

Resources for Connecting with the Community

Addressing more than just medical problems can lead to a happier, healthier life. You shared with us that you have needs that are typically not addressed in the medical setting. We want to help. Listed below are resources that may help you with those needs. If you don't see a resource that is right for you or would like to talk about additional needs please contact Western Colorado 2-1-1 (by dialing 211), a free and confidential resource and referral center.

Aspen City of Wellbeing - Mental Health and Wellbeing

Phone: 970-618-5836

Web: <http://www.aspen-city-of-wellbeing.org>

Address: 500 West Francis Street Aspen, CO 81612

Languages: English and Spanish

Available Hours: Monday – Friday (8am to 6pm)

Types of Fees: Yes, call for more information

Eligibility: Open to all

Intake Process: Call or go online for information on local events and to sign up for various featured programs

Services: Aspen City of Wellbeing supports local employers, non-profits, schools and other organizations by consulting, assessing, designing and implementing wellbeing programs that create a measurable improvement for the participants

Aspen Recreation Center

Phone: 970-544-4100

Web: <https://www.aspenrecreation.com/>

Address: 0861 Maroon Creek Rd, Aspen, CO 81611

Languages: English and Spanish

Available Hours: Monday – Friday (6am-9pm), Saturday (9am-8pm) & Sunday (11am- 6pm)

Types of Fees: Yes, call for details

Eligibility: For all ages

Intake Process: Call, walk in or fill out online form by agencies website.

Services: Sports and activities, recreation center, ice center, parks, trails and open spaces

Pitkin County Senior Services – Senior Center - Fitness & Wellness - Aspen

Phone: 970-920-5432

Web: <https://www.pitkinseniors.com/>

Address: 0275 Castle Creek Rd. Aspen, CO 81611

Languages: English and Spanish

Available Hours: Monday – Friday (8:30am to 4:30pm)

Types of Fees: Yes, call for details

Intake Process: Call, walk in or fill out online form

Services: Fitness & wellness, lunch, transportation and many events.



Aspen Library

Phone: 970-429-1900

Web: <https://pitcolib.org>

Address: 120 N Mill St, Aspen, CO 81611

Languages: English and Spanish

Available Hours: Monday – Thursday (9am to 8pm), Friday - Saturday (9am to 6pm) and Sunday (12pm to 6pm)

Types of Fees: Call for details

Eligibility: For all ages

Basalt Library

Phone: 970-927-4311

Web: <https://www.basaltlibrary.org>

Address: 14 Midland Ave, Basalt, CO 81621

Languages: English and Spanish

Available Hours: Monday – Thursday (10am to 7pm), Friday - Saturday (10am to 5pm) and Sunday (12pm to 5pm)

Types of Fees: Call for details

Eligibility: For all ages

Carbondale Parks & Recreation Center

Phone: 970-510-1292

Web: <https://www.basaltlibrary.org>

Address: 567 Colorado Ave, Carbondale, CO 81623

Languages: English

Available Hours: Monday – Friday (6am to 9pm), Saturday (8am to 5pm) and Sunday (10pm to 5pm) Hours vary in summer and winter

Types of Fees: Call for details

Eligibility: For all ages

Carbondale Library

Phone: 970-963-2889

Web: <https://www.gcpld.org/about-us/branches/carbondale-branch-library>

Address: 320 Sopris Ave, Carbondale, CO 81623

Languages: English and Spanish

Available Hours: Monday, Tuesday and Thursday (11am to 6pm), Wednesday (11am to 7pm) and Saturday (1pm to 5pm)

Types of Fees: Call for details

Eligibility: For all ages

Glenwood Springs Parks & Recreation**Phone:** 970-384-6301**Web:** <http://www.glenwoodrec.com/>**Address:** 100 Wulfsohn Rd, Glenwood Springs, CO 81601**Languages:** English and Spanish**Available Hours:** Monday - Friday (6am to 9pm), Saturday (9am to 5pm) and Sunday (11am to 5pm).**Types of Fees:** Call for details**Eligibility:** For all ages**Intake Process:** Call, walk in or fill out online form.**Glenwood Springs Library****Phone:** 970-945-5958**Web:** <https://www.gcpld.org/about-us/branches/glenwood-springs-branch-library>**Address:** 815 Cooper Ave, Glenwood Springs, CO 81601.**Languages:** English and Spanish**Available Hours:** Monday, Tuesday and Thursday (11am to 6pm), Wednesday (11am to 7pm) and Saturday (1pm to 5pm)**Types of Fees:** Call for details**Eligibility:** For all ages**Intake Process:** Call, walk in or fill out online form

Here are other ideas that you may want to consider:

- Opportunities to volunteer
- Faith communities
- Talking with friends and/or family members that you trust
- Participating in community events

Need other ideas, please feel free to call Western Colorado 211 (just dial 211 and we will help). For those who might need other supports following are mental health and wellbeing resources.

