



**Addicted to Toxic Relationships**  
**(How to Identify and Break the Stronghold of Counterfeit Love)**  
**Single Moms Group | September 20 - November 29, 2023**

**What do toxic people look like? Who are we to avoid?**

Evil people are restless unless they're making trouble; They can't get a good night's sleep unless they've made life miserable for somebody. Perversity is their food and drink, violence their drug of choice. (Proverbs 4:16-17, MSG)

Woe to them! They have taken the way of Cain; they have rushed for profit into Balaam's error; they have been destroyed in Korah's rebellion. These people are blemishes at your love feasts, eating with you without the slightest qualm—shepherds who feed only themselves. They are clouds without rain, blown along by the wind; autumn trees, without fruit and uprooted—twice dead. They are wild waves of the sea, foaming up their shame; wandering stars, for whom blackest darkness has been reserved forever. (Jude 1:11-13, NIV)

People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God—having a form of godliness but denying its power. Have nothing to do with such people. They are the kind who worm their way into homes and gain control over gullible women, who are loaded down with sins and are swayed by all kinds of evil desires, always learning but never able to come to a knowledge of the truth. (2 Timothy 3:2-7, NIV)

A tree is identified by its fruit. Figs are never gathered from thornbushes, and grapes are not picked from bramble bushes. (Luke 6:44, NLT)

**Is it our responsibility to identify and protect our hearts from toxic people?**

People who despise advice are asking for trouble; those who respect a command will succeed. The instruction of the wise is like a life-giving fountain; those who accept it avoid the snares of death. A person with good sense is respected; a treacherous person is headed for destruction. Wise people think before they act; fools don't—and even brag about their foolishness. An unreliable messenger stumbles into trouble, but a reliable messenger brings healing. If you ignore criticism, you will end in poverty and disgrace; if you accept correction, you will be honored. It is pleasant to see dreams come true, but fools refuse to turn from evil to attain them. Walk with the wise and become wise; associate with fools and get in trouble. (Proverbs 13:13-20, NLT)

Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God's people to do his work and build up the church, the body of Christ. This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ. Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people



try to trick us with lies so clever they sound like the truth. Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love. (Ephesians 4:11-16, NLT)

**What steps do we take to protect ourselves from toxic people?**

Don't do as the wicked do, and don't follow the path of evildoers. Don't even think about it; don't go that way. Turn away and keep moving. For evil people can't sleep until they've done their evil deed for the day. They can't rest until they've caused someone to stumble. They eat the food of wickedness and drink the wine of violence! The way of the righteous is like the first gleam of dawn, which shines ever brighter until the full light of day. But the way of the wicked is like total darkness. They have no idea what they are stumbling over. My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body. **Guard your heart above all else, for it determines the course of your life.** Avoid all perverse talk; stay away from corrupt speech. Look straight ahead, and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil. (Proverbs 4:14-27, NLT)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. (Phillipians 4:8-9, NLT)

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. (Romans 12:2, NLT)

You will keep in perfect peace, all who trust in you, all whose thoughts are fixed on you. (Isaiah 26:3, NLT)

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. (Ecclesiastes 4:9-10, NLT)



## Resources in Longmont

**Agape Safe Haven** – 10656 Park Ridge Ave., 303-774-7994, Tue/Thu – laundry, shower, hot meal

**Calvary Bread Box** – Calvary Church – Door is on the West Side, 2101 Gay St., 303-776-2400  
1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 5 - 6:30pm

**Coordinated Entry** – evaluation to determine shelter location for clients, 720-453-6096  
Mon – Fri, Noon – 7pm

### **Community Food Share Longmont Mobile Pantry**

#### **Westview Mobile Pantry**

- **Where:** Westview Presbyterian Church, 1500 Hover Street in Longmont (parking lot)
- **When:** 12:00-1:30 PM on the first and third Tuesdays of the month and 10:00 AM-12:00 PM on the first and third Thursdays of the month

