

Colorado Springs Independent Living Guide



“Change happens.

And it happens to all of us.

Understanding your patterns, your options, your priorities, your resources, and your strengths as you make the emotional transitions in response to those changes is a way for you to claim your power.

Claim your voice.

Claim your choice.

Claim your self.

Understanding YOU are not broken, even though parts of your life have been, is a way for you to claim victory.”

- Flux: Life After Foster Care

On behalf of Leadership Pikes Peak's LNOW! Class of 2012, thank you for picking up this document. When we started compiling this resource guide at the request of CASA, we had no idea that it would grow to be the monster that it has become, but we hope that within these pages you find some useful information. We are so passionate about this project and know that it will be beneficial for those of you that are aging out of the foster care system and as you continue on your road to independence. There are a lot of resources in the Colorado Springs community that can help you out, and we have tried to include most of them.

Inside this guide, you will find a lot of information, from accessing healthcare to fun activities to do in the Pikes Peak region. We want you to know that there are a lot of people out there, people you have never even met, that are invested in your success.

-LNOW! Class

of 2012



CASA thanks Leadership Pikes Peak NOW 2012 for choosing our project and doing a great job compiling this guide. The CASA Hanger Teen Activities Program has agreed to update this guide on a regular basis. If you have corrections or suggestions, please forward them to tracys@casappr.org

**A huge thank you to the following people and organizations
for their information, help and guidance
as we were preparing this resource guide.**

AmeriCorps	Mile High Youth Corps
BBVA Compass Bank	Mountain Metropolitan Transit
Care and Share Food Bank for Southern Colorado	My Plate
Colorado Child Care Assistance Program (CCCAP)	PEAK Parenting
Colorado Department of Child and Protective Services	Pikes Peak Library District
Colorado Department of Health and Human Services Office	Pikes Peak United Way
Colorado Department of Labor and Employment	Pikes Peak Workforce Center
Colorado District of Revenue	Peak Vista Community Health Centers
Colorado Farmers Market Association	Recipes courtesy of Share Our Strength's Cooking Matters®
Colorado Legal Services	Santa Cruz County Probation Presents Your Guide to Independent Living
Colorado Springs Housing Authority	Sarah Musick
Colorado Springs Independent	Share our Strength's <i>Cooking Matters for Adults Participant Guide</i>
Department of Federal Services	Stacy Frost, Supervisor at the El Paso County Department of Human Services Chafee Foster Care Independence Program and Teen Self Sufficiency Program
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Jenny Boyle-Edge	Texas Foster Youth Justice Program, A Guide for those "Aging Out" Of Foster Care In Texas Second Edition
The Gazette	Texas Foster Youth Justice Program
Guide to Independent Living for Transitional-Age and Emancipated Foster Youth Alameda County	U.S. Citizenship and Immigration Services
Court Appointed Special Advocates Program	<i>You Are Not Alone! A HANDBOOK PUBLISHED BY LAWYERS FOR CHILDREN FOR YOUTH AGING OUT OF FOSTER CARE IN NEW YORK CITY</i>
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Help us keep this guide up to date and complete. Please submit corrections and ideas to:

tracys@casappr.org

Emergency & Information Services



Emergency & Information Services

This information is courtesy of the Colorado Springs Independent.

Emergency If you are having an emergency, please call 9-1-1.

Non-Emergency To contact the police for a non-emergency situation, call 719-444-7000.

Pikes Peak United Way Resource Directory Assistance

Call 2-1-1

<http://211colorado.org>

2-1-1 provides toll-free access to over 400 service providers in El Paso, Teller, and six other Colorado counties. Dial 2-1-1, tell the helper what you need or describe your situation. The helper will find an agencies, programs, and/or services that can help you. It's EASY, it's FREE and it's anonymous.

Foster Club

www.Fosterclub.com

If you have a question and don't have anyone to ask, foster club is great place to ask other foster alumni. They also have a lot of information useful to Foster Alumni like you! This is a great toolkit, for example: **Foster Youth Transition Toolkit - A Fill-in Templates for Key Transition Readiness Tasks**
<http://www.fosterclub.com/transition/article/transition-toolkit>

Foster Care Alumni of America

<http://www.fostercarealumni.org/>

An organization you can join which has several resources whether you join or not.

Suicide Prevention

Suicide Prevention Partnership of the Pikes Peak Region

719-596-5433

www.pikespeaksuicideprevention.org

Guides callers through crisis and connects them with resources that help steer them away from suicide. Runs a 24-7 hotline for those contemplating suicide, and provides education, intervention and "postvention," which is grief support for children and teens.

Domestic Violence/Sexual Assault

TESSA

719-633-3819

www.tessacs.org

A domestic violence/sexual assault advocacy center that provides intervention, information and community referral services to female victims. [See page 10 for further information on abuse.](#)

Assault Survivor Kit

211 E Costilla, Colorado Springs, CO 80903

alcs99@aol.com

719-475-2627

AssistanceLeagueCS.org

In cooperation with Memorial Hospital Central's Sexual Assault Crisis Center and SANE (Sexual Assault Nurse Examiner) program provides clothing and hygiene kits to sexual assault victims who must leave their clothing as police evidence

DHS * Department of Human Services

El Paso County Department of Human Services

1675 W. Garden of the Gods Rd., Colorado Springs, CO 80907

719-636-0000

dhs.elpasoco.com

Offers temporary food assistance, responds to child abuse/neglect leads, and more.

Hunger Relief

There are many local food pantries where you can access food at no cost and with no questions asked. Please visit careandshare.org/AboutUs/AgencyLocator.aspx to find the pantry nearest you. You can also find these pantries on [page 97](#) in the Food & Nutrition Section of this guide.

Marian House

14 W. Bijou St., Colorado Springs, CO 80903

719-475-7314

ccharitiescs.org

Serves food to the needy Monday through Saturday, 10:30 a.m. to 1 p.m., and Sundays, 8:45 a.m. to 10 a.m., as an arm of Catholic Charities of Central Colorado.

Seeds Community Café

109 E Pikes Peak Ave, Colorado Springs, CO 80903

719-473-8206

<http://seedscommunitycafe.org/>

Imagine a place that builds a healthy community by providing a basic need of food in a respectful and dignified manner to anyone who walks in the door, regardless of their ability to pay! You pay what you can afford to pay. If you can not afford to pay, they ask you to volunteer for a short time in exchange for your meal. Open Monday-Friday 10:00 am - 2:30 pm

Springs Rescue Mission

Monday-Saturday 5PM provides hot meals to homeless, the working poor, needy families with children and anyone else who needs a meal.

Emergency & Info Services, cont.

Human Trafficking Hotline

Colorado Network to End Human Trafficking

866-455-5075

Laboratory to Combat Human Trafficking

303-295-0451

info@combathumantrafficking.org

<http://www.combathumantrafficking.org>

Human trafficking is a form of modern-day slavery where people profit from the control and exploitation of others. Trafficking includes children involved in the sex trade, adults age 18 or over who are coerced or deceived into commercial sex acts, and anyone forced into different forms of "labor or services," such as domestic workers held in a home, or farm-workers forced to labor against their will. The factors that each of these situations have in common are elements of force, fraud, or coercion that are used to control people. Then, that control is tied to inducing someone into commercial sex acts, or labor or services. Traffickers use young people to recruit others having them promise lots of cool material possessions. If it sounds too good to be true, it probably is.

Homeless Services

Interfaith Hospitality Network of Colorado Springs

719-329-1244

519 N. Tejon St., Colorado Springs, CO 80903

ihn-cos.org

Provides short-term transitional housing for families with children in homeless situations.

Salvation Army

719-636-3891

908 Yuma St., Colorado Springs, CO 80909

www.tsacs.org

Meets day-to-day needs and offers meals, case management and more for homeless persons.

Springs Rescue Mission

719-636-3891

5 W. Las Vegas St., Colorado Springs, CO 80903

mysrm.org

Assists the homeless through an interdenominational service program.

Urban Peak

719-630-3223

423 E. Cucharas St., Colorado Springs, CO 80903

urbanpeak.org

Helps homeless and at-risk young people (ages 15 to 20), providing essential services and moving them toward self-sufficiency.

Legal Assistance

Colorado Legal Services

719-471-0380

617 S. Nevada Ave., Colorado Springs, CO 80903

www.coloradolegalservices.org

A non-profit corporation that has assisted persons with low income and seniors in the State of Colorado for over 85 years. The mission of Colorado Legal Services is to provide meaningful access to high quality, civil legal services in the pursuit of justice for as many low-income persons and members of vulnerable populations throughout Colorado as possible.

Mercy Gates

719-277-7470

4285 N. Academy Blvd., Colorado Springs, CO 80918

<http://www.mercysgatecs.org/>

Inside Rocky Mtn Calvary Church. Free Legal services available.

Marian House—Catholic Charities

719-277-7470

14 W. Bijou, Colorado Springs 80903 <http://ccharitiescc.org/what-we-do/marian-house/>

Monday—Friday Free Legal clinic . P.O. Box 49296, Colorado Springs, CO 80949

Emergency & Info Services, cont.

Youth Resources

Safe2tell

719-520-7435, 877-542-7233 (SAFE)

safe2tell.org

Accepts reports from young people about activities or behaviors that endanger them or someone they know, keeping them anonymous and safe.

What is Abuse?

What is abuse and domestic violence? The answer may seem obvious. However, in Colorado domestic violence encompasses more than just physical abuse between married persons. Domestic violence is any act or threatened act of violence upon a person with whom the perpetrator is or has been involved in an intimate relationship. Moreover, domestic violence occurs when an abuser commits any other crime against any other person, property or animal in order to coerce, control, punish, intimidate, or seek revenge against the person with whom the abuser is involved in an intimate relationship. This includes a family member, partner, boss, co-worker, care-giver, or anyone who controls an important part of your life. Abuse can be non-physical. This is known as emotional abuse. Most people recognize the signs of physical or sexual abuse, but many of the signs of emotional or verbal abuse are much less obvious. If you think you or a friend is being abused, see the links below. Seek help, even if you are not sure.

Am I being abused?: <http://www.thehotline.org/>

Rights if Abused

As a victim of abuse, domestic violence or stalking in Colorado you are protected from discrimination in several areas. It's important that you also understand your rights as they relate to your job, your creditors, and your landlord. As a result of abuse, you may experience financial difficulties or need time off from work to protect yourself or your family. Understanding what legal protections are available to you may ease an understandably stressful time in your life. For a complete summary of your rights if you have been the victim of abuse, see the website below:

www.coloradolegalservices.org/lawhelp/resource/know-your-rights-as-a-victim-of-domestic-viol?ref=1DNDW

Animal Welfare

Humane Society of the Pikes Peak Region

610 Abbott Ln., Colorado Springs, CO 80905

719-473-1741

www.hsppr.org

Handles animal cruelty and welfare investigations, and provides adoption services.

Foster Youth Rights

records
security
emancipation
visiting siblings
caseworker
independence
safety
community
respect

Foster Youth Rights

As you transition out of the foster care system, remember that you are entitled to the same rights that you had when you were in the system. Remember that you should:

- Live in a safe, comfortable and healthy home where you are treated with respect, your own place to store your things and where you receive healthy food, adequate clothing and appropriate personal hygiene products.
- Be free from physical punishment.
- Be free from physical, sexual, emotional and all other abuse.
- Receive adequate medical, dental, vision and mental health care, and once you turn 16, to make some decisions about healthcare.
- Attend religious services and activities of your choice.
- Make and receive confidential and uncensored telephone calls
- Send and receive confidential, unopened, uncensored mail (unless a judge or your caseworker does not allow this).

