

Crestone Resources

FOOD
{Thursdays} (3:00pm – 5:30pm) Crestone Food Bank: next to Baca Grande Library (67581 Co Rd T)
Saguache Food Bank: (719-589-4567)
{Mon/Wed/Fri} Senior Meal (11:45am – 12:20pm): Little Shepard Chapel (make reservations +24hrs: 719-589-4511)
{Homebound meals} call South Central Colorado Seniors Inc. (719)589-4511 (they will mail application)
{Fridays} Free Food Fridays (10:00am – 12:00pm): Baca Grande Library (67581 Co Rd T)
{1st Tuesday of month} Care & Share (9:30am – 11:30am): Little Shepard Chapel 155 N. Alder St.
{2nd Tuesday of month} Mobile Food Pantry (time varies): Baca Grande Library (some fresh food, sometimes dairy/eggs) (67581 Co Rd T)
{2ND Thursday of month} TEFAP & CSFP (1:30pm-3:00pm): Crestone Town Hall
{application process on website} Neighbors Helping Neighbors: www.nhnCrestone.com
{Emergencies only} Peace Patrol: call only (719-315-4117) (no text service)
Emergency pet food & supplies: Pet Partners (719-588-6431)
VICTIM SERVICES
Saguache County Sheriff's Office Victim Response Unit (24/7): (719-655-2544)
District Attorney's Victim Assistance & Victim Compensation or Restitution: (719-589-3691)
HUMAN TRAFFICKING
CO Human Trafficking hotline (24/7): 866-455-5075 www.CombatHumanTrafficking.org
DOMESTIC VIOLENCE/ Safe House (Tu Casa)
CAC (Children Advocacy): (719-589-2465)
SLV Counseling Clinic: (719-589-5800)
SLV Victim Offender Reconciliation: (719-589-5255)
National Domestic Violence Hotline: 800-799-7233 (text "BEGIN" to 88788)
OTHER SLV SERVICES
Public Services in the SLV: MySLVConnect.com
Medical: Moffat Family Health Center (719-256-4025) T&R
Legal: Colorado Rural Legal Services (719-589-4993)
ALCOHOLICS ANONYMOUS
www.SLVaa.org/meeting-list
{Mondays} Little Shepard Chapel (6:30pm) 155 N. Alder St.
{Tuesdays} SLV AA (Zoom) mtg (6:00pm) Meeting ID: 828 9286 0701 & Passcode: 752059
{Thursdays} Crestone AA (Zoom) mtg (12:00pm) Meeting ID: 184 7650 37 & Passcode = 315103 Info: Cheryl 303-667-3459 / John 719-429-8450
NARCOTICS ANONYMOUS
{Tuesdays} (Zoom) mtg (7:00pm) call 970-309-0710
{Saturdays} (Zoom) mtg (9:00am) call 970-309-0710
AL-ANON
Al-Anon (families/friends of alcoholics): 970-617-8456

