

CTRL Key + F will open a keyword search box

Graphics indicate Douglas County Parenting Coalition Program Partners who have given generously of their expertise and time to bring free programming to families.

AFTER SCHOOL CARE:

31% of Colorado children take care of themselves after school.

[YMCA](#) of Castle Rock has an excellent, affordable after school and vacation program for residents of Founder's Village and Crystal Valley Ranch. Each day is jam-packed with field trips, hiking, swimming, movies, crafts, and more. **303-663-1294**

ARTS:

[Parker Artists Guild](#) The Parker Artists Guild is a 501c3 non-profit organization with a mission to promote and share art, giving back to the community. Youth programs are open to all youngsters in Douglas County and surrounding areas.

BODY IMAGE, POSITIVE:

[About Face](#) equips girls with tools to understand and resist harmful media messages that affect their self-esteem and body image. Girls learn that the media is not reality—it's just the media.

[Proud2BMe.org](#) provides information, support, and advocacy for girls and boys.

[New Moon Magazine](#) for teen and pre-teen girls does not contain weight loss or dieting advice and is ad-free. Images feature "real" girls, not ultra-thin models.

BULLYING PREVENTION:

[Bully Guard App](#)-- A single click on the child's cell phone will alert help givers that bullying is taking place. The one-click app alerts parents, teachers, older siblings, and other members of the child's personal support team. The app is not a substitute for 911 emergencies and costs \$2.99 per month.

[Douglas County Schools - Student Wellness](#) The Wellness Program has created "Be The Change" video and other anti-bullying materials

[Douglas County Sheriff - Youth Education & Safety in Schools](#) The Y.E.S.S. program has developed common sense materials to keep our youth safe and healthy.

[Stop Bullying Now](#) Check out the "What Works" section for advice.

[CyberBullying Library](#) Download free e-books and publications on Cyberbullying. It takes just a moment to create a free login for yourself.

CAR SEATS:

[Safety Belt Safe USA](#) offers a car seat check-up online. Is your child's car seat safe?

[CarSafety.org](#) has information on selecting and installing child safety seats.

[Douglas County Sheriff's Office](#) Throughout the year, the Sheriff's Department offers free car seat safety checks.

CASTLE ROCK INFORMATION

[Castle Rock News](#) has news, services, and events in and about town.

CHARTER SCHOOLS:

[Colorado League of Charter Schools](#) has a directory of schools as well as information for parents.

CHILD ABUSE PREVENTION:



Colorado Child Abuse and Neglect Hotline 1-844-CO-4-KIDS

The hotline is confidential and if you are not sure whether you should be calling them you can call just to ask them that question.

[Families First - Parenting Support Line](#)

[Families First - Parenting Support Line in Spanish](#)

[Prevent Child Abuse Colorado](#) Every parent needs some help some time. If you need to talk, get information, or find some resources to assist you with a problem, call the free family support line at **1-800-CHILDREN**. It is staffed from 10:00 am to 10:00 pm every day. Spanish-speaking parents may call the statewide, toll-free Spanish Family Support Line **1-866-Las-Familias** – (1-866-527-3264)

The [Fussy Baby Warm Line](#) can provide understanding and support. Call **1-877-6CRYCARE**. Here are some great tips on [how to calm a crying baby](#).

Douglas County Human Services Report suspected child abuse using the **Hotline 303-663-6270**

CHILD CARE:

[QualiStar](#)— FREE child care referrals to quality-rated care providers.

[Douglas County Childcare Association](#) is a nonprofit organization that provides free referrals and a locator service.

[Child Care Innovations](#) offers child care referrals as well as resources for parents and training for providers.

CHILDREN'S PARTIES: SEE PARTIES

COMMUNITY SERVICE/SERVICE LEARNING/VOLUNTEERISM



[Just Serve](#) has a searchable database of local volunteer opportunities for students and families.

[National Service Learning Clearinghouse](#) posts service learning opportunities around the nation as well as ideas to help kids and teens start their own volunteer projects.

[Youth Service America](#) has great projects and ideas to guide community-minded kids and teens.

[Volunteer Nation](#) helps teens connect with volunteer opportunities. There is grant information for teens wanting to start their own program as well as scholarships given for community service.

CONSUMER EDUCATION:

[Admongo](#) Because kids are an important part of the marketplace, they often are the targets of advertising and marketing programs. This fun, interactive game teaches 'tweens 8-13 how to be smart consumers.

CO-OP SCHOOLS:

[Parent Cooperative Schools International](#) has a directory of co-ops as well as information on cooperative education.