If any of your rights are being violated, you may talk to your caseworker, a teacher or another adult that you trust. If you still feel that your rights have been violated or ignored after you have talked to one of these people you may contact the following:

Colorado Department of Family and Protective Services

719-444-5700

Email: childabusereport@elpasoco.com

The following information is from *You Are Not Alone! A HANDBOOK PUBLISHED BY LAWYERS FOR CHILDREN FOR YOUTH AGING OUT OF FOSTER CARE IN NEW YORK CITY*

Your foster care agency should help you prepare to leave foster care by helping you to find housing, apply for benefits, identify an adult in the community whom you can rely on for assistance, and find employment or an appropriate educational program. Specifically, your agency should assist you to do the following before you leave foster care:

- Notify you in writing 90 days before your last day in foster care.
- The Fostering Connections Act requires that personalized transition plans for youth aging out of foster care be developed within 90 business days prior to your exit from foster care. Your Guardian Ad Litem (GAL) should advocate that this plan is personalized and tailored to your unique goals. Also, because 90 days isn't always enough to develop a meaningful plan, your GAL should advocate for more advanced meetings to begin working on the plan.

This plan must include:

- Specific options for housing and help you find a safe place for you to live for at least a year after leaving foster care THAT IS NOT A SHELTER. Complete housing applications before you turn 21 or leave foster care.
- An assurance that the plan meets the self-sufficiency and cost-of-living standard in the county and the state in which you plan to live.
- Health insurance- your agency should help you apply for Medicaid benefits and ensure that you are moved to transitional Medicaid while you wait for your own Medicaid coverage to begin.
- Make referrals for employment services and/or educational programs.
- Identify mentors and after-care support.
- Must also include vital health documents (i.e. shot records, medical history, medication history).
- You are entitled to a copy of this plan free of charge.
- Apply for public assistance and/or Supplemental Security Insurance (SSI) benefits if you are eligible.
- Make sure you have proper documentation and immigration status before you turn 21.
- The court is required to specifically consider whether you are engaged in educational, vocation, or employment activities in determining whether there is a need for continuing jurisdiction past the age of 18.
- Your GAL should object to termination of the court's jurisdiction for any youth under the age of 21 who is not sufficiently prepared for a successful transition to adulthood.

Foster Youth Rights, cont.

If you have already transitioned out of the system and your needs were not sufficiently met, contact your case worker if appropriate, your Chafee representative (if applicable), or your GAL. CASA of the Pikes Peak Region can also serve as a resource and guide you in the right direction for basic needs and services.

CASA of the Pikes Peak Region
701 S. Cascade Ave., Colorado Springs, CO 80903
719-447-9898

Another resource is the Foster Care Alumni of America-Colorado Chapter (based out of Denver).
(888) ALUMNI-0
[719-465-1933](tel:7194651933)
Email: COchapter@fostercarealumni.org

Visitation for Siblings

Here are your rights in the state of Colorado regarding the visitation of siblings. Ask your caseworker to explain if you have additional questions.

Foster care sibling visits - rules

(1) If a child in foster care and his or her sibling mutually request an opportunity to visit each other, the county department that has legal custody of the child shall arrange the visit within a reasonable amount of time and document the visit.

(2) If a child in foster care and his or her sibling mutually request an opportunity to visit each other on a regular basis, the county department that has legal custody of the child shall arrange the visits and ensure that the visits occur with sufficient frequency and duration to promote continuity in the siblings' relationship.

(3) If, in arranging sibling visits pursuant to this section, a county department determines that a requested visit between the siblings would not be in the best interests of one or both of the siblings, the county department shall deny the request and document its reasons for making the determination. In determining whether a requested visit would be in the best interests of one or both of the siblings, the county department shall ascertain whether there is pending in any jurisdiction a criminal action in which either of the siblings is either a victim or a witness. If such a criminal action is pending, the county department, before arranging any visit between the siblings, shall consult with the district attorney for the jurisdiction in which the criminal action is pending to determine whether the requested visit may have a detrimental effect upon the prosecution of the pending criminal action.

(4) Nothing in this section shall be construed to require or permit a county department to arrange a sibling visit if such visit would violate an existing protection order in any case pending in this state or any other state.

(5) As used in this section, "sibling" means:

- (a) A sibling from birth who is descended from one or two mutual parents; or
- (b) A stepbrother or former stepbrother or a stepsister or former stepsister.

Access to Records

If you have not received your records upon exiting the Foster Care system (see the below checklist for aging out of foster care), you can make a request to your local Department of Health and Human Services Office which is open from 8:00-5:00 on weekdays.

Citizens Service Center, 1675 W. Garden of the Gods Rd., Colorado Springs, CO 80907

Records Room Supervisor 719-444-5630

dhs.elpasoco.com

Below is a court checklist of documents that should be provided for youth aging out of foster care. Feel free to use this checklist to make sure you have all necessary records.

General Information

- ☐ Original birth certificate or green card
- ☐ Tribal affiliation if Native American
- ☐ Original Social Security card
- ☐ State identification card or driver's license
- ☐ A copy of the final court order and case file
- ☐ Any information relating to the youth's personal bank account or any trust funds established on behalf of the youth
- ☐ Any information regarding child support
- ☐ Information explaining how to obtain Section 8 or Subsidized Housing if needed

Education Information

- ☐ Official school records from all schools attended
- ☐ Last report card
- ☐ Official high school transcript

Education Information For Special Education Students

- ☐ The youth's most recent Individualized Education Program (IEP) report
- ☐ The youth's most recent evaluation
- ☐ Information on how the youth can continue working towards graduation until the age of 21
- ☐ If a youth is not graduating from high school, information about getting a GED and Job Corps

Verification From Case Manager of Eligibility For

- ☐ Transitional Living Allowance
- ☐ Room and Board Assistance
- ☐ Education and Training Voucher Program
- ☐ College Tuition and Fee Waiver
- ☐ Detailed instructions on how to access the services including contact phone number, forms to be used, and where to find them on the internet.
- ☐ Information on the appeal process if the youth does not receive the Transitional Living Allowance or another benefit
- ☐ Contact information of the youth's Case Manager

Access to Records, cont.

Medical Information

- ☐ A Health Passport
- ☐ Complete medical and dental reports, exams, and logs
- ☐ Complete list of psychoactive medication prescribed and administered at any time in your history
- ☐ Information regarding Supplemental Security Insurance (SSI) or any other type of disability, such as Medicaid waiver programs.
- ☐ Original Medicaid card
- ☐ Record of immunizations
- ☐ Details on the follow-up medical, dental, psychiatric, and therapy appointments that are scheduled or need to be scheduled
- ☐ Adequate supply of medication including instructions on how to access refills, a copy of any paperwork that must be submitted, names of participating pharmacies or locations where medications can be obtained
- ☐ Psychological evaluations (if applicable)
- ☐ Information on how to obtain affordable mental health and medical care

Employment/Job Training

- ☐ Information on enrolling in a job training program
- ☐ If the youth is disabled, information about applying for services from the Department of Assistive and Rehabilitative Services (DARS)

The Case Worker should have also completed and filed the following

- ☐ Petition for Special Immigrant Juvenile Status, U.S. Citizenship and Immigration Services Form, If you are an immigrant.
- ☐ Transitional Medicaid application or other health insurance form
- ☐ SSI application
- ☐ Department of Assistive and Rehabilitative Services application, if youth is disabled
- ☐ Applications for public assistance such as food stamps
- ☐ Application for services from the Department of Assistive and Rehabilitative Services (DARS), if the youth is disabled

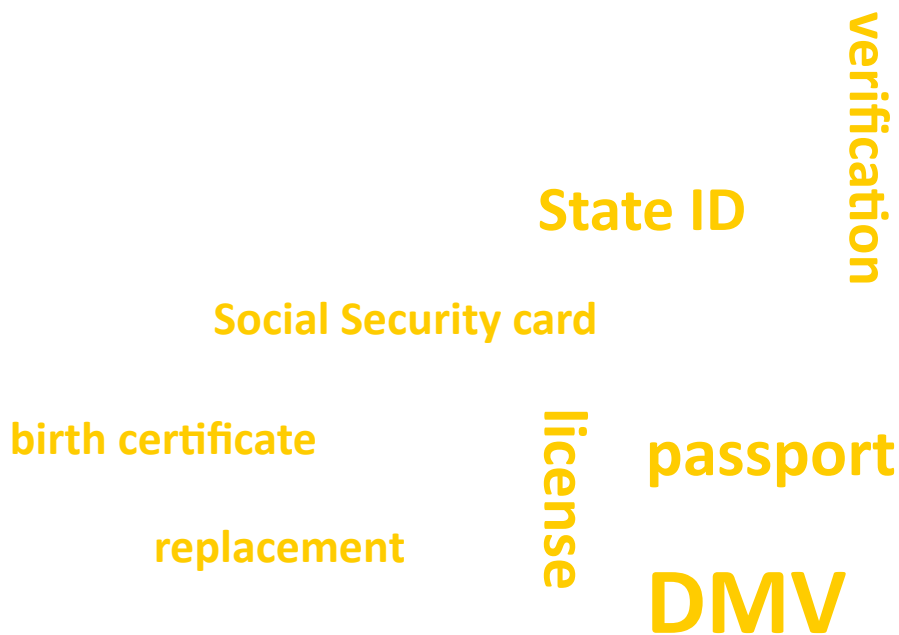
Access to Records, cont.

You have the right to access your records through the Freedom of Information Act (FOIA). This Act is a law that gives you the right to access your information through the Federal Government. This Act provides that any person has the right, enforceable in court, to obtain access to Federal Agency records, except to the extent that such records, or portion of them, are protected. A FOIA request can be made for any agency record.

To make a FOIA request to the Administration for Children and Families, send request to:

Marty Hudson
FOIA Officer
7th Floor West
901 D Street, SW
Washington, DC 20447
FOIA requester Service Center: (888) 747-1861

Identification Documents



Social Security Card

1049 North Academy Blvd., Colorado Springs, CO 80909
(888) 880-0688

You can replace your Social Security card for free if it is lost or stolen. However, you may not need to get a replacement card; knowing your Social Security number is what is important. You are limited to three replacement cards in a year and 10 during your lifetime. Legal name changes and other exceptions do not count toward these limits. For example, changes in immigration status that require card updates may not count toward these limits. Also, you may not be affected by these limits if you can prove you need the card to prevent a significant hardship. Replacing your social security card is done through the Social Security Administration (SSA). By accessing the SSA official website www.ssa.gov/, you can submit a request to acquire a replacement card by printing the necessary application which will also identify specific supporting documentation required to be sent with the application. Supporting documentation includes a birth certificate, state ID or Driver's License and U.S. Passport. Verifying what documents to provide can also be done while acquiring the application.

Be sure to never carry your Social Security Card on you at any time, and instead keep it in a safe place. If your Social Security Card is stolen it may lead to identity theft, which can have a negative effect on your future financial freedom.

Birth Certificate

If you find yourself needing a new copy of your birth certificate, there are two ways to acquire one. For those born in Colorado, you can go to the County Clerk and Recorder to get your birth certificate, and just like with the social security card, identification will be required in order to get it. If you were born or adopted in another state, use this link to find out how to get your birth certificate: <http://www.cdc.gov/nchs/w2w.htm>. If you were adopted, you will still need to go to the state in which you born to obtain a birth certificate. This will show your adopted name, not your birth name. The court changes your birth certificate when you are adopted. The other option is to search online for one of a few third party verification companies that access birth records from all states for those who need a new copy of their birth certificate. Going with the online route is more expensive, but can be the convenient option when your birth occurred in another state than the one you currently reside in.

All applicants will need one document to prove their residential address. A guardian's proof of address indicated on license is acceptable for a minor child. A utility bill or bank statement showing your address is another option. To view the elements required for each type of document, go to the DMV website and click on "Identification Requirements."