#### **Countryside Village Mobile Pantry**

- **Where:** Countryside Village, 1400 S. Collyer Street in Longmont (behind the pool)
- **When:** 1:00-2:15 PM on the second and fourth Thursdays of the month

[https://communityfoodshare.org/get-food/mobile-pantries/Has FAQ's](https://communityfoodshare.org/get-food/mobile-pantries/Has%20FAQ's)

**EFAA (Emergency Family Assistance Association)** - 303-442-3042  
1575 Yarmouth Ave, Boulder – hours vary please call or go to website  
<https://www.efaa.org>

**Family Self Sufficiency Program Boulder County** – 303-441-1000 - MWF 8a-4:30p  
Boulder – 3460 Broadway Longmont – 515 Coffman Street  
<https://bouldercounty.gov/families/housing/family-self-sufficiency/>

**HOPE/Safelot** – 804 S. Lincoln St., 720-494-4673, homeless services and assistance

**LEVI (Longmont Ending Violence Initiative)** - 225 Kimbark St., 303-774-4534

**Life Choices** – 20 West Mountain View, 303-651-2050. Diapers, maternity, and baby clothes/items.

**Life House Covenant Church Pantry** – 917 S. Main St., Open by appointment only call Tracy,  
720-999-4523

**Longmont Police Department** - Safety and Justice Center - 225 Kimbark St., Longmont, CO 80501  
Emergency Communications Center: 303-651-8501  
Fire Main: 303-651-8437  
Public Safety Collaborative Services: 303-774-3616  
Police Main: 303-651-8555



**Mental Health Partners** – 303-443-8500

**PEARL** (Providing Encouragement and Resources with Love ) - 1232 Boston Ave., Longmont, CO 90501 - (303) 776-4963. Supporting single parent families with practical resources

**Safe Shelter** – Outreach Office, 82 21<sup>st</sup> Ave., 303-772-4422 – 24-hour crisis line  
720-340-8373 teen crisis text line

**St. John the Baptist Food Bank** – 804 South Lincoln St., 303-678-1469 - Tue 10-6p, Wed 10-5p, Thu 10-1p

**Suicide Prevention** – 844-493-8255

**Table of Hope Food Pantry** – Whitefield’s Church, 2950 Colorful Ave., 720-781-7526 - 2<sup>nd</sup>/4<sup>th</sup> Sat, 9-11am

**TGTHR/Attention Homes** – 1443 Spruce St., Boulder, 303-447-1206  
(Youth Homelessness Resources ages 12-24 yrs.)

**The Round Pantry** – Westview Presbyterian Church, 1500 Hover St., 303-776-3242 - 2<sup>nd</sup>/4<sup>th</sup> Tue, 2-7pm

**The OUR Center Pantry** – 220 Collyer St., 303-772-5529, Mon – Fri 9 - 3pm and Tue till 5:30pm

**YMCA Pantry** – 950 Lashley St., 303-776-0370, outside 1<sup>st</sup> & 3<sup>rd</sup> Thursday 10 – Noon

### **BASIC RESOURCES**

Several organizations in Boulder County help families meet basic material needs – food, clothing, and shelter. Most government organizations listed in the following section require clients to apply and provide detailed disclosure of income and assets to determine their eligibility for programs and services.

#### **Boulder County Department of Social Services**

Food stamps, Aid to Families with Dependent Children (AFDC), Aid to the Needy and Disabled, general assistance. Fees: based on financial guidelines

3460 Broadway, Boulder, CO 80304, 303-441-1000 (after hours and weekends, 303-441-1240)

529 Coffman St., Longmont CO 80501, 303-678-6000 or 303-441-4500

712 Main St., Louisville, CO 80027, 303-413-7000

#### **Boulder County Health Department**

Women, Infants and Children (WIC) program provides nutrition supplements for pregnant or nursing women and children under the age of 5. Fees: none for meeting income guidelines and nutritional needs.