[Hope K-12 Online](#) is a Colorado online co-op school

[Denver Cooperative Preschool](#) is a parent-run preschool serving the Denver Metro area.

CYBER-SAFETY:

See SAFETY

DADS:

See FATHERING

DENTAL CARE:

[The Children's Hospital Healthy Smiles Clinic](#)

*This pediatric dental clinic is for children who have limited access to dental care. For more information, please call the clinic at **720-777-6788**. For dental emergencies, the Healthy Smiles Clinic is open for walk-in emergency care weekdays from 8-10 a.m. After-hours dental emergency services are provided seven days a week, 365 days a year through The Children's Hospital's Emergency Department.*

[Dental Lifeline Network](#) Free or low cost services **303-534-5360**

[Douglas County Dental Discount Card](#) Douglas County offers the NACo discount card to help families save money on dental care. The program is available at www.nacodentalprogram.com

[KIND \(Kids In Need Of Dentistry\)](#) Kids In Need of Dentistry (KIND) is a nonprofit organization that provides high-quality, affordable dental care to children in need throughout Colorado. Since 1912, KIND has helped thousands of children each year get the dental services they need at a cost their families can afford.

[Dental Lifeline Network](#) Free or low cost services **303-534-5360**

[Salud](#) Bilingual dental services. The service is FREE and children are chosen at each clinic by lottery to receive services. **970-526-2589**

[University of Colorado School of Dental Medicine](#)

FOR TEENS: The SDM provides quality care at drastically reduced rates to Colorado's underserved populations. Dental care is about more than teeth; it's about increasing a person's quality of life by giving them a smile they can feel good about. For more information call 303-724-6900.

DISASTERS/EMERGENCIES:

[Douglas County, Colorado Code Red](#) is an emergency notification system. Text and voice messages can alert residents about evacuations, missing children, or other situations. Sign up today.

[Colorado Emergency Information](#) by county

[FEMA](#) has excellent information to involve kids in creating emergency plans and packs.

Flood Relief Hotline 1-888-635-6381

[NOAA Weather Channel](#) for Douglas County, tune to frequency 162.450 or 162.550

[Pet Preparedness: Checklist for Emergencies](#) Readiness can be the difference between life and death for a beloved family pet.

[Ready Colorado](#) on Facebook has updates and alerts for avalanche warnings, fire bans, and more

[Red Cross Safe and Well Program](#) Individuals can post their status on the national website to let family members and friends across the country know that they are safe and well in the event of an emergency.
1-866-GET-INFO

SAMHSA Disaster Phone App for smartphones can be preprogrammed by zip code to bring up care providers and other handy information

DOCTORS: SEE: MEDICAL

DRUG EDUCATION: SEE: SUBSTANCE ABUSE

EARLY CHILDHOOD:



[Bright Beginnings](#) 85% of a baby's intellect, personality, and social skills are developed in the first three years of life. Bright Beginnings offers free home visitation, programs, and materials for parents.

[Building Blocks for a Healthy Future!](#)

An early childhood substance abuse prevention program developed by SAMHSA that educates parents and caregivers about the basics of prevention in order to promote a healthy lifestyle. Designed for parents and caregivers of children ages 3 to 6.

[Douglas County Early Childhood Council](#) The Douglas County Early Childhood Council (DCECC) is dedicated to helping parents and child care providers learn about programs and services for young children, birth to age 8. DCECC helps parents make the most of these early years so that their children adapt well and succeed in life.

[Early Childhood Connections](#) serves families with special needs children aged 0-3. Parent Connector links parents with other special needs families and a support line is available 303-706-0075.

[Family Enrichment Center, Castle Rock](#) offers a variety of reasonably priced enrichment activities for children birth through age 5. Family Enrichment is a member of Douglas County Parenting Coalition.

MamaTalk is a support group for new moms. Douglas County group meets Tuesdays at 10:00AM.
Contact Kim **303-749-4732**

Metro Denver Bright Beginnings offers a free packet of parenting tools as well as visits to homes or offices to connect with parents. **303-321-1214 ext.30**

[Nurse-Family Partnership](#) partners first-time moms with nurse home visitors. A specially trained nurse will visit you throughout your pregnancy and until your baby turns two years old.

EMERGENCY PREPAREDNESS/DISASTERS:

[Disaster Preparedness Coloring Book](#)

This coloring book is designed for adults and children to work on together. Children can learn about fire, earthquakes, floods, tornados and other disasters, as well as how to protect themselves—all while having fun coloring.

[Douglas County, Colorado Code Red](#) is an emergency notification system. Text and voice messages can alert residents about evacuations, missing children, or other situations. Sign up today.

