Resource Guide

provided by FIRC Family & Intercultural Resource Center

Summit County
2019-2020

SPECIALTY CARE

Our comprehensive network of specialized services is built to touch, treat, heal and inspire health, so you can be the healthiest you.

At St. Anthony Summit Medical Center Specialty Care and Infusion Center, you now have access to an expansive breadth of specialty care providers with deep expertise in the latest medicine, technology and treatments. Centura Health is proud to provide these specialty care services where you live, work and play — keeping care truly local.

- Allergy/Asthma
- Endocrinology
- ENT (Ear, Nose and Throat)
- General Breast Surgery
- Internal Medicine
- Neurology
- Oncology
- Pulmonology
- Retina Clinic

Schedule your appointment today!

970-668-2450

St. Anthony Summit Medical Center
Specialty Care and Infusion Center
Centura Health.

360 Peak One Drive, Suite 300
Frisco, CO 80443

summitmedicalcenter.org

We are part of Centura Health, the region's health care leader.

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Strong Families. Strong Community.

FIRC Family & Intercultural Resource Center

The high cost of living makes Summit County a difficult place to raise a family. FIRC empowers people through education and support to help you manage the challenges of housing, parenting, mental health and healthcare so your family can thrive.

Ways we can help

- Parenting Education and Support
- Budgeting and Housing Assistance
- Connection to Resources
- Kindergarten Preparation
- Health Insurance Enrollment
- Food & Clothing Assistance
- Connection to Mental Health and Healthcare Resources

For more information call 970-262-3888 or visit SummitFIRC.org

ADULT EDUCATION

Colorado Mountain College

Dillon: 333 Fiedler Ave
(970) 468-5989
Breckenridge:
107 Denison Placer Rd
(970) 453-6757
www.coloradomtn.edu

Community Garden

Located at Dillon Valley Elementary School.
Donate 3 hours of your time as trade for produce. Work, education and community days throughout the summer.
Contact Jonnah:
jonnahg@summitfirc.org or
Whitney:
whitney.horner@summitcountyco.gov or
SummitFIRC.org

Diabetes and Health Education

Classes offered for diabetes prevention and control as well as other health topics.
www.summitmedicalcenter.org/SMC/Home/Community/
(970) 668-5584
Gretchen Broecker,
Registered Dietitian

Health Links

Collaborate with employers across the state to build a culture of health and safety in the workplace. Assess organizations' policies and programs, offer evidence-based recommendations in one-on-one advising sessions, connect employers with local resources, and certify qualifying employers as Healthy Businesses.
www.healthlinkscertified.org/community/colorado

Home Buyer Education

Classes offered 1x month
Summit Housing Authority
(970) 453-3555
Classes also offered for
- Landlord / Tenant Information
- Post Homebuyer Education
- Financial Fitness

www.summithousing.us

Renter Education

FIRC: know your rights and responsibilities as a renter.
(970) 262-3888
SummitFIRC.org

Summit County Libraries

Drop in Tech Help classes

(970) 668-5555 – Frisco
(970) 468-5887 – Silverthorne
(970) 453-3544 - Breckenridge
http://summitcountylibraries.org/learn-explore/events-and-programs

AGING, HOME HEALTH, & SENIOR SERVICES

Medicare Counseling, Education, Support and Care Services

Alpine Area Agency on Aging

249 Warren Avenue, Silverthorne
(970) 468-0295 www.alpineaaa.org

Senior Health & Wellness
• Medicare Education – learn about your options in a one on one appointment.
•Long Term Care Resources
•Senior Legal Services
•Chronic Disease Management
•Evidence Based Health & Wellness
•Vision and Dental Assistance
•Food and Nutrition – home delivered meals
•Falls Prevention

Bristlecone

Home care and hospice services & free bereavement counseling open to all.
(970) 668-5604

North West Colorado Council of Governments

www.nwccog.org
• Medicare Counseling
• Options Counseling - receive help in creating a care and needs plan for yourself or loved one
•Supplemental Services
(970) 468-0295 ext. 117

Timberline Adult Day Services

Active day program for adults of any age who need socialization and activities that promote physical and mental well-being. Respite for caregivers and care navigation services also provided.
(970) 668-2952
www.timberlineadultday.org

AGING, HOME HEALTH, & SENIOR SERVICES

Summit County Community and Senior Center

83 Nancy's Pl, Frisco
(970) 668-2940
www.co.summit.co.us/93/Community-Senior-Center
National Family Caregiver Support Program
Caregiver Support Group meets the second Tuesday of the month @ Senior Center.
Care Navigation - one on one counseling – manage needs and access resources
Senior Health & Wellness
Dancing and Exercise Class
Transportation (medical)
AARP Driver Safety Program

Senior Food

Meals on Wheels

Meals delivered for homebound seniors (60+) and those with disabilities.
(970) 668-2942

Community Meals - Summit County Community and Senior Center
Monday dinner ($10), Tues and Thurs lunch (sliding scale fee $3-$5)
(970) 668-2940 – Must call and make a reservation

Community Supplemental Food Program - In partnership with the Food Bank of the Rockies, food boxes available to qualified seniors, 970-668-2940

CASH SAVINGS & DEBT MANAGEMENT

Alpine Bank Budgeting

One-on-One - By FIRC referral only
(970) 262-3888

FIRC Family Support Coordinators

One-on-one financial assistance counseling and budgeting support.
(970) 262-3888
www.SummitFIRC.org

Low-income Energy Assistance Program (LEAP)

November through April only
Department of Human Services (970) 668-9160
FIRC: (970) 262-3888

Summit County Ambulance

Do you have a bill and need to make a payment or apply for discounts? Call or email for an application for discounts.
(970) 668-5777
SCASbill@co.summit.co.us

CASH SAVINGS & DEBT MANAGEMENT

St. Anthony Summit

Financial Assistance,
Charity Care, and Payment Plans
Need help applying or understanding your options?
Centura Health Patient Service Center (800) 953-0104
Get one-on-one help from a Health Benefits Advisor & Financial Counselor
(970) 668-2811 (English and Spanish)

Working Families Initiative

High Country Conservation
176 Lake Dillon Drive, Dillon
Eligible locals could receive:
Free Home Energy Audits, LED bulbs, and up to $800 in rebates for Home Energy Projects. (970) 668-5703
jess@highcountryconservation.org

Department of Human Services

•Aid to the Needy Disabled (AND)
•Old Age Pension (OAP)
•Child Care Assistance Program (CCCAP)
•Child Support Services
•Colorado Works (TANF)
Walk- ins: Monday– Thurs 8:30am–3:30pm
Apply online:
www.Colorado.gov/PEAK, or
Call to set up appointment:
(970) 668-9160 · Case specific information: (970) 668-9717 · email: ESU.Inbox@summitcountyco.gov