3305 North Broadway, Boulder, CO 80304, 303-441-1169



529 Coffman St., Longmont, CO 80501, 303-678-6130  
1345 Plaza Ct. N. 3A, Lafayette, CO 80026, 303-666-4168

**Boulder County Safehouse**

Safe shelter, food, clothing and counseling for women and children threatened by an abusive living situation. Maximum stay 6 weeks. Fees: sliding scale, minimum \$8 / family / day; no one will be turned away for lack of funds and alternative methods of payment can be arranged.  
24-hour Crisis / Counseling Line, 303-444-2424; office, 303-449-8623

**Emergency Family Assistance**

Food, shelter, transportation, rent assistance for families in crisis. Fees: none.  
900 Arapahoe Ave., Boulder, CO 80302, 303-442-3042  
400 East Simpson, Lafayette, CO 80026, 303-665-8064  
414 Fourth Ave., Longmont, CO 80501, 303-772-5529 (Our Center)

**First Presbyterian Deacon's Closet**

Clothing as available, distribution 9:30-11:30 a.m. Tuesday and Thursday. Fees: none.  
1820 15th St., Boulder, CO 80302, 303-442-3523

**Fish, Inc.**

Emergency food and transportation and referral services. Fees: none.  
#12 Garden Center #110, Broomfield, CO 80038, 303-465-1600

**Longmont Coalition for Women in Crisis**

Safe shelter, food, clothing and counseling for women and children threatened by an abusive living situation. Weekly support groups, referral information. Fees: sliding scale.  
24-hour Crisis Line, 303-772-4422; office, 303-722-0432

**Sister Carmen Community Center**

Emergency food for Lafayette and Louisville residents, distribution 9:30 a.m.-noon weekdays and 9 a.m.-noon Saturdays. Thrift shop for clothing. 307 East Simpson, Lafayette, CO 80026, 303-665-4342

**CHILD CARE**

Childcare is one of the major expenses that single parents face. The following list includes resources with sliding scale fees, reduced rates and other assistance for working parents and students.

**City of Boulder Children Services Division**

Information on children's services, including directory of childcare centers in Boulder County, referrals to more than 500 licensed childcare providers, play groups and babysitting cooperative information. Fees: none. Crossroads Mall, P.O. Box 791, Boulder, CO 80306, 303-441-3180

**CCCAP** (Colorado Child Care Assistance Program) – 303-604-1043



**YWCA Children's Alley**

Emergency temporary childcare center. Call the preceding evening to schedule. Fees: sliding scale.  
1410 Mapleton Ave., Boulder, CO 80302, 303-449-1951

**YMCA Child Care Program** Kindergarten, before- and after-school programs, and summer day camps.

Fees: vary by program; scholarships available.  
2850 Mapleton Ave., Boulder, CO 80302, 303-443-4474

**CHILDREN'S SERVICES**

The Boulder-Denver area offers many programs for children. The following list includes public and non-profit agencies that can help you find additional public and private resources for your children.

**Big Brothers** Individual guidance and friendship for boys whose fathers are absent through death, separation or divorce. Volunteer men work with boys 7-13. Fees: none.  
2040 30th St., Boulder, CO 80301, 303-447-2674

**Big Sisters** Individual guidance and friendship for girls. Volunteer women work with girls 8-15.  
Fees: none. 2040 30th St., Boulder, CO 80301, 303-447-2674

**Collage Children's Museum** Hands-on educational exhibits, special workshops, and art activities.  
Fees: \$2.50 / person, \$8 / family, free to members and children under 2.  
2065 30th St., Boulder, CO 80301, 303-440-9894

**Head start** Preschool education program for children of low-income families. Fees: based on income.  
2905 Center Green Court #B, Boulder, CO 80301, 303-441-3980  
350 11th Ave., Longmont, CO 80501, 303-776-8523

**Kid's Fishing Pond** Stocked pond for kids 12 and younger; no fishing license required. Fees: none.  
South of the Justice Center parking lot on Canyon Boulevard between 6th and 9<sup>th</sup> streets.