[Colorado Emergency Information](#) by county

[FEMA](#) has excellent information to involve kids in creating emergency plans and packs.

[Monster Guard](#) The American Red Cross and Disney recently developed the Monster Guard mobile app using the latest research on emergency preparedness. Geared toward children between the ages of 7 and 11, the Monster Guard app teaches kids how to prepare for and react to potential emergency situations in a fun and engaging way.

[NOAA Weather Channel](#) for Douglas County, tune to frequency 162.450 or 162.550

[Pet Preparedness: Checklist for Emergencies](#) Readiness can be the difference between life and death for a beloved family pet.

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SAMHSA Disaster Phone App for smartphones can be preprogrammed by zip code to bring up care providers and other handy information

ENVIRONMENT:

[EPA Environmental Kids' Club](#) has activities and games

[Recycle City](#) has a fun, board game format to teach kids about recycling.

[Thirstin's Wacky Water Adventure Activity Book](#) is a collection of activities and coloring book pages for grades K-3.

FAMILY ADVOCACY:

[Family Leadership Training Institute - Colorado](#) The leadership program helps participants connect with

emotional intelligence and other core strengths. The course requires a commitment and may cause students to stray from their comfort zones at times. It is FREE to all interested individuals.

FAMILY COUNSELING

[Jasmyne Kettwick, MAMFT, Enhance Family Therapy](#) *does client-centered work that infuses humor, a sense of safety, and empathy.*

[Drina Nibbe, MAMFT](#) *helps families discover their innate powers to lead healthy, resilient, secure lives.*

FATHERING RESOURCES:



[Boot Camp for New Dads](#) *offers training and support for newbies.*

Buell Foundation *Free weekly dinners and fathering support group 303-552-6231*

[Colorado Dads](#) *hotline at 1-877-695-7966 can answer questions or address concerns dads may have. Resources, workshops, and other support is offered.*

[Covenant Counselors](#) *offers supervised visitation as well as counseling and support around issues of divorce. Board member Douglas County Parenting Coalition.*

[Dads Adventure](#) *Ask-A-Dad service, monthly email "care packages", and articles are a few services offered.*

[Dads 24/7](#) *has "dad-vocates" to help with legal issues. Dads also offers training and support.*

[Families First](#) *offers parenting classes and support groups. Dads can call the hotline for pressing questions or concerns 1-800-CHILDREN. Board member Douglas County Parenting Coalition.*

[Family Tree](#) *offers supervised visitation and education. Board member Douglas County Parenting Coalition.*

Fatherhood.org *Checkout the [Father Factor](#) blog.*

[Fatherhood Support Services](#) *support fathers in having healthy, nurturing and ongoing relationships with their children by providing them with coaching, counseling, education, and advocacy. They can help with issues resulting from divorce and more.*

[James Resource Network](#) *offers single parents workshops, scholarship help, and an affordable thrift store.*

[Life Long](#) supports fathers who have learning disabilities, helping them to become better fathers and providers. They can help with issues on the job and at home.

[Los Padres](#) offers parent training and support for Hispanic fathers. Programs are offered in Spanish and English.

[Men Behaving Dadly](#) The goal of Men Behaving Dadly is to empower fathers by providing educational information about the court system, child support, parenting, co-parenting, and the role of the Department of Human Services.

[Men of Valor](#) Castle Rock based Men of Valor supports the importance of fathers as well as offering fathering education.

[Metro Volunteer Lawyers](#) have a free, monthly family law clinic in Douglas County for divorce and custody issues. 303-837-1313

[Parent Pathways Young Fathers Program](#) serves young fathers and fathers-to-be aged 14-21 who live in the Denver metro area. The program helps these fathers learn how to become nurturing parents, establish paternity, complete their education, and acquire marketable job skills.

Project Proud offers weekly fieldtrips with other dads, education, and events. **303-307-0718**. Sponsored by Lowry Family Center.

[The Road Called STRATE](#) offers fathering instruction for fathers who have previously been incarcerated.

["STEP TO THE PLATE"](#) (Urban Colors) is an Award Winning Fatherhood Program that understands that preparing men to be fathers is perhaps the single most promising step we can take on behalf of our children.

YOUNG FATHERS PROGRAM-PARTNERS FOR FRAGILE FAMILIES provides fatherhood and single fathers programs, employment training, placement parenting skills for 14-26 year old young men. Phone: 303-561-1246

See Also: Grandfathers: See Grandparenting

FIRE STARTING

[Children's Hospital](#) has a juvenile firestarter treatment program. Admission is by referral. For more information call 720-777-6604.

