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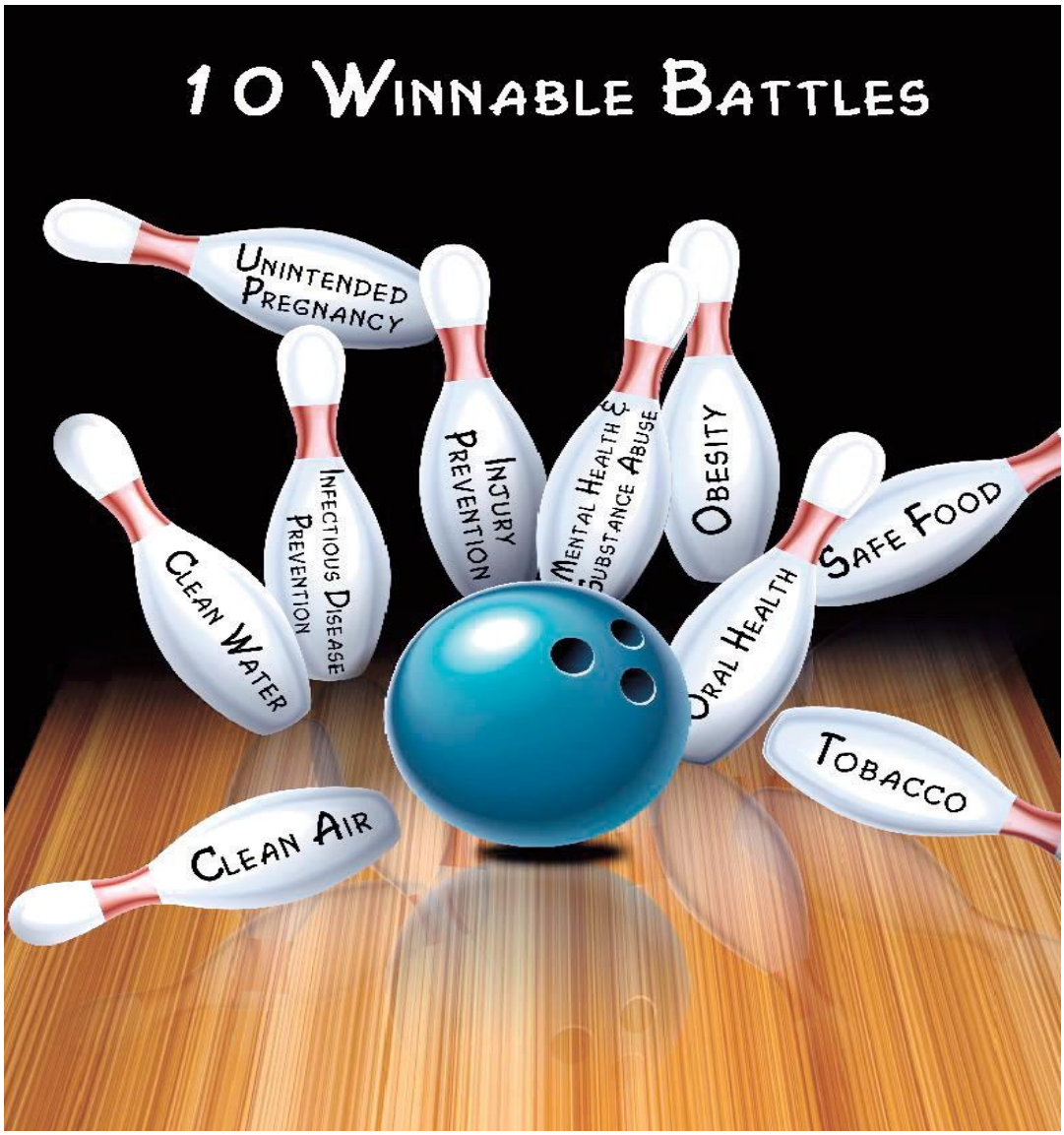

OURAY COUNTY COMMUNITY HEALTH RESOURCE GUIDE

Ouray County Public Health Agency's Resource Guide for the promotion of a healthy community & environment

Mission of this Guide:

To provide current and comprehensive health resources to Ouray County community members and visitors for the promotion of healthy lifestyles, environment, and well-being while identifying resources for the prevention of illness and injury.

Our Vision:

To be a community resource for health-related services addressing the local, regional and state identified priorities as outlined in the Public Health Assessment and Public Health Improvement Plan of 2010 by the West Central Public Health Partnership; the 2013 Public and Environmental Health Assessment; and the "2015 Healthy Colorado: Shaping a State of Health" (Colorado's Plan for Improving Public Health and the Environment) from the Colorado Department of Public Health and Environment.

Our Values:

Ouray County Public Health Agency is dedicated to the delivery of health-oriented services for the public guided by principles of integrity and honesty in our practice, competence and excellence in our services, the provision of care with compassion and equity to all community members and fostering creativity and innovation within leadership roles.

*****This resource guide is NOT intended for Emergency Care Needs.**
Please dial 911 on your telephone for all Emergencies***

This resource guide was compiled using a variety of media information sources such as electronic database information, direct telephone contact, public records, etc. If you would like to be considered for being added to future versions of this guide (updated annually or biannually, depending on resource availability), have been listed within and would like to be removed or have your contact information or services listed changed, please send a detailed email to Elisabeth Lawaczeck, Director of Ouray County Public Health Agency, at elawaczeck@ouraycountyco.gov, or contact our office at 970-325-4670.

Donations are gratefully accepted to support the annual efforts to disperse, improve & update this guide. Donations can be made at the Ouray County Public Health Agency in Ouray, please see listing inside for further contact details.

This document is also available on Ouray County Public Health Agency's Website at http://ouraycountyco.gov, hover mouse over Government Departments, and then click on Public Health.

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10 Winnable Battles

Ouray County Public Health Agency formed an alliance with regional public health officials in west-central Colorado in order to address the "winnable battles" that the Colorado Department of Public Health & Environment has determined are the priorities for the Public Health Initiative in congruence with the Public Health Improvement Plan. The West-Central Public Health Partnership (WCPHP) was formed in 2006, through a grant from the Colorado Trust, for the purpose of providing more efficient and effective public health services in the rural communities of Region 10 of Colorado. Region 10 includes public health and environment personnel from the communities of Montrose, Delta, Gunnison, Hinsdale, Ouray and San Miguel counties in Colorado.

The Colorado Department of Public Health and Environment (CDPHE) identified 10 "winnable battles" that include clean air, clean water, infectious disease prevention, injury prevention, mental health and substance abuse, obesity, oral health, safe food, tobacco and unintended pregnancy. These were selected to provide Colorado residents the greatest opportunities for ensuring the health of its citizens and visitors and the improvement and protection of our environment. The WCPHP strives to keep data accurate and current with thorough examinations of community demographics related to health. Such demographical information includes mortality rates and epidemiological data, socio-economics, race and ethnicity and other pertinent information such as access to health care, behavioral risk factors by county on environmental health issues such as water and air quality.

The WCPHP has since established and implemented local health plans in accordance with the Colorado Public Health Reorganization Act, effective July 1, 2008. CDPHE and the Office of Planning and Partnership (OPP) chose the WCPHP as a regional pilot site for the development of the proposed Colorado Health Assessment and Planning System (CHAPS). The purpose of CHAPS is to engage stakeholders and perform an assessment so that a public health plan can be made in accordance with the corresponding Act. As a result of this assessment and collaboration, the WCPHP has become the first in the state to form such an alliance, has become the state's core planning team with additional stakeholders identified in each county, a regional planner has been hired, and the health assessment process has been completed.

