

# CARE MINISTRY REFERRALS



**MISSION HILLS CHURCH**  
REAL. MESSY. NEW.

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*“Therefore, as we have opportunity, let us do good to ALL people, especially to those who belong to the family of believers.”*

## ***Galatians 6:10***

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*The referrals listed below are only meant to provide a limited list of resources that may be available to assist with some of the various requests we receive from our congregation and community. Unless a specific ministry of Mission Hills Church, Mission Hills is not affiliated with and does not endorse any of the organizations, programs, or entities listed. These are simply provided to help you with your own personal research and service selection.*

# TABLE of CONTENTS

Crisis Service	5
Professional Christian Counseling	6
Psychological Testing	9
Psychiatry	9
Community Mental Health	10
Substance Use Disorders	11
Sexual Addiction	13
Eating Disorders	14
Domestic Violence	15
Support Groups	16
Food Banks	18
Community Resources	19
Job Seeking/Employment Coaching	20
Elder Care	20
Children with Special Needs	21
County Departments of Social Services	22



# CRISIS SERVICES

## **988 Suicide and Crisis Lifeline:**

988

## **Colorado Crisis Services :**

**1-844-8255 or text TALK to 38255**

Free Emergency Walk-In Centers

6509 South Santa Fe Drive, Littleton, CO 80120

2206 Victor Street, Aurora, CO 80045

4353 East Colfax Avenue, Denver, CO 80220

4643 Wadsworth Blvd., Wheat Ridge, CO 80033

3180 Airport Road, Boulder, CO 80301

## **Highlands Behavioral Health System**

720-348-2800

[www.highlandsbhs.com](http://www.highlandsbhs.com)

# PROFESSIONAL CHRISTIAN COUNSELING

## ADULTS

### Grace Counseling

[www.gracecounseling.net](http://www.gracecounseling.net)

### Southeast Christian Counseling Center

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

### Southwest Counseling

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

### Cornerstone Christian Counseling

[www.christiancounselingco.com](http://www.christiancounselingco.com)

### Douglas County Christian Counseling

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

### Front Range Counseling Center

[www.frontrangecounselingcenter.com](http://www.frontrangecounselingcenter.com)

### ReStory:

[www.restory.life](http://www.restory.life)

### Brooke Gage, LPC

[www.anewthingcounseling.com](http://www.anewthingcounseling.com)

### Christine Denlinger, LPC

[www.christinedenlingercounseling.com](http://www.christinedenlingercounseling.com)

### Leanne DeRemer, LPC

[www.foundationsfamilycounseling.com](http://www.foundationsfamilycounseling.com)

**Katie Brown, LPC**

[www.zoecounselinglife.com](http://www.zoecounselinglife.com)

**Melissa King, LPC**

[www.firelightcounseling.com](http://www.firelightcounseling.com)

**Elisa Spykstra, LPC**

[www.elisaspykstracounseling.com](http://www.elisaspykstracounseling.com)

**Katrina Newman, LPC**

[www.katrina-newman.clientsecure.me](http://www.katrina-newman.clientsecure.me)

**Nicole Hornstra, LCSW**

[www.thetablecounseling.com](http://www.thetablecounseling.com)

**Doug Feil, LPC**

[www.feilcounselingandconsulting.com](http://www.feilcounselingandconsulting.com)

**Paul Steinke, LPC**

[www.karibunicenter.com](http://www.karibunicenter.com)

**Greg Morton, LPC**

[www.goldenthreadcounseling.com](http://www.goldenthreadcounseling.com)

**Ryan Colby, LPC**

[www.ryancolbycounseling.com](http://www.ryancolbycounseling.com)

## **CHILDREN & ADOLESCENTS**

**Grace Counseling**

[www.gracecounseling.net](http://www.gracecounseling.net)

**Southeast Christian Counseling Center**

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

**Southwest Counseling**

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

**Cornerstone Christian Counseling**

[www.christiancounselingco.com](http://www.christiancounselingco.com)

**Douglas County Christian Counseling**  
[www.douglascountychristiancounseling.org](http://www.douglascountychristiancounseling.org)

**Front Range Counseling Center**  
[www.frontrangecounselingcenter.com](http://www.frontrangecounselingcenter.com)

**Amy Craig, LPC**  
[www.lovingfamielstherapy.com](http://www.lovingfamielstherapy.com)

**Melissa King , LPC**  
[www.firelightcounseling.com](http://www.firelightcounseling.com)

**Katie Brown, LPC**  
[www.zoecounselinglife.com](http://www.zoecounselinglife.com)

**Elisa Spykstra, LPC**  
[www.elisaspykstracounseling.com](http://www.elisaspykstracounseling.com)

**Lindsey Harrel, LPC**  
[www.cohesionwellness.com](http://www.cohesionwellness.com)

**Nicole Hornstra, LCSW**  
[www.thetablecounseling.com](http://www.thetablecounseling.com)

**Greg Morton, LPC**  
[www.goldenthreadcounseling.com](http://www.goldenthreadcounseling.com)

**Ryan Colby, LPC**  
[www.ryancolbycounseling.com](http://www.ryancolbycounseling.com)

## **MEDICAID PROVIDERS**

**Douglas County Christian Counseling**  
[www.douglascountychristiancounseling.org](http://www.douglascountychristiancounseling.org)