[National Fire Marshals Association](#) produces an excellent book for kids aged 3-6. [Children Are No Match for Fire](#) costs \$10 and a portion of the proceeds goes to juvenile intervention programs for fire starters.

FUN STUFF FOR KIDS:

See Also: Parties

[Castle Rock News](#) has events in and near Castle Rock, Colorado.

[Macaroni Kids](#) Events and resources for kids and families in the Parker/Highlands Ranch vicinity.

[Wonderopolis](#) will help you find learning moments in everyday life, ones that fit in with dinner preparations, carpool time, or a stolen moment between breakfast and the bus.

GENERAL PREVENTION:

[40 Developmental Assets - All Ages](#)

GIRLS' EDUCATION:

[A Mighty Girl](#) The world's largest collection of books, toys and movies for smart, confident, and courageous girls.

[Black Girls Code](#) is devoted to showing the world that black girls can code and so much more. Workshops and summer camps held around the country introduce computer coding skills and languages such as Ruby or Scratch to young girls of color.

[Colorado Wellness Center for Girls](#) is a program to help girls 12-21 through the challenges of adolescence. Art therapy, yoga, and other activities help teens overcome mild depression or other normal teen issues. They also offer free parent/daughter empowerment classes.

[Eureka! Summer Camp \(Girls Inc.\)](#) 4-6 week summer program for girls 12-18 who want to explore an interest in science, math, and technology. The camps are held on college campuses and scholarships are available.

[Girls' Athletic Leadership School \(GALS\)](#) for girls grades 6-7. This is Colorado's only public school dedicated to enhancing the leadership, academic, and life skills of girls. The DPL flagship school will have an orientation meeting on May 2 for the 2013-2014 academic year. RSVP to office@galschoolsdenver.org

[Girls Inc. Denver](#) offers a variety of programs for girls.

[Girls' Leadership Council \(Women's Foundation of Colorado\)](#) Each summer, a select number of girls are invited to participate in this one-week intensive on-site program held at the University of Denver. The program is designed to allow each girl to discover her own power to assist in her community. The program is for high school sophomores going into their junior year. Two participants each summer will be selected to receive the \$1500 Dottie Lamm Award.

[Girls' Leadership Institute Summer Camp](#) 5-6 grade girls build lasting relationships as well as the confidence to be their authentic selves. Scholarship aid is available.

[Girls Rock Vegas](#) is a nonprofit, one-week music camp in Las Vegas for girls 9-17. Girls are encouraged to get rowdy and explore their "inner rocker". Sliding scale tuition and financial aid available.

[NASA Girls](#) 5 week mentoring program for girls grades 5-8 to help them explore science, math, and technology careers. NASA employees are matched with girls and mentor them using Skype.

[Smart Girl Camp](#) is an activity-based camp for 6-10 grade girls that empowers them to become confident, capable, self-reliant young women who make healthy choices. Camp scholarships are available.

[STEM \(South Metro Chamber of Commerce\)](#) This mentoring program helps local area girls explore careers in science, math, and technology.

[Wille Mae Rock Camp for Girls](#) is a non-profit music and mentoring program dedicated to the empowerment of girls. The weeklong summer camp is for girls age 8-18.

[Women's Wilderness Institute Girls' Program](#)—Outdoor education is an ideal format for girls to learn to honor their bodies for their strength, to speak up about their values and beliefs, and to learn to take appropriate risks to be successful in the world.

[Best Bones Forever](#) Games and other activities at this colorful site teach girls what they need to know for a lifetime of healthy bones. Education gives girls the skills to withstand peer pressure when it comes to underage dieting that puts young bones at risk.

GLOBAL CITIZENSHIP:

[ePals](#) Global Community has games, articles, activities, and a student forum to promote global citizenship—and the geography lessons don't hurt either.



GRANDPARENTING RESOURCES:

2.5 million American grandparents are raising their grandchildren. In Colorado, 100,000 children live with grandparents and for more than 30,000 of those kids grandparents are their sole caregivers.

[AARP](#) offers information and advocacy for grandparents raising grandchildren.

AARP Grandparent Line 1-888-687-2277

[Colorado Kinship Connection](#) CKC provides material to help caregivers navigate forms, find support groups, and more. Family Tree is a member of the Douglas County Parenting Coalition.

[Colorado Grandparents' Resource Center](#) offers kinship support, a legal clinic, visitation program, and more

[Colorado State Extension Service Grandparent's Page](#) has stories, information, and resources.

[Generations United](#) has a free, downloadable handbook for grandparents raising kids as well as other useful information.

[Grand Resources](#) is a guide to raising grandchildren with disabilities.