Following the health assessment of the regional communities, WCPHP has identified four specific priorities particular to the regional population that prioritize community-specific objectives within the identified 10 "winnable battles" of the state. The WCPHP has identified obesity prevention, well water quality, mental health and substance abuse and food safety as priorities for the Region 10 communities listed above. The formation of WCPHP was in response to the challenges that rural areas of America face to adequately support the health care needs of their residents. The core functions of public health include assessment, assurance and policy development as well as the provision of health care access and direct services to both the underinsured and uninsured when otherwise unavailable (Wacker & Dawson, 2011).

Air Quality Testing & Industrial Hygiene

Ouray County Public Health Agency
****Air quality information for Ouray County contact Jim Austin of Montrose County Department of Health & Human Services*

Montrose County Department of Health & Human Services
****Please see complete listing under Food Safety****
****Food safety, air & water quality information for Ouray County contact Jim Austin****

Colorado Department of Public Health and Environment
Laboratory Services Division
Main environmental health link: http://www.cdphe.state.co.us/lr/environmental.htm
****Please see complete listing under Water Quality****

Environmental Testing
780 Pine Drive
Ridgway, CO 81432
Phone: (970) 729-2733
Mold, indoor air quality, radon testing & control, water analysis referral services
http://www.kenwyrick.com/

Plateau Engineering
236 South 3rd Street
P.O. Box 340
Montrose, CO 81401
Phone: (970) 252-1363
Air quality, monitoring & safety by State certified Industrial Hygienist & engineering services: asbestos, mold, radon & lead.
http://plateauengineering.com/

United States Environmental Protection Agency
****Please see complete listing under Water Quality****

Chambers of Commerce

Ouray Chamber of Commerce & Resort Association
******Please see complete listing under Community Centers & Recreation******
(Same listing as Ouray Visitor's Center)

Ridgway Area Chamber of Commerce
Please see complete listing under Community Centers & Recreation
(Same listing as Ridgway Visitor's Center)

Community Centers & Recreation

Mount Sneffels Education Foundation
330 Fifth Street
Ouray, CO 81427
Phone: (970) 325-0967
Enrich and broaden the educational and cultural experiences of Ouray County youngsters
http://www.mtsneffels.org/

Ouray Community Center
320 6th Avenue
Ouray, CO 81427
Phone: (970) 325-7065
http://www.cityofouray.com/staticpages/index.php?page=CommunityCenter

Ouray County 4-H Event Center & Fairgrounds
22739 Highway 550
Ridgway, CO 81432
Phone: (970) 626-3304
slong@ouraycountyco.gov
http://ouraycountyco.gov/253/Fairgrounds-and-4-H-Event-Center

Ouray County Museum
Ouray County Historical Society
420 6th Avenue
Ouray, CO 81427
Phone: (970) 325-4576
http://www.ouraycountyhistoricalsociety.org/

Ridgway Public Library
300 Charles Street
Ridgway, CO 81432
Phone: (970) 626-5252
http://www1.youseemore.com/ridgwayPL/

Ouray Library District
320 6th Avenue
Ouray, CO 81427
Phone: (970) 325-4616
http://ouray.colibraries.org/

Ridgway Railroad Museum
150 Racecourse Rd.
Ridgway, CO 81432
Phone: (970) 626-4373
http://www.ridgwayrailroadmuseum.org/

Ouray County Ranch History Museum
206 County Road 1
Colona, CO 81403
Phone: (970) 318-1190
www.ocrhm.org/

Ridgway Area Chamber of Commerce
Town of Ridgway Visitor Center
150 Racecourse Road
Ridgway, CO 81432
Phone: (970) 626-5181
http://ridgwaycolorado.com/

Ouray Ice Park, Inc.
P.O. Box 1058
Ouray, CO 81427
Phone: (970) 325-4288
Email: info@ourayicepark.com
www.ourayicepark.com

Ouray Visitors Center
1230 Main Street
P.O. Box 145
Ouray, CO 81427
Phone: (970) 325-4746
Fax: (970) 325-4868
http://www.ouraycolorado.com/

Ridgway State Park
28555 Highway 550
Ridgway, CO 81432
Phone: (970) 626-5822
http://cpw.state.co.us/placestogo/parks/Ridgway

Colorado Parks & Wildlife
Montrose Office
2300 South Townsend Avenue
Montrose, CO 81401
Phone: (970) 252-6000
http://cpw.state.co.us/

Bureau of Land Management
Uncompahgre Field Office
2465 South Townsend Avenue
Montrose, CO 81401
Phone: (970) 240-5300
http://www.blm.gov/co/st/en/fo/ufo.html

Domestic Violence and Injury Prevention

Adult Protective Services
317 South 2nd Street
Montrose, CO 81401
Phone: (970) 249-7755
Protective services to at-risk adults and medical and disabilities assistance
http://www.co.montrose.co.us/357/Adult-Protective-Services

CASA (Court Appointed Special Advocates)
301 N. Cascade Avenue
Montrose, CO 81402
Phone: (970) 249-0337
Email: info@casa7jd.org
Offers child advocacy for abused and neglected children and supervised visitation services
http://casa7jd.org/

The Dolphin House
7th Judicial District Child Advocacy Center
735 South 1st Street
Montrose, CO 81401
Phone: (970) 240-8655
Email: info@dolphinhousecolorado.com
A child-friendly facility whose purpose is to provide child victims a safe, non-threatening place to tell what happened to them during necessary investigations of child abuse.
http://www.montrose-child-advocacy.org/

Hilltop Tri-County Resource Center
540 South 1st Street
Montrose, CO 81401
Phone: (970) 252-7445
Ouray 24-Hour Crisis Line: (970) 626-3777
Serves victims of domestic violence and sexual assault
http://www.htop.org/adult/tcrc

Ouray County Public Health Agency
****Please see complete listing under Water Quality****

Ouray County Emergency Medical Services
541 4th St.
P.O. Box 572
Ouray, CO 81427
Phone: (970) 325-7275
http://www.ouraycountyco.gov/143/Emergency-Medical-Services

Rocky Mountain Poison & Drug Center
777 Bannock Street
Denver, CO 80204
Phone: 1-800-222-1222
If you are experiencing an emergency, please dial 911
http://www.rmpdc.org/

Early Development, Special Needs & Nutrition Services

Bright Futures Early Childhood
657 W. Colorado Ave
Telluride, CO 81435
Phone: (970) 728-5613
Provides leadership, innovation, influence, and resources to ensure a quality early childhood system in Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel Counties.
www.brightfuturesforchildren.org

Early Childhood Consultations
Montrose Health & Human Services
1845 S. Townsend
Montrose, CO 81401
Phone: (970) 252-5000
Early childhood screening, mental health services and other family services
http://www.co.montrose.co.us/107/Health-Human-Services

Empowering Dads Program
Montrose County Health & Human Services
1845 S. Townshend
Montrose, CO 81401
Phone: (970) 252-5000
Educational and experiential programs to empower dads for improving father-child family relationships
http://www.co.montrose.co.us/137/Empowering-Dads

Nurse Family Partnership
1845 S. Townsend
Montrose, CO 81401
Phone: (970) 252-5022
Program for women who are having their first baby. A registered nurse will visit you in your home throughout pregnancy and continue to visit until your baby is 2 years old.
http://www.nursefamilypartnership.org/locations/Colorado/Region-10-Nurse-Family-Partnership

Nutrition and Diabetes Services Montrose Memorial Hospital
800 South 3rd Street
Montrose, CO 81401
Phone: (970) 240-7170
Nutrition counseling for diabetes, cholesterol, and weight management, gastrointestinal disorders, eating disorders, allergies, and more
http://www.montrosehospital.com/medical-services/nutrition-and-diabetes