CHILD CARE, EDUCATION & DEVELOPMENT

To Report Child Abuse or Neglect (844) CO-4-KIDS or (844) 264-5437

Child Care

Child Care Assistance Program (CCAP)

Human Services · 360 Peak One Blvd, Frisco · (970) 668-9160

Early Childhood Options

Leader in advancing quality education for young children in Summit County. Our programs:
Summit County Head Start 0-5 – Head Start Works! Comprehensive child development services for low-income children ages prenatal through five years and their families. Summit County's unique integrated service delivery model is managed by ECO in partnership with several community agencies.
Contact Carly Nixon for more information: (970) 406-3063

Parenting Support & Education

Parenting Education and Support

Early Childhood Options

Child Care Resource and Referral - Connecting great kids to great care! Child Care Resource and Referral (CCR&R) is part of a national network of agencies that tracks child care demand and availability, connects parents to child care options that best meet their family needs, provides training and resources to early childhood teachers, and works with community partners to plan for the short and long-term needs of working parents and their children. Spanish translation available.
Contact Alison Viau for more information: (970) 406-3070

Summit County Right Start Project and Summit Pre-K Program- Because all children deserve a great start. A county-funded project designed to improve the quality, availability and affordability of early care and learning for local working families and their children. Right Start is implemented in partnership with several community agencies, all working to ensure that children ages 0-8 years arrive at school ready to learn. Spanish translation available.

SPK is a Summit County Strong Future Initiative- offering tuition assistance for 4-year olds attending licensed childcare programs in Summit County. Spanish translation available.
Contact Catherine Schaaf for more information: (970) 406-3067

Early Childhood Council – Improving the systems that support young children and families.

The work of the Council is to engage the community in a shared commitment to the success of our youngest children. ECO is proud to serve more than 1200 children and their parents annually, and more than 130 teachers.

Call for resources and referrals ·
330 Fiedler Ave, Dillon, CO 80435 ·
(970) 513-1170

Breckenridge Childcare Tuition Assistance Program

(970) 547-3124 · 150 Ski Hill Road
Corrieb@townofbreckenridge.com

FIRC Parenting Classes & Families United Program

(970) 262-3888 www.summitfirc.org

NAMI Basics Education Program Child with Emotional or Behavioral Difficulties?

Helps parents and caregivers of children to understand the illnesses that are causing behavioral difficulties and the critical role families play in the treatment.
(970)389-0808 bettysarber@gmail.com

CHILD CARE, EDUCATION & DEVELOPMENT

Education, Development, & Support

Strengthening Families Program · Youth and Family Services

Parenting techniques and in-home support. English and Spanish.
Referral needed from a community partner such as:
Early Childhood Intervention, ECO, FIRC, Nurse Family Partnership, Physicians, Public Health, Human Services
(970) 485-9111
(970) 668-9185 Intake Coordinator

Family Support Line

For times when parenting gets tough · (877) 695-7996

Mountain Mentors

(970) 668-9184

SOS Outreach

(970) 763-7168
www.sosoutreach.org

Play Therapy

Financial assistance available through FIRC family support program
(970) 262-3888 – FIRC

Summit County Libraries

Teen and Children's Programs
(970) 668-5555 – Frisco
(970) 468-5887 – Silverthorne
(970) 453-3544 - Breckenridge
http://summitcountylibraries.org/learn-explore/events-and-programs

BRECK Create

Second Saturdays for Families
10 am – 12 pm · FREE hands-on kids' activities and creative crafts on the Arts District campus · (970) 453-3364
www.breckcreate.org/kids-families/

COMMUNITY SUPPORT & ENGAGEMENT

Building Hope

FREE monthly community connectedness events.
www.buildinghopesummit.org

FIRC Family Support Coordinators

(970) 262-3888 SummitFIRC.org
One on one assistance with family goal setting and budgeting. Financial support for medical, housing or utilities depending on the family situation.

P.A.N.T.S.

Initiative that addresses issues related to physical activity and nutrition in Summit County. Want to join?
Contact Dr. Justin Pollack at docjpollack@gmail.com or Meaghan Ziegler at **officemanager@ebertfamilyclinic.com**

Summit County Libraries

Teen and Children's Programs
(970) 668-5555 – Frisco
(970) 468-5887 – Silverthorne
(970) 453-3544 - Breckenridge
http://summitcountylibraries.org/learn-explore/events-and-programs

Looking to volunteer?

Animal Shelter Volunteer Program

Volunteer coordinator (970) 668-4197
Shelter (970) 668-3230
http://co-summitcounty.civicplus.com/545/Volunteer-Program

Bristlecone Homecare and Hospice Volunteer

As a friendly visitor, fundraising, caregiver relief, and more.
(970) 668-5604

Friends of the Dillon Ranger District

Give back to your local community and forest (970) 262-3449 Info@fdrd.org
fdrd.org/volunteer/

Family & Intercultural Resource Center

Volunteer in our Thrift Stores, food pantries, or for an event – such as Adopt an Angel.
firc.volunteerhub.com/events/index
(970) 262-3888

HC3 -High Country Conservation Center

Volunteer at your local garden or at a number of local music events or festivals
www.highcountryconservation.org/volunteer/

DISABILITY RESOURCES

Breckenridge Outdoor Education Center (BOEC)

Offers programs and classes that focus on personal development, therapeutic recreation, adventure therapy, disability awareness, team building and natural history · boec.org (970) 453-6422

Developmental Disabilities Resource Center

11177 West 8th Avenue, Lakewood, CO 80215
Care giver trainings, CPR training, guardianship, planning for the future of loved ones with disabilities
(303) 233-3363
www.ddrcco.com

Meals on Wheels

Meals delivered for homebound seniors (60+) and those with disabilities
(970) 668-2942

DISABILITY RESOURCES

(continued)

Medicaid Buy-In, Waiver Programs, & Long Term Care

Are you or a loved one over income for Medicaid but suffer from a chronic illness? You may be eligible for Working Adults with Disabilities, Medicaid Buy-In Program or a Medicaid Waiver for children.
(970) 262-3888 FIRC Health Navigators
(970) 668-9160 Department of Human Services

National Alliance on Mental Illness –NAMI High Country Colorado

Works to raise awareness and provide education, advocacy, and support for families and individuals in our community living with mental illness.
(303) 917-9131
www.facebook.com/pg/namihighcountrycolorado/events

Vocational Rehabilitation

Does your disability create a barrier for getting, performing, keeping or advancing in a job? Receive one on one counseling and guidance, assessments, job coaching, and more.
602 Galena, Frisco
www.dvrcolorado.com
(970) 668-0234 | (970) 668-0743