**Restored Hope Counseling**  
[www.rh-counseling.com](http://www.rh-counseling.com)

**Luke Phillipi, LPC**  
[www.2treescounseling.net](http://www.2treescounseling.net)



# PSYCHOLOGICAL TESTING

**Dr. Jessica Pae**

[www.restorationpsychology.com](http://www.restorationpsychology.com)

**Dr. Michael Ballard**

[www.michaelballard.net](http://www.michaelballard.net)

# PSYCHIATRY

## ADULTS

**Dr. Cowperthwaite**

[www.kevincowperthwaite.com](http://www.kevincowperthwaite.com)

**Bloom Mental Health**

[www.bloommh.com](http://www.bloommh.com)

**Rocky Mountain Psychiatry**

[www.rmpsych.com](http://www.rmpsych.com)

## CHILDREN & ADOLESCENTS

**Bloom Mental Health**

[www.bloommh.com](http://www.bloommh.com)

**Colorado Psychiatry Center**

[www.copsych.com](http://www.copsych.com)

# COMMUNITY MENTAL HEALTH

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

[www.findtreatment.gov](http://www.findtreatment.gov)

**Arapahoe and Douglas County:**

Allhealth Network

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

**Jefferson County:**

Jefferson Center for Mental Health

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

**Denver County:**

Denver Health

[www.denverhealth.org/services/behavioral-health](http://www.denverhealth.org/services/behavioral-health)

# SUBSTANCE USE DISORDERS

## DETOXIFICATION CENTERS

**Denver Springs**

[www.denversprings.com](http://www.denversprings.com)

**Denver CARES**

303-436-3500

**Valley Hope**

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

**Sandstone Care Colorado (Adult and Adolescent)**

[www.sandstonecare.com](http://www.sandstonecare.com)

## INTENSIVE OUTPATIENT

**Denver Springs**

[www.denversprings.com](http://www.denversprings.com)

**Valley Hope**

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

**The Centre for Behavioral Health at Porter**

303-778-1955

## INPATIENT REHABILITATION

**Denver Springs**

[www.denversprings.com](http://www.denversprings.com)

**Valley Hope**

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

**Harmony House**

[www.harmonyfoundationinc.com](http://www.harmonyfoundationinc.com)

**Denver Cares Transitional Residential Treatment**

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

## SOBER LIVING HOMES

**Step Seven (Men Only)**

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

**Tender Loving Christ (Women Only)**

[www.tenderlovingchrist.com](http://www.tenderlovingchrist.com)

**Open Door Ministries (Men and Women)**

[www.odmdenver.org/need-housing](http://www.odmdenver.org/need-housing)

# SEXUAL ADDICTION

**Begin Again Institute**

[www.beginagaininstitute.com](http://www.beginagaininstitute.com)

**Redemptive Living**

[www.redemptiveliving.com](http://www.redemptiveliving.com)

**Restoring the Soul**

[www.restoringthesoul.com](http://www.restoringthesoul.com)

# EATING DISORDERS

## INTENSIVE OUTPATIENT/PARTIAL HOSPITALIZATION

### **Eating Recovery Center**

[www.eatingrecoverycenter.com](http://www.eatingrecoverycenter.com)

### **EDCare**

[www.eatingdisorder.care](http://www.eatingdisorder.care)

### **Children's Hospital**

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

### **ACUTE Center for Eating Disorders**

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

## INPATIENT TREATMENT

### **Selah House**

[www.selahhouse.com](http://www.selahhouse.com)

### **Bring Your Brokenness**

[www.bringyourbrokenness.com](http://www.bringyourbrokenness.com)

### **The Meadows Ranch**

[www.meadowsranch.com](http://www.meadowsranch.com)

# DOMESTIC VIOLENCE

## **National Domestic Violence Hotline**

1-800-799-7233

## **Project Safeguard (Legal Assistance Only)**

720-618-3482

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

## **Gateway Domestic Violence Services**

303-343-1851

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

## **SafeHouse Denver**

303-318-9989

[www.safehouse-denver.org](http://www.safehouse-denver.org)

