



Spanish Speaking Services Navigation Services



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

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

Education/Support Services:

Jeffco Public Schools

Adult ESL

303-982-7484 (English) | 303-982-5221 (Spanish)

https://www.jeffcopublicschools.org/programs/adult_education/adult_esl

- Sessions are 15-16 weeks in length
- Offered at four locations in Lakewood, Arvada, Wheat Ridge and Edgewater.

Jeffco HIPPY (Home Instruction for Parents of Preschool Youngsters)

303-982-8011

https://www.jeffcopublicschools.org/academics/early_learning/HIPPY

- Free program for families with 2, 3, or 4 year old children. Home visitation program available in English and **Spanish** that will help parents prepare their children for success in school. Offers role play, free school supplies, free books, field trips, parenting, and curriculum packets.

The Learning Source

303-922-4683

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

- Offers ESL and GED courses through the Metro area as well as online.

Adams County School District 14 – Adult Learning Center

303-289-4396

5291 E. 60th Ave. (Commerce City)

www.adams14.org (click on *Departments>Adult Education*)

- Offers English as a Second Language Levels 1-6
- Email: adulted@adams14.org

Arvada United Methodist Church

Contact Beth Angela at 719-440-6037 or email arvadaeslprogram@gmail.com

6750 Carr Street, Arvada, CO 80004

<https://arvadaumc.org/english-as-a-second-language>

- Provides weekly tutoring to help with learning English as a Second Language and studying for the United State citizenship test.
- Contact Beth Angel to find out about next semester dates.
- There is a \$25 book fee to enroll.

The following is a list of resources that are offered to those who speak Spanish. *This list is also available in Spanish (español).*

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Many resources offered provide services to undocumented citizens but not all. It is possible to apply for Human Services benefits as long as there is a documented citizen in the family. Please call Navigation for more assistance in applying for benefits.

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Centro San Juan Diego/Bienestar Family Services

303-295-9470

2830 Lawrence St. Denver, CO 80205

www.centrosanjuandiego.org

- This program provides the following services:
 - Adult Education Services
 - GED preparation, ESL classes, computer skills training, and a citizenship class.
 - Counseling and Family Support Services
 - Individualized case management, and referrals to community partners.
 - Life Skills Education and Training
 - Legal clinic and citizenship workshops.

Mi Casa Women's Resource Center:

303-539-5600

360 Acoma St. Denver, CO

www.micasadenver.org

- This program offers business classes, ESL classes, and career development classes for men and women including, job search resources and resume help. Business classes have a fee but a sliding scale is available.
- Spanish Family Law Legal Clinic
 - *Date:* Every 2nd Tuesday of the month
 - *Location:* Mi Casa Resource Center Community Room 360 Acoma St
 - *Time:* 5:30pm-7:00pm
 - *Must be an appointment.*
 - *Description:* This free monthly clinic offers an opportunity to meet 1 on 1 with a volunteer attorney in the following areas:
 - Family Law
 - Immigration
 - Employment
 - Criminal Cases
 - Housing/Tenant Issues
 - Credit/Bankruptcy

El Centro Humanitario

303-292-4115

2260 California St. Denver, CO 80205

www.centrohumanitario.org

- This organization asks for a membership fee of \$20/yr. Person can make small payments if person cannot afford to pay membership in full.
- This program provides the following services:
 - Employment program – For individuals seeking daily jobs. Trainings, workshops and one-on-one support are offered through El Centro.
 - Legal program – Legal advice particularly regarding employment issues such as unpaid wages, and workers' rights.
 - Women's program – 8 week job readiness program
 - Financial Education program – Financial services

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Denver Public Library – New Americans Program

720-865-2362

<https://www.denverlibrary.org/services-immigrants>

- ESL and citizenship classes

Focus Points Family Resource Center – ESL Program

303-292-0770

2501 E. 48th Ave., Denver 80216

www.focuspoints.org (click on “Adult Education”, choose “ESL”)

- Classes held in several locations around Denver metro area

Spring Institute

(303) 835-1128

<https://springinstitute.org/adult-education/>

- Collaborates with other community providers in the metro area to provide ESL and GED preparation courses.
- Calendar of events available on website.

Physical/Mental Health Services

Centro Dones – Jefferson Center for Mental Health

303-425-0300

<https://www.jcmh.org/centro-dones-de-nuestra-comunidad/>

- Offers bilingual individual and family therapy.

STRIDE Community Health Center (formerly MCPN)

303-360-6276

www.stridehc.org

- Clinics all over Jefferson County including Jefferson Center Health Homes and the Kids and Teen clinics at Stein Elementary and Jefferson High School.
- STRIDE serves patients with Medicaid, Medicare, CHP+ and sliding scale
- Spanish speaking services available.
- Contact Navigation to be referred to a health home located at Jefferson Center.