**Parks and Recreation Departments** Inexpensive classes for children, youth, and adults Babysitting is available for a small fee. Fees: vary depending on program; rate reduction available for low-income families.

3198 Broadway, Boulder, CO 80304, 303-413-7200  
111 W. Baseline Road, Lafayette, CO 80026, 303-665-4206  
749 Main St., Louisville, CO 80027, 303-666-6565  
700 Long's Peak, Ave. Longmont, CO 80501, 303-651-8404

**Public Libraries** Fees: none.

9th Street and Arapahoe Avenue, Boulder, CO 80302, 303-441-3100  
1290 S. Public Road, Lafayette, CO 80026, 303-665-5200



950 Spruce St., Louisville, CO 80027, 303- 666-6037  
409 4th Ave., Longmont, CO 80501, 303-651-8470

**YMCA programs** Sports, athletics, summer camps and before- and after-school care, classes and activities for children and adults. Fees: vary by activity; scholarships available.

2850 Mapleton Ave., Boulder, CO 80302, 303-442-2778

Lafayette Youth Center, 400 E. Simpson, Lafayette, CO 80026, 303-665-8179

### **EMPLOYMENT / EDUCATION**

Acquiring further education can be a complex process. Finding help with tuition may require financial aid applications with deadlines far in advance of when you plan to attend classes. It is useful to contact the institution you plan to attend and discuss your program with an advisor in your field of study. Many institutions have women's resource centers that can put you in contact with appropriate people and also provide counseling, workshops and seminars.

Finding a job that provides adequate wages, good working conditions and some degree of job satisfaction is an important part of developing a satisfying life for you and your family. However, if you are doing a job search you may become discouraged. Looking for a job is difficult for everyone. You are not alone. Listed below are resources that can help you define your skills and interests, identify employment areas and upgrade your education and training in specific areas.

#### **Boulder Community Network's One-Stop Career Network**

On-line information about education, unemployment benefits, finding and getting a job. Fees: none.

<http://bcn.boulder.co.us/oscn> (computers with free Internet access are available at public libraries, city halls and other locations around the county; call BCN, 303-492-8176)

#### **Boulder County Employment and Training**

Employment and training programs and job placement services for youth and adults who meet eligibility requirements. Fees: none.

2905-C Center Green Court South, Boulder, CO 80302, 303-441-3985

1873 Sunset Place, Longmont, CO 80501, 303-651-1510

712 Main St., Louisville, CO 80027, 303-666-4080 (Fridays only)

#### **Boulder County Project Self-Sufficiency (PSS)**

Counseling for low-income parents and referrals to resources for training and education to help them become economically self-sufficient. P.O. Box 471, Boulder, CO 80306, 303-441-3929

#### **Bringing School Home – Boulder Housing Partners – 720-564-4610**

4800 North Broadway, Boulder, Mon-Fri 8a-5p

<https://boulderhousing.org/i-need-help-finding-an-affordable-rentals/communities-with-kids-programs/bringing-school-home/>



**College Investment** – 800-448-2424

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

**GED through Front Range Community College**

Boulder County Campus – 2190 Miller Drive, Longmont 303-678-3722

Larimer Campus – 4616 S. Shields St., Fort Collins 970-226-2500

Westminster Campus – 3645 W. 112<sup>th</sup> Ave, Westminster 303-404-5000

Online Learning – 303-404-5513

24x7 Help Desk – 1-888-800-9198

**Job line** - Boulder – 303-441-3434 ext. 800 - Longmont – 303-651-8710

**Parents as Teachers** - 303-441-1000 -

<https://bouldercounty.gov/families/pregnancy/parents-as-teachers/>

Boulder – 3460 Broadway Longmont – 515 Coffman Street

**Workforce** - Boulder County (303-301-2900) – Longmont (303-351-1510)

**YMCA Career Services** – 303-443-0419

**FINANCIAL / MANAGEMENT RESOURCES**

Learning to manage money is an acquired skill that may require financial assistance. Listed below are resources that can help develop a family budget, regardless of income. Refer to the Basic Resources section for information on meeting basic needs like utilities and food.