## **Rose Anodom Center (Walk-In Shelter Resource Assistance)**

720-227-4400

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

## **The Crisis Center**

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

## **PorchLight Family Justice Center (Jefferson/Gilpin Counties)**

720-853-8850

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

## **Family Tree Crisis Line**

303-420-6752

## **Legal Advocacy**

720-856-2344

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

# SUPPORT GROUPS

## ADDICTION:

**AA**

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

**Al-Anon and Alateen**

[www.al-anon.org](http://www.al-anon.org)

**Parents Of Addicted Loved Ones (PAL)**

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

**Begin Again Institute (Sexual Addiction - Men)**

[www.beginagaininstitute.com](http://www.beginagaininstitute.com)

**S-Anon**

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

**Re:generation**

[www.missionhills.org/regeneration](http://www.missionhills.org/regeneration)

## SURVIVOR OF SUICIDE:

**Christian Association for Survivors of Suicide Loss**

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

**Heartbeat:**

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



## **GRIEF:**

### **GriefShare**

[www.missionhills.org/griefshare](http://www.missionhills.org/griefshare)

### **Compassionate Friends (Loss of A Child)**

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

### **Angel Eyes (Loss of A Child)**

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

### **Umbrella Ministry (Mothers Who Have Lost a Child)**

[www.umbrellaministries.com](http://www.umbrellaministries.com)

LITTLETON - Bev Zier  
Bazier@comcast.net  
720-633-3140

### **Colorado Pregnancy and Newborn Loss Services**

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

### **Walk With Me (Pregnancy and Neonatal Loss)**

[www.walkwithme-nonprofit.org](http://www.walkwithme-nonprofit.org)

## **BREAST CANCER SUPPORT GROUP:**

### **Friends for Life**

[www.chcc.org/group](http://www.chcc.org/group)

## **PARKINSON'S DISEASE:**

### **Parkinson's Pointe**

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

## **LGBT ISSUES:**

### **Where Grace Abounds**

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

# FOOD BANKS

## **Life Center**

303-953-7180

5804 South Datura St., Littleton, CO 80120

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

*Tuesday 12:00 PM-6:00 PM*

## **St Mary Parish Pantry**

303-798-8506

6853 South Prince St., Littleton, CO 80120

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

*Monday 10:00 AM-12:00 PM*

## **Littleton Church of Christ**

303-741-0265

6495 South Colorado Blvd., Centennial, CO 80121

[www.littletonchurch.org/missions-local](http://www.littletonchurch.org/missions-local)

*2nd and 4th Monday 4:00 PM - 5:30 PM*

## **Cherry Hills Community Church**

303-791-4100

3900 Grace Blvd., Highlands Ranch, CO 80126

[www.chcc.org/get-help/](http://www.chcc.org/get-help/)

*Tuesday 9:00 AM-11:30 AM;*

*1st and 3rd Tuesdays, 5:00 PM - 6:30 PM*

## **Salvation Army Centennial**

303-779-9662

3900 East Arapahoe Rd., Littleton, CO 80122

<https://centennial.salvationarmy.org>

*Monday and Wednesday 9:00 AM-12:00 PM*

## **Grace Point Community Church**

303-798-6387

90 East Orchard Rd., Littleton, CO 80121

<https://gracepointcc.org/resources/>

*First and Third Friday, 4:00 PM-5:15 PM*

### **South Fellowship Church**

303-797-1500

6560 South Broadway, Littleton, CO 80121

[www.southfellowship.org/foodbank/](http://www.southfellowship.org/foodbank/)

*Wednesday 5:30 PM-6:30 PM; Saturday 8:00 AM-10:30 AM*

# COMMUNITY RESOURCES

### **Life Center**

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

### **Manna Resource Center**

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

### **Integrated Family Community Services**

(Food, Utility, Rental Assistance)

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

303-789-0501

### **Love, INC**

(Resource Helpline, Classes and Coaching, Resale Store)

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

### **211**

[www.211colorado.org](http://www.211colorado.org)

# JOB SEEKING/ EMPLOYMENT COACHING

**Thrive**

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

# ELDER CARE

## **FOOD:**

**Meals on Wheels**

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

## **RESPIRE CARE:**

**Visiting Angels**

[www.visitingangels.com/littleton](http://www.visitingangels.com/littleton)

# CHILDREN WITH SPECIAL NEEDS

**Night Lights (Respite Care)**

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

**Jackie Shinabery, OTR/L Masterpiece OT for Kids...and families**

[www.mpot4kids.com](http://www.mpot4kids.com)

# COUNTY DEPARTMENTS OF SOCIAL SERVICES

**Arapahoe County:**

303-636-1750

**Douglas County:**

303-663-6270

**Jefferson County:**

Child Protection: 303-271-4357

Adult Protection: 303-271-4673

**Denver County:**

Child Protection: 1-844-264-5437

Adult Protection: 720-944-4347



