



Resources for Pregnant Women Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Testing and Education

Planned Parenthood

1-800-230-7526

Chat online or text "PPNOW" to 774636 (PPINFO) to get information

<https://www.plannedparenthood.org/>

- Offers free pregnancy testing, free STD testing, birth control, morning-after pill, specially trained staff who can explain all the options of an unplanned pregnancy; abortion referral or services; check website or call to learn about particular services at a location.
- All appointments are confidential.

Arvada Office: 7735. Wadsworth Blvd., Arvada, CO 80003, 303-425-6624

Hours: Mon 9:00am-7:00pm, Wed 9:00am-5:00pm, Thur 11:00am-7:00pm, Sat 9:00am-2:00pm

Lakewood Office: 1400 S. Wadsworth Blvd., Lakewood, CO 80232, 303-988-3821

Hours: Tue 10:00am-5:00pm, Wed 11:00am-7:00pm, Thur-Fri 10:00am-5:00pm, Sat 10:00am-3:00pm

Littleton Office: 131 W County Line Rd, Littleton, CO 80129, 303-798-0963

Hours: Mon 9:00am-5:00pm, Tue 10:00am-5:00pm, Wed 9:00am-5:00pm, Fri 9:00am-5:00pm

Denver Central Office: 921 E. 14th Ave., Denver, CO 80218, 303-832-5069

Hours: Mon 9:00am-6:00pm, Tue 10:00am-5:00pm, Wed-Fri 9:00am-5:00pm, Sat 10:00am-3:00pm

Jefferson County Public Health

303-239-7078

<https://www.jeffco.us/3583/Pregnancy-Tests>

Lakewood: 645 Parfet St 80215

Arvada: 5150 Allison St 80002

Wheat Ridge: 7495 W 29th Ave 80033

- You can get a pregnancy test at Jefferson County Public Health Family Planning Clinic. If your test is positive, nurses can provide information and resources, including referrals to prenatal care.
- If your test is negative and you want to avoid pregnancy, nurses can help you get started on a method of birth control during the appointment if desired.
- Nurses can also provide you with helpful information about how to apply for Medicaid at the clinic, WIC services, free nurse home visitor programs through the county and tips on having a healthy pregnancy.

Alternatives for Pregnancy Center

24 Hour Helpline: 303-295-2288

<https://youhavealternatives.org/>

The following is an extensive list of pregnancy resources that is grouped into the following categories:

- [Testing and Education](#) – page 1-2
- [Comprehensive Support](#) – page 2-4
- [Food Resources](#) – page 4
- [Medical Resources](#) – page 4
- [Parenting Support](#) – page 4-5
- [Miscellaneous Resources](#) – page 5

Please contact Navigation for additional resources as needed.

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

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- Free pregnancy testing, free ultrasound, 24-hour helpline for immediate support, pregnancy options counseling, medical referrals to local clinics, Medicaid providers and obstetrician-gynecologists, Fatherhood Mentoring Program, adoption referrals to licensed agencies, post-abortion counseling - does not provide abortion referrals.
- Pre and post-natal support through mentoring and education.
- Mother can receive baby supplies, baby furniture, emergency diapers, and additional resources.
- Provide connections to resources in the community.
- Some financial help is available.

Lakewood Office: 441 Wadsworth, Ste. 225, Lakewood, CO 80226. 303-969-9369

Hours: Tue, Wed, and Friday 10:00 a.m. – 4:00 p.m., Thur 1:00 p.m. – 6:00 p.m.

Central Office, Denver: 1440 Blake St., Suite 200, Denver 80202. 303-298-8815

Hours: Monday-Friday 10:00am – 4:00pm

South Metro Office: 2 W. Dry Creek Circle, Suite 180, Littleton 80120. 303-795-1331

Hours: Tues, Thur, Fri 10:00am – 4:00pm

Parker Office: 19020 E. Plaza Dr., Suite 255, Parker 80134. 720-851-2040

Hours: Tuesday, Wednesday 10:00am – 4:00pm

Aurora Office: 14221 E. 4th Ave. Suite 220, Aurora, 80011. 303-344-8212

Hours: Monday-Thursday 10:00am – 4:00pm, Tues 4:00pm - 6:00pm by appt

Comprehensive Support

Women, Infants, and Children (WIC)

303-239-7143

<https://www.coloradowic.gov/>

cdphe_askwic@state.co.us

- WIC gives you resources, knowledge and tools to help you and support your family. It's free for moms, dads, grandparents, foster parents and all Colorado families who qualify. Whether you're pregnant, already a mom or raising a child younger than 5, you can get the right personalized support for you and your family.
- WIC's goal is to help keep pregnant and breastfeeding women and children younger than age 5 healthy. WIC offers you the following benefits:
 - Free, healthy food
 - Breastfeeding support
 - Nutrition education
 - Referrals to other services such as:
 - Low-cost immunizations
 - Low-cost medical and dental care
 - Low-cost child care
 - Low-cost housing
 - Substance abuse counseling
 - Domestic abuse counseling
 - Social services

Find Your Local WIC Clinic: <https://www.coloradowic.gov/find-wic-clinic>

Jefferson County WIC Clinic

(303) 239-7143

645 Parfet Street, Lakewood CO 80215

Hours vary – please call

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Arvada WIC Clinic

(303) 271-5780

5150 Allison Street, Arvada CO 80002

Hours vary – please call

Littleton WIC Clinic

(303) 271-5780

11139 Bradford Road, Littleton CO 80127

Hours: Monday, Wednesday 8 a.m. - 6 p.m.

Tuesday, Friday 7:30 a.m. - 3:30 p.m.