North West Colorado Center for Independence

(970) 875-4836 · www.nwcci.org
325 Lake Dillon Dr., #201 Dillon

- Assistance in accessing benefits & applying for disability
- Service animals
- Transportation (must have proof of disability or Medicare coverage)
- Social & recreational opportunities
- Nutrition services
- Hand wellness activities
- Advocacy & peer support
- Nursing home transition
- Youth transition (for when school services end and adult life in community begins)
- Businesses – call for information and assistance evaluating ADA accessibility and tax incentives

Inclusion Trainings - disability etiquette training for businesses and groups

Timberline Adult Day Services

Active day program for adults of any age who need socialization and activities that promote physical and mental well-being. Respite for caregivers and care navigation services also provided.
(970) 668-2952
www.timberlineadultday.org

DOMESTIC VIOLENCE

Advocates for Victims of Assault

Services for victims of domestic violence and assault. Always confidential.
(970) 668-3906 SummitAdvocates.org

Child Abuse Hotline

(844) CO4KIDS

EMERGENCY SERVICES

Animal Control & Shelter

0058 Nancy's Place
animal_control@summitcountyco.gov
(970) 668-3230

To reach an Animal Control Officer:
(970) 668-8600

Report Child Abuse & Neglect

(844) CO4KIDS

Sheriff

(970) 453-2232

Special Events Support

Summit County Ambulance provides support for events, music festivals, races, etc.
(970) 668-5777

Emergencies

911

Non Emergencies

970-668-8600

Sign up for Summit County Alerts
www.co.summit.co.us/1149/Summit-County-Alert

EMPLOYMENT & INCOME

Colorado Workforce Center

Get resume help, interview skills, and apply for jobs · walk in Mon-Fri, 8 am-12 pm and 1-5pm · 602 Galena St, Frisco
(970) 668-5360

Employment First

Employment opportunities for food assistance participants through support, community work, referrals
(970) 668-9160

Mountain Temp Services

114 Village Pl, Dillon
(970) 468-0402
www.mountaintemp.com

Team Temp Staffing

303 Fiedler Ave, #103, Dillon
(970) 262-2378
www.goteamtemp.com

Unemployment

(800) 388-5515
myui.coworkforce.com/

EMPLOYMENT & INCOME (continued)

Vocational Rehabilitation

Does your disability create a barrier for getting, performing, keeping or advancing in a job? Receive one on one counseling and guidance, assessments, job coaching, and more. 602 Galena, Frisco
www.dvrcolorado.com
(970) 668-0234 | (970) 668-0743

ENVIRONMENTAL RESOURCES

Dillon Ranger District

Give back to your local community and forest (970) 262-3449
Email: Info@fdrd.org
fdrd.org/volunteer

HC3 - High Country Conservation Center

Rent a plot near you! Returning gardeners renew in March and new gardeners can reserve in April.
www.highcountryconservation.org/community-gardens/

Public Health

FREE indoor air quality and water quality inspections · (970) 668-9161

(SCRAP) Summit County Resource Allocation Park

Landfill, Recycling, Hazardous Waste, and Composting ·
(970) 468-9263
639 Landfill Rd. Dillon
Landfill Services: Mon-Sat, 6 am-6 pm
All Other Services: Mon-Sat, 7 am – 4pm

Working Families Initiative

High Country Conservation – 176 Lake Dillon Drive, Dillon · eligible locals could receive free home energy audits, LED bulbs, and up to $800 in rebates for Home Energy Projects · (970) 668-5703
jess@highcountryconservation.org

FINANCIAL

Western Union Locations

Safeway, Frisco · (970) 668-5144
City Market, Dillon · (970) 468-2363
City Market, Breck · (970) 453-0818

Bankruptcy Attorneys

The Gauss Law Firm,

Golden, CO (303)501-4028

Cohen & Cohen,

Denver (303) 933-4529

Benjamin C. Yablon,

Denver (720) 588-8529

303 Law Center,

Wheat Ridge (303) 355-1141

FINANCIAL (continued)

Foreclosure Attorneys

Carlson & Carlson Attorneys-at-Law,
Frisco · (970) 668-1678

Garcia & Gonzales, P.C., Westminster, (303) 839-8888

Law Office of Christopher J. Frenz,
Denver, (720) 545-7275

Food Banks/ Food Assistance

Family and Intercultural Resource Center (FIRC)
www.summitfirc.org 970-262-3888
Silverthorne Office 251 W. 4th Street, Silverthorne Tuesdays and Thursdays 10:30am - 12:30pm

Breckenridge Office 1745 Airport Rd, Breckenridge Co Monday and Wednesday 10:30am - 12:30pm

Dillon Community Church
www.dillonchurch.org 970-468-2461
371 E. La Bonte Street, Dillon
Monday and Wednesday
4:30pm-5:30pm
Friday 1:30pm-2:30pm.

Father Dyer United Methodist Church
www.fatherdyer.com
310 Wellington Rd, Breckenridge.
Tuesdays and Thursday 10am-12pm.

Food Bank of the Rockies Mobile Pantry
Summit Stage Bus Barn, 0222 County Shops Rd, Frisco
FOURTH Thursday of every month only, at 10am

Free Community Dinners

Rotary Club/ Elks Lodge
www.summitrotary.com
The Elks Lodge 1321 Blue River Pkwy, Silverthorne
Tuesdays 5pm-7pm

St. John the Baptist Episcopal Church
(970) 453-4264
100 South French Street, Breckenridge
Tuesdays 6pm-7pm.

Father Dyer United Methodist Church
310 Wellington Rd., Breckenridge Sundays 6pm-7pm.

Food Assistance continued

Free Community Dinners

Summit County Community and Senior Center Food Services

Located at 0083 Nancy's Place, Frisco

Monday night dinners 6pm, $12 per person, RSVP by 8am day of dinner
(970) 668-2944

Tuesday and Thursday lunches Noon, $4-$6 per person, RSVP by 8am day of lunch
(970)668-2944

Other Food Assistance

Mountain Meals on Wheels

Home Delivered meals. Deliveries take place on Mondays, Tuesdays (2 meals) & Thursdays (2 meals). Delivered for home bound short term or long term individuals of any age. Fee $4-$6 and is on a sliding scale based on income. Scholarships are available, for an application please call (970) 668-2940

Food Assistance "Food Stamps" Department of Social Services

970-668-9160
Located at The Medical Offices Building 360 Peak One Drive, Suite 230 Frisco (next to the hospital). Eligibility based on income and family size.