Clinica Tepeyac

303-458-5302

5075 Lincoln Street, Denver, CO 80216

www.clinicatepeyac.org

- Hours are Monday through Friday 8:00 am – 5:00 pm and Saturday 8:00 am – 12:00 pm
- Clinic serves working families throughout the Metro Denver Area
- Serves patients regardless of their ability to pay. Most office visits are available on a reduced fee ranging from \$25 to \$40 a visit. Additional information on reduced fee services on the website.

Sheridan Health Services

303-315-6150

Family Clinic: 3525 W Oxford Ave, Unit G1, Denver, CO 80236

jcmh.org | 303-425-0300

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Youth Clinic: 4107B S Federal Blvd, Englewood, CO 80110
<https://nursing.cuanschutz.edu/patient-care/sheridan-health-services>

- Family Clinic:
 - Offers adult primary care, behavioral health, case management, dental care, maternity care, pediatric primary care, and pharmacy services
 - Hours: Monday, Tuesday, Thursday, and Friday 8:00 am to 5:00 pm, Wednesday 10:00 am to 6:00 pm
- Youth Clinic:
 - Child and teen primary care, behavioral health, dental hygiene care
 - Hours: Monday and Wednesday 10:00 am to 6:00 pm, Tuesday, Thursday and Friday 8:00 am to 5:00 pm
- Reduced fee services available, call 303-315-6162 or 303-315-6151 to inquire about the discount program.

Clinica Family Health Services

303-650-4460

Locations in Adams and Boulder/Broomfield counties

www.clinica.org

- Provide services on a sliding scale to residents of Western Adams, Broomfield, Southern Boulder counties.

Servicios de la Raza

303-458-5851

4055 Tejon St. Denver, CO 80211

www.serviciosdelaraza.org

- This program offers bilingual services on a sliding scale including the following:
 - Mental Health
 - Provides a range of mental health services including outpatient psychiatric services.
 - Does not offer intensive in-home family therapy.
 - VISTAS (Victims in Safe Transition and Self-Sufficiency)
 - Domestic violence services including counseling, support groups and a 24hour crisis line: 303-953-5930
 - Juntos: Basic Emergency Services
 - Walk in and crisis situations. Call for an appointment.
 - Includes a food and clothing bank as well as daily bread distribution.
 - La Gente
 - Provides intensive case management for individuals and families living with HIV/AIDS.
 - No appointment necessary but it is recommended.
 - YES (Youth Experiencing Success)
 - Assists low income and at risk students age 16 – 21 with education and job readiness skills. This includes GED classes.
 - Call for assistance.
 - Entra
 - Serves to educate and provide access to public benefit programs like Medicaid, CHP+, Medicare, Colorado State Programs and Private Insurance for potential recipients and participants.

Mental Health America: En Español

www.mentalhealthamerica.net/go/en-espanol

- Offers factsheets in Spanish on various mental health topics

jcmh.org | 303-425-0300

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Catholic Charities

303-742-0823

www.ccdenver.org

- Provides bilingual individual, couple and family counseling consistent with Catholic doctrine and the moral teaching of the Church.
- Bilingual in-home family therapy available: 303-742-0823, ext. 2099
- Locations in Denver, Lakewood, Broomfield, Thornton, Boulder, and Longmont.
- Sliding scale fee based on income.

Wings Foundation

303-238-8660

Many locations throughout Colorado

www.wingsfound.org

- Provide Spanish speaking support groups on a sliding scale to women who were victims of sexual abuse and/or incest as a child.
- To access services call number listed above, you will be routed to a group facilitator, and then you will complete a 15-20 minute phone intake. Group location and time will be provided after phone intake.

SAMHSA: Substance Abuse Information & Referrals

1-866-662-4357

www.samhsa.gov/espanol/

- Can search for treatment and substance abuse information in Spanish.
- Suicide prevention hotline: 1-888-628-9454

National Institute of Mental Health: En Español www.nimh.nih.gov/health/publications/espanol/spanish-listing.shtml

- Offers brochures in Spanish on various mental health topics

Denver Health – Community Health Services

303-436-6000, 303-436-4949 (Appt Center)

777 Bannock Street, Denver, CO 80204

www.denverhealth.org

- Offers a Denver Health Financial Assistance (DFAP) program to help pay for health services provided by Denver Health providers.
- DFAP is a discount program that helps lower the cost of health care.
 - Information on fees: <https://www.denverhealth.org/patients-visitors/billing-insurance/financial-assistance/denver-health-financial-assistance-program>

Dental care services are also available to Denver County residents participating in this program.

El Cento de las Familias – Mental Health Center of Denver

303-504-7900 (Intake) | 303-504-1900

1405 N Federal Blvd, Denver, CO 80204 (Temporary location)

360 N Hooker St, Denver, CO 80219 (Future location)

<https://mhcd.org/el-centro-de-las-familias-english/>

- Provides bilingual mental health services including individual, family, group therapies and psychiatry services.
- Services available to individuals 5+

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Spanish Clinic

303-934-3040

4200 Morrison Rd, Unit 8, Denver, CO 80219

<https://spanish-clinic.com/>

- Provides services primarily in the Spanish language for substance use, mental health, and domestic violence treatment.