Ouray County Department of Social Services
****Please see complete listing under Low-income Community Support Programs****

Women, Infants & Children (WIC)
Ouray County Public Health Agency
302 2nd Street
P.O. Box 670
Ouray, CO 81427
Lactation & certified WIC program consultant offering nutritional supplementation, teaching, counseling, well-child checks to low-income families. Vouchers for produce at local Farmer's Market also available.
****Please see complete listing under Obesity Prevention****

Fitness & Wellness

Chipeta Sun Lodge Spa, Yoga & Fitness Center
304 S. Lena St.
Ridgway, CO 81432
Phone: (970) 626-3737
Fax: (970) 626-3715
Full fitness center, instructional classes & spa offering monthly, bi-annual & annual memberships.
http://chipeta.com/

Hypoxia Cross-Fit
1900 Main Street
Ouray, CO 81427
Phone: (970) 708-7119
Group or individual CrossFit Training sessions guided by principles of safety, efficacy & efficiency. CrossFit for kids also available.
http://hypoxiagym.com/

Ridgway Yoga Shala
133 N. Lena – Unit #5
Ridgway, CO 81432
Phone: (970) 218-4799
Also offering 3-class workshop for beginners in meditation and yoga activities.
http://www.ridgwayyogashala.com/

Orvis Hot Springs
1583 County Road 3
Ridgway, CO 81432
Phone: (970) 626-5324
Clothing optional resort with natural hot spring pools & a variety of massage modalities offered.
www.orvishotsprings.com

Ouray Hot Springs Pool & Fitness Center
1220 Main Street
P.O. Box 468
Ouray, CO 81427
Phone: (970) 325-7073
Hot springs pool with lap swimming lanes, family recreational facility & fitness center
http://ourayhotsprings.com/

Inner Mountain Yoga Studio
319 6th Ave.
Ouray, CO 81427
Phone: (970) 318-6995
Playful inspiration, Empowering rejuvenation. Welcome to beginners through advance participants.
http://innermountainyoga.com/home.html

Telluride Adaptive Sports Program
568 Mountain Village Blvd., Suite 101
P.O. Box 2254
Telluride, CO 81435
Phone: (970) 728-5010
Adaptive ski program, nordic program, summer rafting program, hands/downhill bike clinic, hiking club, rock climbing, rafting, kayaking, fishing, skiing, snowboarding, and ice climbing.
http://www.tellurideadaptivesports.org/

Weehawken Creative Arts
1075 Sherman St.
Ridgway, CO 81432
Phone: (970) 318-0150
Performing arts, movement arts, tumbling, belly-dancing, martial arts, swing dance and a large variety of dance classes.
www.weehawkenarts.org

Wiesbaden Hot Springs/Spa
625 5th Street
P.O. Box 349
Ouray, CO 81427
Phone: (970) 325-4347
Small, intimate, natural hot springs spa and lodge.
www.wiesbadenhotsprings.com

Food Safety & Handling

Ouray County Public Health Agency
****Please see complete listing under Water Quality****

Montrose County Health & Human Services
Jim Austin, Environmental Health Director
1845 S. Townsend
Montrose, CO 81401
Phone: (970) 252-5067
Email: jaustin@montrosecounty.net
Food safety, air & water quality information for Ouray County
http://www.co.montrose.co.us/110/Food-Safety

Colorado Department of Public Health and Environment
Food Regulations and Guideline Contacts
https://www.colorado.gov/pacific/cdphe/food-regulations-and-guidelines-contacts
****Please see complete listing under Water Quality****

Health Screenings

Tri-County Health Network
Nicole Gans
P.O. Box 4222
238 East Colorado Ave, Ste. 8
Telluride, CO 81435
Phone: (970) 708-7096
Email: CHW-Ouray@tchnetwork.org
Free confidential health screenings for the uninsured and under-insured. Includes cholesterol, blood glucose, blood pressure, height, weight, and health information.
http://tchnetwork.org/

Uncompahgre Medical Center
1350 Aspen Street
Norwood, CO 81423
Phone: (970) 327-4233
http://www.umclinic.org/

Mountain Medical Center
295 Sherman St.
Ridgway, CO 81432
Phone: (970) 626-5123
http://www.ridgwaymountainmedical.com/pages/home

Home Health Services

Delta-Montrose Home Health
70 Stafford Lane
Delta, CO 81416
Phone: (970) 874-2463
http://www.deltahospital.org/getpage.php?name=index

Pasco Home Health
501 S. Townsend Ave.
Montrose, CO 81401
Phone: (970) 240-1771
http://pascosw.com/
Provides nursing, physical therapy, speech therapy, occupational therapy, social work (therapist are contract only) home health care, home makers, and personal care services.

PeopleCare Health Services
1565 Highway 50, Unit B
Delta, CO 81416
Phone: (970) 874-0136
http://peoplecarehs.com/

Phoenix Home Care
7 N. Cascade Ave, Unit A
Montrose, CO 81401
Phone: (970) 249-6767
http://phoenixhomehc.com/

Comfort Keepers
300 N. Cascade Ave, Ste. C6
Montrose, CO 81401
Phone: (970) 240-4121
www.comfortkeepers.com

Home Health of Western Colorado-Volunteers of America
300 North Cascade, Suite U9
Montrose, CO 81401
Phone: (970) 240-0139
http://www.voa.org/senior_living_and_care_facilities/home-health-of-western-colorado

Hope West & Hospice
725 S. 4th Street
Montrose, CO 81401
Phone: (970) 240-7734
Services include specialized pain control and symptom management by qualified professionals, generalized inpatient care, short-term placement as needed, appropriate medications, medical equipment & supplies, 24 hour visitation by family & friends, and grief counseling & support for both patients & families.
https://www.hopewestco.org/

Neighbor to Neighbor
Ouray County Public Health Agency
****Please see complete listing under Water Quality****
Program available for any Ouray County older adult (60 years +), home-bound or disabled adult (18 years +) with services that include transportation with both senior vans & private vehicles, nutrition services with two weekly senior lunches, meals on wheels & shopping assistance, handyman services for small home repairs, companionship with friendly phoning & visits, social events, access to community resources & business assistance.

Region 10 Area Agency on Aging/ League for Economic Assistance & Planning, Inc.
Michelle Haynes, Executive Director
300 North Cascade, Suite 1
Montrose, CO 81401
Phone: (970) 249-2436
Fax: (970) 249-2488
http://www.region10.net/

Touch of Care
1100 E. Main St.
Montrose, CO 81401
Phone: (970) 249-6080
www.touchofcarepcp.com
Touch of Care is dedicated to doing whatever it takes to enhance the quality of life for clients and their families.

Access Solutions
58462 Jasmine Road
Montrose, CO 81401
Phone: (970) 249-2360
From no cost home modifications to full scale remodeling, Access Solutions can make the necessary changes in your home environment to accommodate a person's physical limitations

Columbine Club
Email: slong@ouraycountyco.gov
Phone: Joan Moyer (970) 596-9988

Woman's Club of Ouray County Medical Loan Closet
For more information, please contact:
Joan Moyer (970) 596-9988 – Ridgway Area
Lois Fisher (970) 708-5043 – Ouray Area
Loaning durable medical equipment on short term basis for recuperation, injury, or illness
http://womansclubouraycounty.org/activities/medical-loan-closet/

Immunization Programs & Pharmacy Information

Immunizations Program
Ouray County Public Health Agency
Tammy Clifton, RN
****Please see complete listing under Water Quality****
Tammy has a wealth of current information and knowledge regarding immunizations for all stages of life development for the residents of Ouray County. The Immunization Program services are offered on a 'sliding scale' basis to community members under 18.

