80110
https://nursing.cuanschutz.edu/patient-care/sheridan-health-services

- Family Clinic:
  - Offers adult primary care, behavioral health, case management, dental care, maternity care, pediatric primary care, and pharmacy services
  - Hours: Monday, Tuesday, Thursday, and Friday 8:00 am to 5:00 pm, Wednesday 10:00 am to 6:00 pm
- Youth Clinic:
  - Child and teen primary care, behavioral health, dental hygiene care
  - Hours: Monday and Wednesday 10:00 am to 6:00 pm, Tuesday, Thursday and Friday 8:00 am to 5:00 pm
- Reduced fee services available, call 303-315-6162 or 303-315-6151 to inquire about the discount program.

Clinica Family Health Services
303-650-4460
Locations in Adams and Boulder/Broomfield counties
www.clinica.org
- Provide services on a sliding scale to residents of Western Adams, Broomfield, Southern Boulder counties.

Servicios de la Raza
303-458-5851
4055 Tejon St. Denver, CO 80211
www.serviciosdelaraza.org
- This program offers bilingual services on a sliding scale including the following:
  - Mental Health
    - Provides a range of mental health services including outpatient psychiatric services.
    - Does not offer intensive in-home family therapy.
  - VISTAS (Victims in Safe Transition and Self-Sufficiency)
    - Domestic violence services including counseling, support groups and a 24-hour crisis line: 303-953-5930
  - Juntos: Basic Emergency Services
    - Walk-in and crisis situations. Call for an appointment.
    - Includes a food and clothing bank as well as daily bread distribution.
  - La Gente
    - Provides intensive case management for individuals and families living with HIV/AIDS.
    - No appointment necessary but it is recommended.
  - YES (Youth Experiencing Success)
    - Assists low income and at-risk students age 16 – 21 with education and job readiness skills. This includes GED classes.
    - Call for assistance.
  - Entra
    - Serves to educate and provide access to public benefit programs like Medicaid, CHP+, Medicare, Colorado State Programs and Private Insurance for potential recipients and participants.

Mental Health America: En Español
www.mentalhealthamerica.net/go/en-espanol
- Offers factsheets in Spanish on various mental health topics
Spanish Speaking Services

Catholic Charities
303-742-0823
www.ccdenver.org
- Provides bilingual individual, couple and family counseling consistent with Catholic doctrine and the moral teaching of the Church.
- Bilingual in-home family therapy available: 303-742-0823, ext. 2099
- Sliding scale fee based on income.

Wings Foundation
303-238-8660
Many locations throughout Colorado
www.wingsfound.org
- Provide Spanish speaking support groups on a sliding scale to women who were victims of sexual abuse and/or incest as a child.
- To access services call number listed above, you will be routed to a group facilitator, and then you will complete a 15-20 minute phone intake. Group location and time will be provided after phone intake.

SAMHSA: Substance Abuse Information & Referrals
1-866-662-4357
www.samhsa.gov/espanol/
- Can search for treatment and substance abuse information in Spanish.
- Suicide prevention hotline: 1-888-628-9454

National Institute of Mental Health: En Español
- Offers brochures in Spanish on various mental health topics

Denver Health – Community Health Services
303-436-6000, 303-436-4949 (Appt Center)
777 Bannock Street, Denver, CO 80204
www.denverhealth.org
- Offers a Denver Health Financial Assistance (DFAP) program to help pay for health services provided by Denver Health providers.
- DFAP is a discount program that helps lower the cost of health care.
  - Information on fees: https://www.denverhealth.org/patients-visitors/billing-insurance/financial-assistance/denver-health-financial-assistance-program
Dental care services are also available to Denver County residents participating in this program.

El Centro de las Familias – Mental Health Center of Denver
303-504-7900 (Intake) | 303-504-1900
1405 N Federal Blvd, Denver, CO 80204 (Temporary location)
360 N Hooker St, Denver, CO 80219 (Future location)
https://mhcd.org/el-centro-de-las-familias-english/
- Provides bilingual mental health services including individual, family, group therapies and psychiatry services.
- Services available to individuals 5+
Spanish Clinic
303-934-3040
4200 Morrison Rd, Unit 8, Denver, CO 80219
https://spanish-clinic.com/
- Provides services primarily in the Spanish language for substance use, mental health, and domestic violence treatment.

Immigration Assistance
Catholic Charities
303-742-0828
4045 Pecos St., CO 80211
http://ccdenver.org/
- Services include consultations ($35), translations, and assistance with filling out visas and other documents. Please call for Attorney fees for filing paperwork.

Rights for all People
303-893-3500 x100
1085 Peoria St. Aurora, CO 80010
www.rap-dpt.org
- This is a referral network to a variety of providers serving immigrants.

Lutheran Family Services
303-980-5400
1600 Downing St. Ste. 600 Denver, CO 80218
www.lfsco.org
- This agency provides immigration legal services including assistance with visa status and naturalization. Call for fees.