WIC - Women, Infant, Child Food Program

A supplemental food & nutritional program designed to improve the health of women, infants & children by providing nutrition education, breastfeeding resources, health care referrals, and supplemental foods.
Contact: English 970-668-9199
Spanish 970-668-9701
Located at 360 Peak One Drive, Suite 230, Frisco
www.summitcountyco.gov/WIC

FOOD HOTLINE FOR OUTSIDE SUMMIT

Hunger Free Colorado, 1-855-855-4626

Commodity Supplemental Food

Program In partnership with the Food Bank of the Rockies, food boxes available to qualified seniors, 970-668-2940

Gabriel House

Catholic Charities supporting mothers and young children up to age 5 with diapers, formula, layettes, children's clothing, blankets, and more. A free, safe, social environment.
Catholic Parish Center Located at 18 School Road, Frisco.
English and Spanish: Graciela at (360)460-2441
Monday 10:00am-1:00pm and Wednesday 1:00pm - 4:00pm.

FIRC Summer Food Kids Program

A summer food program that serves healthy fresh lunches to kids. Join the FIRC staff for lunch,education and fun games.

Summit School District Free and Reduced Lunch Program

Applications and instructions available on school district website
www.summit.k12.co.us.
For information please contact Amy Caruthers (970)368-1009
amy.caruthers@summitk12.org

Community Garden located at Dillon Valley Elementary School

Donate 3 hours of your time as trade for produce. Work Days, Education Days and Community Days throughout the summer. For more information, contact Whitney at
whitney.horner@summitcountyco.gov

HOUSING

Blue River Apartments,

Silverthorne (970) 262-6274

Mountain Creek Apartments,

Dillon (970) 468-9047

Pinewood Village Apartments,

Breckenridge (970) 547-4433

Straight Creek Apartments,

Dillon Valley (970) 468-6838

Villa Sierra Madre,

Silverthorne (970) 262-2354

Other Housing Support

FIRC Renter Education

Know your rights and responsibilities.
Ready to Rent classes.
SummitFIRC.org · (970) 262-3888

Housing Works Initiative

Connecting renters with new properties in the community.
(970) 455-0235
housingworks@summitfirc.org
www.summitfirc.org/assistance/
housing-works-initiative/

Summit Combined Housing Authority

Resources for Home Buyers and Renters
(970) 423-7040
www.summithousing.us

LEGAL SERVICES

Colorado Legal Services
602 Galena St, Frisco
(970) 668-9642 (call before going)
www.coloradolegalservices.org

CASA of the Continental Divide
330 Fiedler Ave #207, Dillon
Office Hours: Tues-Thurs
(970) 513-9390

Ciancio Ciancio Brown, PC
Breckenridge. Offering Family law, employment, general civil litigation, criminal, personal injury law.
(303)451-0300

Dillon Public Defenders
114 Village Place, Suite 101 Dillon
(970) 468-9363 · (970) 468-9389

West Brown Huntley PC
100 S Ridge St # 204, Breck
(970) 453-2901
Habla Espanol

Immigration

Bethany Immigration
DACA Scholarships
(970) 368-2373
judy@bethanyimmigration.org

Casa Gabriel
(303) 742-4971
Family Visa Processing, Citizenship/ Naturalization, Deportation Defense, U-Visa for Victims of Crimes, and DACA Assistance

Elevation Law
135 Main Street, Suite 12 Dillon
(970)455-1013
Elevation helps the community with immigration, family law, contracts, landlord/ tenant, and other legal matters.

MEDICAL & PHYSICAL HEALTH

Got Insurance?

FIRC Health Insurance Enrollment Assistance
(970) 262-3888 ·**www.summitfirc.org**
Monday – Thursday 7:30 am-5:30 pm
To make an appointment go to:
https://www.summitfirc.org/
assistance/health-insurance/

MEDICAL & PHYSICAL HEALTH

Summit County Department of Human Services

Call to set up appointment:
(970) 668-9160
Case specific information:
(970) 668-9717
Email:ESU.Inbox@summitcountyco.gov
Walk- ins: Monday– Thurs 8:30am–3:30pm
Apply online: www.Colorado.gov/PEAK

Emergency

Emergency Department

Frisco (970) 668-3300

Urgent Care

Medicaid Nurse Line

(800) 283-3221
24 hours a day · 7 days a week

Silverthorne High Country Healthcare Centura Health

Physician Group
265 Tanglewood Ln, E-1 ·
Mon.-Fri. 8 a.m. - 5:30 p.m.
(970) 468-1003

Breckenridge High Country Healthcare Centura Health

Physician Group
400 N Park Ave, 1A ·
Mon.-Fri. 8 a.m. - 6 p.m.
(970) 547-9200 · accepts walk-ins

Medical · Primary & Specialty Care

Bristlecone Homecare and Hospice Grief counseling

(970) 668-5604

Foot & Ankle, P.C.

Eagle – Summit
842 Summit Blvd, Unit 15, Frisco
(970) 668-4565

Ebert Family Clinic

(970) 668-1616
ebertfamilyclinic.com/
Same day appointments available
•Adult physical exams
•Sports physicals
•Women's health
•Birth control counseling
•Chronic disease management
•Immunizations
•Dermatology

MEDICAL & PHYSICAL HEALTH (continued)

Mountain River Naturopathic Clinic

Natural medicine for the whole family · blending tradition and modern science
507C Main Street Frisco
(970) 668-1300
doctor@mountainriverclinic.com

Public Health

Vaccinations · Community Health · Nurse Consultation for Pregnant women
37 Peak One Blvd, Frisco
(970) 668-5230

Summit Community Care Clinic

- School Based Health Centers in Summit and Lake County
- Mental & Behavioral Health
- Primary Care
- Dental

(970) 668-4040 · www.summitclinic.org

Swan Mountain Women's Center

16172 US Highway 9, Breck ·
(970) 423-8840 · primary care available
info@swanmountainwomenscenter.com

Mountain River
NATUROPATHIC CLINIC

Treat the cause, not the symptoms. Naturally.