[Grandfamilies.org](#) (American Bar Association) has a searchable database of state kinship laws as well as a wealth of information for grandparents.

[Grandparents As Parents](#) has many useful resources for grandparents raising children.

[Senior Corps](#) has a Foster Grandparent Program for kids who have lost their connection to grandparents.

[Social Security Administration](#) Children living with grandparents may be eligible for benefits

GUARDIANSHIPS, TRUSTS, WILLS

Holmes Shirley Law

Holmes Shirley Law can advise parents on guardianships, assigning parental rights without losing their own, trusts, and wills. Karen Shirley 720-248-7621

HOME SCHOOLING/ONLINE SCHOOLS:

The Colorado Department of Education maintains a list of [Accredited Virtual and Online Schools](#) .

[Academy Charter Home School Program](#) serves the Castle Rock area with classes exclusively for homeschool students. Tuition is free and the school has been educating students for 16 years. The school district supplements education provided by parents. Contact information: 303.663.2374 or homeschool@academycharter.org

Central Colorado Homeschoolers are encouraged to share their experiences on homeschooling, particularly of their lives in rural Colorado. CCH is a Support group for families interested in homeschooling with a special emphasis on "Thomas Jefferson Style Education." 303-648-3314. Douglas, Elbert, Kiowa .

[Cloverleaf Home Education](#) is for students in grades K-8 and is designed to support Colorado Homeschool parents with locations in Castle Rock and Lone Tree Colorado. Parents remain the primary instructional provider with the Douglas County School District supplementing their efforts.

[Common Ground Home Schoolers](#) is an inclusive group of families seeking educational alternatives for children. They follow no specific religious or political agenda. They welcome all families and honor differences while building combined strengths. Douglas County

[Crossroads Christian Academy](#) offers academic support for families of high school students and supplements the home schooling experience. Students may take one class or many, including Algebra, American History and Government, American Literature, Art, Bible, Biology, English Composition, French, Geometry, German, Personal Finance Physical Science, and Speech.

[eDCSD Online Education](#) Douglas County Schools offer a virtual/home school that offers a full elementary, middle and high school curriculum.

[Hearts At Home](#) aims to provide support to homeschool families through a variety of activities including: educational field trips, family social events, and more. Douglas County

Home School Parents Music Resource monthly meetings on music education topics. 303-800-7670. Denver Metro.

[Home EDucators Resource Directory](#) provides a comprehensive listing of homeschool resources, including classes, subjects, services, directories, suppliers, support groups, and community opportunities.

[Parker Christian Home Educators](#) provide support, information, and encouraging fellowship for the homeschooling journey. Douglas County

[PRA \(Platte River\) Classical Academy](#) is a publicly-funded, part-time charter school designed to meet the needs of homeschooled middle school students (grades 6-8)

[Rocky Mountain Education Connection](#) has information and resources for homeschoolers.

HOUSING:

[Colorado Foreclosure Hotline 1-877-601-HOPE--4 out of 5 homeowners who spoke to a housing counselor were able to avoid foreclosure](#)

[Douglas County Housing Partnership](#) provides affordable housing for families who qualify

[Douglas / Elbert Task Force - Emergency Assistance](#)

[Brothers Redevelopent](#) provides free home maintenance and repairs to eligible households. They can do plumbing, electrical, HVAC, painting, and more. Call Samantha 303-685-4225 for more information.

INFANTS: See: Newborns, Early Childhood, Prenatal



MONEY MANAGEMENT FOR KIDS:

[Admongo](#) Every day, your child is exposed to advertising – not just on TV and online, but on buses, buildings, and more. Many ads target kids ages 8 to 12. Given what kids see and hear around them, it's important for them to know how to decode and understand ads. The Federal Trade Commission (FTC), the nation's consumer protection agency, has created the interactive Admongo website and game to help teach kids about advertising.

Modern Woodmen of America has a money management program for kids. Each child who completes it earns \$20. Susan Trost 720-308-4089

MEDICAL CARE:

Advanced Pediatric Associates is a private provider that strives to provide affordable care to patients from their Parker office. **303-699-6200**

[Doctors Care](#) provides sliding-scale medical care for the uninsured.

First Call For Children is a free, after-hours nurse line. It is open when doctors' offices are closed—5pm-8am and 24 hours on weekends and holidays. **877-647-7440**

[Metro Community Provider Network](#) (MCPN): is a non-profit healthcare organization that provides medical, dental, mental health, and community based services. The area is served by the Arapahoe/Douglas Clinic with the Pine Tree Clinic to open in Parker soon.

[Rocky Mountain Youth Clinics](#) offer free and low cost pediatric health care and mental health services. No family is turned away for inability to pay.