Mi Casa Women’s Resource Center:
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360 Acoma St. Denver, CO
www.micasadenver.org
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  - Time: 5:30pm-7:00pm
  - Must be an appointment.
  - Description: This free monthly clinic offers an opportunity to meet 1 on 1 with a volunteer attorney in the following areas:
    - Family Law
    - Immigration
    - Employment
    - Criminal Cases
    - Housing/Tenant Issues
    - Credit/Bankruptcy
Immigrant Resources Center  
303-795-3968  
6014 S Datura St, Littleton, CO  
https://www.littletongov.org/city-services/immigrant-resources-center  
- Provides a variety of services including ESL classes, a citizenship program to help individuals seeking to obtain U.S. citizenship, and more  
- Has an immigration attorney on staff to help with questions.

Colorado Immigrant Rights Coalition  
303-922-3344 | Citizenship hotline: 970-430-6729  
2525 W Alameda Ave, Denver, CO (Justice for All Center)  
http://coloradoimmigrant.org/  
- Provides citizenship and naturalization services  
- Also provides assistance with DACA paperwork.

Safehouse Progressive Alliance for Nonviolence (SPAN)  
303-444-2424  
https://www.safehousealliance.org/resources/  
- Provides long and short term legal assistance for domestic violence survivors including civil, criminal, and immigration issues.

Denver Public Library- New Americans Project  
720-865-2362  
- For locations and times:  

Rocky Mountain Immigrant Advocacy Network  
303-433-2812 | Hotline for detained individuals and family members: 303-866-9308  
7301 Federal Blvd, Suite 300, Westminster, CO 80030  
https://www.rmian.org/  
- Provides free immigration legal services to immigrant children and to adults in immigration detention.

Colorado African Organization  
303-722-4500  
925 S Niagara St, Suite 200, Denver, CO  
http://www.caoden.org/#mission  
- Acts as a refugee resettlement agency that assist people with refugee status or other eligible statuses such as asylum, victims of trafficking, Iraqi or Afghan Special Immigrant (SIV), or Cuban or Haitian entrants/parolee.  
- Services include case management, health screenings, citizenship assistance, housing, income and family supportive programs.

American Immigration Lawyers Association – Immigration Lawyer Referral  
202-507-7600  
http://www.ailalawyer.com/  
- Provides a list of immigration lawyers in the area who can help with immigration related questions and provide legal representation as needed.

jcmh.org | 303-425-0300  
Updated: April 2020
The Center for Trauma and Resilience – Mi Gente VAWA Legal Solutions
24 hour hotline: 303-894-8000 | Español: 303-718-8289

- Provides legal assistance to immigrant spouses, children, and in some cases, parents who have suffered abuse and/or extreme mental cruelty from a United States Citizen or Lawful Permanent Resident.
- Provides legal assistance to immigrants in Denver judicial districts 2, 17, and 18.

Rent/Utility Assistance

Jefferson Center for Mental Health
303.432.5130
Locations in Lakewood and Wheat Ridge
- Emergency assistance for utilities when funds are available.
- Walk ins (subject to availability) and appointments available
  - Spanish available
  - Must bring a picture ID, proof of past due utility bill, and proof of income.

Catholic Charities
303-742-0828
Appointment location: 4045 Pecos St., Denver, 80211
www.ccdenver.org
- Emergency assistance for rent and utilities when funds are available.
- Must schedule appointment, Call for appointments M-F, 8am – 8:45am;
  - Spanish available
  - No walk-ins
  - Must bring a picture ID and proof of current address.

Metro Caring
720-515-9888
1100 E. 18th Ave., P.O. Box 300459 Denver, 80203 – no residency requirements
http://www.metrocaring.org/
- Utility Assistance. Must have applied for LEAP and received a response.
  - Bill must be past due, and you must have made a payment for at least 10% of the amount due in the past 90 days.
- You must schedule an appointment for utility assistance by phone. Please call in on Tuesday at 4pm, leave your name, phone number and utility account number.

LEAP – Low Income Energy Assistance Program
- Assists with winter heating costs and weatherization from Nov 1 – April 30th.
- Provides once-a-year assistance (varies by location). Does not pay entire cost of heating.
- Applications available through the JCMH Navigation office.
- If you have a disconnect notice, contact Discover Goodwill LEAP Call Center at 1-888-775-5327 to request an expedited case.
Translation and Interpretation Services

Translation & Interpreting Center (Denver Center for Crime Victims)
303-996-0976 (English), 303-996-0975 (Español)
www.ticenterdenver.com

- All services are confidential and provided at no cost for the victim and at a discounted fee for anyone else.
- Over 40 languages and dialects
- Interpreting and Translating Services – Education, Legal, Medical, Counseling, interviews and business negotiations