Kim Nearpass, ND · Justin Pollack, ND · Eryn Scott, ND
507C Main Street (PO Box 4236) Frisco, CO 80443 ·
(970) 668-1300 · www.mountainriverclinic.com

MEDICAL & PHYSICAL HEALTH (continued)

High Country Healthcare Centura Health Physician Group

Primary Care and Pediatrics
Frisco · (970) 668-5584

Women's Health, OBGYN
Frisco · (970) 668-5771

Primary Care and Urgent Care
Breckenridge · (970) 547-9200

Primary Care and Urgent Care
Silverthorne · (970)468-1003

Centura Specialty Care
(970) 668-3300
- Cardiology
- Cardiac Electrophysiology
- Endocrinology
- Gastroenterology
- Aspen Ridge ENT

Centura Cancer Care
- Specialty Care and Infusion Center
- Oncology and Hematology
- Breast Care / Surgical Oncologist
- Breast Nurse Navigator
- Neuro Science and Spine
- Critical Care

St. Anthony Summit Medical Center Services
(970) 668-3300 · Medical Office Building · 340 Peak One Drive
- Forensic Nurse Examiner (FNE) Program (ask to speak with a Forensic Nurse)
- Traumatic Brain Injury Prevention (TBI) Program: (970) 668-6121
- Ambulatory Services
- Anticoagulation Clinic
- Coronary Artery Calcium Scoring
- Modified Barium Swallow Study
- Nutrition Services: (970) 668-6240
- Respiratory Clinic
- Summit Sleep Disorders Center
- Outpatient Lab Services: (970) 668-9751
- Outpatient Radiology & Imaging
- CT Scan
- 3D Mammography
- MRI
- Nuclear Medicine

St. Anthony Summit Medical Center Breast Center
Breast Center offers a full range of breast health and screening services focused on caring for every aspect of men and woman's breast health. We offer education about all the screening and treatment options available. Advanced care for breast cancer, including surgery and other innovative treatment options and support services, all close to home. A holistic approach to breast cancer risk reduction that includes comprehensive evaluation, monitoring and coaching to address lifestyle, nutrition, environmental exposures and more.

MEDICAL & PHYSICAL HEALTH (continued)

St. Anthony Summit Medical Center Services

(970) 668-3300 · Medical Office Building · 340 Peak One Drive

We have a multidisciplinary team of breast specialists, including:
Breast radiologist-Dr. Quam
Breast Surgeons-Dr. Caitlyn Truong, Dr. Christine Rogness
Breast Oncologists-Dr. Ling Ma, Dr. Nauman Moazzam, Jette Hogenmiller DNP
Nutritionist- Kate Bates MS, RD
Licensed Social Worker- Kathy Reed MSW, LCSW
Infusion Center Krista Da Rocha RN, BSN, OCN Nurse Navigator
kristadarocha@centura.org
970-668-6310
970-668-4789-Fax
https://www.centura.org/care-and-health/breast-care
Breast Center: 970-668-2810
340 peak One Drive

St. Anthony Summit Billing

(800) 953-0104
Having trouble paying your medical bill or affording the care, you need? Set up a payment plan now to avoid your bill going to collections.

Dental Providers that accept Medicaid & CHP+ or provide discounts

Summit Dental Group

119 Main Street — Dillon, CO 80435
(970) 468-2471

Comfort Dental

354 Blue River Pkwy — Silverthorne
(970) 262-2273
English, Spanish

Summit Community Care Clinic

360 Peak One Drive, Suite 100 — Frisco
(970) 668-4040

Vision Providers that accept Medicaid & CHP+

Blue River Vision

358 Blue River Pkwy, Ste D · Silverthorne Dr. Jessica Hegewald
(970) 368-6539
www.bluerivervision.com
Services provided:
- Comprehensive eye exams
- Pediatric eye care
- Vision Therapy
- Eyeglasses, sunglasses, and contacts
- Screenings at schools & community events

Eyetech Optometry
Accepts Rocky Mountain HMO (CHP+)
(970) 262-9272
English

Lake Dillon Eyecare
325 Lake Dillon Drive, Suite 104 Dillon
(970) 468-0389
English, Spanish

Peak Vision
120 Buffalo Street, Dillon
(970) 468-6591
English — Accepting

Summit Eye Center
620 B East Main St — Frisco, CO 80443
(970) 668-2020

MENTAL HEALTH

LOCAL MENTAL HEALTH RESOURCES

Suicide Hotline: (800) 784-2433

Legacy Camp at Keystone Science School
Free camp for grieving children
970-468-2098
www.keystonescienceschool.org/camp/off-season/legacy-camp

BUILDINGHOPE
SUMMIT COUNTY

Building Hope Summit County
Find a therapist and take a mental health screening
www.buildinghopesummit.org
• Free Monthly Events
• Trainings for Community and Businesses (betsyc@summitfirc.org)

Do you have barriers to accessing mental health care?
Call for assistance
FIRC (970) 262-3888

Summit Community Care Clinic
(970) 668-4040

Community Mental Health Navigator
Coordinates access to mental health care, on-going supports, finding a therapist and assistance with affording prescriptions.
www.summitfirc.org/assistance/
mental-health-navigation/
rachelm@summitfirc.org
FIRC (970) 262-3888

Colorado Crisis Services
Hotline and services for those in crisis
1-844-493-TALK
www.coloradocrisisservices.org

MENTAL HEALTH

LOCAL MENTAL HEALTH RESOURCES (continued)

Summit Community Care Clinic

Local Mental Health Services
970-668-4040 www.summitclinic.org

Mind Springs Health

Local Mental Health Service Provider
Crisis Line: 888-207-4004
Main: 970-668-3478
www.mindspringshealth.org

St. Anthony's Summit Medical Center

Hospital and Emergency
970-668-3300
www.summitmedicalcenter.org

National Alliance on Mental Illness NAMI

High Country Colorado's dedicated volunteers, members and leaders work to raise awareness and provide essential education, advocacy and support for families and individuals in our community living with mental illness. Always free & confidential. Contact—Betty Sarber
(970) 389-0808
bettysarber@gmail.com
www.namisummit.org

NAMI Basics Education Program

- helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses.

NAMI Connection

Recovery support group program that offers respect, understanding, encouragement and hope.
Frisco -Every 1st, 2nd, & 4th Tuesday -7:00 – 8:30 pm
Trinity Wellness Studio - 419 Main St, Upstairs Unit 1
Dillon Every 3rd Tuesday 6:30 – 7:45 pm
Dillon Community Church - 371 E La Bonte, Church Library Room

NAMI Family Support Group

Free confidentail safe groups of families helping other families who live with mental heath challenges.
Dillon Every 3rd Tuesday 6:30- 7:45 pm
Dillon Community Church

NAMI Family to Family Education Program

Class for families, partners and friends of individuals with mental illness to empower participants to become advocates for their loved ones.
Register with Sheila at (303)917-9131 or s.brockmeier@comcast.net

Advocates for Victims of Assault
Services for victims of domestic violence and assault. Always confidential.
970-668-3906
www.summitadvocates.org

Safe to Tell
Anonymous reporting for anything concerning 877-542-7233
www.safe2tell.org

Suicide Prevention Coalition of Colorado
Resources for those working in suicide prevention 720-934-2387
www.suicidepreventioncolorado.org