Ridgway Pharmacy
P.O. Box 1190
570 Palomino Trail
Ridgway, CO 81432
Phone: (970) 626-3440

Ouray County Prescription Discount Card
Ouray County Public Health Agency
****Please see complete listing under Water Quality****
http://www.usarx.com/
Discount cards available at Ouray County Public Health Agency, save up to 75% on all FDA-approved medications at participating retail pharmacy's (i.e. Ridgway Pharmacy, Walgreen's, City Market.) No enrollment form, no membership fee, one card, immediate use. Come by OCPHA for discount card, information & participating pharmacy list.

Local Agriculture & Livestock

Buckhorn Gardens
71446 Buckhorn Road
Montrose, CO 81403
Phone: (970) 240-8715
Email: gardens@buckhornmountain.com
Buckhorn Gardens is a small, organic vegetable farm 13 miles south of Montrose.
http://buckhorngardens.blogspot.com/

Ferguson Family Ranch
8 Lynx Rd
Ridgway, CO 81432
Phone: (970) 901-8827
Email: fergusonbeef@gmail.com
100% natural, grass-fed & finished beef. Cattle are raised in a humane, low-stress, chemical- free environment without antibiotics or added hormones throughout their lifespan.
www.naturalbeef.us

Fisher Ranch
170 Racecourse Road
Ridgway, CO 81432
Phone: (970) 626-5530
Locally grown, natural beef from Red Angus raised within Ouray & San Miguel Counties without added hormones

Indian Ridge Farm & Bakery
Tony and Barclay Daranyi
1401 County Road 43ZN
Norwood, CO 81423
Phone: (970) 327-0336
Offers pastured poultry and turkeys; pastured eggs; organic vegetables; pastured pork; grass- fed beef; hay; organic bread, granola and other baked goods; goat cheese and milk.
http://indianridgefarm.org/

Muddy Boot Farm & Ranch
Katie & Jason Merkley
4197 County Rd 24
Ridgway, CO 81432
Phone: (970) 626-3515
Email: chicken.rancher@gmail.com
Pasteur-raised livestock: cattle, chickens, turkeys & pigs
http://getmuddyboot.blogspot.com/

Shining Mountain Herbs
5636 County Road 23
Ridgway, CO 81432
Phone: (980) 626-2212
Email: info@shiningmountainherbs.com
Products include certified organically grown, biodynamic farmed herbs, single herb extracts, formulated herb extracts, salves & oils, specialty & herbal pet care products.
http://www.shiningmountainherbs.com/

Tomten Farms
Kris Holstrom
P.O. Box 437
Placerville, CO 81430
Phone: (970) 708-0289
Email: kholstrom@gmail.com
Located on Hastings Mesa above Placerville, Kris is an advocate & producer of local organic foods who has a central role as a permaculture educator, sustainability activist and coordinator for community centered agriculture.
http://www.localharvest.org/tomten-farm-M16335

Low-Income Specific Community Support

Ouray County Housing Authority
201 N. Railroad St.
P.O. Box 10
Ridgway, CO 81432
Phone: (970) 626-5308

Montrose Workforce Center
504 N. 1st Street
Montrose, CO 81401
Phone: (970) 249-7783
Employment and training services that lead to success for job seekers and employers
http://www.connectingcolorado.com/

Haven House
4806 North River Road
Olathe, CO 81425
Phone: (970) 323-5280
Email: info@havenhousehomeless.org
Transitional Housing to Families
www.havenhousehomeless.org

Healthy Communities
Montrose County
1845 S. Townshend Ave.
Montrose, CO 81401
Phone: Carol Unruh (970) 323-5462
Providing families with children and pregnant women assistance with benefits and Medicaid/CHP+ enrollment
http://www.co.montrose.co.us/126/Healthy-Communities

Home Energy Assistance Program (HEAP)
Department of Social Services
177 Sherman Street, Unit #104
Ridgway, CO 81432
Phone: (970) 626-2299
Income-eligible households receive assistance in paying for energy and energy related expenses through federal government grant program.
http://www.benefits.gov/benefits/benefit-details/1541

Low Income Energy Assistance Program (LEAP)
Montrose County Health & Human Services
1845 S. Townshend Avenue
Montrose, CO 81401
Phone: (970) 252-5000
Heating utility payment assistance for eligible individuals from November to April
http://www.discovermygoodwill.org/programs/leap

Carol Schutter, LPN & Navigator for the Tri-County Health Network
302 Second Street
Ouray, CO 81427
Phone: (970) 325-4670
Cell: (970) 708-7976
Assists children, families, and adults with application process for Medicaid and Child Health Plus Programs

Mesa County Healthy Communities
Mesa County Health Department
510 29 ½ Rd.
Grand Junction, CO 81504
Phone: (970) 248-6900 or (970) 248-6955
Providing outreach and case management to individuals under the age of 21 or pregnant women who qualify for or already have Medicaid or CHP+.
www.health.mesacounty.us

Ouray County Department of Health & Human Services
P.O. Box 530
177 Sherman Street, Unit # 104
Ridgway, CO 81432
Phone: (970) 626-2299
Food Assistance & Food Stamp Program, LEAP program, Medicare/Medicaid, & other assistance programs for eligible residents of Ouray County
http://www.ouraycountyco.gov/153/Social-Services

Ouray County Food Pantry
257 Sherman St.
Ridgway, CO 81432
Phone: (970) 626-4273 or (970) 325-4230
Hours: Thursdays 12:30 p.m. until 3:30 p.m.
Ridgway Community Food Pantry provides nutritional food to those in need while facilitating education and connection to other community resources
http://www.ouraycountyfoodpantry.org/

MADA
17 N. 6th St.
Montrose, CO 81401
Phone: (970) 249-4774
Red Card Program: Income under $1,722, receive a box of food on the 1st Friday of each month. No age limit.

Sharing Ministries
121 N. Rio Grande
Montrose, CO 81401
Phone: (970) 240-8385
Emergency food assistance and low-income senior program

Social Security Administration
1805 Pavilion Drive
Montrose, CO 81401
Phone: (866) 758-1317
Social Security retirement for seniors, Social Security Disability and Supplemental Security Income, and disability claims for children and adults and claims assistance.
http://office-locations.socialsecurityclaims.com/colorado/montrose/social-security-office-montrose-co-81401/

Mental Health Services

Center for Mental Health
605 East Miami Road
Montrose, CO 81401
Phone: (970) 249-9694
24-hr Emergency Services: Call (970) 252-6220
Fax: (970) 249-2955
Provides independent/family therapy, medication management, school-based counselors, and anger management groups for adolescents
http://www.centermh.org/contact/our-offices/montrose-outpatient

Co-Dependents Anonymous
Thursdays 6:00-7:15pm at Ouray County Public Health Agency
302 2nd Street
Ouray, CO 81427
Phone: (970) 901-2675 for Joan
Email: codascolorado@gmail.com
A fellowship of men and women whose common purpose is to develop healthy relationships through anonymous support & friendship
http://coda.org/

Regional Care Collaborative
Jenny Nate
Rocky Mountain Health Plan
2775 Crossroads Boulevard
Grand Junction, CO 81506-871
Phone: (970) 248-8218
Assists in care collaboration for patients on Medicaid
http://www.rmhp.org/

West Springs Hospital
Mind Springs Health
515 28 ¾ Road
Grand Junction, CO 81501
Phone: (970) 263-4918
Offers a complete continuum of care for you, your loved one or patient dealing with behavioral health or substance abuse issues
http://mindspringshealth.org/

Western Slope Psychotherapy-Health
Erik Cooper, MA LMFT
543 S. 2nd Street
Montrose, CO 81401
Phone: (970) 249-2332
Behavioral Health and Social Services Provider
https://npidb.org/doctors/behavioral_health/marriage-family-therapist_106h00000x/1679621890.aspx

Helene "H" Discoe, LPC, CAC I
Center for Mental Health
Ridgway and Ouray School Therapist
Phone: (970) 318-8537
Office: (970) 327-4449
Email: hdiscoe@centermh.org

Hope West & Hospice
****See complete listing under Home Health Services****

Enda Junkins, LCSW
430 4th St.
Ouray, CO 81427
Phone: (970) 325-0050
Licensed Clinical Social Worker
Serving all ages with depression, anxiety, addictions, trauma, stress management and marital counseling. Individual & marital hypnotherapy also available.

