

DETOX PROGRAMS

Recovery Resources (Aspen, Pitkin County Residents)	970.379.0955
Recovery Resources-Summit Detox (Frisco)	970.368.6502
Mind Springs Health Detox (Grand Junction)	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

LIFESTYLE PROGRAMS

VVH Nutrition Counseling	970.384.7159
Nutrition Counseling at Eagle HealthCare Center	970.384.7555
Health4Life Risk Factor Modification	970.384.7555
Lifestyle Medicine	970.876.5700
Jenny Craig	800.597.5366
Nutri-System	888.794.2468
Weight Watchers	800.651.6000
Colorado Quite Line Tobacco Cessation	800.784.8669

DIABETIC EDUCATORS & PROGRAMS

Diabetes Self-Management Education and Support	970.384.7555
Grand River Hospital	970.625.6200
Aspen Valley Hospital	970.544.7394
Internal Medicine at Valley View	970.384.6707

SUPPORT GROUPS

Pathfinders (Psychosocial Cancer Support)	970.925.1226
Coffee, Walk & Talk	970.384.7582

SUPPORT GROUPS CONTINUED

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
Brain Injury Support Eagle County	970.343.0270

LOCAL SOCIAL SERVICES AGENCIES

Garfield County DHS	970.625.5282
Eagle County DHS	970.328.8840
Pitkin County DHS	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)	970.945.2632
Catholic Charities and Asistencia Para Latinos	970.384.2060
Western Slope Veterans Coalition:	
Eagle County	970.328.9674
Garfield County	970.989.0084
Pitkin County	970.429.6115

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	970.404.5181
Colorado Mountain Express	800.525.6363
Elias Transportation	970.989.2477

EMERGENCY NUMBERS

Ambulance, Fire, Police	911
Poison Control Center	800.222.1222

*Additional Western slope resources can be found at:
wc211.org or by calling 211 or 888.217.1215*



Community Resources and Services



VALLEY VIEW

1906 Blake Avenue
Glenwood Springs, CO 81601

970.945.6535 | VVH.ORG

*Photo courtesy Glenwood Springs
Chamber Resort Association*

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.

SENIOR SERVICES

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
Garfield County 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
Chateau at Rifle	970.625.4343
Heritage Park	970.963.1500
Mesa Vista	970.285.1844
Castle Peak	970.989.2500
Renew Roaring Fork (Also has Memory Unit)	970.945.1121
Sopris Lodge	970.230.1468

HOME HEALTH CARE

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

Home Care of the Valley	970.930.6008
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HOME HEALTH CARE CONTINUED

InnovAge Home Care - Aspen	970.947.5201
Visiting Angels Living Assistance	970.328.5526
Bristolcone - Frisco (Summit County)	970.668.5604
	Fax 970.945.8098
Our Nurses (Private duty; private pay, insurance)	970.927.3097
Sopris Home Care	970.230.9316
First Light Home Care	970.945.9756
People Care	970.874.0136
Abode Home Services	970.540.0381

HOSPICE

Hospice of the Valley	970.930.6008
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OXYGEN & EQUIPMENT

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

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

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
www.medicare.gov/nursinghomecompare	

REHABILITATION

Silt Rehab Services	970.876.0900
Roaring Fork Physical Therapy	970.927.9319
Heritage Therapy Services	970.963.5765

Aspen Valley Hospital	970.544.1177
REHABILITATION CONTINUED	
Grand River Rehab	970.625.6451
Personal Rehabilitation Center	970.963.6600
Valley View Hospital (Outpatient)	970.384.7550
Eagle Rehab Services	970.328.1540
New Castle Rehab Services	970.984.9680
Castle Peak	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

Alcoholics Anonymous	888.333.9649
Mind Springs Health Crisis Line	877.886.8192
Suicide Prevention Hotline	844.493.8255
TEXT CO for Colorado specific at 741741	
Glenwood Springs:	
Alanon/Alateen	800.356.9996
Mind Springs Health	970.945.2583
Mountain Family Health Center	970.945.2840
Youth Recovery Center	970.384.7470
The Hope Center	970.925.5858
River Bridge Regional Center	970.945.5195
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
Circle Program	970.245.4213
Eagle:	
The Hope Center	970.306.4673
Mind Springs Health	970.328.6969
Rifle:	
Mind Springs Health	970.625.3582
Mountain Family Health Center	970.945.2840
Aspen:	
A Way Out	970.429.8605
Mind Springs Health	970.920.5555
The Hope Center	970.925.5858
Aspen Strong	aspenstrong.org
Carbondale:	
Aspire (women only)	970.445.0320
Jaywalker Lodge (men only)	970.704.9292