

Dear Families,

Please be aware there are many programs available to families in need of support services, especially during the holiday season. Listed below are programs and services offered in our community for diverse needs such as parenting resources, medical care, counseling, transportation, food/clothing, housing and legal services. Links to these services can be found on the Lenski website. Please contact our office at 303-347-4575 if you would like additional information or if you have immediate needs. All family information is kept confidential.

Dr. Barbara DeSpain  
Principal, Lois Lenski Elementary School

### Medical Services

<a href="#">Doctors Care</a>	Helps individuals identify and overcome barriers to accessing health care. <a href="http://www.doctorscare.org/">http://www.doctorscare.org/</a>
<a href="#">Southwest Pediatric Dentistry &amp; Orthodontics</a>	The Practice of Urbaniak, Landgren and Pankratz at Southwest Pediatric does childhood dentistry and has slots for children who have Medicaid. They focus primarily on younger children especially with fears about dentistry. <a href="http://www.swpdo.com/home">http://www.swpdo.com/home</a>
<a href="#">Elevate Health Plans</a>	Affordable Health Insurance Plans <a href="http://www.elevatehealthplans.org/">http://www.elevatehealthplans.org/</a>
<a href="#">Medicaid Providers</a>	Searchable Colorado state website for Medicaid providers <a href="https://www.colorado.gov/hcpf/find-doctor">https://www.colorado.gov/hcpf/find-doctor</a>

### Mental Health Services

<a href="#">All Health Network</a>	Mental Health Services <a href="http://www.allhealthnetwork.org/">http://www.allhealthnetwork.org/</a>
<a href="#">Denver Counseling Group</a>	Child, Adult, and Family Counseling <a href="http://denvercounselinggroup.com/">http://denvercounselinggroup.com/</a>
<a href="#">Knippenburg, Patterson, Langly &amp; Associates</a>	Counseling specializing in the treatment of ADHD, Learning Disability, Autism Spectrum Disorders, and Anxiety Disorders in Children and Adolescents <a href="http://www.craigknippenberg.com/">http://www.craigknippenberg.com/</a>
<a href="#">Denver Family Therapy Center</a>	Insurance-based, comprehensive therapy <a href="http://www.denverfamilytherapycenter.com/">http://www.denverfamilytherapycenter.com/</a>

### Childcare

<a href="#">Qualistar</a>	Qualistar Colorado was established to provide parents with the information necessary to better select child care and preschool and to improve the quality of care available in Colorado.
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	<a href="http://www.qualistar.org/home.html">http://www.qualistar.org/home.html</a>
<a href="#">Arapahoe County Department of Human Services</a>	Low income child care assistance is available to working parents, or parents under age 22 in high school or studying for a GED. <a href="http://www.co.arapahoe.co.us/index.aspx?nid=396">http://www.co.arapahoe.co.us/index.aspx?nid=396</a>

### Food, Housing, Health Care

<a href="#">Colorado 211</a>	2-1-1 Colorado employs trained information and referral specialists who assist individuals and families that are seeking answers regarding community services in times of need. <a href="http://www.211colorado.org/">http://www.211colorado.org/</a>
<a href="#">Affordable Housing</a>	Resource to help find affordable housing <a href="http://www.coloradohousingsearch.com/">http://www.coloradohousingsearch.com/</a>
<a href="#">Colorado Department of Health Care Policy and Financing</a>	Agency oversees and operates Colorado Medicaid, Child Health Plan <i>Plus</i> (CHP+), and other public health care programs for Coloradans who qualify. <a href="https://www.colorado.gov/hcpf">https://www.colorado.gov/hcpf</a>
<a href="#">Integrated Family Community Services</a>	Provides basic human services and enrichment programs to low-income people using community resources. <a href="http://www.ifcs.org/">http://www.ifcs.org/</a>
<a href="#">The Family Tree</a>	The mission of Family Tree is to help people overcome child abuse, domestic violence and homelessness to become safe, strong and self-reliant. <a href="http://www.thefamilytree.org/">http://www.thefamilytree.org/</a>
<a href="#">Colorado Division of Child Support Services</a>	The official state child support services portal <a href="https://childsupport.state.co.us/siteuser/do/vfs/Frag?file=/cm:home.jsp">https://childsupport.state.co.us/siteuser/do/vfs/Frag?file=/cm:home.jsp</a>
<a href="#">Internet Essentials from Comcast</a>	Affordable internet service for eligible households <a href="https://apply.internetessentials.com/">https://apply.internetessentials.com/</a>

### Divorce

<a href="#">Cordell &amp; Cordell</a>	Legal resources and divorce advise specifically for fathers <a href="http://www.cordellcordell.com">www.cordellcordell.com</a>
<a href="#">Big Brothers Big Sisters</a>	The mission of Big Brothers Big Sisters of Colorado is to provide children facing adversity with strong and enduring professionally supported one-to-one relationships that change their lives for the better forever. <a href="https://www.biglittlecolorado.org/">https://www.biglittlecolorado.org/</a>
<a href="#">Judi's House</a>	<b>Judi's House</b> is a comprehensive grief center serving children ages 3-18, young adults 18-25, and parents and caregivers of grieving youth. <a href="http://www.judishouse.org/">http://www.judishouse.org/</a>