Identity Theft

Protect yourself against someone stealing your identity. Never give out your SSN unless it is absolutely necessary (such as a new job, FAFSA application, etc.). Don't carry your SSN in your wallet. Do not carry your PIN #'s, either. Don't purchase over the Internet unless the site has security. (look for the small lock icon). Don't download unfamiliar programs, screen savers, music, etc. from the Internet. Get virus protection for your PC. Shred any document when you throw it away if personal information, such as bills, bank statements, etc.) Don't let others use your ATM card, passwords, etc. Watch for Phishing emails—they appear to be from legitimate businesses and will ask you for personal information or ask you to log onto a website thereby giving away your passwords. Don't open or respond to these emails. Legitimate businesses will not ask for passwords or personal info in an email. Don't give telephone solicitors information, either. For more information check out: <http://www.idtheftcenter.org/>. To report online ID theft go to www.ic3.gov. Other ID theft see: <http://www.consumer.ftc.gov/features/feature-0014-identity-theft>

Driver's License and State ID

One thing you may have been looking forward to is getting a driver's license. The Department of Motor Vehicles (DMV) is where to get this done. This is also where you can get a non-driver's State ID. The State ID will identify your date of birth, current physical address, picture and your full legal name to use as identification. This does not act as a valid driver's license which will be required to legally drive, even if you are of legal age to have a driver's license. While the DMV does have a website for information, you must go to a DMV location to get your license. You can update address information online and make an appointment for a driving test at the website www.colorado.gov/revenue/dmv. There is a written and a driving test. Study for the written test by reviewing the CO Drivers' Handbook <http://www.colorado.gov/cs/Satellite/Revenue-MV/RMV/1212657832969>. Waiting times at the DMV tend to be very long so make sure and give yourself plenty of time to complete any business in order to avoid having to come back another day. Additionally, be sure to have all required documents and an approved form of payment before going to the DMV, as you could end up having to come back and wait again.

The DMV will provide approved driving schools that are available in the community for preparing you to take the official driving test, as well as the options for where to take the test. There is a fee for these classes. A class is not required to get your license, but you must learn to drive with someone and these programs do that.

To be issued a Colorado Driver's License or Identification Card, you must prove the following: your full legal name, identity, age and lawful presence in the United States. The chart on the next pages shows the documents that you may use to prove each of these items. In some cases, a single document may prove all four elements. However, it may be necessary for some applicants to provide multiple documents in order to prove all the required elements. All documents presented must be certified originals, certified amended originals or true copies certified by the issuing agency.

If you cannot prove each of the required elements with the documents set forth in the chart on the next page, then you may request to go through "Exceptions Processing" in order to prove the required elements with additional/alternative documents.

Colorado Springs Department of Motor Vehicle Office Locations

The Citizens Service Center DMV Office (same building as DHS) 1675 W. Garden of the Gods, Colorado Springs, CO 80907	719-520-6240
Downtown Colorado Springs Centennial Hall DMV 200 S. Cascade Ave., Colorado Springs, CO 80903	719-520-6240
Colorado Springs DMV—Full Service Office 2447 N Union Blvd, Colorado Springs, CO 80909	719-594-8701
Colorado Springs DMV - Union Town Center Office 8830 N. Union Blvd., Colorado Springs, CO 80920	719-520-6240
Colorado Springs Southeast DMV 5650 Industrial Pl., Suite 100, Colorado Springs, CO 80916	719-520-6240

For current hours and holiday closures, check this website:

<http://www.colorado.gov/cs/Satellite?c=Page&cid=1217844397218&pagename=Revenue-MV%2FRMVLAYOUT>

The charts below show the documents that you may use to prove your full legal name, identity, age and lawful presence in the United States.

Document	Elements			
Stand Alone Documents	Identity	Age	Name ¹	Lawful Presence
CO license (expired less than 10 yrs, image on file)	X	X	X	X
CO ID card (expired less than 10 yrs, image on file)	X	X	X	X ²
US passport (expired less than 10 yrs)	X	X	X ³	X
Out of State DL/ID from LP state (expired less than 1 yr)	X	X	X ³	X ⁴
Foreign passport w/ photo, US Visa, I-94	X	X	X	X ⁸
Valid Military ID/Common Access Card	X	X	X ³	X
Cert. of Naturalization w/ photo less than 20 yrs old	X ⁵	X	X	X
Cert. of Citizenship w/ photo less than 20 yrs old	X	X ⁶	X	X
Valid I-551	X	X	X	X
Valid EAD/Temporary Resident	X	X	X	X
Refugee/Asylee I-94 w/ photo less than 20 yrs old	X	X	X	X ⁸
OR				
You must provide any combination of documents that prove identity, age, name and lawful presence in the United States				
Lawful Presence Documents	Identity	Age	Name ¹	Lawful Presence

Social Security card verified by SSOLV				X
U.S. Birth certificate		X	X	X
Cert. of Citizenship from the Department of Interior		X ⁶		X
U.S. Adoption Order w/ birth information		X		X
Asylee/refugee I-94, no photo		X		X
Name, Age, and Identity Documents				
CO license (expired less than 10 yrs, no image on file)	X	X	X	
CO ID card (expired less than 10 yrs, no image on file)	X	X	X	
Out of State DL/ID (expired less than 10 yrs)	X	X	X ³	
BIA ID Card w/ photo less than 20 yrs old	X	X ¹⁰	X	
Military ID/CAC (expired less than 10 yrs)	X	X	X ³	
VA Card w/ photo	X	X ¹⁰	X	
Parent/Guardian affidavit if under 21	X ⁷			
US school record less than 12 months old		X		
Colorado Dept. of Corrections or Federal Bureau of Prisons ID card	X ⁹			

¹ The applicant's full legal name is the name on the applicant's birth certificate, unless it has been changed by court order, marriage, divorce, or adoption. A marriage certificate, divorce decree, separation decree, or name change order issued by a state or federal court or government may be used to prove a name change. All non-court-ordered name changes will require completion of Form DR 2203, Affidavit of Name Change for a Colorado Driver's License or ID Card.

² Applicants presenting a Colorado ID card with an issue date of 06/01/97 up to 07/01/98 must also present a document establishing lawful presence.

³ Applicants who present U.S. passports, out of state driver's licenses and ID cards or Military IDs/Common Access Cards that do not contain the applicant's full name will be required to present an additional document (other than the US school record or CO Dept. of Corrections/Federal Bureau of Prisons ID) that prove the applicant's full legal name.

⁴ **LP** = All states are lawful presence (LP) states including the District of Columbia with the exception of: Hawaii, Illinois, Maryland, Nebraska, New Mexico, Utah, and Washington. If on the face of the license or ID card presented it says that it is an Enhanced driver's license or ID card, then it is to be accepted as a lawful presence document.

⁵ Certificates of Naturalization or Citizenship, with photos over 20 years old, require an additional identity document.

⁶ Only if the Certificates of Citizenship from the Department of Interior shows the applicant's date of birth.

⁷ A parent/guardian providing an affidavit for a minor under 21 must also present an identity document from the list on the front of this form and proof that they are the parent or legal guardian of the minor.

⁸ Customers presenting a valid foreign passport with US visa and I-94 or valid Processed For I-551 stamp may be required

to present documentation establishing a Colorado connection. Status F, J, H, and M, require verification of a Colorado connection through the sponsoring entity and original letter, by the Colorado employer, of Colorado employment or verification of education through the valid DS-2019 or I-20AB. Applicants with a B1, B2, WT, WB, CP or NC status are not eligible for a Colorado Driver's License or ID Card.

⁹ An identity document issued by the Colorado Department of Corrections, or the Federal Bureau of Prisons, is acceptable provided the first and last name and date of birth match the first and last name and date of birth on the document presented as proof of lawful presence.

¹⁰ If there is a date of birth on this document then it may be used to verify age.

Applicant can provide one of the following documents (each must contain your current address):	
<ul style="list-style-type: none"> • Utility bill • Credit card statement • Pay stub or earnings statement • Rent receipt • Phone bill • Transcript or report card from an accredited school • Bank statement 	<ul style="list-style-type: none"> • Mortgage document • Tax document • Homeowners/renter's insurance policy • Vehicle registration • Other items with their address can be reviewed by Driver's License personnel


Per 1 CCR 204-13, 2.3.3.2, birth certificates must be issued by the United States, including any agency or department thereof, the District of Columbia, any state, county parish or borough, and which has been certified by the issuing agency.

This document is created solely to assist applicants in understanding the identification rules for obtaining a Colorado driver's license or identification card. This document does not supersede, alter or amend the rules promulgated by the Department of Revenue; those rules contain the complete requirements and are available on the Department's web site at <http://www.colorado.gov/revenue>.

NOTE:

Marian House / Catholic Services –will help you get the identification you need to get services.

Immigration



A word cloud of immigration-related terms. The words are arranged in a roughly circular pattern. The words include: legal resident, citizenship, case worker, application process, attorney, SIJS, green card, and United States. The words are in various shades of green and blue, with some words being larger than others.

legal resident

green card

citizenship

SIJS

case worker

application process

attorney

United States

Housing

apartment
shelter
buy
house
rent
utilities
lease
roommate

Housing is an important step as you emancipate and become independent. Where you live is important in respect to location of your needs. For example, if you will be riding the bus to work, you'll want to look for housing on or close to a bus line. This section will go through these issues, as well as others that you may face as you look for housing.

Finding Permanent Housing

Once you have a steady income and are ready to find your own housing, there are many options for housing. Be sure to take your time and research places to live before making a decision.

Definitions to Know

Landlord- A landlord is the owner of a house, apartment, condominium, land or real estate which is rented or leased to an individual or business.

Tenant- The person or persons that are renting a house, apartment, condominium, land or real estate from the landlord.

Lease- A legal contract that outlines the agreement between a landlord and tenant(s). The lease includes monthly rent price and due date, rules for security deposit return, length that tenant agrees to live in the property.

Sublet- A sublet is all or part of a property that is rented to a secondary renter for a short amount of time while the renter is away.

Section 8- Section 8 is a government assistance program that includes several programs to assist low income individuals and families with money for housing. There are many rules and regulations with this program. For more information and to apply for funds. please talk with someone at the Housing Authority or visit www.csha.us/ and click on "Housing Assistance."

Affordable Housing- Affordable Housing is defined as "decent, safe and sanitary accommodation that costs no more than 30% of gross household income after taxes."

Things to Consider

- Location in relationship to work, school, transportation, grocery store, etc.
- Area of town - downtown, Westside, eastside, different neighborhoods.
- Type of Housing - room for rent, room in a shared house, studio or 1 bedroom apartment.
- Cost - not just rent; consider deposits, utilities, trash, application fees, pet fees, etc.
- Term of lease - month-to-month, subletting, 6 months, yearly, etc. Leaving your housing before your lease is up is called "breaking the lease" and you can be penalized. Often you will be required to pay rent until a new tenant is found as well as advertising costs.

While you are searching around, use the checklist from Colorado Housing Search to compare different places you are considering. This checklist will help you remember all the details of the locations you visit so you can make an informed decision.

www.socialserve.com/tenant/RentalChecklist.html?ch=CO

Finding Permanent Housing, cont.

What You Need to Apply

Identification– You will need your state issued ID/license and your social security number

Application Fee– Most places charge a fee just to apply (non-refundable even if you are not accepted to live in that location). This helps offset the costs of the background check and administrative fees for the landlord.

Proof of Employment– This is usually a paystub from the previous month's paycheck.

Security Deposit– Is a set amount (often times one month's rent) paid upfront to a landlord as a deposit for any possible damages during occupancy. If there are no damages this money will be returned to you once you have moved out. This deposit does not cover your rent and is only a deposit in case there are any damages. If there are damages a landlord must submit them and the costs of repair to you in writing. If you have no damages, your landlord must return your deposit within 30 days or if written in the lease it can be up to 60 days after you vacate the apartment.

For information of the laws that protect you, link to:
<http://www.ext.colostate.edu/pubs/consumer/09903.html>

Places to Search for Housing

There are many places to look for housing (online, in print, or in-person with assistance). Most newspapers have rentals listed in the classifieds. When you are searching online, try different search options (such as price, size, location) and compare your results.

Helpful Websites for Affordable and Standard Housing Options

Housing Authority of the City of Colorado Springs
www.csha.us

Colorado Housing Search
www.coloradohousingsearch.com

Craigslist www.craigslist.com - Click on your city and search under housing.