**Boulder County Housing Authority**

Counseling on budgeting and for families facing foreclosure. Fees: none.

2040 14th St., Boulder, CO 80302, 303-441-3929

**Counseling Resource Center at First Presbyterian Church**

Counseling with a Christian perspective to help establish a working budget. Fees: none.

1820 15th St., Boulder, CO 80302, 303-402-6400

**PIE** (Personal Investment Enterprise) - 303-441-3975 – M-F 8a-4:30p

3482 Broadway St., Boulder

<https://bouldercounty.gov/families/community-action-programs/personal-investment-enterprise/>

**HEALTH**

Good health is, of course, necessary for you to carry out any plans you have made. The best way to maintain good health is to eat well, exercise regularly and have yearly checkups. Children need immunizations for specific diseases on a regular schedule; schools require immunization records and proof of health exams when children enter school and prior to fourth, seventh and tenth grades.





Listed below are non-profit and governmental health services. Most charge a sliding fee and accept Medicaid.

**American Red Cross**

Courses in First Aid, cardio-pulmonary resuscitation, and safety. Fees: varies, waived for those who cannot pay. 5378 Sterling Drive, Boulder, CO 80301, 303-442-0577

**Boulder County Dental Aid, Inc.**

Dental care for low-income. Fees: \$10 registration for each individual/family, reduced fees for care. 4155 Darley Ave., Boulder, CO 80303, 303-499-7010  
1715 Princess Drive, Longmont, CO 80501, 303-682-2619

**Boulder County Health Department Medicaid Helpline**

Information and assistance with Medicaid problems, 303-413-7518

**Boulder Valley Women's Health Center**

Gynecological exams, birth control and abortions, individual and group counseling for issues related to reproduction, relationships, eating disorders, birth control and others. Fees: varies; assistance available. 2855 Valmont, Boulder, CO 80301, 303-442-5160

**Caring Pregnancy Center** Pregnancy testing and counseling and financial, medical, legal, and emotional support for women with untimely pregnancies and who are not considering abortion. Fees: none.

University of Colorado campus, 303-492-8778  
350 Broadway, Suite 40, Boulder, CO 80303, 303-494-3282

**Clinica Campesina Family Health Services**

Health care services for low-income families. Fees: sliding scale. 1345 Plaza Court North, Lafayette, CO 80026, 303-665-9310

**Rocky Mountain Planned Parenthood**

Pregnancy testing, medical exams, and birth control supplies. Fees: \$35 annual exam, \$15 revisits. Arapahoe Village Shopping Center, Boulder, CO 80302, 303-447-1040  
195 S. Main St., Longmont, CO 80501, 303-772-3600

**Salud Clinic**

Health care for low-income families, including health screening, lab tests, counseling, immunizations, referrals, and care for acute illness. Fees: sliding scale. 231 East 9th Ave., Longmont, CO 80501, 776-3250, 303-444-7944

**Well Child Care**

Periodic checkups, screening tests, routine immunizations for children up to age 6. Fees: \$5 to \$10; free for very low-income families.



3305 N. Broadway, Boulder, CO 80304, 303-413-7500  
1345 Plaza Court North, Lafayette, CO 80026, 303-666-0515

**Women, Infant and Children Program (WIC)**

Food supplements, nutrition education and counseling to women who are pregnant or nursing, and to their children under age 5. Fees: none for those meeting financial guidelines and nutrition needs.

3305 N. Broadway, Boulder, CO 80304, 303-413-7520

**HOUSING / UTILITIES**

Safe, decent, affordable housing is a high priority for all families. The cost of housing is a significant portion of a family's income, often as much as 50 to 80 percent for low-income and moderate-income families. Finding affordable housing for a single parent family can be difficult and discouraging. The agencies listed below offer assistance for emergency, short-term and long-term housing.