Barbara Blake Morrison, LCSW
380 West Sherman Street, #8A
P.O. Box 295
Ridgway, CO 81432
Phone: (970) 626-4330
Licensed Clinical Social Worker and Psychotherapist
Services include Advanced EMDR, Family & Relationship Counseling & Individual Therapy

Montrose Therapeutic Riding Center
10962 Bostwick Park Road
Montrose, CO 81401
Phone: (970)240-6007
Enhancing the lives of those with disabilities and their families through equine interactions
http://montrosetherapeuticridingcenter.org/

Lynton Moore, MA LPC CAC II
Balance Natural Medicine
177 Sherman Street, #101
Ridgway, CO 81432
Phone: (970) 986-4008
Email: lyntonmoore@gmail.com
Email: lynton@sourcecounseling.net
Psychotherapy approach for kids, couples, adolescents and adults to relieve psychological distress, addictions, trauma, anxiety and depression

Randy Stanko LMFT, LLC
242 West Main Street
Montrose, CO 81401
Phone: (970) 249-5595
Email: randy@randystanko.com
Offering professional Marriage & Family Therapy, and professional Religious Counseling
http://randystanko.com/

Nutritional Services, Gardens & Farmer's Market

Women, Infants & Children (WIC)
Ouray County Public Health Agency: Amy Eriksen
P.O. Box 670
302 Second Street
Phone: (970) 325-4670
Fax: (970) 325-7314
Email: aeriksen@ouraycountyco.gov
Offering nutrition counseling, breastfeeding counseling, and nutritious food vouchers to low-income pregnant and breastfeeding women, infants, and children up to 5 years of age

Ridgway Farmer's Market
Hartwell Park – Downtown Ridgway
Market Manager: Marietta Johnson
Phone: (970) 765-6760
Live Music, Local Fruits and Vegetables, Organic Food, Flowers, Sustainable Meats & Eggs, Baked Goods, Soaps and Lotions, Cooking Demos, Wine Tasting, Arts and Crafts
http://www.ridgwayfarmersmarket.com/

Ridgway Community Garden
River Park subdivision
Ridgway, CO 81432
To provide infrastructure, resources and education to garden members of all ages involved in the growing and harvesting of nutritious organic produce in a community setting that fosters teamwork, learning, responsibility, camaraderie and sharing.
http://www.ridgwaygarden.org/

Oral Health

Donald F. Swartz DDS
195 S Lena St # A
P.O. Box 1390
Ridgway, CO 81432
Phone: (970) 626-3303
www.donaldswartzdds.com

Ridgway Family Dentistry
Dr. Michael W. Thomas DDS, DMD & Dr. David Lurye, DDS
156 Liddell Drive
P.O. Box 1083
Ridgway, CO 81432
Phone: (970) 626-3774
Caring, comprehensive dentistry for patients of all generations.
www.ridgwayfamilydentistry.com

The San Juan Kids Cavity Prevention Program (SKIPPY)
Carol Schutter, LPN & Navigator
Ouray County Public Health Agency
302 2nd Street
P.O. Box 670
Ouray, CO 81427
Cell: (970) 708-7967
Services offered every 6 months in schools, & include a complete medical history, hygiene assessment, teeth cleaning and fluoride treatments. Services also include sealants to protect adult molars, child teaching of appropriate oral hygiene, & reports of child's oral health status.

Ouray Dental Clinic
Michael J. Seip, DDS
309 6th Avenue
P.O. Box 648
Ouray, CO 81427
Phone: (970) 325-4800
Comprehensive Dentistry for Adults & Children

Community Dental Clinic
1901 S. Townsend Ave.
Montrose, CO 81401
Phone: (970) 252-8896
Adult Medicaid dental provider

Dr. Paul Dodsworth, DDS
1100 E. Main Street, Ste. D
Montrose, CO 81401
Phone: (970) 240-2720
Adult Medicaid dental provider

Dr. James R. Scott, DDS
601 Main Street
Olathe, CO 81425
Phone: (970) 323-6828
Adult Medicaid dental provider

Silver Leaf Dental Group
Dr. Timothy R. Jessop, DDS
101 S. Mesa Ave.
Montrose, CO 81401
Phone: (970) 249-4457
Adult Medicaid dental provider

Tobler Dental Group
140 S. Uncompahgre Ave.
Montrose, CO 81401
Phone: (970) 249-1733
Adult Medicaid dental provider

Ouray County & Local School Districts

Ouray School District R-1
P.O. Box N.
400 7th Avenue
Ouray, CO 81427
Phone: (970) 325-4505
Fax: (970) 325-7343
www.ouray.k12.co.us/ouray/site/default.asp

Ridgway School District
District Office:
1115 W. Clinton Street
Ridgway, CO 81432
Phone: (970) 626-4320

Elementary School:
1115 W. Clinton Street
Ridgway, CO 81432
Phone: (970) 626-5468

Secondary School: 1200 Green Street
Ridgway, CO 81432
Phone: (970) 626-5788
Fax: (970) 626-3249
www.ridgway.k12.co.us/

Physicians Offices & Medical Facilities

Dr. Abigail Seaver, ND
195 S. Lena St., Unit B
Ridgway, CO 81432
Phone: (970) 626-3188
abigailseaver1@gmail.com
Integrative & natural family medicine, clinical nutrition, herbs & homeopathy

Balance Natural Medicine
Dr. Jason Bojar DC, MS, CNS & Dr. Jessica Balbo DC
177 Sherman St., Ste. #101
Ridgway, CO 81432
Phone: (970) 626-7137
Chiropractic Adjustment/Manipulation, Functional Medicine/Clinical Nutrition, Kinesio-taping, Flexion Distraction, Cold Laser Therapy, Body Composition Analysis, Mild Hypobaric Oxygen Therapy
http://balancenaturalmedicine.com/

Basin Rural Health Clinic
421 W. Adams Street
P.O. Box 340
Naturita, CO 81422
Phone: (970) 865-2665
Rural Health Clinic offering Monday through Friday (8am-5pm) primary and emergent care.
http://basinclinic.org/

Black Canyon Surgery Center
611 E. Star Court, Suite C
Montrose, CO 81401
Phone: (970) 249-6842
Cost-effective multi-specialty care to a five county region to give patients the highest quality outpatient care in a state-of-the-art medical facility.
http://www.blackcanyonsurgicalcenter.com/

Eagle's Wing Medical Center
Dr. Paul Glanville, MD
112 Village Square West, Ste. #102
Ridgway, CO 81432
Phone: (970) 626-7140
Family practice with an emphasis on bio-identical hormone therapy; adrenal & thyroid function, and Wilson's Temperature Syndrome.
http://eagleswingmedical.com/

In Motion Therapy
611 E. Star Court, Ste. B
Montrose, CO 81401
Phone: (970) 249-1646
Full-range physical therapy and rehabilitation service, including pool therapy.
http://inmotiontherapymontrose.com/

Hoover Chiropractic Group
Dr. Wayne Hoover, DC
1228 E Main St., Ste. 2
Montrose, CO 81401
Phone: (970) 249-2233
www.hooverchiropracticgroup.com