FIREWOOD
{Emergencies only} NHN: Community Free Wood Pile @ 330 W Galena Ave (Halloween – mid-April) - Please take bucked rounds & leave split wood for those who can't split wood
{wood load} Neighbors Helping Neighbors: apply at nhncrestone.com (Halloween – mid-April)
{work trade} Firewood project: text (303-868-6352)
RIDES
FREE Shuttle to Moffat and Alamosa (Fridays): Eagle Shuttle Direct SLV (719-530-1167 & Facebook) - Departs Crestone Kiosk at 6:20am. Goes to Moffat for Bustang Bus, then to Alamosa.
FREE Shuttle rides: (719-530-8980) www.MountainValleyTransit.com
Crestone RideShare: 719-430-5244 (\$10 local / \$25 Alamosa or Salida)
Rides for Medical Appointments (Medicaid & Medicare): - Medride: (719-545-3333) www.medridecolorado.com - Grace Ride: (719-569-0302)
SAGUACHE CO DEPTS (Crestone) (Office next to Mercantile - Thursdays)
(1 st Thursday, 10am-2pm): Land Use Dept. (719-655-2321)
(2 nd Thursday, 10am-2pm): Dept. of Social Services w/ Mattie Belle (719-655-2537)
(3 rd Thursday, 9am – 4pm): Veterans Representative , Michael Bondaraunt (719-655-2680)
(4 th Thursday, 10am-2pm): Saguache CO Public Health (719-655-2533)
MENTAL HEALTH ASSISTANCE
SLV Behavioral Health Group: (719-283-4923) or Robin, LPN (719-480-1098) www.SLVBHG.org (*24hr Hotline – 719-589-3671, opt. #1) (services: AcuDetox, peer support, adherence assistance, etc.) - Mobile MAT (Medical Assisted Treatment) Unit: (719-283-4923) (Moffat: Tuesdays 1pm-4pm)
Crossroads Turning Points: (800-304-3758) www.crossroadstp.org Substance Abuse & Mental Health (Pueblo)
Rural Recovery: Network of orgs to support opioid use disorder – Melissa, Care Coordinator (719-588-2786)
PEER128: Peer support for mental health or substance abuse (719-587-5964) 128 Market St., Alamosa (m-f 8am-5pm)
Suicide Hotlines: - Colorado Crisis Services: 1-844-493-TALK (8255) or... Text "TALK" to 3825 - Suicide & Crisis Hotline: Text (988) - National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
VETERAN'S SERVICES
Veteran's Crisis Line: 988 (then press '1') or text 838255
Craig Rauwolf: FREE services & groups (719-587-1001) - {3rd Thursdays} Cloud Café & Crestone Food Bank (2-5pm) - Groups: Socials, Men's, Women's, & Substance Abuse valleyvetrec.org/calendar

(Provided by Kimberly Chiarello – If you have updates, please PM on Facebook. Thank you!)

Revised 06/08/2024

Self-Care Support

- **Stress Reduction techniques** (i.e. down-regulating the nervous system)
 - **Breathing:**
 - (good) Have your exhale be longer than your inhale.
 - (better) With your mouth closed, only breathe through your nose with your exhale being longer than your inhale.
 - (best) With your mouth closed, use your index finger to close your right nostril. Breathe through only your left nostril with your exhale being longer than your inhale.
 - **Humming:** With your mouth closed, make a humming sound until you've completely exhaled. Inhale through the nose. Keep repeating until your stress is reduced.
 - **Touch: Havening Technique** (<https://havening.org/>)
 - Keep rubbing your palms together until your stress reduces.
 - Place your hands on opposite shoulders (left hand/right shoulder & right hand/left shoulder). Stroke your hands down your arms to your elbows. Keep repeating until your stress reduces.
 - (2min video): <https://www.youtube.com/watch?v=69e11xGNJUg&t=7s>
- **EFT** (Emotional Freedom Technique, aka "Tapping")
 - (FREE for active military & veterans) each veteran can receive up to 10 EFT sessions for FREE: <https://www.stresssolution.org/>
 - FREE EFT videos
 - EFT w/ Hanaa @ Bold True Life: <https://www.youtube.com/@boldtruelife3271>
 - EFT w/ Brad Yates: <https://www.youtube.com/c/tapwithbrad/videos>
 - The Tapping Solution: <https://www.youtube.com/@TheTappingSolutionChannel>
 - EFT Universe: <https://eftuniverse.com/free-videos/>
- **book: "Non-Violent Communication"** (also called Compassionate Communication) by Marshall Rosenberg: <https://www.amazon.com/Nonviolent-Communication-Language-Life-Changing-Relationships/dp/189200528X> (these techniques have also been used to defuse hostile & violent situations)
- FREE online **Trauma Super Conference** (a couple times a year) <https://www.traumasuperconference.com/>
- The movie **"The Wisdom of Trauma"**: <https://thewisdomoftrauma.com/> (they request a donation of \$7.00 - \$30.00 for viewing) This movie brought my understanding of trauma to the next level!