For in-person assistance with finding housing, visit the Housing Authority of Colorado Springs located in the Lowell Elementary School building at 831 S. Nevada, Colorado Springs, CO 80901 719-387-6700 Mon-Fri 7:30am to 5:00pm

Beware of Scams!

If an offer for housing seems too good to be true, it probably is. Avoid being scammed by following these steps:

- Do not pay a security deposit or any other deposit until you have signed a lease.
- Do not pay by cash or certified check.
- Make sure you can verify who owns the property you are looking at.
- Get your prospective landlord's name, home address and telephone number to verify them.
- Get references from the landlord, preferably from former tenants.
- Check the local clerk of court or register of deeds to verify ownership of the property (the fee to obtain a copy is nominal, and some can be found on the county websites for free).
- Check with the Department of Consumer Affairs and the Better Business Bureau (BBB) to see if any complaints have been filed against the landlord.

If you believe you have been a victim of fraud, contact your local law enforcement agency.

Navigating a Lease

Late Fees

If rent is not received by the due date listed in your lease agreement, the landlord is able to charge a late fee. This late fee should also be listed in your lease agreement.

Breaking a Lease

Be sure to know the rules regarding breaking a lease. If you have to break the lease, there will be costs involved.

Term of lease

Depending on your landlord, you may have the option to sign different terms to your lease. The term of the lease is the amount of time that you promise to live in and pay for the rental. Some common lease terms are month-to-month, six months and one year.

Example of a Typical Lease

For an example of a typical Colorado lease, visit www.mrlandlord.com/lease/ or see the example on page 29 of this guide.

Rental Info & Hints from Foster Alumni

<http://www.fostercarealumni.org/resources/Housing/Renting.htm>

Need Help Paying Your Bills?

Rent Assistance, avoid Eviction

It's important to seek help, as soon as there is problem. The earlier you seek help, the more options you have. Visit the following website as a reference to local resources to help. Try 211.

www.needhelppayingbills.com/html/colorado_springs_rent_assistan.html

Eviction, How it works & What you need to know

<http://www.nolo.com/legal-encyclopedia/evictions-renters-tenants-rights-29824.html>

Utilities Assistance

HEAP through the Energy Resource Center

Helps go through the house and improve energy and water efficiency. 719-591-0772, erc-co.org/ and click on How To Qualify and Apply.

Project COPE

Utility payment assistance due to personal crisis or emergency first apply for LEAP, for referral to COPE, call Pikes Peak United Way 2-1-1.

LEAP

Available to low income households for winter heating season Call 866-HEAT-HELP (1-866-432-8435) or United Way 211.

List of Useful/ Common Household Necessities

Kitchen
Pots and Pans
Silverware
Cups/Glasses
Plates
Bowls
Paper Towels
Baking Sheet
Aluminum Foil
Spatula
Trash Can
Bathrooms
Toilet Paper
Trash Can
Hand Soap
Shower Supplies
Shower Curtain (if necessary)
Bath Towels
Bedroom
Hangers
Sheets, Pillowcases,
Comforter, Blankets
Cleaning
Broom and/or Mop
Vacuum
Old Rags
Sponges
Lysol Wipes
Lysol
Window Cleaner
Counter Cleaner
Scrubbing Bubbles
Comet
Toilet Brush
Laundry Detergent
Bleach
Maintenance
Basic Toolkit
Nails
Screws
Duct Tape

Roommates

Living with a Roommate

Many times living with a roommate will cut down on living costs. You should consider your needs and possibility of finding a roommate to share expenses with. There are a few things to consider when choosing your roommate. Even if you are very good friends with or dating someone, that does not mean that you will get along with them in a living situation. When considering a roommate, make sure you and that person are compatible and have similar ideas about:

- Cleaning
- Food/cooking
- Schedules
- Having visitors to the house
- Communication with each other
- Noise (music, television, guests, pets)

Roommate Agreement

Once you have chosen a roommate you may want to consider creating a roommate agreement. A roommate agreement outlines general rules that both you and your roommate(s) will follow in the house. For an example of a typical roommate agreement, visit: page 30.

Getting Out of a Bad Housing Situation

Sometimes you may find yourself in bad situations that you could not avoid, such as an unfair or unhelpful landlord, a roommate you are not getting along with and no longer want to live with, etc. For advice on dealing with these situations, you should seek out assistance in person. Some locations that may be able to help are:

More Rental Resources

For more information about renting in Colorado Springs, visit:

Colorado Springs Housing Development -

www.springsgov.com/units/HousingDevelopment/FairHousingEngl.pdf

Housing Authority of the City of Colorado Springs- www.csha.us/

Colorado Housing Search -

www.coloradohousingsearch.com

Apartment Association of Southern Colorado -

aacshq.org/site/index.php?option=com_content&task=view&id=30&Itemid=33

US Department of Housing and Urban Development -

http://portal.hud.gov/hudportal/HUD?src=/topics/rental_assistance

Colorado Springs Better Business Bureau (BBB)

25 N. Wahsatch Ave., Colorado Springs, CO 80903
719-636-1155 or
Toll Free 866-206-1800 (Colorado only)
Monday through Thursday 8:00am - 5:00pm,
Friday 8:00am - 3:30pm

Housing Authority of Colorado Springs

Located in the Lowell Elementary School building:
831 S. Nevada, Colorado Springs, CO 80901
719-387-6700
Monday through Friday 7:30am to 5:00pm

Temporary Housing/Shelters

Until you have a steady income, you may want to find temporary housing or shelter. There are local shelters that can provide a warm bed, food, and bathrooms for the night or longer, if necessary.

Urban Peak

423 E. Cucharas St., Colorado Springs, CO 80903

719-630-3223

If you are under age 21 (25 in Denver), drop in for emergency housing needs or move into their residence program. Takes in run-aways 15+, too.

Joel House

455 Gold Pass Hgts., Colorado Springs, CO 80906

719-473-8890

Housing program for young men. recently emancipated from foster care.

Bijou House

411 W. Bijou St., Colorado Springs, CO 80905

719-635-5078

Transitional housing for men 18+ who are homeless or who are close to homelessness.

Interfaith Hospitality Network of Colorado Springs

ihn-cos.org

519 N. Tejon St., Colorado Springs, CO 80903

719-329-1244

Provides short-term transitional housing for families with children in homeless situations.

Partners in Housing

455 Gold Pass Hgts., Colorado Springs, CO 80906

719-473-8890

Provides transitional housing for 1 year for families or individuals. with help moving to self-sufficiency. <http://www.partnersinhousing.org/Programs/HomelessSelfSufficiencyProgram.aspx>

Salvation Army

www.tsacs.org

910 Yuma St., Colorado Springs, CO 80909

719-636-3891

24/7 best to arrive before 10PM. Homeless Shelter, food, shower.

Warming Shelter when the temp is below 32° - Opens at 7PM, arrive by 9PM to receive a pad to sleep on until 7AM. Showers & coffee available.

Springs Rescue Mission

719-632-1822.

5 W Las Vegas St., Colorado Springs, CO 80903

Family Crisis Center

provide 10 families suffering from chronic homelessness with a safe and affordable place to live

<http://www.springsrescuemission.org/family-crisis-center>

The Shore House

321 Mesa Rd., Colorado Springs, CO 80905

719-578-1629

Transitional living for men and woman 18+.

For a listing of more local shelters, Dial 211 or visit:

www.shelterlistings.org - From there, click on your state, then click your city

www.ppuw.org/search211 - From there, search for "shelter" 719-955-0742 or 211

ROOMMATE RENTAL AGREEMENT

Landlord _____ agrees to rent to

Tenant _____

Premises at _____

1. Resident agrees to pay \$_____ per month on the ____ day of each month. This agreement shall begin on _____ and continue until _____. After this time, the agreement goes to a month to month agreement. Rent shall be paid with a money order or personal check only.
2. There is a security deposit of \$_____. Any unpaid rent, cleaning costs, key replacements costs, repair or damage to premises, shall be deducted from deposit. If deposit does not cover costs, resident shall pay additional costs. Deposit will be returned within ____ days of vacancy.
3. A late charge of \$_____ will be charged to rent received anytime after 5 days of due date.
4. Utilities (electric and water) are included in rent. Cable and internet will be split equally between roommates depending on number of roommates. Equal share is currently \$_____. This is subject to change dependent upon the total number of roommates in household.
5. Only the person named on the lease can reside in the home. No guest shall stay over 5 days consecutively.
6. No pets, unless stated otherwise.
7. Tenants vehicle is a _____ Year _____ License plate _____
8. If any vehicle leaks oil, resident shall be charged \$100 for cleaning.
9. Resident can only have one vehicle on premises, does not include guests.
10. Resident or guests shall not make or allow unreasonable noise or sound. Resident must be especially quiet between the hours of 10 p.m. and 6 a.m.
11. Resident agrees to keep the premises and all items in good order. Any damages to the premises will be paid by resident; except for reasonable wear and tear.
12. Resident shall not alter residence without permission.
13. Garbage shall be place in garbage bags and placed in outside receptacles.
14. Resident is recommended to obtain own renter's insurance.
15. Resident agrees not to sublet.

16. You are hereby notified that a nonpayment, late payment or breach of any on the terms of this agreement may be submitted to a credit reporting agency which may create a negative record on your credit report.
17. Resident must notify landlord no later than the _____ of the month that he/she is moving or will lose the deposit.
18. Tenant agrees that after giving the notice of moving, that the landlord may show room to any prospective tenants, after notifying tenant.
19. No drugs permitted on the premises.
20. No smoking in the residence.
21. Failure of resident or guest to comply with any term of this agreement is grounds for termination.
22. Resident shall hold owner harmless from any claim, loss or liability arising out of or related to any activity on premises of resident or any guest.
23. Resident acknowledges receipt of the following keys: _____
24. Resident must clean up after themselves, and needs to sweep and mop as needed.
25. Resident agrees to a credit and background check prior to move-in date.
26. Additional clause:

Resident's Signature: _____

Date _____

Landlord's Signature _____

Date _____

vocational training
scholarships
financial aid
college
GED
trade School
diploma
act
career
Job training

Education

Importance of Education

In 2011, average annual earnings ranged from \$23,504 for high school dropouts to \$33,176 for high school graduates, \$54,756 for college graduates, and \$86,580 for people with professional degrees (medical doctors, dentists, veterinarians, and lawyers). In the span of your lifetime, the difference between a high school diploma and a college degree can literally be over a *million* dollars. Even some college, trade school courses or other training programs can make a half a million dollar difference over your lifetime.

Education is critical to your ability to develop critical thinking skills, problem-solving strategies, and to set you up for long-term success. Education opens new promotions, career opportunities, and higher salaries that empower you to enjoy a fulfilling personal and professional life. This section will help you learn more about finishing high school, applying to and succeeding in college, and pursuing a new career so you can see your salary, knowledge, and career prospects grow.

Enroll in the Pikes Peak Workforce Center's WIA Program and get help in planning & paying for many types of education, classes, workshops, part-time enrollment or full-time enrollment.

Finishing High School

Traditional or Alternative Public High School

Youth under the age of 21 can enroll in public high schools across the country to finish high school. There are a number of options for you to actually get a high school diploma. Check out the district that you live in and the district you last attended. Check all these out and find out what excites you. Even if you have been expelled from a school, there is probably an opportunity available to you.

E3—Career Building Academy—Spend half your day on academics and half on learning a trade, including all careers in the residential & commercial construction industries (framing, plumbing, electrical, mechanical), culinary, automotive and CNA (certified nurse assistant). They work closely with local employers providing youth with employment opportunities after graduation. <http://www.engage-educate-employ.org/>

Community Prep School (CPS) program is designed to re-energize students' educational experiences. The majority of CPS classes are done at the student's own pace. Completing CPS curriculum enables you to enter Pikes Peak Community College without the need for remedial coursework at PPCC. www.communityprepschool.org/uploads/enrollment_info.pdf

District 11 has a lot of alternative high school options that you can transfer into, even if you are out of district. Check out www.d11.org and click on 'Our Schools.' Look at Roy J. Wasson Academy Schools & Charter Schools. Both have a list of alternatives. Click on each and figure out which is best for you!