Immigration Assistance

Catholic Charities

303-742-0828

4045 Pecos St., CO 80211

<http://ccdenvver.org/>

- Services include consultations (\$35), translations, and assistance with filling out visas and other documents. Please call for Attorney fees for filing paperwork.

Rights for all People

303-893-3500 x100

1085 Peoria St Aurora, CO 80010

www.rap-dpt.org

- This is a referral network to a variety of providers serving immigrants.

Lutheran Family Services

303-980-5400

1600 Downing St. Ste. 600 Denver, CO 80218

www.lfsco.org

- This agency provides immigration legal services including assistance with visa status and naturalization. Call for fees.

Mi Casa Women's Resource Center:

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 - Criminal Cases
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Immigrant Resources Center

303-795-3968

6014 S Datura St, Littleton, CO

<https://www.littletongov.org/city-services/immigrant-resources-center>

- Provides a variety of services including ESL classes, a citizenship program to help individuals seeking to obtain U.S. citizenship, and more
- Has an immigration attorney on staff to help with questions.

Colorado Immigrant Rights Coalition

303-922-3344 | Citizenship hotline: 970-430-6729

2525 W Alameda Ave, Denver, CO (Justice for All Center)

<http://coloradoimmigrant.org/>

- Provides citizenship and naturalization services
- Also provides assistance with DACA paperwork.

Safehouse Progressive Alliance for Nonviolence (SPAN)

303-444-2424

<https://www.safehousealliance.org/resources/>

- Provides long and short term legal assistance for domestic violence survivors including civil, criminal, and immigration issues.

Denver Public Library- New Americans Project

720-865-2362

- For locations and times:
<https://www.denverlibrary.org/sites/dplorg/files/2019/10/plaza%20flyer%202018.pdf>

Rocky Mountain Immigrant Advocacy Network

303-433-2812 | Hotline for detained individuals and family members: 303-866-9308

7301 Federal Blvd, Suite 300, Westminster, CO 80030

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

- Provides free immigration legal services to immigrant children and to adults in immigration detention.

Colorado African Organization

303-722-4500

925 S Niagara St, Suite 200, Denver, CO

<http://www.caoden.org/#mission>

- Acts as a refugee resettlement agency that assist people with refugee status or other eligible statuses such as asylum, victims of trafficking, Iraqi or Afghan Special Immigrant (SIV), or Cuban or Haitian entrants/parolee.
- Services include case management, health screenings, citizenship assistance, housing, income and family supportive programs.

American Immigration Lawyers Association – Immigration Lawyer Referral

202-507-7600

<http://www.aialawyer.com/>

- Provides a list of immigration lawyers in the area who can help with immigration related questions and provide legal representation as needed.

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The Center for Trauma and Resilience – Mi Gente VAWA Legal Solutions

24 hour hotline: 303-894-8000 | Español: 303-718-8289

<http://traumahealth.org/programs/mi-gente-vawa-legal-solutions/>

- Provides legal assistance to immigrant spouses, children, and in some cases, parents who have suffered abuse and/or extreme mental cruelty from a United States Citizen or Lawful Permanent Resident.
- Provides legal assistance to immigrants in Denver judicial districts 2,17, and 18.

Rent/Utility Assistance

Jefferson Center for Mental Health

303.432.5130

Locations in Lakewood and Wheat Ridge

- Emergency assistance for utilities when funds are available.
- Walk ins (subject to availability) and appointments available
 - Spanish available
 - Must bring a picture ID, proof of past due utility bill, and proof of income.

Catholic Charities

303-742-0828

Appointment location: 4045 Pecos St., Denver, 80211

www.ccdenver.org

- Emergency assistance for rent and utilities when funds are available.
- Must schedule appointment, Call for appointments M-F, 8am – 8:45am;
 - Spanish available
 - No walk-ins
 - Must bring a picture ID and proof of current address.

Metro Caring

720-515-9888

1100 E. 18th Ave., P.O. Box 300459 Denver, 80203 – no residency requirements

<http://www.metrocaring.org/>

- Utility Assistance. Must have applied for LEAP and received a response.
 - Bill must be past due, and you must have made a payment for at least 10% of the amount due in the past 90 days.
- You must schedule an appointment for utility assistance by phone. Please call in on Tuesday at 4pm, leave your name, phone number and utility account number.

LEAP – Low Income Energy Assistance Program

- Assists with winter heating costs and weatherization from Nov 1 – April 30th.
- Provides once-a-year assistance (varies by location). Does not pay entire cost of heating.
- Applications available through the JCMH Navigation office.
- If you have a *disconnect notice*, contact Discover Goodwill LEAP Call Center at 1-888-775-5327 to request an expedited case.

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Translation and Interpretation Services

Translation & Interpreting Center (Denver Center for Crime Victims)

303-996-0976 (English), 303-996-0975 (Español)

www.ticenterdenver.com

- All services are confidential and provided at no cost for the victim and at a discounted fee for anyone else. Over 40 languages and dialects
- Interpreting and Translating Services – Education, Legal, Medical, Counseling, interviews and business negotiations