While emergency shelter is generally available to all families who need it, long-term assistance has long waiting lists (1 to 3 years) and can be difficult to obtain. The three housing authorities in Boulder County each have a separate application process and waiting list; you must apply to each agency. Since government housing assistance programs are very limited, most single parents must look on the open housing market for a place to live. When considering the cost of housing, remember to consider the cost of utilities and of transportation to and from work and school.

**Boulder County Housing Authority**

Countywide rental assistance and public housing for low-income families, seniors, and people with disabilities. Fees: rent based on income.

P.O. Box 471, Boulder, CO 80306, 303-441-3929  
400 E. Simpson, Lafayette, CO 80026, 303-665-9245

**Boulder County Safehouse**

Safe shelter, food, clothing and counseling for women and children threatened by an abusive living situation. Maximum stay 6 weeks. Fees: sliding scale, minimum \$8/family/day; no one will be turned away for lack of funds and alternative methods of payment can be arranged.

24-hour Crisis / Counseling Line, 303-444-2424; office, 303-449-8623

**City of Boulder Housing Authority**

Rental assistance and public housing within Boulder city limits, education, and counseling for first-time home buyers. Fees: rent based on income.

Housing Management Office, 3120 N. Broadway, Boulder, CO 80302, 303-441-3150



### **City of Longmont Housing Authority**

Rental assistance within Longmont city limits. Fees: rent based on income.  
900 Coffman, Suite C, Longmont, CO 80501, 303-651-8581

### **Community Mediation Services**

Assistance settling landlord/tenant disputes, complaints of housing discrimination, noise and nuisance problems within the city of Boulder. Fees: none.  
1101 Arapahoe Ave., Boulder, CO 80302, 303-441-4364

### **Emergency Family Assistance**

Food, shelter, transportation, rent assistance for families in crisis. Fees: none.  
900 Arapahoe Ave., Boulder, CO 80302, 303-442-3042  
400 East Simpson, Lafayette, CO 80026, 303-665-8064  
414 Fourth Ave., Longmont, CO 80501, 303-772-5529 (Our Center)

### **ECHO House**

Emergency shelter for families and elderly, disabled and pregnant people living alone. Assistance is available 24 hours a day; clients must call first. 303-449-3092.

### **Habitat for Humanity (St. Vrain Valley) 303-682-2485**

303 Atwood St., Longmont [www.stvrainhabitat.org](http://www.stvrainhabitat.org)

### **Longmont Coalition for Women in Crisis**

Safe shelter, food, clothing and counseling for women and children threatened by an abusive living situation. Weekly support groups, referral information. Fees: sliding scale.  
24-hour Crisis Line, 303-772-4422; office, 303-722-0432

### **Longmont Inn Between**

Transitional housing assistance.  
250 Kimbark, Longmont, CO 80502-1458, 303-684-0810.

**Low-Income Emergency Assistance Program (LEAP)** Assistance with utility payments for eligible low-income clients. Fees: none. 303-441-1065.

### **Mother House**

Shelter, food, clothing, and counseling for pregnant women in need. Fees: \$106 /month rent.  
303-447-9602.

### **Salvation Army**

One-time assistance with utility bill for eligible low-income clients. Fees: none.  
1559 Spruce St., Boulder, CO 80302, 303-440-7126.



### **YWCA House Sharing Program**

Assistance for single parents looking for affordable housing. Fees: none.  
2222 14th St., Boulder, CO 80302, 303-443-0419.

### **LEGAL**

Legal problems can lead to unwanted emotional reactions and a sense of helplessness. Legal advice or mediation by a third party can help untangle problems and provide neutral support, especially when dealing with the court system. As with health care, the range of fees is broad. Listed below are legal services that are dependent on income, others that provide one-time advice for reasonable fees, and a referral agency for private law practices. Also listed are several civil rights and consumer protection groups. Remember that the ideal of the legal system is fair and reasonable justice, regardless of race, religion, gender or marital status.

### **American Civil Liberties Union**

Legal assistance and help with court costs in cases involving civil liberties. Fees: attorney fees donated.  
812 E. 22nd Ave., Denver, CO 80205, 303-861-2258.