District #11 Alternative Schools – Wasson Campus.....No charge upto age 21.... 328-2000

Adult and Family Education - <http://adulted.d11.org> Ages 17+

Achieve Online School: <http://achievek12.d11.org> Middle & High School

Career Pathways - <http://www.d11.org/RJWAC/Pages/Pathways.aspx> (in conjunction with Career Building Academy above)

The Bijou School: <http://bijou.d11.org> grades 9-12

Springs Community Night School: <http://www.d11.org/Schools/Pages/SCNS.aspx> Ages 17-21, afternoon & evening classes, M-Th

Finishing High School Continued

Digital High School Jr & Sr credit recovery program: <http://digital.d11.org>

Digital students use GradPoint courseware to access a variety of classes and programs that can help you in recovering credits you may have missed or failed in your high school

District 20 also has choices and checkout Pikes Peak Prep www.pikespeakprep.org.

Getting your GED (General Educational Development tests)

The GED is a group of five subject tests which, when passed, certify that the taker has American high school-level academic skills. A high school diploma is preferred and will open more doors for you.

Find a GED Prep program to get you ready:

Urban Peak – www.urbanpeak.org/up_cos.html

D11 Adult and Family Education ABE/ASE– <http://adulthood.d11.org>

AspenPointe <http://www.aspenpointe.org/Innovation/GED+Preparation+Training-121.html>

Often, public libraries will offer GED classes or know of opportunities to enroll in one.

Public Library: www.ppld.org

JobCorp

While helping you get your high school diploma or GED and gain job skills, JobCorp gives you an allowance.

320 N Academy Blvd #105, Colorado Springs, CO 80909

719-596-6850

www.jobcorps.gov

Homework Help

Brainfuse: www.ppld.org/teens Free online **tutoring**. Homework help, Skills building, writing lab, test center, foreign language lab. 2-11PM every day. They do it all through a PC.

Beehive: <http://www.thebeehive.org/school/k-12-students/homework-help/high-school>

Math

Science

English

Social Studies

Foreign Language

Fine Arts

Reference Materials

Going to College

Planning for College/Trade School

As you're considering what will be a good fit for you, consider some of the following questions: What will you study? Will you attend full-time or part-time? Many schools offer night and weekend classes if you choose to attend part-time so that you can work during the day. A full time student often takes 4-6 classes per semester (about 12-20 credit hours per week), while a part-time student takes 1-4 classes per semester (12 or fewer credit hours per week). Learn more about majors, trade schools, colleges, and other choices you should plan on the next few pages.

Pikes Peak Workforce Center—PPWC

719-667-3700

1675 W. Garden of the Gods Rd., Colorado Springs, CO 80907

ppwfc.org

This free resource provides training and help on how to find a job, with workshops in interviewing, career planning and more. Check its website for dates for workshops and hiring events. Make an appointment to meet with a counselor. Register with PPWC. You probably qualify for the WIA program which offers additional benefits. Attend one of their information events on either a Tues. or Thurs. See hints for completing the application in the Employment Section.

Planning for College/Trade School cont.

Choosing a Major, Career or Job Area of Interest

In college, or trade school, you choose to study a certain focus area, such as art, mechanics, culinary, architecture, dance, human service or business, that will set you up for a career you are interested in. You will take many classes related to your area of focus to obtain a degree or certificate. You may also take a few classes in other areas of interest to obtain a minor in that field. If you are unsure about which area of interest you may want to pursue. The Pikes Peak Workforce Center and counselors at schools like Pikes Peak Community College or UCCS can help you make this choice. If you are still in high school make an appointment with a counselor there, too.

Bureau of Labor Statistics

bls.gov

Before you choose a major or a career path, you might consider stopping here for statistics on pay and benefits, employment, hours and earnings for your state and job area.

The College Board

collegeboard.org

The College Board offers college planning and school searches.

Education-Portal.com

education-portal.com/pages/Career_Field_and_Degree_Program_Videos.html

This is a resource for students and recent graduates, offering multiple videos on career research, job interviewing, creating a résumé, job networking and more.

mymajors.com

You can take an assessment online at mymajors.com that will recommend areas that fit you best. You can also get information about majors, schools and careers.

Trade Schools Directory & Descriptions of Careers in those Fields

trade-schools.net/locations/colorado-schools-directory.asp

This can be a resource, but understand that schools can pay to be marketed to you on the first page and be called, "Preferred Schools." This does not mean they are better, they just paid for the designation. This does not list all the local trade schools. Though many of the schools listed are out of state, if you click on a field of study, for example Culinary, it does give some good information about a career in that field, even though none of the schools they list are in Colorado Springs.

U.S. College Search

uscollegesearch.org

All you have to do is put in your ZIP code and this site will find colleges near you. You can search for schools by program, and the site also provides helpful information about financial aid, and has a helpful occupation guide.

Applying to College/Trade School

Trade schools often have an application and some may require testing for placement purposes, essays and/or recommendation letters. Many college applications require ACT or SAT (two common college application exams) test scores, letters of recommendation, and an essay or personal statement in addition to any other application questions or requirements. Pikes Peak CC does not require the SAT or ACT. If you have to write an essay, your foster story could help you get into college. Check out more information about these tests, requirements, and other resources below. Contact each school you are

Applying to College/Trade School cont.

interested in to get information about requirements, applications, etc. Make an appointment to meet with a counselor.

Taking the ACT or SAT (tests required for many college applications)

collegeboard.org

The College Board's main offerings are ACT, SAT, and advanced placement testing. Consider taking a prep class before taking these exams.

Writing Essays

bigfuture.collegeboard.org/get-in/essays

Some schools require you write one or more essays. Using your foster care story may be what gets you into the school of your choice. The Hanger may have people willing to help you write yours.

Letters of Recommendation

College applications often require letters of recommendation from teachers, coaches, bosses or colleagues who know your strengths well. Request two or more letters of recommendation from teachers, guidance counselors, coaches, CASA or supervisors who know you well and can speak to your strengths and potential contributions to a school.

Scholarships and Financial Aid

While the cost of college can be expensive, financial aid is money to help pay for college or career/trade school. Financial aid can come from the U.S. Federal Government, the state, the college you attend, or a nonprofit or private organization. Below are a few key terms and resources to help you navigate the process of applying for financial aid. Many opportunities are available for foster alumni. Start early, as many have deadlines or award funds on a first come basis.

Federal Student Aid

www.fafsa.ed.gov

The Office of Federal Student Aid provides grants, loans, and work-study funds for college or career school. They offer **grants** (financial aid that doesn't normally have to be repaid), **loans** (borrowed money that must be repaid with interest), and **work study** (a program through which you work and earn money to help pay for school). Follow directions on this website to fill out a FAFSA for free and see how much money you can receive to put toward your college education. Get help filling out your FAFSA from counselors or at the Pikes Peak Workforce Center or ask at The Hanger store.

Common Foster Youth FAFSA application questions: <http://www.collegegoalcolorado.com/fosterfaq.html>

You are considered INDEPENDENT if DHS has legal custody of you or did when you turned 18. Basically, if you were in Foster Care when you turned 18, then DHS had custody of you. They use the term "ward of the state." If your status changed before you reached age 18, you may be considered a dependent of your parent(s). Ask your caseworker or someone at DHS if you aren't sure.

(Note: You are a "ward" or "dependent" of the court if the county court had custody of you. You should have documents that prove this. If not, contact DHS.

You still can be a ward of the court if you have a legal guardianship or foster parents; Neither guardians nor foster parents are considered "parents" when completing the FAFSA application. It does not matter whether you live with them or not.

Scholarships and Financial Aid cont.

You do NOT include benefits that your foster parents or guardian receives in your income when completing the FAFSA application and if you have "ward of the state" status, you do not include

your parents income, either. If you are filing as independent, you do NOT need any parent signature on the application.

Scholarships for Foster Youth

[www.fosterclub.com/ transition/topics/scholarships](http://www.fosterclub.com/transition/topics/scholarships)

Check out this website to learn about scholarships available to current and former foster youth.

Education and Training Vouchers (ETV) www.statevoucher.com

The ETV program is specifically for youth who are or have been in the foster system. Best of all, in most cases this money can help pay for a Trade or Vocational school or college, as well as, housing, transportation, books, fees and other costs related to education. It can even help you by paying for testing fees (like SAT or ACT), tutoring, GED costs, and more. This includes beauty schools, cooking schools, etc. It does **not** have to be a four year college. You must be 17-21 when you start, so start early.

The Denver Foundation Scholarships

<http://www.denverfoundation.org/grants/page/colorado-high-school-students>

Read them all, but pay particular attention to the Helen M. McLoraine Scholarship for Foster Care & Emancipating Youth

Zonta—Piikes Peak <http://zontapikespeak.org>

Zonta has scholarships for high school senior girls seeking careers in Public Affairs or Aeronautics or other technical fields. They also have a “Launching Families” program that provides sponsors for emancipating foster college-bound students giving them non-financial support, like care packages, emotional support and a place to go during school breaks.

College In Colorado secure.collegeincolorado.org

A great financial aid planning site, this one helps students find scholarships and gives information about "financial fitness" or budgeting, and more. Click on the Financial Planning tab. It also is a great college planning website, specific to Colorado. Click on Career Planning tab.

College Opportunity Fund cof.college-assist.org

COF is a stipend from the state of Colorado. Apply online and then authorize funding to be used at your institution. COF is currently at \$62 dollars per credit hour. You must be a Colorado resident and an undergraduate.

QuestBridge questbridge.org

Low-income students who are academically deserving can use QuestBridge to link with scholarships and major universities.

College Scholarships.org <http://www.collegescholarships.org/>

No login required. Contains some scholarships for foster youth and many others that you might qualify for.

FinAid finaid.org

This website information on loans, scholarships, savings, military aid and more.

Scholarships and Financial Aid cont.

Fast Web fastweb.com

Fast Web also offers information on financial aid and maintains a "massive" database of scholarships.

College Scholarships, Colleges and Online Degrees

college-scholarships.com

Here you may research college scholarships and financial aid, SAT/ACT preparation tips, colleges and universities throughout the U.S., and online degrees and programs.

LULAC Educational Service Center (League of United Latin American Citizens)

719-637-0037

829 N. Circle Dr., #101, Colorado Springs, CO 80909

lulesc.org

An advocacy group with programs in leadership and finance and scholarships for Latin Americans.