NATIONAL MENTAL HEALTH RESOURCES
Suicide Hotline: (800) 784-2433

Alliance of Hope
Online forum for family members and friends of suicide victims
www.allianceofhope.org

American Foundation for Suicide Prevention
Information for suicide survivors, prevention information, and support groups
www.afsp.org/suicideloss

National Institute on Drug Abuse
Current research, curriculum, and prevention information about drug abuse
www.drugabuse.gov

National Institute on Alcohol Abuse and Alcoholism
Current research, curriculum and prevention information about alcoholism
www.niaaa.nih.gov

Psychology Today
Searchable mental health provider database www.psychologytoday.com

The Dougy Center/ The National Center for Grieving
Families and Children – Safe space for those grieving the death of a family member www.dougy.org

National Alliance on Mental Illness
(NAMI Summit) · Peer led mental health support and education
303-252-1188 · www.namisummit.org

NUTRITION RESOURCES

St. Anthony Summit Medical Center
Gretchen Broecker · (970) 668-6240

Summit Community Care Clinic
(970) 668-4040 · www.summitclinic.org

Healing Folk Food
Personalized nutrition counseling, meal preparation education, & group education · (970) 389-7489
healingfolk@gmail.com

NUTRITION RESOURCES

Mountain River Naturopathic Clinic
507C Main Street Frisco
(970) 668-1300
doctor@mountainriverclinic.com

Natural Grocers
(970) 262-1100
www.naturalgrocers.com
Free nutrition counseling and workshops

WIC - Women, Infant, Child Food Program
Food assistance, breastfeeding counseling
and nutrition counseling · (970) 668-9199

PREGNANCY, PARENTING & WOMEN'S HEALTH

Breast Feeding Support Group
(720) 252-6657

Casa Gabriel
Diapers, maternal supplies, volunteer and mentor program · (720) 584-0299

Early Childhood Options
330 Fiedler Ave. Dillon · (970) 513-1170
www.earlychildhoodoptions.org

FIRC Families United Program
Offers free home visits to parents with children 0-5. Visits provide screenings, parent support and work towards school readiness.
SummitFIRC.org 970-262-3888

WIC - Women, Infant, Child Food Program
Food assistance, breastfeeding counseling and nutrition counseling
(970) 668-9199

Family Support Line
(877) 695-7996

Youth and Family Services
(970) 668-9183

Strengthening Families
Parenting Support program provided by Youth & Family Services. Call a FIRC Family Support Counselor for referral. Services provided in English and Spanish · (970) 262-3888

Nurse Family Partnership
Free home visitation program to help improve the health and well-being of first time parents and their children
(970) 668-9160

Nurturing Parenting
Free workshops for parents and their adolescent children · (970) 262-3888

Summit County Youth & Family Services

Offers parenting classes throughout the year. Call for more information.
(970) 668-9180

FIRC Parenting Classes

(970) 262-3888

Pregnancy Care

Free Nurse Consult

Public Health
(970) 668-9161

Centering Pregnancy Birth Place

Prenatal program that includes regular health checkups with your OB/GYN Specialist healthcare provider and the opportunity to be guided through pregnancy and share experiences in a comfortable, support group setting comprised of mothers due at the same time.
Birth Place: 340 Peak
One Drive, Frisco, CO 80443
(970) 668-5771 · Se Habla Espanol!

Summit Community Care Clinic

(970) 668-4040 · www.summitclinic.org

Swan Mountain Women's Center

Accepts most insurance!
16172 US Highway 9, Breckenridge
(970) 423.8840
info@swanmountainwomenscenter.com

Showers & Laundry

Agape Outpost

By referral from FIRC: Hosts community hours which include a hot meal, snacks for the road, internet, showers, and laundry. 15404 hwy 9 Breckenridge, CO Tuesday and Thursday 1pm-4pm.

Lord of the Mountains

By referral from FIRC: Provides showers, laundry service, internet and telephone.
56 U.S. Hwy 6 Dillon.

SUBSTANCE ABUSE

Summit Community Care Clinic
Affordable Health Care. Accept CICP, Community Care Card
360 Peak One Blvd, Frisco,
(970) 668-4040, www.summitclinic.org

Mind Springs Mental Health
360 Peak One Dr. Suite 110, Frisco,
(970) 668-3478
On Call (970) 390-2519

Suicide Hotline
(800) 784-2433

Alcoholic Anonymous
(970) 453-2905

Narcotics Anonymous
(303) 832-3784

Al Anon
(970) 406-8166

Summit Safe Haven/ Detox (970) 668-9100

Crisis line (888) 207-4004

SOCIAL SUPPORT

Seniors: See Aging, Home Health & Senior Services

Summit County Community and Senior Center
83 Nancy's Pl, Frisco · (970) 668-2940

Local Churches

Dillon Community Church
371 La Bonte St, Dillon · (970) 468-2461

Lord of the Mountains
56 U.S. 6, Dillon · (970) 468-6809

Father Dyer Methodist Church
310 Wellington Rd, Breck ·
(970) 453-2250

Copper Mt Community
Church 630 Copper Mountain Rd, Frisco
(970) 262-1080

Christ Lutheran Church
16072 Highway 9, Breck ·
(970) 453-8019

Agape Outpost
15404 CO Rt 9, Breck · (970) 453-1247

SOCIAL SUPPORT

St. John the Baptist Episcopal Church
100 S.French St., Breck ·(970) 453-4264

Rocky Mountain Bible Church
600 Main Street,Frisco · (970) 668-3395

Our Lady of Peace & St. Mary's Church
89 Smith Ranch Rd. Silverthorne
(970) 668-0250

TRANSPORTATION

Summit Stage
Local free bus offering county-wide service · www.summitstage.com

FreeRide - Free bus service around Breckenridge · breckfreeride.com

Bustang
To/From Denver · (800)-900-3011
www.ridebustang.com

Greyhound Bus
(800) 231-2222
www.greyhound.com

Mountain Ride Transportation Resource Center
For those enrolled in Medicaid, seniors, persons with disabilities and veterans.
249 Warren Avenue, Silverthorne
970-468-0295 · www.mtnride.org

Mountain Mobility
Local rides for people with short-term or long-term disabilities or illness.
(970) 389-1041 ·
www.co.summit.co.us/484/Mountain-Mobility-Program

Medical Transport
With the help of volunteers, we provide rides to seniors
Within and outside Summit County
970-668-2940

Do you need assistance with Health First Colorado (Medicaid) Transportation or mileage reimbursement?

Call toll free 1-844-686- 7433 for details.

Health Insurance

NO DEADLINE TO APPLY

For Health First Colorado, Colorado's Medicaid and CHP+

Health First Colorado & CHP+ offer affordable, comprehensive health coverage for adults, children, and pregnant women.