### **Boulder County Legal Services**

Legal representation for low-income clients involved in civil cases (except traffic cases). Fees: sliding scale. 1790 30th St., Boulder, CO 80301, 303-449-7575.

### **Child Support Enforcement Unit, Boulder County Social Services**

Legal assistance in obtaining child support. Fees: none for AFDC recipients; one-time \$20 fee for others (can be waived with proof of financial hardship).  
3400 Broadway, Boulder, CO 80304, 303-441-1070.

### **Consumer Affairs Unit, Boulder County District Attorney's Office**

Investigation, mediation, information, and referral for violations of state consumer protection laws covering auto repairs, sales, advertising, charity solicitation and credit. Violation must occur in Boulder County. Fees: none. District Attorney's Office, 1777 6th St., Boulder, CO 80302, 303-441-3730

### **City of Boulder Office of Human Rights**

Information, referral and enforcement of the city's human rights ordinance prohibiting discrimination in housing, employment, and public accommodations. Fees: none.  
1101 Arapahoe Ave., 2nd floor, Boulder, CO 80302, 303-441-3140. Mediation services, 303-441-3140.

### **University of Colorado Legal Aid and Defender Program**

Very low-cost assistance with criminal and civil cases for low-income clients. Fees: \$5 for consultation, \$15 for a case.  
CU School of Law, Fleming Law Building, Boulder, CO 80309, 303-492-8126.



### **YWCA Legal Information Services**

Half-hour appointment with Boulder County attorney Wednesdays 7-9 p.m. by appointment.

Fees: \$15. 2222 14th St., Boulder, CO 80302, 303-443-0419

### **YWCA Divorce Education Project**

Workshops on the rights and options of divorcing couples. Fees: \$5 per workshop.

2222 14th St., Boulder, CO 80302, 303-443-0419.

## **MENTAL HEALTH / COUNSELING**

Single parenting, by the nature of its demands, requires a high level of functioning and stability. Many people find stress and loneliness can be reduced through counseling or participating in a support group. Listed below are a variety of general and specific counseling services. We encourage you to make use of these resources, both for personal coping mechanisms and personal growth.

### **Alcoholics Anonymous**

Support group meetings for alcoholics (AA) and their spouses (Al-Anon), grown children (Adult Children of Alcoholics) and children (Ala-Teen). Fees: none. 303-447-8201

### **Alcohol Recovery Center**

Inpatient detoxification and outpatient counseling for alcoholics and one-on-one counseling and support groups for their families. Fees: sliding scale.

3470 Broadway, Boulder, CO 80304, 303-441-1275 (counseling) and 303-441-1281 (detoxification).

### **Boulder County Safehouse**

One-to-one counseling for residents, outreach support groups for women in abusive relationships (individual and group counseling available in Spanish). Fees: sliding scale; no one will be turned away.

Boulder office, 303-449-8623      Tri-City office, 303-673-9000      24-hour crisis line,  
303-444-2424

### **Crisis Center**

Walk in or phone counseling. Fees: free for phone-in, sliding scale for walk-in.

1333 Iris Ave., Boulder, CO 80340, 303-447-1665

### **Counseling Center**

Counseling for individuals, couples and families, support groups, workshops, and single-parenting groups. Fees: sliding scale. 1534 55th St., Boulder, CO 80301, 303-449-7898

### **First Presbyterian Church Counseling Resource Center**

Counseling from a Christian perspective for individuals, couples, and groups. Fees: initial intake fee; no one turned away.

1820 15th St., Boulder, CO 80302, 303-442-3523

**Human Services, Inc.** Counseling for single parents. Fees: sliding scale.

5350 Manhattan Circle, Suite 100, Boulder, CO 80303, 303-494-2771, 303-494-5559



### **Mental Health Center of Boulder County**

Counseling by appointment, family and group psychotherapy, adolescent therapy, drug abuse treatment.

Fees: sliding scale.