Local Trade/Vocational Opportunities

Local Trade/Vocational/Technical Schools Website

<http://www.csindy.com/coloradosprings/trade-schools-and-continuing-education/Content?oid=2470506>

Find detailed descriptions on some of these schools at:

Art – Several Art Schools are in Denver

Cosmetology—

Paul Mitchell Schools

<http://paulmitchell.edu/>

(

719636-1426

Toni&Guy Academy

<http://toniguy.com/academy/beauty-school-colorado-springs/default.aspx>

719390-9898

The Salon Professional Academy

<http://www.thesalonprofessionalacademycoloradosprings.com/>

719266-9400

International Salon Spa Academy

<http://www.csbeautyschools.com/>

719597-1413

Culinary/Beverage

AspenPointe Culinary

719339-5913

<https://www.aspenpointe.org/Innovation/Culinary+Training-529.html>

Springs Rescue Mission Culinary Arts Career Training

719632-1822

<http://www.mysrm.org/food-services>

Culinary Institute of Colorado Springs by Pikes Peak Community College

719502-3192

<http://www.ppcc.edu/>

Paragon Culinary School

719578-5760

<http://www.paragonculinaryschool.org/>

Bartending Academy

719578-5777

bartendingacademycos.com

Massage/Yoga/Personal Trainer

International School of Massage Therapy

719634-7347

Collinson Massage School

collinsonmassageschool.com

719-310-9267

Colorado Institute of Massage Therapy

Local Trade School/Vocational cont.

coimt.com

719634-7347

CorePower Yoga

corepoweryoga.com 623 N Nevada (719-477-9642 & 1025 Garden of the Gods, 719265-8611

Pranava Yoga Center

pranavayogacenter.com

719444-8463

National Personal Training Institute of Colorado

nptitrainer.com

877215-2643

Other

AspenPointe Career Development

719-572-6100

www.aspenpointe.org/

Click on “Enterprise” for various training and education opportunities (custodial, culinary, clerical, cashier, customer service, construction, computer)

Barnett Bicycle Institute for Bicycle Mechanics

719-632-5173

www.bbainstitute.com

If you haven’t finished high school and are under age 21, consider E3 Career Building Academy, described on page 33

ESM—(various workshops i.e. Home Healthcare)

(<http://www.ecusocmin.org/Jobs.aspx>)

719-228-6794

Pikes Peak Library District—Most are free

719-531-6333

ppld.org/classes

Pikes Peak Workforce Center—free workshops & help paying for other opportunities

<http://www.ppwfc.org/>

719-667-3860

Springs Truck Driving School and CDL Training

springstruckdrivingschool.com

719-338-1550

Local College/University Websites—

Local College/University Details

Cindy’s List give a summary on each college in the area

www.csindy.com/coloradosprings/area-colleges-and-universities/Content?oid=2470481

Colleges in Colorado is a must visit website to help you in your quest to figure out what to do after high school. www.collegeincolorado.org

A word about what other foster youth and alumni are doing. Many of your foster peers are attending Pikes Peak Community College (PPCC) as a way to start their college experience. PPCC’s program works well for them, academically and financially. It is very affordable, with ETC it’s free with money left to spend on living costs. One of your first questions to all schools should be “how much will this cost,” especially the private ones. Be careful when they say you can get loans. Loans must be paid back. Will you really earn enough to pay them off? Another great local choice is UCCS. They even have dorms.

schools are listed alphabetically

CollegeAmerica at Colorado Springs

Local Higher Ed. Institutions, cont.

3645 Citadel Dr. S., Colorado Springs, CO 80909

719-227-0170

collegeamerica.edu

Public/Private: Private

Cost: Varies depending upon program. Call 800 622-2894 to speak with a staff member

Financial Aid: Financial aid, including Work Study and Pell Grants, is available. Learn more: [http://](http://www.collegeamerica.edu/tuition-financial-aid)

www.collegeamerica.edu/tuition-financial-aid

Known For: 75% of CollegeAmerica students are nontraditional, meaning they juggle families, jobs, and

school while commuting to class. CollegeAmerica designs programs that provide the real-world knowledge and skills necessary to start or advance a career.

Colorado College

14 E. Cache la Poudre St., Colorado Springs, CO 80903

719-389-6000

coloradocollege.edu

Public/Private: Private **Size:** 2,040 students

Cost: over \$40,000 per year

Financial Aid: Need-based financial aid and a limited number of merit-based scholarships for available for students who qualify. Learn more about financial aid here

www.coloradocollege.edu/admission/financialaid/

Academic Schedule: Block plan (eight academic units, each lasting three and a half weeks)

Known For: Full 4-year college. Colorado College is known for a compassionate student body, 10:1 student to faculty ratio, hands-on learning, and the innovative block schedule in which each student takes one class at a time. Good grades and test scores required to get in.

Colorado State University (CSU) at Pueblo & CSU Pueblo at Colorado Spgs

Pueblo Campus: 2200 Bonforte Blvd., Pueblo, CO 81001

719-549-2100

gocsupueblo.com

Colorado Springs Campus: 730 Citadel Dr. E., #300, Colorado Springs, CO 80909 coned.colostate-pueblo.edu

719-442-2264

Public/Private: Public

Size: Over 5,000 students

Cost: Tuition varies depending on program. Contact Student Financial Services at 719-549-2753 to calculate estimated tuition for your desired program.

Financial Aid: Financial aid is available www.colostate-pueblo.edu/sfs/Pages/default.aspx

Academic Schedule: Semester

CSU Pueblo Known For: CSU-Pueblo students thrive in small classes taught by world-class educators. Outside the classroom, CSU-Pueblo fosters an exciting, adventurous and social environment rich in culture, and athletics.

Colorado Springs Division of Continuing Education Campus Known For: Offers classes in several majors to meet the needs of working adults and military personnel in Colorado Springs. The entire curriculum of upper division courses for Bachelor's degrees in Liberal Studies (Elementary Education), History (SOCAD), Social Science, Social Work, Sociology, and Sociology with an emphasis in Criminology are currently available, as well as many other lower division general education courses.

Colorado Technical University (CTU)

4435 N. Chestnut St., Colorado Springs, CO 80907

719-598-0200

coloradotech.edu

Size: 3,020 students

Public/Private: Private

Cost: Tuition varies depending on program and online or on campus classes. Calculate the estimated cost of your program at www.coloradotech.edu/Tuition-and-Financial-Aid/Financial-Aid-Estimator

Financial Aid: Financial aid is available www.coloradotech.edu/Tuition-and-Financial-Aid/Online

Academic Schedule: Quarterly

Known For: Professionally focused Associate, Bachelor's, and Master's degrees in many of today's exciting professional fields. The Colorado Springs campus is one of few accredited institutions in the nation to offer both a Bachelor's of Science and Masters of Science in Computer Security.

Local Higher Ed. Institutions, cont.

DeVry University

1175 Kelly Johnson Blvd., Colorado Springs, CO 80920

719-632-3000

devry.edu

Size: Over 90,000 students across over 90 locations

Public/Private: Private

Cost: Total program cost starts at \$37,157 and goes up depending on your program of choice and whether you study online or on campus. Learn more about the cost of your desired program here www.devry.edu/assets/pdf/uscatalog/US-Catalog-tuition-chart.pdf

Financial Aid: Financial aid is available to those who qualify. Learn more about grants and state-funded programs at www.devry.edu/financial-aid-tuition/grants-and-state-funded-programs.jsp

Academic Schedule: DeVry offers courses in a session format, with two eight-week sessions offered each semester.

Known For: Associate's, bachelor's, and master's degree programs and specializations covering thirty-four different career fields.

IntelliTec College

2315 E. Pikes Peak Ave., Colorado Springs, CO 80909

719-632-7626

intellitec.edu

Size: 692 students

Public/Private: Private

Cost: The total cost of a program ranges from about \$26,000 to \$33,000. Learn more about the cost of your desired program here www.intelliteccollege.com/your-right-to-know/institution_price_cs.pdf

Financial Aid: Financial aid is available. Learn more

www.intelliteccollege.com/financial-aid.php

Academic Schedule: Continuous

Known For: Hands-on, career focused training. You can earn your Associate Degree and be prepared for a new career in 15-18 months.

Pikes Peak Community College

719-502-2000

Centennial Campus: 5675 S. Academy Blvd., Colorado Springs, CO 80906

Downtown Studio Campus: 100 W. Pikes Peak Ave., Colorado Springs, CO 80903

Rampart Range Campus: 11195 State Highway 83, Colorado Springs, CO 80921

Falcon Campus: 11990 Swingline Rd., Falcon, CO 80831

ppcc.edu

Size: Over 22,000 students

Public/Private: Public

Cost: On campus is 183.50 credit hour (2013-4) for instate tuition Other rates depend on several factors. Review & calculate rates at www.ppcc.edu/paying-for-college/tuition-fees/

Financial Aid: www.ppcc.edu/paying-for-college/financial-aid-information/

Academic Schedule: Semester

Known For: Being affordable and being a good fit for many foster teens. PPCC's mission is to provide high quality, educational opportunities accessible to all, with a focus on student success and community needs, including occupational programs for youth and adults in career and technical fields, two-year transfer educational programs to qualify students for admission to the junior year at other colleges and universities, and a broad range of personal, career, and technical education for adults.



Pima Medical Institute (PMI)

3770 Citadel Dr. N., Colorado Springs, CO 80909

719-482-7462

Local Higher Ed. Institutions, cont.

pmi.edu

Public/Private: Private

Geographic Location: East of downtown, near the Citadel Mall

Financial Aid: Learn more about financial aid available to PMI students here

pmi.edu/pima_services/pima_medical_institute_student_services.asp

Academic Schedule: Semester

Known For: Pima Medical Institute is the largest independently owned, private allied health school in the United States. Pima is a medical career college that trains students for careers as allied health care professionals.

Regis University

7450 Campus Dr., #100, Colorado Springs, CO 80920

(303) 458-4126

regis.edu

Size: 7,123 undergraduate students

Public/Private: Private

Cost: \$545 per credit hour

Financial Aid: Available. cps.regis.edu/financial-aid-available.php

Academic Schedule: Semester

Known For: A Jesuit college that educates men and women of all ages to take leadership roles and to make a positive impact in a changing society.

United States Air Force Academy

2400 Cadet Dr., #200, Colorado Springs, CO 80840

800 443-9266

usafa.af.mil

Public/Private: Public

Size: 4,400 cadets

Cost: \$0

Academic Schedule: Semester

Known For: The school requires high grades and high level high school classes. Geared towards those pursuing careers in the military. The Academy emphasizes character building, military discipline, physical fitness, and academic excellence.

University of Colorado at Colorado Springs

1420 Austin Bluffs Pkwy., Colorado Springs, CO 80918

719-255-8227

uccs.edu

Public/Private: Public

Size: 9,777 undergraduate students

Cost: For a freshman student, cost per credit hour is about \$235 for in-state residents

Financial Aid: Available www.uccs.edu/finaid/types.html

Academic Schedule: Semester

Known For: UCCS offers 36 Bachelor's degrees, 19 Master's, and five Doctoral degrees. According to US News and World Report, UCCS ranks ninth among Western regional public universities. UCCS has dorms and also works with foster teens.

University of Northern Colorado: Extended Studies

12320 Oracle Blvd., #110, Colorado Springs, CO 80921

800 232-1749

unco.edu/extendedstudies

Public/Private: Public

Size: 10,097 undergraduate students

Cost: About \$280 per credit hour

Financial Aid: Available www.unco.edu/ofa/

Academic Schedule: Semester

Known For: The Office of Extended Studies provides continuing education and other outreach activities on behalf of the University of Northern Colorado. Delivery varies from face-to-face or via distance technologies (online).

Local Higher Ed. Institutions, cont.

University of Phoenix

Downtown Learning Center: 2 N. Cascade Ave., #100, Colorado Springs, CO 80903

719-527-9000

Southern Colorado Campus: 5725 Mark Dabbling Blvd., Colorado Springs, CO 80919

719-527-9000

Pueblo Student Resource Center: 121 W. First St., #150A, Pueblo, CO 81003

719-544-0015

www.phoenix.edu/southerncolorado

Size: Over 319,000 undergraduate students across the nation. 204 campuses and online classes

Public/Private: Private

Cost: Varies depending on program. Calculate your estimated cost at

www.phoenix.edu/tuition_and_financial_options/tuition_and_fees.html

Financial Aid: www.phoenix.edu/tuition_and_financial_options/financial_options.html

Known For: It's commitment to providing rigorous degrees and certificate programs and a learning environment that's designed to support working adults.

Webster University

5475 Tech Center Dr., #110, Colorado Springs, CO 80919

719-590-7340

webster.edu/coloradosprings

Public/Private: Private

Size: 21,479 undergraduate students worldwide

Cost: \$570 per credit hour

Financial Aid: 95% of freshmen receive financial aid. www.webster.edu/financialaid/index.html

Academic Schedule: Semester

Known For: Webster has over 100 campuses worldwide and is known for offering students a global, personalized education.