Rx Assist provides assistance in finding and applying for pharmaceutical company prescription assistance programs. **303-629-4937**

MENTAL HEALTH:

[Arapahoe / Douglas Mental Health Network](#)

[Blue Pine Recovery Center](#)

[Children's Hospital](#)

[Covenant Counselors](#)

[Foundations Family Counseling](#)

[Tracy Hart, MA, LPC](#)

[Haven Corporation](#)

[Highlands Behavioral Health System](#)

[Howard, Rebecca, PsyD, LLC](#)

[Iolite Counseling](#)

[Integrative Therapy Solutions](#)

[Institute for Attachment & Child Development](#)

[Legacy Comprehensive Counseling & Consulting](#)

[Life Support Behavioral Institute](#)

[Max, Dana A., PsyD, PC](#)

[McNutt, Colton, PsyD](#)

[People House](#) *This program is intended for clients who have a need for counseling services but lack the resources for full-priced psychotherapy. Counseling by People House interns is on a sliding scale basis at a suggested cost of \$15 to \$40 per hour depending on ability to pay.*

[Southeast Psychotherapy Associates, PLLC](#)

[Thoreson, Kirk, PsyD](#)

[Trathen & Associates, PC](#)

[Wellshire Behavioral Sciences](#)

MENTORING:

[Heads Up Colorado](#) *offers one-on-one mentoring and youth-oriented events.*

NEW MOTHERS: See Also Pregnancy: See Also Early Childhood: See Also Newborns

NEWBORNS:

Diaper Bank *serves northwest Douglas County (Highlands Ranch, Roxborough, etc.) 303-946-7342 or doug@loveinlitleton.org*

MamaTalk *is a free support group for new moms. The Douglas County group meets Tuesdays at 10:00 AM. Call Kim 303-749-4732. Sponsored by the Nurse Family Partnership.*

[Mothers' Milk Bank](#) collects, processes and dispenses donated human milk as a community service, providing human milk to babies whose own mothers cannot supply the milk to meet their baby's needs. "Donor milk meant the difference between life and death for my baby. Lacey would not have made it without it." -- Milk Bank Recipient Mom

[Nurturing Newborns](#) respite care for children of ill or overwhelmed parents.

[Nurse-Family Partnership](#) partners first-time moms with nurse home visitors. A specially trained nurse will visit you throughout your pregnancy and until your baby turns two years old.

[Text4baby](#) is a service for new parents. Three times a week for the first year, parents will receive texts with child care tips, resources, and advice. Text **BABY** to **511411**. For Spanish, text **BEBE** to the same number.

Breastfeeding Support, Parker Adventist Hospital Call 303-269-4388

Breastfeeding Clinic at Childrens' Hospital can help issues of milk production, weaning, and other challenges 720-777-3605

NEONATAL: See: Newborns

NUTRITION:

[Slow Food Denver Seed to Table](#) programs help children understand how the food we eat gets to our table and how the food choices we make affect our health and our planet. School gardens, cooking classes, farm tours, and youth markets are a few of their free and low cost programs.

[Know Your Farmer, Know Your Food](#) Locate sources of healthy, locally produced food for your family. Great for fieldtrip ideas, too.

[Produce for Kids](#) has games and recipes just for kids as well as healthy eating tips for parents.

PARENTING CLASSES:

SEE: "Academics" page on website SEE ALSO: Parenting Classes under Academics

PARENTING SUPPORT GROUPS:



[Families First - Circle of Parents Support Groups](#)

[James Resource Network for Single Mothers](#)

MamaTalk is a free support group for new moms. The Douglas County group meets Tuesdays at 10:00 AM. Call Kim 303-749-4732. Sponsored by the Nurse Family Partnership.

[MOMS Club of Parker](#) Mom's Night Out and other social events, Sunshine Meals (meals cooked by members and delivered to a mom on a particularly harried day), and mother-child recreational opportunities help support mothers. Dues are \$25 per year but no mom is turned away for financial hardship.

[The Rock MOPS \(Mothers of Preschoolers\)](#)

[Parents Encouraging Parents \(PEP\) Conferences](#) Parents Encouraging Parents (PEP) Conferences are family-centered events designed to offer support, information and education to both parents and professionals who work with children with disabilities across Colorado. PEP conferences are FREE for parents of disabled children under age 21. Check PEP's calendar for the next event.

PARTIES, CHILDREN's:

[Simply Smiles](#) offers great clowns, balloons, and face painting

[Storytime Parties](#) Stories, music, magic, and more!

[Vanourek Entertainment](#) offers magic shows and entertainment for astonishingly little money.