Are you covered by Medicaid or CHP+ but the doctor or dentist says that your coverage is inactive?

If covered by CHP+: call FIRC at (970) 262-3888

Rocky Mountain Health Plans & Health First Colorado

We can help you:

- Find a doctor
- Get a ride to the doctor's office
- Understand your Medicaid benefits
- Access community resources
- Cope with and learn about your illness
- Find support and resources, such as child care or elder care
- Text or video chat for free with a doctor through MyDigitalMD.

Activate your free account today at mydigitalmd.com

Health Insurance & Connection to Care

FIRC Family & Intercultural Resource Center

Ways we can help

- Health Insurance enrollment assistance for Marketplace, CHP+ and Medicaid
- Connection to mental health resources
- Support Groups
- Education on how to use insurance coverage
- Support for making personal health action plans

For more information call 970-262-3888 or visit SummitFIRC.org

SUMMIT COUNTY
COLORADO

Summit County Government

Adult Financial Assistance: Aid to the Needy Disabled (AND): Provides cash assistance to low-income Colorado residents, age 18 to 59, who have a six-month or longer total disability that prohibits them from working.
Janet Wolfson janet.L.Wolfson@state.co.us (970) 668 9716 -English
Ivana Barrio Ivana.Barrio@state.co.us (970) 668 9722 - Spanish

Old Age Pension (OAP): Provides financial and medical assistance to individuals who are 60 years of age or older and meet the state mandated income and resource.
Janet Wolfson janet.L.Wolfson@state.co.us (970) 668 9716 -English
Ivana Barrio Ivana.Barrio@state.co.us (970) 668 9722 - Spanish

Child Care Assistance Program (CCCAP): Provides financial assistance to families for child care costs.
Janet Wolfson janet.L.Wolfson@state.co.us (970) 668 9716 -English
Ivana Barrio Ivana.Barrio@state.co.us (970) 668 9722 - Spanish

Child Support Services: The goal of the program is to ensure children receive financial and medical support from both parents. Child Support provides services for establishing paternity and support obligations, then monitors ongoing payments and modifies orders based on changing family circumstances. For more information contact Shelbie Sundeen (970) 668-9160, Shelbie.sundeen@state.co.us www.childsupport.state.co.us

Colorado Works (TANF): Colorado Works, Colorado's Temporary Assistance for Needy Families (TANF) program, provides public assistance to families who qualify. Under Colorado Works, applicants who are either pregnant or have at

least one dependent child under the age of 18, and who meet other eligibility requirements, can receive monthly cash assistance payments, help with emergency household expenses, and/or services such as counseling and job training. Designed to assist families in becoming self-sufficient
Janet Wolfson janet.L.Wolfson@state.co.us (970) 668 9716 -English
Ivana Barrio Ivana.Barrio@state.co.us (970) 668 9722 - Spanish

Employment First: Provides employment opportunities for food assistance participants through support, community work, referrals and accountability.
Janet Wolfson janet.L.Wolfson@state.co.us (970) 668 9716 -English
Ivana Barrio Ivana.Barrio@state.co.us (970) 668 9722 - Spanish

Health First Colorado Colorado's Medicaid:
Public health insurance for Colorado residents who qualify based on family size and income. Individuals, families, children, pregnant women, and persons who are blind, disabled or elderly may qualify.
Janet Wolfson janet.L.Wolfson@state.co.us (970) 668 9716 -English
Ivana Barrio Ivana.Barrio@state.co.us (970) 668 9722 - Spanish

Low Energy Assistance Program (LEAP): Designed to help low-income households with home heating costs. LEAP assists in a portion of heating costs; it is not intended to cover the entire cost of home heating. The program runs from November through April only.

Apply in person at DHS. Walk-ins are welcome.
Mon-Thurs 8:30 am - 3:00 pm
Friday 8:30 am-1:00 pm
Call to make an appointment
(970) 668-9160

Documentation Required

ID (State ID, drivers license, passport, or affidavit)

Proof of income for each member of the household

If monthly income varies due to Self Employment or seasonable jobs - contact DHS for more information.

SUMMIT COUNTY
COLORADO

Veteran's Services:

Assists veterans obtain the benefits they have earned. The Veterans' Service Office has most veteran's administration application forms on hand.
Duane Dailey Grand County Veterans Service Officer
gcvso@co.grand.co.us
Office: 970-725-3122

Cell: 970-509-9024

Colorado PEAK: Colorado.gov/PEAK Call to set up appointment: (970) 668-9160 Case specific information: (970) 668-9717
ESU.Inbox@summitcountyco.gov Mailing address: Po Box 869 Frisco

Food Assistance Program: Monthly benefits to low-income households to assist with the cost of food. These benefits are deposited monthly onto an EBT card.

Summit County Public Health

360 Peak One Drive, Suite 230 | PO Box 2280 Frisco, CO 80443
(970) 668-9161 | www.co.summit.co.us/107/Public-Health

BABY AND ME TOBACCO FREE – A tobacco cessation program during pregnancy and through the first year of life that provides free diapers
CAR SEAT FIT STATION – Personalized education and car seat safety inspection by a bilingual (English/ Spanish) Certified Car Seat Technician

CHILD CARE CONSULTATION – Provides nursing support to child care centers in the form of consultation, technical assistance, and training to enhance the response of staff to the health and safety needs of young children.

COLT (Colorado Life Trak)- A tracking program designed to offer peace of mind for families of those who suffer from cognitive disorders which can create a desire to wander from their homes.

COMMUNICABLE DISEASE – Response and investigation of infectious diseases, outbreaks, and other emergencies with Public Health implications.

COMMUNITY HEALTH– Hearing, vision, lead, and hemoglobin screening
CONSUMER PROTECTION- Conducts routine inspections and complaint investigations related to the health and sanitation of restaurants, child care facilities, and schools.

EARLY INTERVENTION – Service coordination for children birth to three that are identified as having a developmental delay.

EMERGENCY PREPAREDNESS – Planning to meet Public Health responsibilities in the event of a disaster or emergency

IMMUNIZATIONS – Pediatric and adult; individuals will need to qualify, please call ahead

INDOOR AIR QUALITY – Provides mold advice, dispenses radon kits, and works on tobacco and marijuana initiatives.

NURSE FAMILY PARTNERSHIP (NFP) – Is a free, home visitation program for qualifying first-time moms. Those enrolled receive visits prenatally and up until the baby turns two years old.

PRENATAL CARE COORDINATION –Nurse consultation, insurance navigation, and resource information

WATER QUALITY – Septic system inspections and consultation; water and fluoride testing.