Employment

A word cloud of employment-related terms. The words are arranged in a roughly circular pattern. The words include: management, career, skills, paycheck, training, unemployment, cover letter, interview, resume, and job hunting. The words are in various shades of purple and magenta, with some words being larger than others.

management
career
skills
paycheck
training
unemployment
cover letter
interview
resume
job hunting

Finding a Job

Pikes Peak Workforce Center (PPWFC)

1675 W. Garden of the Gods Rd., Colorado Springs, CO 80907

719-667-3700

ppwfc.org

Pikes Peak Workforce Center (PPWFC) serves El Paso and Teller Counties, serving three major customer types: employers, adults and youth. They may be your best source to getting ready for a job and landing that job. Their WIA program is an incredible program providing 17-21 year old foster youth/ alumni and other qualified youth scholarships, workshops, counseling and job referrals. You should take advantage of WIA. There is money for schools and other training programs. Learn more at an info session on Tuesday or Thursday. You must be on time! Sign up on line. It's worth your time! There is money in the program for various job training, school tuition, paid internships, etc. It's a lot of money that can be invested in your future. Don't leave it on the table. They also offer a lot of free workshops, job preparation, skills preparation and improvement. It's worth the time and energy it takes to sign up for the WIA Program. They help you get prepared for work and finish school. If you need help completing the application, contact the Hanger. The Workforce Center can be your most important source of jobs and job search skills, too.

PPWFC Resource Room

The Resource Room offers free access to computers with Internet access, printers, a fax machine, phones and a copy machine to help job seekers find and apply for jobs. Other free services for all job seekers include workshops on a wide variety of job search topics.

PPWFC Youth Zone

The PPWFC Youth Zone programs youth, 17 to 21. Youth can find help getting their GED or getting back into school or help with finding a job. You may receive help with career assessments, tutoring and study skills, tuition assistance, leadership training, mentoring, occupational training, apprenticeships and more. If you don't know what you want to do, they can help you figure that out too.

Foster Youth Frequently Asked Questions for Completing the WIA Application

If you are not able to make it to one of the 9:00AM or 3:00PM orientation times, you may contact Cathy Cimino cathycimino@elpasoco.com or 719-667-3801. She is mobile! She can setup an offsite intake/ assessment appointment that will meet your needs! You do not need to get to their offices on Garden of the Gods. You may have situations that are not covered in these questions. You may contact Cathy Cimino for answers.

Income Requirements: An income box must be checked even if you no income. Check Family Income for the past 6 months. Youth in foster care only count their own income - you are considered a "family of one" for enrollment purposes. This should be verified with a statement from the agency stating that you are indeed in the foster system or were. Ask your case worker for this statement and bring it with you to your meeting with the Workforce Center. If you don't have 6 months of paystubs you may also bring a wage statement from your employer. Otherwise, if you get direct deposit to a bank account, bring your bank statements.

Barrier Requirements: Only check the Foster Care box. Any other barrier checked will require documentation to verify it. So it is easier to stick to one!

What is considered proof of address? Any document that matches the address where you currently reside. This could be your ID, a piece of mail or a lease. If you are in a group or foster home, a statement from them or your case worker will work.

IEP: You should provide your IEP if you have one - this will waive some of the requirements they have for increasing literacy skills, if applicable! The IEP must be signed by the school and be within a year of your appointment date.

Finding a Job, continued

Proof of income: If you do not have income, you put 0 in the field - If you are working, you will need to bring your last 6 months of pay stubs.

Proof of family size. If you have no children that depend on you for financial support, skip this section.

If you have worked at the CASA clothing store, The Hanger, or have another volunteer job that does not pay, you should list this as a job, putting 0 in the pay rate field. However, you are still considered "not employed." On the final schedule, listing this type of job on the application, check H Other and make a comment that this is a volunteer unpaid position.

Family Status – Check INDEPENDENT.

Offender. If you are or were in the Diversion Program, you still check yes.

Do not make the appointment with Cathy Cimino until you have all your documentation. It's important to attend your appointment; however, if you cannot, remember to cancel it, as far in advance as possible.

Before setting your appointment, register online at www.connectcolorado.com click on Job Seeker.

Mile High Youth Corps *Colorado Springs & *Denver

www.milehighyouthcorps.org/

719-630-7421

303-433-1206

MHYC offers paid work experiences on community projects with career exploration, education and life-skills training. Through their Colorado Springs conservation program, young adults aged 18-24 work full-time for 12 weeks during the summer. You receive a weekly living stipend (\$320/week in 2014) and earn an education award that can be used for to attend a variety schools and vocational programs. Apply for this program in the spring each year. You must be 18 before the summer program starts. You must be working on or have a high school diploma or GED. You will gain marketable job skills. MHYC can change your life. Opportunities after this program are introduced to those who successfully complete the program. If you love the outdoors, this is a great program for you. Some camping is part of the experience. Denver also offers programs. You must live in Denver during their program periods.

www.milehighyouthcorps.org/programs

Work Opportunities that may include housing

Peace Corp, AmeriCorps, Job Corps, etc. Foster Alumni of America explains these options.

http://www.fostercarealumni.org/resources/Housing/Work_Opportunities_that_may_include_Housing.htm

AmeriCorps

www.americorps.gov/about/role_impact/state_profiles_detail.asp?tbl_profiles_state=CO

Men and women aged 18-24 can participate in a 10 month residential program that help bring individuals and communities out of poverty by serving full-time to fight illiteracy, improve health services, create businesses and increase housing opportunities. In exchange for service, AmeriCorps members earn an education award that can be used to pay for college or to pay back qualified student loans.

Job Corps . www.jobcorps.gov or call 1-800-733-JOBS.

Get paid while you increase your employability. Job Corps teaches eligible young people the skills they need to become employable and independent, and places them in meaningful jobs or further education. While enrolled in the program, students receive housing, meals, basic medical care and biweekly living allowances. Ages 16-24. Length of program varies by person up to 2 years

Job Resources

Colorado Reality Check

<http://www.coloradorealitycheck.com>

Don't know how much money you will need to earn in the future? Don't know which occupation to choose? No problem! Below are three options to help you select the right career for your spending needs.

Job Search and Employment

ehow.com/job-search-and-employment

Learn how to keep your job in a bad economy and how to write a cover letter and read all sorts of articles about searching for a job and employment.

Career One Stop

<http://www.careeronestop.org>

Find a career readiness/planning workbook, help with resume & interviewing, salaries & benefits., browse occupations and assessments.

Online Resume Resources

www.resume-help.org/

This site provides Free resume examples and contains several resume writing tips as well as tools that can be helpful when writing a cover letter.

www.careeronestop.org/resumesinterviews/resumeadvice/improveresume.aspx

Provides tips and tricks for writing a resume and cover letter and offers sample templates.

resume.monster.com/ You can build a resume through Monster's Resume Builder.

Workshops and Classes in Colorado Springs on Resume Writing

Pikes Peak Library District Career Compass

Free workshops, online career guidance, Job NOW get LIVE job coaching, resume assistance and more. Assistance available online Monday - Sunday from 2 - 11 p.m. Be sure to check out the tabs for Website Links & Job Classes, too.

<http://www.ppld.org/career-compass>

Pikes Peak Workforce Center

Click on Workshops at

www.ppwfc.org

Newspaper

Local newspapers often carry ads regarding job offers. In Colorado Springs, the best newspapers to look through for finding a job are:

The Gazette Can be found in hard copy or viewed online. Follow this link for their online job search engine:

www.springsjobs.com/monster/

Training

The Pikes Peak Workforce Center often has good training opportunities and job fairs. Here are examples of the training classes they offer: www.ppwfc.org. These will build your job hunting tools & skills.

- Basic Computer (Part 1)
- Building a Basic Resume
- Microsoft Word Skills (Part 2)
- Preparing For The Interview
- Computer Skills Certificate Training Program
- QuickBooks (Budgeting)

Job Resources, cont.

Find out what you might enjoy doing

<http://www.mynextmove.org/explore/ip>

Take the online My Next Move interest profiler . There are no right or wrong answers.

The Pikes Peak Workforce Center has more in depth assessments and counselors that will help you figure out what you might enjoy doing. www.ppwfc.org

Volunteer

<http://www.volunteermatch.org/search/index.jsp?r=msa&l=80997>

Volunteering can be a great way to improve your resume and gain job skills. You'll also meet new people who may be able to connect you to a paying job.

How to Get a Job

Create or Revise Your Resume

Before you start job hunting, make sure that your resume is as complete and up-to-date as possible. Here are a few tips to consider:

- Be honest. Never lie on your resume; it will come back to haunt you later.
- Proofread. Review several times for grammatical or spelling errors. Have one or two others read it.
- Keep the formatting clean. How your resume looks is almost as important as how it reads.
- Use classic font (Times New Roman, Arial or Helvetica), Black ink on white paper
- Use bold or italic lettering sparingly if at all
- Ensure your name and contact information are prominently displayed.
- www.jobbook.com has a built-in resume creator that works well
- What makes a resume good?
 - Clear
 - Concise (To the point)
 - Specialized to the specific job you're applying
 - Look at the job description and what they're looking for and use those same words

Develop Your Personal Elevator Pitch

Many structured interviews, particularly those at large companies, start with a question like "Tell me about yourself." The interviewer doesn't really want you to go back to grade school and talk about your childhood. This is a specific question with a right answer: in two minutes or so, the interviewer wants to get you to relax and loosen out your vocal cords, understand your background, your accomplishments, why you want to work at XYZ company and what your future goals are.

Prepare for a Behavioral Interview

You might be asked to describe problems you've encountered in the past and how you handled them, or you'll be given a hypothetical situation and asked what you would do. They'll basically want to know how you'll perform when faced with obstacles in the position you're interviewing for. Be able to give honest, detailed examples from your past, even if the question is hypothetical. You might find yourself listing facts--if so, remember that in this kind of interview, you need to tell a story. Some questions you might be asked are:

- "Describe a time you had to work with someone you didn't like."
- "Tell me about a time when you had to stick by a decision you had made, even though it made you very unpopular."
- "Give us an example of something particularly innovative that you have done that made a difference in the workplace."
- "How would you handle an employee who's consistently late?"

How to Get a Job, cont.

Prepare for an employer to be interested in you

Employers will be judging you before they even ask to invite you to an interview. Consider creating a Linked-In free profile online. Also, review your social media accounts and make sure they present a person that a potential employer would like to hire. Be sure you have a voice message for your voicemail. It should be professional and not have music or unprofessional introductions. Call it and listen to it.

Make sure your grammar and tone are what you want.

Research the Company

Don't just do an Internet search, memorize their mission, and be done with it. If it's a retail company, visit a few of their stores and observe the customers. Talk to existing employees--ask them what it's like working there, how long the position has been open, and what you can do to increase your chances of getting it. Become familiar with the history of the company. Who started it? Where? Who runs it now? Be creative, and out-do the other candidates.

Dress for Success Suit up for Success

The first impression you make when you show up for the interview will last. Dress appropriately for the job. Consider dressing like you are applying for the job above the one you are applying for. It shows maturity and that this job is important to you. Organizations can help provide you with interview clothes, if you don't have anything. Plan ahead and stop by these places before you are called for an interview. Foster youth can get clothes at The Hanger 110E Boulder, but you should also check these out too.

Women's Resource Agency

719-471-3170

<http://wrainc.org/professional-development.html>

Provide women with one-on-one coaching from a personal shopper and they get to select 1-2 appropriate free interview suit, including accessories and then when you get a job, return and get 5-8 career outfits. They have other resources to help women prepare for the workforce, check out their site.

Teens with Promise

cochildrenofpromise.com

719-266-0106

The Teen Shop allows teens to shop for an appropriate interview outfit with the consultation of a personal shopper.

Susan's Closet 235 North Jefferson P.O Box 1301 Monument, CO 80132

719-481-4864 x104

If you live in the Tri-Lakes area, check out the "Wardrobe-to-Work" program in downtown Monument.

Free Haircuts—

Catholic Charities of Central Colorado—2nd Tuesday of the month at the Marian House

Springs Rescue Mission—1st Wednesday of the month & 3rd Thursday of the month. 2nd floor 5 W Las Vegas. Thursdays time: 1-3pm. www.mysrm.org

Make a List of Work-Related Skills You'd Like to Learn

Your employer will be interested in hearing about how you intend to become a better employee. Think about which skills will make you more competent in the position you're applying for. For example:

- Public speaking
- Project management
- Leading a team
- Computer programs

Cold Call

Locate a specific person who can help you (usually the human resources or hiring manager at a company or organization you're interested in). Call that person and ask if they are hiring, but do not become discouraged if they are not. Ask what kind of qualifications they look for or if they have apprentice or

How to Get a Job, cont.

government-sponsored work programs. Ask if you can send your resume indicating what field you want to go into.