PETS:

Get the Humane Society's FREE, downloadable book, [Pet Meets Baby](#)

[American Humane KIDS: Kids Interacting with Dogs Safely™](#) This dog-bite prevention program teaches 4- to 7-year-olds vital character lessons while helping to reduce dog-bite incidents.

[Denver Dumb Friends League](#) offers low cost spay/neuter and pet behavior classes, as well as adoption services. They can assist people in finding pet-friendly rentals and may be able to offer emergency food aid if you are unable to temporarily care for your pet due to income loss. You can call their **Pet Behavior Helpline** at (303) 751-5772, Ext. 1359. Non-metro residents can call toll free 1-877-738-0217

[Harrison Memorial Animal Hospital](#) is the largest full-service hospital in Colorado that provides veterinary care to those with financial difficulties. Vaccinations, spays and neuters, and microchips are offered to all pet owners without proof of income. Other services include extensive surgeries, illness, intensive care, and hospitalization. These services require proof of income with documentation.

[Maxfund](#) is a no-kill shelter that meets client needs through low-cost vaccinations, spay/neuter surgeries, heartworm tests and preventatives, dental care, and limited diagnostics and treatment for ill pets. Services are offered on a walk-in basis and pets must be spayed or neutered to receive care, or be scheduled to be spayed or neutered.

[Planned Pethood Plus](#) *The Denver clinic offers low-cost vaccination clinics, spay/neutering, wellness visits, and surgical care.*

Pet Abuse can be reported to [Crime Stoppers](#), the **Denver Dumb Friends League** during business hours (303) 923-0022, or the **Colorado Humane Society hotline (800) 249-5121**.

Why report animal abuse? *Even if you aren't an animal lover, please report animal cruelty. It has far-reaching implications for our society. Studies show that people who intentionally harm animals may be more likely to commit violent crimes towards people. So, by taking the time to report what you observe, you'll not only be helping the animals involved, you'll be helping to prevent future crimes and promoting respect for all life.*

PHYSICIAN/PEDIATRICIAN REFERRAL:

ParentSmart Healthline, sponsored by Children's hospital, helps parents find a doctor or specialist in their area. **720-777-0123**.

PREGNANCY/NEW MOTHERS:

*The two most important days of your life were the day you were born and the day you figured out why—
Mark Twain*

MamaTalk is a free support group for new moms. The Douglas County group meets Tuesdays at 10:00 AM. Call Kim 303-749-4732. Sponsored by the Nurse Family Partnership.

[Nurse-Family Partnership](#) partners first-time moms with nurse home visitors. A specially trained nurse will visit you throughout your pregnancy and until your baby turns two years old.

[Tri-County Nurse Partnership](#) offers a home visitation program by nurses. The program monitors the development of infants beginning at 26 weeks gestation and ends at age 2.

[Baby Names World](#) has 56,000 baby names to choose from with information about each.

POISONS:

[Wally Wise Guy](#) teaches younger children about dangerous household substances with games and activities.

PREMIES, PREMATURE BABIES se also NEWBORNS

[Special Kids, Special Care](#) Resources, referrals, and support for parents of premature newborns. Small family support grants to pay for services or equipment not covered by insurance.

[Hand to Hold](#) carefully matches seasoned parents (Helping Hands) with parents of premature newborns in need of support

PRENATAL: see PREGNANCY

SAFETY:

SEE ALSO: EMERGENCY PREPAREDNESS

[Child Safety Classes, Parker Police Department](#) The department offers "[Keeping Kids Safe on the Internet](#)" and other child safety programs.

[Douglas County Sheriff's Department](#) "Friendly Faces Fake Us Out" and other materials teach youngsters about stranger danger in a non-frightening way.

[Safe Kids.org](#) has tips on childhood accident prevention.

[Color Me Safe](#) (CDC) Children can have fun coloring the pictures and reading about the Safe Family in this coloring book. Throughout the book, the Safe Family takes simple steps to prevent injuries.

SEXUALITY:

[GirlsHealth.Gov](#) This excellent site created by the National Institutes of Health has age-appropriate, no nonsense information on sexuality and health. Appealing graphics, quizzes, and more make it kid-friendly.

[Young Men's Health](#) Interestingly, the NIH has not produced a similar site for boys but Boston Children's Hospital has created these pages which covers topics of concern to many boys and young men.

[Planned Parenthood of Parker](#) 720.851.6606 offers healthcare and testing for **both** young men and women. The website has resources for teens as well as an Ask-an-Expert feature. [The Parent's Toolbox](#) covers an array of issues that parents face.

SPECIAL NEEDS:

SEE ALSO: Autism, Diabetes, etc.

