COMMUNITY WELLBEING RESOURCES

SENIORS

Seniors Blue Book

CO Public Radio Aging Matters

CO Gerontological Society

AARP Colorado

Silver Sneakers

Highlands Ranch Senior Center

Weekly Senior Chat Lone Tree Library

Well Connected Social Call for Seniors

A Little Help

ARAPAHOE COUNTY

Community Resources

Library

DOUGLAS COUNTY

Resource Guide

Library

Subsidized Housing

JEFFERSON COUNTY

Resource Guide

Library

OTHER

South Suburban Recreation District

Wellness Winnie

Non-clinical Eating Disorder Resource in CO

Postpartum Support International

CO Mental Health Line

CO Mental Health, Drugs, or Alcohol

AllHealth Network Crisis Services in Littleton (24/7 Walk-in)

Suicide Prevention Lifeline

The Trevor Project

BOOK

Poetry Of Presence: An Anthology Of Mindfulness Poems by Phyllis Cole-Dai

COMMUNITY CARE HELD AT ST. ANDREW

A variety of support and recovery groups meet weekly/daily

ONGOING WELLBEING OPPORTUNITIES

Wellbeing at St. Andrew

St. Andrew