Mind Springs Health - Mental Health Services**Phone:** -920-5555 (Aspen), 970-945-2583 (Glenwood Springs)/ 888-207- 4004 (Crisis Line)**Web:** <http://www.mindspringshealth.org>**Address:** 0405 Castle Creek Road, Suite 207 Aspen, CO 81611
6916 Highway 82 Glenwood Springs, CO 81601**Languages:** English and Spanish**Available Hours:** Administration: Monday – Friday (8am to 5pm)**Types of Fees:** Yes, call for more information**Eligibility:** Open to all ages**Intake Process:** Call or go online for information.**Services:** Full Spectrum of Mental Health, counseling for seniors.

Alpine Springs Counseling Center**Phone:** 888-215-8940 / 970-945-7858**Web:** <http://www.alpinespringscounseling.com/>**Address:** 319 14th St, Glenwood Springs, CO 81601**Languages:** English and Spanish**Available Hours:** Monday-Friday (9am to 12pm/ 2pm to 8pm), Saturday and Sunday (9am to 12 pm)**Eligibility:** Open to all, and accepts court ordered treatment clients.**Services:** Counseling for domestic violence.**Compass Counseling & Evaluation - Mental Health Services****Phone:** 970-945-9841**Web:** <http://www.compasscounselingevaluation.com>**Address:** 1517 Blake Ave #203 Glenwood Springs, CO 81601**Languages:** English**Available Hours:** Administration: Monday – Friday (8am to 5pm)**Types of Fees:** Yes, call for more information**Eligibility:** Open to all**Intake Process:** Intake forms available in the website.**Services:** Mental Health Counseling Services Offered.**Therapeutic Riding - Wind walkers Equine Assisted Therapy and Learning Center****Phone:** 970-963-2909**Web:** <http://www.windwalkerstrc.org>**Address:** 1030 County Road 102 Carbondale, CO 81623**Languages:** English**Available Hours:** Administration: Monday – Friday (8am to 5pm)**Types of Fees:** Yes, call for current fees**Eligibility:** Children and adults living with a disability and their families**Intake Process:** completed registration form.**Services:** Horse activities positively address a wide variety of conditions: physical, emotional, behavioral, social and educational.

Treatment Services, Pitkin County -Mind Springs Health

YouthZone - Youth and Family Mentoring and Counseling

Phone: 970-920-5702 (Aspen), 970-945-9300 (Glenwood Springs)

Web: <http://www.youthzone.com>

Address: 506 E Main St #203, Aspen, CO 81611

803 School Street Glenwood Springs, CO 81601

Languages: English and Spanish

Available Hours: Administration: Monday – Thursday (8:30am to 6pm)

Types of Fees: Yes, call for details

Eligibility: For youth ages 6 - 18 and their families

Intake Process: Call, walk in or fill out online form by agencies website to schedule an appointment.

Services: Counseling Youth to be responsible member of society.

Aspen Hope Center

24 Hour Hope line: 970-925-5858

Web: <https://www.aspenhopecenter.org/>

Address: 1460 E Valley Rd, Basalt, CO 81621

Languages: English and Spanish

Available Hours: Administration: Monday – Friday (8am to 5pm)

Types of Fees: Yes, call for details

Eligibility: For all ages

Intake Process: Call, walk in or fill out online form by agencies website to schedule an appointment.

Services: Individual counseling, crisis intervention & individual outpatient program, information & referral and community collaboration

Aspen Strong

Email: info@aspenstrong.org

Web: <http://aspenstrong.org>

Address: 135 W Main St I, Aspen, CO 81611

Languages: English and Spanish

Available Hours: Access to online resources is available 24/7. Administration support Monday to Friday (8am to 5pm)

Types of Fees: Utilization of resources online is free of charge.

Eligibility: For all ages

Intake Process: N/A

Services: Promoting mental hygiene and connecting the mental health resources. Aspen Strong does not provide direct counseling services, but works to connect individuals and organizations to the mental health service available in the Roaring Fork Valle