1333 Broadway, Boulder, CO 80302, 303-443-8500

520 Coffman St., Longmont, CO 80501, 303-678-6200

### **YWCA Resource Center**

Counseling, career and job-search classes and support groups, drop-in resource center, single-parent networking. Fees: none (except for specific groups).

2222 14th St., Boulder, CO 80302, 303-443-0419

## **PARENTING**

In our society, we are expected to know how to raise children just because we have children. This is not true, of course; parenting skills are learned. These skills are often learned from people in our extended family or from personal life experiences. Single parents facing child rearing alone for the first time often do not have family resources available. Fortunately, our community offers good alternative ways of learning parenting skills. The resources listed below will help you enrich your parenting skills as well as provide support in solving other problems that parents face.

### **Boulder Community Hospital Infant Car Seat Rental Program**

Safe car seats for infants; requires proof of auto insurance, driver's license and seatbelts in the car.

Fees: \$15 deposit, \$10 rent for 8 months. 1100 Balsam, Boulder, CO 80304, 303-440-2128

### **Boulder County Department of Social Services Hotline**

24-hour hotline to report suspected child abuse, neglect, or sexual abuse. 303-441-1240

### **Community Infant Project**

Intensive parenting training and support for parents with newborn babies. 303-661-0433

### **Genesis Project**

Support services for teen mothers, case management services. 303-441-1248

<https://bouldercounty.gov/families/pregnancy/genesis-program-english/>

### **MOPS - Mothers of Preschoolers**

Program for mothers and their preschool children 9-11:30 a.m. second and fourth Tuesday of each month. Fees: \$3.50 per session. 3245 Kalmia Ave., Boulder, CO 80301, 303-442-3484

### **Parent Anonymous**

Self-help organization to help parents avoid abusing their children. Fees: none. 1-800-421-0353



### **Parents Without Partners**

Meetings with speakers: 7:30 p.m. second Tuesday of each month, Boulder Inn, 770 28th St., Boulder.  
7:30 p.m. second and fourth Wednesdays of each month, First Christian Church, 550 Coffman St.,  
Longmont. Fees: \$2 per meeting. 303-430-4991

### **PEARL (Providing Encouragement and Resources with Love )**

1232 Boston Ave., Longmont, CO 90501 - (303) 776-4963  
Supporting single parent families with practical resources

### **The Parenting Place**

Workshops, discussion groups, support groups, special events for children. Fees: donation requested.  
2222 14th St., Boulder, CO 80302, 303-449-0177

### **YWCA Single Parent Program**

Support groups on emotional and personal issues of single parents. Fees: sliding scale.  
2222 14th St., Boulder, CO 80302, 303-443-0419

## **YOUTH**

The transition from childhood to adulthood is often accompanied by a lack of self-confidence and by frustration for both the youth and the parent. Good communication can reduce frustration but may require help from a support group or counselor. Probably the most important favorable factor in the teen and preteen years is self-confidence. Each youth needs something on which to focus time and energy. This Investment will provide some direction and a feeling of achievement, as well as allowing a youth to interact with adults who can provide fellowship and new experiences. Listed below are counseling, job and activity resources for youth.

### **Alternatives for Youth**

Personal, vocational and employment counseling for young people 12 to 19 who are not in school. Fees: none. 839 Meeker St., Longmont, CO 80501, 303-776-8184

### **Big Brothers**

Individual guidance and friendship from adult male volunteers for boys 7 to 15 whose fathers are absent because of death, separation, or divorce. Fees: \$7 application fee.  
2040 30th St., Boulder, CO 80301, 303-447-2674

### **Big Sisters**

Individual guidance and friendship from adult female volunteers for girls 8-15. Fees: none  
2040 30th St., Boulder, CO 80301, 303-447-2674

### **Boulder County Partners**

Trained adult volunteers to work with youth 10 to 17 in conflict. Fees: none.  
1860 Industrial Ave., Unit B, Longmont, CO 80501, 303-772-1411 or 303-447-8755