Thursday, 8 a.m. - 5 p.m.

Wheat Ridge WIC Clinic

(303) 271-5780

7495 West 29th Avenue, Wheat Ridge CO 80033

Monday, Wednesday 8 a.m. - 6 p.m.

Tuesday, Friday 7:30 a.m. - 3:30 p.m.

Thursday, 8 a.m. - 5 p.m.

Conifer WIC Clinic (The Mountain Resource Center)

(303) 816-5974

11030 Kitty Drive, Conifer CO 80421

Hours vary – please call

Prenatal Plus

303-232-6301

<https://www.colorado.gov/pacific/hcpf/prenatal-plus>

Jefferson County Public Health, 645 Parfet St. Lakewood, CO 80226

- Benefits of Prenatal Plus include a team that includes a case manager, dietitian and a mental health provider who all work together to help make sure you have a healthy pregnancy. Your team will make sure that you are getting regular prenatal care. Your team will also help you get other services like food assistance, housing assistance, and help with continuing your education or finding a job.
- NO COST nurse home visitation programs that help first time pregnant women have healthy pregnancies and babies and move towards self-sufficiency.
- Must fill out External Agency Referral Form and meet income requirements and live in the service area.
- **Prenatal Plus Family Helpline:** 303-692-2229, 1-800-688-7777
 - Provide automated referrals and information, including: how to apply for Medicaid, WIC, prenatal assistance, immunization, etc.

Nurse Family Partnership

303-239-7074, 1-866-864-5226

<https://www.nursefamilypartnership.org/>

Email Gloria Hill: newmoms@nursefamilypartnership.org

1900 Grant St., 4th Floor, Denver, CO 80203

- Free program for women expecting their first child and on a limited income.
- Support offered includes home visits by nurses, one on one support, parenting information and information on resources.

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- Services last during pregnancy and after for up to 2 years.
- **Family Planning:** 303-238-7078
 - Help plan family's future with access to birth control, pregnancy testing, emergency contraceptive pill, and more.
- **Nutrition Services:** 303-239-7143
 - Nutrition education and counseling
 - Breast feeding classes and resources
 - WIC program
 - Nutrition services for children with special needs.

Food Resources

Hunger Free Colorado

Food Resource Hotline: 855-855-4626

<https://www.hungerfreecolorado.org/food-resource-hotline/>

- The statewide Food Resource Hotline is a bilingual toll-free number that connects Coloradans to needed food and nutrition resources. It is a free "one-stop" resource that offers geographically-based referrals to both public and private food assistance programs across the state.
- Call center is open Monday - Friday from 8:00AM-4:30PM. Messages left after-hours or on a weekend will be returned the next business day.

Medical Resources

Medicaid (Health First Colorado)

1-800-221-3943

<https://www.colorado.gov/pacific/hcpf/colorado-medicaid>

- Health First Colorado (Colorado's Medicaid Program) is public health insurance for Coloradans who qualify.
- If you qualify for Health First Colorado, some of the benefits you can receive include: behavioral health, dental services, emergency care, family planning services, hospitalization, laboratory services, maternity care, newborn care, outpatient care, prescription drugs, preventive and wellness services, primary care, and rehabilitative services.

CHP+

1-800-221-3943

<https://www.colorado.gov/pacific/hcpf/child-health-plan-plus>

- Child Health Plan Plus (CHP+) is public low-cost health insurance for children and pregnant women. It is for people who earn too much to qualify for Colorado's Medicaid Program, but not enough to pay for private health insurance.

Parenting Support

Jefferson County Public Health Nursing / Human Services Collaboration Program

303-275-7582

- Services for families that are currently working with or have previously worked with Jefferson County Human Services Division of Children, Youth, and Families.
- Voluntary program to have home nurse visits to receive help in reaching personal/family goals.

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- Nurses help families to use tools to work on stress management, parenting challenges, critical thinking, and communication.

Jefferson County Responsible Fatherhood Program

303-271-4284

<https://www.jeffco.us/2693/Fatherhood>

- The purpose of the Responsible Fatherhood Program is to provide education and coaching for mothers and fathers who want to support the best interest of their children.
- Through our classes and services, we provide peer-based engagement, motivation, and on-going support for the parents in our community.
- All services are free.

SafeCare Parent Support – Savio House

303-225-4100

<https://www.saviohouse.org/>

325 King St. Denver, CO 80219

- Free evidence based in-home parenting program available to residents of Jefferson Denver, Adams and Arapahoe Counties.
- The program is 16-19 weeks long for about 60-90 minutes a week.
- Parents receive instruction in home safety, child health, and parent child interaction.
- Families are eligible if there is a child age 0-5 years in the home.
- Contact Stacey at 303-225-4186 or SShropshire@saviohouse.org to sign up for this free program

Miscellaneous Resources

Centering Pregnancy/Parenting

<https://www.centeringhealthcare.org/what-we-do/centering-pregnancy>

- Complimentary pre/post-natal support resource.

Doulas of North America

<https://www.dona.org/>

- Find a local doula and resources for parents about natural or non-hospitalized childbirth.

International Childbirth Association (ICEA)

<http://icea.org/>

- Find local certified classes and childbirth education resources.

Text4Baby

<https://www.text4baby.org/>

- Text4baby provides pregnant women and new moms with information to help them care for their health. Women who sign up for the service by texting BABY to 511411 (or BEBE in Spanish) will receive free SMS text messages each week, timed to their due date or baby's date of birth.

Smoking Cessation

<https://www.smokefree.gov/>

- The National Quitline will help you quit smoking. Call (800) 784-8669 (800-QUIT-NOW) for free help.