Montrose Memorial Hospital
800 South 3rd Street
Montrose, CO 81401
Phone: (970) 240-2211
www.montrosehospital.com

Mountain Medical Center
Please see complete listing under Health Screenings

Mountain View Therapy
185 Sherman St., Ste. #103
Ridgway, CO 81432
Phone: (970) 626-4050
The Ridgway Rehab Clinic provides services to outpatients who have impairments, functional limitations, disabilities, changes in physical function, health status resulting from injury and disease or other causes
http://www.montrosehospital.com/medical-services/mountain-view-therapy/ridgway-rehabilitation

Montrose Wellness Center
224 South Nevada
Montrose, CO 81401
Phone: (970) 252-9644

River Valley Family Health Center
100 Tessitore Court, Suite B
Montrose, CO 81401
Phone: (970) 497-3333
Provides access to quality, integrated health care in a comprehensive and culturally respectful manner to individuals and families.
http://www.rivervalleyfhc.com/

Rocky Mountain Integrative Health Center
160 S Amelia Street
Ridgway, CO 81432
Phone: (970) 626-9877
rmih@ridgway.us
Services include a variety of massage modalities, acupressure, acupuncture treatments, touch therapy, counseling & kinesiology services.
www.rmintegrativemedicine.com

Sherwood Family Medicine
570 Palomino Trail
P.O. Box 270
Ridgway, CO 81432
Phone: (970) 626-4370

Veterans Affairs (VA) Medical Center
154 Colorado Avenue
Montrose, CO 81401
Phone: (970) 249-7791
http://www1.va.gov/DIRECTORY/GUIDE/facility.asp?ID=874

Regional County & City Government

Ouray County Public Health Agency ****Please see complete listing under Water Quality****

Ouray County Emergency Medical Services ****Please see complete listing under Injury Prevention****

Ouray County Department of Social Services ****Please see complete listing under Low-Income Community Support Programs****

Ouray County Medical Examiner & Coroner
P.O. Box 722
Ouray, CO 81427
Phone: (970) 240-7298
http://www.countyoffice.org/co-ouray-county-medical-coroner/

Ouray County Juvenile Diversion Program
Ouray Count Public Health Agency
302 2nd Street
Ouray, CO 81427
Phone: (970) 325-7244
Program mission is to provide appropriate first and sometimes second youth offenders with an alternative to our juvenile justice system and an alternative to a criminal record

Ouray County Sheriff
P.O. Box 585
541 4th Street
Ouray, CO 81427
Phone: (970) 325-7272, ext. 12
http://ouraycountyco.gov/152/Sheriff

Ouray County Attorney
P.O. Box 28
111 Mall Road
Ridgway, CO 81432
Phone: (970) 626-9775
Fax: (970) 626-4439
http://www.ouraycountyco.gov/238/Attorney

Driver's License: Montrose
86 Rose Lane
Montrose, CO 81401
Phone: (970) 249-5426

Ouray County Land Use Department
P.O. Box 28
111 Mall Road
Ridgway, CO 81432
Phone: (970) 626-9775
http://ouraycountyco.gov/147/Land-Use-Planning

Ouray County Road & Bridge
P.O. Box 456
115 Mall Road
Ridgway, CO 81432
Phone: (970) 626-5391
http://www.ouraycountyco.gov/151/Road-Bridge

Ouray County Geographical Information System (GIS) & Information Technology (IT)
P.O. Box C
541 Fourth St.
Ouray, CO 81427
Phone: (970) 325-7350
http://www.ouraycountyco.gov/146/GIS-Geographic-Information-Systems-IT

Ouray County Clerk & Recorder
P.O. Box C
541 4th Street
Ouray, CO 81427
Phone: (970) 325-4961
http://www.ouraycountyco.gov/325/Clerk-Recorder

Ouray County Administrator
P.O. Box C
541 Fourth St.
Ouray, CO 81427
Phone: (970) 325-7263
http://www.ouraycountyco.gov/138/Administrator

Ouray County Human Resources Department
P.O. Box C
541 4th Street
Ouray, CO 81427
Phone: (970) 325-7332
http://www.ouraycountyco.gov/145/Human-Resources

Ouray County Maintenance Department
541 4th Street
Ouray, CO 81427
Phone: (970) 318-1127
http://www.ouraycountyco.gov/148/Maintenance

Ouray County Treasurer
Jeannine Casolari
P.O. Box 149
541 4th St.
Ouray, CO 81427
Phone: (970) 325-4487
http://www.ouraycountyco.gov/154/Treasurer

Ouray County Assessor
Susie Mayfield
P.O. Box 665
421 Sixth Avenue
Ouray, CO 81427
Phone: (970) 325-4371
http://www.ouraycountyco.gov/139/Assessor

Ouray County 4-H Event Center
****Please see complete listing under Community Centers & Recreation****

Ouray County Weed Control
Ron Mabry
115 Mall Road
Ridgway, CO 81432
Phone: (970) 626-9775 ext. 23

Town of Ridgway
P.O. Box 10
201 N. Railroad Street
Ridgway, CO 81432
Phone: (970) 626-5308
www.town.ridgway.co.us

City of Ouray
P.O. Box 468
320 6th Avenue
Ouray, CO 81427
Phone: (970) 325-7211
www.cityofouray.com

Regional Education & Vocational Training

Montrose Adult Education Center
526 N. 6th Street
Montrose, CO 81401
Phone: (970) 249-2028
Offering classes and tutoring in Basic Literacy, GED Test Preparation, and English as a Second Language (ESL).

Colorado Mesa University
234 S. Cascade Avenue
Montrose, CO 81401
Phone: (970) 249-7009
Full-service college campus serving Montrose and surrounding region
http://www.coloradomesa.edu/

Colorado State University-Extension Office
1001 North 2nd Street
Friendship Hall
Montrose, CO 81401-3731
Phone: (970) 249-3935
Providing education & research-based information for agriculture & horticulture on a rural community based level.
extension.colostate.edu/TRA

Colorado Work Force Center/Training Advantage
Please see complete listing under Low-Income Specific Community Support

Community Options
P.O. Box 31
Montrose, CO 81402
Phone: (970) 249-1412
Provides an array of residential, vocational, and other various support services to approximately 350 individuals with developmental disabilities.
www.communityoptionsinc.org

Delta-Montrose Technical College
1765 US Highway 50
Delta, CO 81416
Phone: (970) 874-7671
http://www.dmtc.edu/index.php
Offering career and technical education programs approved and/or accredited by the Colorado Community College System and the North-Central Association Commission on Accreditation and School Improvement.

Colorado Division of Vocational Rehabilitation
1010 S. Cascade Ave., Ste. C
Montrose, CO 81401
Phone: (970) 249-4468
Supports people with disabilities needing rehabilitation support to work and for daily living skills.
http://www.dvrcolorado.com/

School to Work Alliance Program (SWAP)
Dee Williams, Coordinator
P.O. Box 728
Ridgway, CO 81432
Phone: (970) 626-2977
E-mail: swap17@mindspring.com
SWAP is designed to help young adults successfully engage in career path employment
http://www.dvrcolorado.com/community_partners_school.php

Uncompahgre Board of Cooperative Services (UnBOCS)
Tammy Johnson, Executive Director
1115 W. Clinton St.
P.O. Box 728
Ridgway, CO 81432
Phone: (970) 626-2977
The UnBOCS is a regional educational service unit designed to provide instructional support, administrative and staff services, community and other services contracted by participating members.
http://www.unbocs.org/

Colorado Work Force Center/Training Advantage
504 North First Street
Montrose, CO 81401
Phone: (970) 249-7783
E-mail: Montrose@cwfc.net
Disability navigator, job seekers with disabilities and resource referral. Counties Served: Ouray, San Miguel, Montrose, Delta
www.yourworkforcecenter.com/montrosewfc.htm

San Miguel Resource Center
P.O. Box 3243
Telluride, CO 81435
Phone: (970) 728-5842
Legal advocacy, emergency shelter and safe housing, support groups, information and referrals, cultural outreach, school-based prevention education, community education, volunteer advocate training. Counties Served: San Miguel and the West End of Montrose
http://smrcco.org/

University Center of the San Miguel
220 E. Colorado Avenue, Ste. #203
Telluride, CO 81435
Phone: (970) 369-5255
Email: admin@ucsanmiguel.org
UCSM is a non-profit community development initiative providing access to post-secondary education and professional training in the rural resorts and neighboring communities.