[Special Happens](#) is a website of information and resources for parents and educators of special needs children.

SPORTSMANSHIP:

[Colorado High School Activities Association](#) The website has articles, prep scores, game schedules, rules, and more.

[Ally's Playbook](#) As leaders and role models, athletes are in a unique position to advocate for respect and dignity for all people.

STEPFAMILIES:



[Blending A Family](#) in Castle Rock is a Christian resource for "remarried families".

[Drina Nibbe, MAMFT](#) helps parents and kids create clarity and conscious choices in a family culture of securely attached children in resilient families.

SUBSTANCE ABUSE PREVENTION:

[Betty Ford Center's Children's Program](#) This program is for children ages 7-12 whose families have struggled or are struggling with alcohol or substance abuse.

[Douglas County Schools - Student Wellness](#)

[Douglas County Sheriff - Youth Education & Safety in Schools](#)

[Drug Abuse .Gov](#) Peer counselor chat and interactive materials for teens, as well as resources for parents and educators, make this a useful site.

[Institute for Substance Abuse Education](#)

[Health and Learning Resource Center](#) provides free access to professional publications and databases on substance abuse and other topics.

[SpeakNow!](#)

[Virtual Substance Abuse Resource Fair](#)

Wally Bear Hotline for kids has prerecorded anti-drug messages recorded by the Wally Bear cartoon character. **1-800-449-2559**

SUICIDE PREVENTION:

[American Association of Suicidology](#)

[American Foundation for Suicide Prevention](#)

[Colorado Office of Suicide Prevention](#)

[Douglas County Schools - Student Wellness](#)

[Douglas County Sheriff - Youth Education & Safety in Schools](#)

[Douglas County Suicide Prevention Alliance](#)

[Jason Foundation](#)

SUMMER CAMPS/VACATION CAMPS:

[Diabetes Camp](#) *The American Diabetes Association sponsors a week-long Colorado summer camp for diabetic kids ages 8-17. Financial help is available. Visit the website or call 1-800-US-EAGLE.*

[Eureka! Summer Camp \(Girls Inc.\)](#) *4-6 week summer program for girls 12-18 who want to explore an interest in science, math, and technology. The camps are held on college campuses and scholarships are available.*

[Girls' Leadership Institute Summer Camp](#) *Scholarship aid is available.*

[MySummerCamps.com](#) *is a directory of summer camps in Colorado.*

[Parker Fieldhouse Day Camp](#) *offers summer and school vacation camps for kids ages 5-13. 303-805-6315*

[Smart Girl Camp](#) *is an activity-based camp for 6-10 grade girls that empowers them to become confident, capable, self-reliant young women who make healthy choices. Camp scholarships are available.*

[Wilderness Adventure Camps](#) *Wildlife Experience offers half and whole day camps June –August for kids ages 8-12.*

TEENS: See also TEEN section on Parenting Resources page

TEEN DATING VIOLENCE PREVENTION:

1.5 million teens will experience dating abuse this year. Only 33% of teens report such incidents and 81% of parents believe dating violence is not a serious issue or don't know if it is.

[Coaching Boys Into Men](#) *Because of these special relationships, coaches are poised to positively influence how young men think and behave both on, and off, the field. The Coaches Leadership Program equips coaches to talk with their athletes about respect for women and girls and that violence doesn't equal strength.*

[Douglas County Sheriff - Youth Education & Safety in Schools](#)

[Love Is Respect.Org](#) *Does your teen have a safety plan in place in case a date or relationship goes wrong? Love maintains a Teen Dating Violence **Hotline 1-866-331-9474** or **text "loveis" to 77054**. Teens can also chat live online with a peer advocate.*

[That's Not Cool](#) *helps teens prevent online dating intimidation. Excessive texting or calling to keep tabs on a dating partner, online stalking, checking their phone, or demanding passwords to check the person's email is not cool! Posting nude pictures or lies about the so-called "loved one" is definitely not cool!*

TRANSPORTATION:

[Car Seat Inspection Stations](#) for Douglas County. *Many parents believe they have chosen the right safety seat for their child. It ain't necessarily so. Get a free, expert opinion.*

[Castle Rock Taxi Ride Program](#) will help qualifying residents with the cost of taxi rides to doctors' appointments and so forth.

[Douglas County Transit Solutions](#) The free call center will assist residents in finding the best transportation options for their needs. Call **DCTS Rides** at **303-660-7519** or visit the website.

[RTD Million Mile Challenge](#) Residents in the Southeast metro area can sign up for a ride discount code.

Volunteering for Youngsters: SEE: Community Service