

DETOX PROGRAMS

Aspen:

Recovery Resources
(Pitkin County Residents) 970.379.0955

Grand Junction:

Mind Springs Health Detox 970.683.7000

COMMUNITY HEALTH

Mountain Family Health Center 970.945.2840

Family Visitor Program

(Newborns) 970.945.1234

Early Childhood Connections

(Ages 0-3 & Developmental Delays) 970.945.2306

Rocky Mountain Planned Parenthood

(Birth Control, Gynecology, Counseling)

970.945.8631

Garfield Co. Public Health Nurse 970.625.5200

or 970.945.6614

Mountain Valley Developmental Services

(Developmental Delays) 970.945.2306

VA Clinic Glenwood 970.945.1007

Pregnancy Resource Center

Glenwood Springs 970.945.5562

Rifle 970.625.4181

Valley Settlement 970.963.0851

WEIGHT LOSS PROGRAMS

VVH Nutrition Counseling 970.384.7006

Glenwood Medical Associates 970.945.8503

Jenny Craig 800.597.5366

Nutri-System 888.794.2468

Weight Watchers 800.651.6000

DIABETIC EDUCATORS

Grand River Hospital 970.625.6200

Aspen Valley Hospital 970.544.7394

Glenwood Medical Associates 970.945.8503

SUPPORT GROUPS

Pathfinders

(Psychosocial Cancer Support) 970.925.1226

Coffee, Walk & Talk

(Cancer-free survival) 970.384.7582

or nrein@rof.net

Cancer Center Support Groups vvh.org

Diabetes Support Group 970.544.7394

Prostate Cancer Support 970.948.9606

Susan G. Komen Foundation

(Breast Cancer Info & Support) 970.920.0250

Hospice of the Valley 970.930.6008

Grief & Loss

Caregiver Support Group

Grief & Loss Resource

Parent's Grief & Loss

(Contact Marti Duprey) 970.618.3043

SOCIAL SERVICES

Garfield County 970.625.5282

Eagle County Health & Human Services 970.328.8840

Pitkin County Department of Social Services 970.429.2040

Alpine Legal Services 970.945.8858

Social Security Office 800.772.1213

Lift-Up: Rifle 970.625.4888

Thrift Store 970.625.2757

Emergency Food 970.945.2005

New Castle 970.984.2115

Carbondale 970.963.1778

Defiance Thrift Store 970.945.0234

Salvation Army 970.945.6976

Advocate Safehouse Project Crisis Number
(Domestic Violence) 970.945.4439

Catholic Charities and Asistencia Para Latinos 970.384.2060

SHELTERS

Feed My Sheep (Glenwood) 970.928.8340

Aspen Homeless Shelter 970.925.1342

Grand Junction Homeless Shelter 970.256.9424

TRANSPORTATION

The Traveler; Nutrition; Senior Center RSVP 970.945.9117

Valley Taxi 970.945.4111

Colorado Mountain Express 800.525.6363

EMERGENCY NUMBERS

Ambulance, Fire, Police 911

Poison Control Center 800.332.3073



Community Resources and Services



Valley View Hospital
1906 Blake Avenue
Glenwood Springs, CO 81601

970.945.6535 | VVH.ORG

*Photo courtesy Glenwood Springs
Chamber Resort Association*

Your Community Resources and Services

This list of community resources may be helpful as you return home.

The list is not a recommendation or endorsement by Valley View.

Should you have questions about this list, please contact the Case Management Office at 970.384.6780, Monday through Friday, 8 a.m. to 5 p.m.

HOME HEALTH CARE

Services of these agencies include nursing care, physical therapy, home health aids, speech and occupational therapy.