Senior Legal Aide/Services

Lincoln W. Anderson, LLC
1825 E Main St.
Montrose, CO 81401
Phone: (970) 318-1228

Disability Law Colorado
322 North 8th St.
Grand Junction, CO 81501
Phone: (800) 531-2105 or (970) 241-6371
https://disabilitylawco.org/

Uncompahgre Volunteer Legal Aide
300 North Cascade Ave, Ste. U2
Montrose, CO 81401
Phone: (970) 249-7202
http://www.coloradolegalservices.org/lawhelp/organization/uncompahgre-volunteer-legal-aid-uvla-pro-bono/consumer-issues/bankruptcy?ref=xOPJ4

Area Agency on Aging Region 10
300 N. Cascade Avenue, Ste. #1
Montrose, CO 81401
Phone: (970) 249-2436
http://www.region10.net/aaa/

First Light Home Care
122 S. Park Ave.
Montrose CO 81401
Phone: (970) 417-4812
A leading provider of senior care, home care, and respite care for all ages of adults
http://www.firstlighthomecare.com/

Home Health of Western Colorado
300 N. Cascade Avenue, Ste. U9
Montrose, CO 81401
Phone: (970) 240-0139
Providing home health care services to all ages including nursing, social services, and physical, occupational and speech therapies
http://www.voa.org/senior_living_and_care_facilities/home-health-of-western-colorado

Homestead at Montrose
Volunteers of America (VOA)
1819 Pavilion Drive
Montrose, CO 81401
Phone: (970) 252-9359
Email: dswanson@voa.org Denise Swanson
Providing housing for senior citizens in assisted living environment with housekeeping, respite care, medical services, and meals.
http://www.voa.org/senior_living_and_care_facilities/the-homestead-at-montrose

Center for Independence
300 N. Cascade Ave., Ste. C10
Montrose, CO 81401
Phone: (970) 249-3783
Assistance with Social Security Disability applications, low vision groups and counseling for living independently with a disability

Program of All Inclusive care for the Elderly (PACE)
2377 Robins Way
Montrose, CO 81401
Phone: (970) 252-0522
Senior Community Care provides for all the health care and social needs of seniors who enroll in the program

Nursing Homes

Colorado Care Center
885 South Hwy Business Loop
Olathe, CO 81425
Phone: (970) 323-5504
www.vivage.com/colorow/
Skilled nursing facility providing a wide variety of amenities, therapies, and rehabilitation services

San Juan Living Center
1043 Ridge Street
Montrose, CO 81401
Phone: (970) 249-9683
www.sanjuanlivingcenter.com

Valley Manor Care Center
1401 S. Cascade
Montrose, CO 81401
Phone: (970) 249-9634
Email: tcassidy@voa.org
http://www.voa.org/senior_living_and_care_facilities/valley-manor-care-center
Skilled nursing and memory support community offering rehabilitation, respite, hospice, and spiritual care.

Willow Tree Care Center
2050 S. Main Street
Delta, CO 81416
Phone: (970) 874-9773
www.willowtreecarecenter.com
A senior living community offering skilled nursing care, rehabilitation services provided seven days a week, long-term care, palliative care, and respite/short stays

Assisted Living Facilities

Comfort Home of Delta
540 Grand Blvd.
Delta, CO 81416
Phone: (855) 344-4048

Crossroads Senior Living
1380 Aspen Way
Delta, CO 81416
Phone: (970) 874-1421
www.crossroadsalc.org
A residential home-like environment designed for seniors who need some assistance with daily activities that focuses on wellness and keeping residents as independent as possible.

Delta House
233 Main Street
Delta, CO 81416
Phone: (970) 874-4448

Heidi's Chateau Assisted Living
2720 Sunnyside
Montrose, CO 81401
Phone: (970) 252-8228

Brookdale Sunrise Creek Assisted Living
1968 Sunrise Drive
Montrose, CO 81401
Phone: (970) 240-0600
https://www.brookdale.com/communities/emeritus-sunrise-creek/
Providing Independent Living, Assisted Living, and Memory Care to seniors and their families from Montrose and all around the greater Uncompahgre Valley region

Valley Manor Care Center
1401 S. Cascade Avenue
Montrose, CO 81401
Phone: (970) 249-9634
Provides 24-hour quality nursing, long term care, respite, end of life care, and secure Memory care. Physical, occupational, and speech therapies available in the rehabilitation center.

Spiritual Health Services

All Saints Anglican Church
2057 S. Townsend Ave.
Montrose, CO 81401
Phone: (970) 249-2451
http://www.allsaintsanglicanmontrose.org/

Colona Community Church
Pastor Freed
56 Thatcher Ave.
Colona, CO 81403
Phone: (970) 240-3720
http://www.colonachurch.org/

Ridgway Community Church
Pastor Kreigshauser
685 W. Sherman
Ridgway, CO 81432
Phone: (970) 626-5692
http://www.ridgwaychurch.com/tp70/Default.asp?ID=242059

United Church of the San Juans
295 Lena St.
Ridgway, CO 81432
Phone: (970) 626-5803
http://www.ucsjridgway.org/

Ridgway Church of Christ
116 Marys Road
Ridgway, CO 81432
Phone: (970) 626-5526

Montrose United Methodist Church
19 S. Park Ave
Montrose, CO 81401
Phone: (970) 249-3716
http://www.montroseumc.org/

First Church of the Nazarene
705 S. 12th St.
Montrose, CO 81401
Phone: (970) 249-9213

First Presbyterian Church
1840 E. Niagara Rd.
Montrose, CO 81401
Phone: (970) 249-4732

Ouray Christian Fellowship
336 4th Avenue
Ouray, CO 81427
Phone: (970) 325-4253
http://ouraychristianfellowship.org/

First Southern Baptist Church
100 4th Avenue
Ouray, CO 81427
Phone: (970) 325-4448

St. Daniels Catholic Church
614 5th Street
Ouray, CO 81427
Phone: (970) 325-4373

St John's Episcopal Church
329 5th Avenue
Ouray, CO 81427
Phone: (970) 325-4655
http://www.sanjuanepiscopal.com/

Substance Abuse Services

Alcoholics Anonymous- Central Office of Western Colorado
1005 N. 12th Street #107
Grand Junction, CO 81501
Phone: (970) 245-9649
www.aa-westerncolorado.org

Alcoholics Anonymous – Ouray
Ouray County Public Health Agency
****Please see complete listing under Water Quality, Testing & Referrals****

Alcoholics Anonymous – Ridgway
Ridgway Community Church
****Please see complete listing under Spiritual Support Services****

Alcoholics Anonymous – Montrose (4 Locations)
All Saints Anglican Church
****Please see complete listing under Spiritual Support Services****

Montrose United Methodist Church
****Please see complete listing under Spiritual Support Services****

First Church of the Nazarene
****Please see complete listing under Spiritual Support Services****