WIC (Women Infants & Children) – Personalized nutrition education and breastfeeding support for qualifying pregnant women and children birth to five.

Apply in person at Public Health. Walk-in's welcome
Tuesdays 12:00 pm - 3:30 pm for existing Summit County WIC participants only.
Call to make an appointment
(970) 668-9199
(970) 668-9701 en espanol

Health Insurance

Health First COLORADO
Colorado's Medicaid Program

Health First Colorado (Medicaid) offers affordable, comprehensive health coverage for adults, children and pregnant women. *Must be a citizen or a legal permanent resident for 5 years to qualify, except in cases of pregnancy or emergency.* **NO DEADLINE TO APPLY.**

Medicaid Monthly Gross Income Limits April 2019

Family Size	Adults Ages 19-65	Children Ages 0-18	Pregnant Women
1	$1,385	$1,478	$2,030
2	$1,875	$2,002	$2,748
3	$2,365	$2,525	$3,467
4	$2,854	$3,048	$4,185
5	$3,344	$3,571	$4,903
6	$3,834	$4,094	$5,621

Medicaid covers:

- Primary care
- Dental care
- Prenatal care
- Mental health services
- Emergency care & urgent care
- Prescriptions
- Hospital care

Apply for Health First Colorado (Medicaid) or CHP+:

DHS (970) 668-9160
FIRC (970) 262-3888
State (800) 221-3943
www.colorado.gov/peak

Do you or someone you love suffer from a chronic illness or pre-existing condition?

If you earn over the regular income limit for Medicaid, but have a chronic medical condition, you may qualify for a program called the Medicaid Buy-In or a Medicaid Waiver. You could receive regular Medicaid benefits for a small monthly premium.

- **Adults** 16-64 must be working, have a qualifying chronic health condition, and can earn over $4000 monthly.
- **Children** (under the age of 18) have a qualifying chronic health condition and family earns under 300% FPL.

CHP+ is public low cost health insurance for certain children and pregnant women. It is for people who earn too much to qualify for Health First Colorado (Colorado's Medicaid Program), but not enough to pay private health insurance. *Must be a citizen or legal permanent resident to qualify.* **NO DEADLINE TO APPLY.**

Family Size	Monthly Gross Income Limits
1	$2,707
2	$3,664
3	$4,622
4	$5,580
5	$6,537
6	$7,495

CHP+ covers:

- Primary Care
- Emergency Care and Urgent Care
- Hospital Services
- Dental Care
- Prescriptions
- Immunizations
- Maternity Care (prenatal, delivery, and post-partum care)
- Mental/Behavioral Health Care

Apply for Health First Colorado (Medicaid) or CHP+:

DHS (970) 668-9160

FIRC (970) 262-3888

State (800) 221-3943

www.colorado.gov/peak

Health Insurance

CONNECT for HEALTH COLORADO®

Insurance is complicated. **Many people qualify for discounts!** FIRC can help you apply for discounts and sort through your options. ***You do NOT have to be a citizen to qualify. Must be legal permanent resident.***

OPEN ENROLLMENT

Begins November 1st, 2019 and will likely run through early January 2020

Don't miss it! You may only enroll in coverage outside of Open Enrollment if you experience a Life Change Event.

Go to www.summitfirc.org or www.connectforhealthco.com for updates

SPECIAL ENROLLMENT PERIODS

Life change events give you **60 days** to enroll in a plan Losing Medicaid or Employer Sponsored Insurance is a Life Change Event! Other Life Change Events include having a baby, employer insurance becoming unaffordable, a permanent move, marriage or divorce. Go to www.summitfirc.org for more information.

QUALIFYING LIFE CHANGE EVENTS

Loss of employer-covered insurance, Medicaid or CHP+
Birth of a baby, adoption of a child or placement of a child for foster care
Change in marital status
Turning 26 and aging off your parent's plan
Move to a new permanent address in your state
Change in immigration status or becoming a U.S. Citizen
Leaving incarceration
Change of dependency status of someone on your plan
Death of a covered member of your household

Do you have a Qualifying life change event? Now what?

Sign up online www. connectforhealthco.com or call FIRC 970-262-3888 for an appointment . Most qualified life change events allow you up to 60 days to report and enroll in a new plan. FIRC recommends enrolling before your current plan ends so you do not have a gap in coverage.

Food Assistance

Food Assistance : Supplemental Nutrition Assistance Program (SNAP)

SNAP provides a monthly financial supplement for families to purchase food to stay healthy.

You may be eligible for food assistance if you:

- Are unemployed, work part time or work for low wages
- Receive other public assistance
- Are elderly or disabled and live on a fixed, limited income
- Are homeless.

Family Size	Monthly Gross Income: 200% FPL
1	$2,024
2	$2,744
3	$3,464
4	$4,184
5	$4,904

How do I apply?

Apply in person at DHS. Walk-ins are welcome.

Mon-Thurs: 8:30 am - 3:00 pm

Friday: 8:30 am-1:00 pm

Call to make an appointment: (970) 668-9160

What do I need to bring to apply?

- ID (State ID, driver's license, passport, or affidavit).
- Proof of income for each member of the household.

Do I have to be a citizen to apply?

- If you do not have dependent children, you have to be a citizen or a legal permanent resident for 5 years.
- If you do have dependent children who are U.S. Citizens, you are eligible for SNAP.

Food Assistance: Women, Infants & Children (WIC)

WIC provides nutrition, education, breastfeeding support, healthy food, health referrals and other services free of charge to Colorado families who qualify. WIC's goal is to help keep pregnant and breastfeeding women and children under age 5 healthy.

Family Size	Monthly Gross	Yearly Gross Income
1	$1,860	$22,311
2	$2,504	$30,044
3	$3,149	$37,777
4	$3,793	$45,510
5	$4,437	$53,243
If you are pregnant count yourself as two.		

How do I apply?

Apply in person at Summit County Department of Public Health. Walk-in's welcome

Tuesdays 12:00 pm - 3:30 pm for existing Summit County WIC participants only.

Do I have to be a citizen to apply?

No. Anyone who meets the income qualifications is eligible for WIC.

Call to make an appointment:

(970) 668-9199 English

(970) 668-9701 Español

EBERT FAMILY CLINIC

Health care at high altitude.

Keep up with health and fitness at altitude. Schedule with our nephrology, cardiology, pediatric, and gerontology specialists.

Quality adult and pediatric health care, from Newborns to Nineties.

Now introducing Dr. Andrew Brookens and Altitude Kidney Health

730 N. Summit Blvd. Suite 101, Frisco, CO
970.668.1616

website: www.ebertfamilyclinic.com blog: www.highaltitudehealth.com