InnovAge Home Care - Aspen	970.947.5201
Bristolcone - Frisco (Summit County)	970.668.5604
Home Care of the Grand Valley	970.945.6455
	Fax 970.945.8098
Home Care of the Valley	970.930.6008
Our Nurses (Private duty: private pay, insurance)	970.927.3097
Visiting Angels Living Assistance	970.328.5526
Sopris Home Care	970.230.9316
First Light Home Care	970.945.9756

HOSPICE

Hospice of the Valley	970.930.6008
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OXYGEN & EQUIPMENT

Oxygen, wheelchairs, beds, and other medical equipment rental/purchase

Adult & Pediatric Specialists, Rifle	970.625.0111
	Fax 970.625.5304
Aerocare (Silt)	970.876.1946
AlpinAire Healthcare	970.453.8423
	Fax 970.453.8417
Lincare	970.945.1450
	Fax 970.945.0309

G&G Medical	970.245.9054
	Fax 970.243.9028

SENIOR SERVICES

Columbine Homemaker	970.948.4102
Philips Lifeline/Medical Alert	800.543.3546
Meals On Wheels	
Glenwood	970.384.6653
Rifle	970.625.1510
Senior and Disabled Housing:	
Golden Eagle - Eagle	970.328.6970
Glenwood Manor I	970.945.9326
Glenwood Manor II	970.945.8322
Rifle Housing Authority	970.625.3974
Sunnyside Retirement Ctr	970.945.9234
Carbondale Housing	
Authority	970.963.9326
Silt Senior Housing	970.625.3589
Valley Senior Housing (Parachute)	970.625.3589

Colorado Mountain College Senior Programs:

The Traveler; Nutrition;	
Senior Center RSVP	970.945.9117
Eagle County Senior Center	970.328.1005
Assisted Living Centers	
Whitcomb Terrace	970.544.1530
Creekside	970.945.5155
Crossroads	970.625.4343
Heritage Park	970.963.3222
Mesa Vista	970.285.1844
Open Gate	970.945.9338
Harmony House	970.928.8262
Castle Peak	970.989.2500

NURSING HOMES

Glenwood Springs Healthcare	970.945.5476
	Fax 970.947.9601
E. Dene Moore Memorial Home (Rifle)	970.625.1514
	Fax 970.625.4482
Heritage Park Care Center (Carbondale)	970.963.1500
	Fax 970.928.3237
(Also has Memory Unit)	970.928.3235
Colorado Veterans Nursing Home (Rifle)	970.625.0842
	Fax 970.625.3706
(Also has Memory Unit)	

Castle Peak	970.989.2500
(Also has Memory Unit)	Fax 612.800.5424

REHABILITATION

Aspen Valley Hospital	970.544.1177
Valley View Hospital (Outpatient)	970.384.7550
Eagle Rehab Services	970.328.1540
New Castle Rehab Services	970.984.9680
Silt Rehab Services	970.876.0900
Roaring Fork Physical Therapy	970.927.9319
Heritage Therapy Services	970.963.5765
Grand River Rehab	970.625.6451
Personal Rehabilitation Center Castle Peak	970.963.6600
	970.989.2500

CARDIAC AND PULMONARY REHABILITATION

Aspen Valley Hospital	970.544.1383
Valley View Hospital	970.384.7555
Vail Valley	970.569.7780

SUBSTANCE ABUSE / MENTAL HEALTH

Glenwood Springs:	
Alcoholics Anonymous	888.333.9649
Alanon/Alateen	800.356.9996
Mind Springs Health	970.945.2583
Youth Recovery Center	970.384.7470
Grand Junction:	
The Women's Recovery	
Center (Women only)	970.245.4213
VA Hospital/Vets Only	970.242.0731
West Springs Hospital	970.263.4918
Eagle:	
Alcoholics Anonymous	888.333.9649
Mind Springs Health	970.328.6969
Rifle:	
Mind Springs Health	970.625.3582
Aspen:	
A Way Out	970.429.8605
Mind Springs Health	970.920.5555
Aspen Hope Center	970.925.5858
Carbondale:	
Aspire (women only)	970.445.0320
Jaywalker Lodge (men only)	970.704.9292