First Presbyterian Church
****Please see complete listing under Spiritual Support Services****

Helene "H" Discoe, LPC
Certified Addictions Counselor
****Please see complete listing under Mental Health Services****

Center for Mental Health
****Please see complete listing under Mental Health Services****

Narcotics Anonymous
Serenity Unlimited Area – Western Slope
Phone: (970) 201-1133
With meetings in: Delta, Grand Junction, Montrose, Telluride, Moab, UT; Monticello, UT; Blanding, UT
www.nacolorado.org

Tobacco Cessation Services

Colorado Quitline
Phone: 1-800-QUIT-NOW (784-8669)
Enrollment for services to begin 'coaching program' & determine eligibility for nicotine patches or gum. Online & telephone services available for individuals 15 years and older.
http://www.myquitpath.org/
https://colorado.quitlogix.org/

Ouray County Public Health Agency
****Please see complete listing under Water Quality, Testing & Referrals****
Tanner Kingery: Health Educator
Email: tkingery@ouraycountyco.gov

Water Quality, Testing & Referrals

Colorado Department of Public Health and Environment
Laboratory Services Division
8100 Lowry Boulevard
Denver, CO 80230
Phone: (303) 692-3090
Email: cdphe.lab@state.co.us
Mailing address for samples/specimens:
P.O. Box 17123
Denver, CO 80217
http://www.cdphe.state.co.us/lr/water.htm

Grand Junction Laboratories
435 North Avenue
Grand Junction, CO
Phone: (970) 242-7618
Water, mineral, soil, and spectrographic analysis services
http://www.gjlaboratories.com/

Montrose County Department of Health & Human Services
****Please see complete listing under Food Safety****

Ouray County Public Health Agency
302 2nd Street
P.O. Box 670
Ouray, CO 81427
Phone: (970) 325-4670
Fax: (970) 325-7314
Email: elawczeck@ouraycountyco.gov
www.ouraycounty.gov/publichealth.html

United States Environmental Protection Agency
REGION 8
1595 Wynkoop Street
Denver, CO 80202
Phone: (800) 227-8917
http://www2.epa.gov/aboutepa/epa-region-8-mountains-and-plains

Women's Health Services

Women, Infants & Children Health Services

Bosom Buddies
645 South 5th Street
Montrose CO 81401
Phone: (970) 252-2777
A non-profit organization of thriving breast cancer survivors whose mission is to welcome, support & offer assistance to newly diagnosed & recovering women & their families
www.bosombuddieswc.org

The Dolphin House
7th Judicial District Child Advocacy Center
****Please see complete listing under Domestic Violence and Injury Prevention****

House of Promise
P.O. Box 784
Olathe, CO 81425
Phone: (970) 323-6013
Support program for women of any age who have preschool children and are dealing with drug abuse or other life-controlling problems through housing and assistance
http://teenchallengerm.org/hop/

Montrose County Health & Human Services
Family Planning Unit
317 South 2nd Street
Montrose, CO 81401
Phone: (970) 249-7755
A wide variety of women's (and men's) health services, including: annual exams, pap smears, breast exams, routine health screenings, most birth control methods, basic fertility & pre-conceptual health counseling, many adult immunizations (including HPV), WIC referrals, & lactation support services.
http://www.co.montrose.co.us/109/Family-Planning

Nurse-Midwife Clinic
Montrose Memorial Hospital
900 South 4th Street
Montrose, CO 81401
Phone: (970) 252-2542
Women's Health, Family Planning Services & Midwifery
http://www.montrosehospital.com/medical-services/nurse-midwife-services

Ouray County Public Health Agency
Tammy Clifton
****Please see complete listing under Water Quality, Testing, and Referrals ****
Pregnancy and Sexually Transmitted Infections (STIs) testing & well-child exams available.

San Miguel County Health & Human Services
333 W Colorado Avenue
P.O. Box 1170
Telluride, CO 81435
Phone: (970) 728-3844
http://www.sanmiguelcounty.org/215/Health-Human-Services

Uncompahgre Medical Center
1350 Aspen St.
P.O. Box 280
Norwood, CO 81423
Phone: (970) 327-4233
https://umclinic.org/

Uncompahgre Prenatal Program
1845 S. Townshend Ave.
Montrose, CO 81401
Phone: (970) 252-5097 or (970) 244-0498
Ensuring healthy mothers, pregnancies and babies through access to vital medical and dental services.
http://www.htop.org/child/upp

Youth Services

Partners
315 South 7th Street
Montrose, CO 81401
Phone: (970) 249-1116
E-mail: w4partners@partners-west.org
Mentor program for children ages 6-17. Counties Served: Ouray, Montrose and Delta
www.partners-west.org

Robert A. Brown Center
Hilltop Community Resources
3325 N. Townshend Avenue
Montrose, CO 81401
Phone: (970) 252-0161
Residential facility for boys 12 to 18 facing challenges and possible substance abuse issues. Offers on-site education, life and social skills training
http://www.htop.org/youth/rbc

Tandem Families
540 South 1st Street
Montrose, CO 81401
Phone: (970) 252-7445
Committed to establishing family mentoring for children and their families who are facing challenging circumstances
http://www.htop.org/youth/tf

Voyager Youth Program
P.O. Box 709
Ridgway, CO 81432
Phone: (970) 626-4279
http://www.voyageryouthprogram.org/
After School and summer program for children 5-16 years old

Local & Regional Non-Profit Organizations

Art Partners: w4partners@partners-west.org
Chief Ouray Gun Club: http://chiefourayguncclub.yolasite.com/
Columbine Club: slong@ouraycountyco.gov
dZi Foundation: info@dzifoundation.org
Friends of the Ouray Library: FoLHolidayLuncheon@gmail.com
Friends of the Ridgway Library: wemush4@gmail.com
Friends of the Ridgway State Park: (970) 626-5822
Friends of the Wright Opera House: info@thewrightoperahouse.org
Mosaic Community Project: mosaic.community.project@gmail.com
Mt. Hayden Rebekah Lodge #54: (970) 325-4489
Mt. Sneffels Education Foundation: (970) 325-0967
Ouray County Arts Association: jbhazen@yahoo.com
Ouray County Chorus: jandkpet@montrose.net
Ouray County Democratic Party: johnhollrah@ouraynet.com
Ouray County Historical Society: ochs@ouraynet.com
Ouray County Housing Authority: shirley@smrha.org
Ouray County Nordic Council: http://ouraynordic.org
Ouray County Performing Arts Guild: ocpaginfo@ouraynet.com
Ouray County Ranch History Museum: jchismire@gmail.com
Ouray County Republican Party: info@ourayrepublicans.org
Ouray Elks Lodge: (970) 325-4510
Ouray Masonic Lodge: (970) 325-4277
Ouray Mountain Rescue: P.O. Box 220 Ouray, CO 81427
Ouray Trail Group: labunten@ouraynet.com
Parents and Teachers Working Together (PATT): ourayleos@gmail.com
Ridgway Ouray Community Council (ROCC): parkersl1@aol.com or evanslowande@gmail.com
Ridgway Trails Group: www.ridgwaytrails.com
Second Chance Humane Society: (970) 626-2273
Small Business Development Center (SBDC): 970-943-3157
Top of the Pines: paulajames22@earthlink.net
Transition Our Way: paulajames22@earthlink.net; (970) 316-1792
Weehawken Creative Arts: questions@weehawkenarts.org; (970) 318-0150
Women's Club of Ouray: xolozo@aol.com or donnahudson@msn.com
Women in Support of Education: srlander@ouraynet.com
Yankee Boy Conservation Association: info@yankeeboy.org

Special Thanks to the Ouray County Public Health Agency

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