Change your attitude

There's a difference between making phone calls and going to interviews thinking "I'm looking for a job" versus "I'm here to do the work you need to have done." When you're looking to get a job, you're expect-

ing someone to give something to you, so you focus on impressing them. Yes, it's important to make a good impression, but it's even more important to demonstrate your desire and ability to help. Everything that you write and say should be preceded silently by the statement "This is how I can help your business succeed."

For more information, visit <http://www.wikihow.com/Get-a-Job>

Employment Terms and Forms

At-Will Employment

At-will means that an employer can terminate an employee at any time for any reason, except an illegal one, or for no reason without incurring legal liability. Likewise, an employee is free to leave a job at any time for any or no reason with no adverse legal consequences.

At-will also means that an employer can change the terms of the employment relationship with no notice and no consequences. For example, an employer can alter wages, terminate benefits, or reduce paid time off. In its unadulterated form, the U.S. at-will rule leaves employees vulnerable to arbitrary and sudden dismissal, a limited or on-call work schedule depending on the employer's needs, and unannounced cuts in pay and benefits. For further information regarding At-Will Employment, follow this link: www.ncsl.org/issues-research/labor/at-will-employment-overview.aspx

For further information, follow this link: www.coloradoemployeeights.com/rights/index.htm

Employment Rights

Employees who are treated unfairly or who are terminated without cause may have legal rights that are being violated. Although most employees in the United States are employed at will, meaning they can be terminated without justification, employees still have important rights. Some of these rights include:

- The right (by Federal and Colorado statutes) not to be discriminated against because of gender, age, race, religion, national origin, pregnancy or disability;
- The right not to be subjected to sexual harassment;
- The right not to be retaliated against for opposing illegal practices by your employer;
- The right not to be terminated or discriminated against because of taking FMLA leave;
- The right, unless an exempt employee, to be paid proper overtime.

The above categories are some of the more common ones where employees have special legal rights, but there are numerous other categories. Remember, not all employees are at will. Thus employees who have employment contracts for a term, employees who receive verbal promises of job security, employees who rely on handbooks that promise employees rights, union employees and government employees with civil service protections may have special legal rights that protect them from termination.

Forms You Will Be Asked to Complete

When you start your job, you will be asked to complete certain legal forms. These include:

W4 – This form is required by the IRS. You must provide your social security number. Your answers will determine how much of your income will be withheld for federal income taxes. It should come with instructions. If you are not making enough to pay federal income tax, you may be exempt from withholding. Your W4 stays in effect until you change it. So if you get married, divorced, have a child (dependent), ask for a new form. Also, if you have claimed to be exempt, you must complete a new form every year.

I9 – This form is required by the government so employers can prove that you are legally eligible to work in the USA. The form shows what identification you must show your employer.

Employee Handbooks – Many employers have employee handbooks. They may ask you to sign that you have received the employee handbook. These are the rules you and the employer must follow. It will help you understand what you need to do to be a successful employee and it will help you understand your rights. Read it and keep a copy to review later. Your employer can make changes to this handbook. They should give you a copy of it when they do.

How to Keep a Job

It's important to keep a job for a period of time. You want to build employment stability into your resume. The longer you stay at your job, the more stability people believe you have when they read your resume. This helps you get your next job. If you must leave, it is a courtesy to give at least two weeks notice that you are leaving. Give this notice in a nice letter. You want your employer to give you a good reference when you are trying to get future jobs, not just the next job.

Don't quit your job until you have a new job. It is not a good idea to get mad and walk out. Find someone who will talk to you about your frustrations that will help you see the whole situation and help defuse your anger. Someone who will listen and give you good feedback, not just fuel your anger .

Be A Good Employee

- Here are few things that employers expect and that impress them. Those employees that impress them are the ones likely to get raises, promotions and great references. Be on time. Being on time shows your employer that you appreciate the job, you respect his/her and others time and that you are responsible and organized. All traits that impress.
- Dress appropriately. This is not a date, nor is it a time to win the "worst dressed" award. Some jobs have specific requirements , "dress codes." Look at how others in your position are dressed and dress like those that look the most professional or depending on your job, consider dressing like those in the next position up. Don't over dress or wear "revealing" clothing. Make sure your clothes look fresh and not full of wrinkles. This shows your employer, you care and you helps them visualize you in the that next job.
- Use good hygiene. Come to work clean and use deodorant. Be professional. No one wants to have to tell you to improve your hygiene and it's uncomfortable for others to work near you , if you smell. If you sweat a lot, take deodorant to work and reapply, as needed. Remember, by the time you smell you, others have been for a while. Keep your fingernails clean and trimmed, too.
- Don't gossip. Some employees gossip about others. Employers don't like this. Be professional., don't spread rumors, don't complain about the job or your boss at work, with co-workers or on social media. This could get you fired. If you have an issue at work, talk to someone outside of work to prepare the best way to professionally deal with and/or present the problem to management. Try not to deal with it at work while you are emotional about the situation. It's better to wait. It's best to propose a potential solution when you present a problem to management. This shows you are mature, thoughtful and you care about the company. Don't get upset if they don't implement your solution. There may be other issues that you don't know about that prevent this from being the best solution.
- Work consistently. If you are done with your work, ask what else you can do or prep for the next day's work. You should not be idle. Do not surf the web, make personal calls/texts, do personal work or chit chat the time away, even if others do. Your boss will notice your work ethic and someday it will be rewarded.

You can also search the Internet for "How to be a Good Employee" to get some more pointers.

Example Cover Letter

Date

Company Contact
Company Address

Dear [Insert Company Contact Name],

In this paragraph explain who you are and why you are applying for the job.

In the second paragraph go into more detail about any experience you have and why you would be the best person for the job. It's always a good idea to customize each cover letter (and resume for that matter) for each position you apply for. In the last sentence say you're looking forward to hearing them.

Sincerely,
Your Name

[Insert your contact information]

Example Resume

John Smith

[Street Address] [City], [State] [Postal Code]

Phone: [Your Phone] Fax: [Your Fax] E-Mail: [Your E-Mail]

Objective

What do you want to achieve from working at this company or from working in general?

Experience

ABC Company [Insert Dates you worked for this company]

List at least three things you did for this company while you were working there.

Example: customer service, handling money or the cash register, etc.

XYZ Company [Insert Dates you worked for this company]

List at least three things you did for this company while you were working there.

Example: customer service, handling money or the cash register, etc.

Education

Pikes Peak Community College [Insert Dates]

Insert degree if earned or say in progress.

High School [Insert Dates]

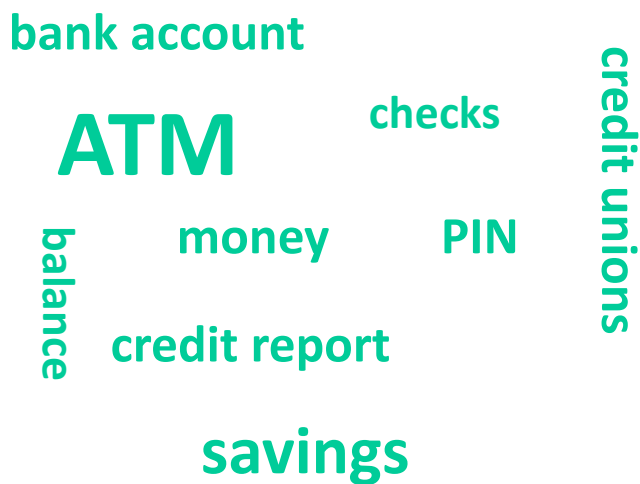
High School Diploma

Skills

List things you're skilled at doing. Never lie! Ex: customer service, typing, Microsoft office (Excel, Word, PowerPoint), etc.

*You can also put in any extra classes you've taken for training purposes, any special affiliations or achievements or any volunteer experiences you have under Education or Experience as you see fit.

Banking & Credit



A bank account is the first step to financial maturity and security. Finding a bank or a Credit Union is very important to protect your money for the rest of your life. Included in this section are some basics for opening an account.

Banking

Opening a Bank Account

In order to open an account, you will need to find a bank or Credit Union that makes you comfortable. Try to also find a bank or Credit Union that is conveniently located for you. Bankers are more than willing to show you how to use your checks, debit card, ATMs, etc. if you ask them. Plan on spending 20-30 minutes opening the account and you will also need some of your own personal information such as: state issued ID; you will need to know your Social Security Number, and some banks or credit unions will require you bring the card with you; if you are UNDER the age of 17, you will need a guardian signature to open the account.

Avoid These Problem Areas

The majority of first time account openers can make some mistakes that can hurt them financially. An area that has caused major problems for people is that they do not understand what causes overdrafts. An overdraft is when you spend more money than is in your account. There can be fees associated with this, so make sure that whatever bank or credit union you choose has plans in place to warn you if your balance is low or if you have overdraft on your account before they charge you fees. Warnings that some banks use include automated calls or emails to tell your account is low or in overdraft. You can prevent an overdraft. Online banking is a tool, however, be very careful; typically use online banking if you have a private secure computer. If you only have access to a public computer, try calling or going into the bank for your balance; this is free and they would be happy to share this information.

Upon opening your account you will receive a PIN number and debit card. Your PIN is typically a four digit number that you will use verify your account. At ATMs you will use this number to access your money. Pick a number you can easily remember but one that cannot easily be guessed by other people. **NEVER SHARE THIS NUMBER.** If you share your PIN, you risk someone accessing your account. Try and memorize the number that way you don't have to have it written anywhere. If you ever lose, give away or forget your PIN, you can go the bank and request a new one. There may be a small fee associated with getting a new PIN. Don't share your account number online either. Both your PIN and your account number need to be kept safe. These are your tools to access your money and so you always need to make sure that they are private.

Try to avoid using another bank's ATM, also known as a 'Foreign' ATM. If you use your bank's ATM, either at locations or from getting a map of available ATMs from the bank itself or online. You can check your balance, deposit or withdrawal without any fees. If you use another bank's ATM or an ATM that does not have some sort agreement with your bank, you can be charged a fee for even viewing your balance. Some fees can up to \$5, so check with your bank which ATMs to use. If you cannot find another ATM, or are not sure which will or will not charge you fees go to your bank and use theirs. If you lose your bank card; call your bank ASAP so they can make sure no one can access your money without your knowledge.



Banking, cont.

Keep an Eye Out For 'Special' Programs That Can Help You

Some banks will offer specials for opening an account. These promotions can vary from a coffee cup to a monetary reward. BEWARE of the potential catch on these promotions, and always ask questions about any specials before you agree to the promotion. If you are enrolled in school, high school or college, bring your student ID with you when you open the account because some banks or credit unions can offer you something special if they know you are a student. Sometimes you can avoid certain fees up to a certain age if you are a student.

Tools to Make You Successful with Your Money

If secure, use online banking. This is a great tool for when you are on the go and can't make it to the bank to deposit money, view your balance, make a transfer, etc. Make sure that you have a private computer to use if you use online banking. If you cannot use online banking you can request paper statements from your bank that will be sent to your current address. You can at any time go into your bank and speak to a representative about your account. You can also call your bank's customer service line for answers to your account questions.



Use your check register for EVERY purchase; no matter if you write a check; use your ATM; or use your card or pay for something in cash. Your bank or credit union will provide you with a check register anytime you want one. Make sure that there isn't a cost to them, but most of the time they are free. Remembering to fill out the check register is very important because you have to make sure that you have an accurate count of how much money you have spent.

Other Things to Be Aware Of

When you are able to set up a savings account, open one. Be sure to make sure that wherever you open your savings account you ask what the rules are for; minimum balance, fees, and interest.

At some point in your life, you may be asked to provide a money order as payment. Frequently when you get a house or an apartment you will need to provide a money order for the deposit. This proves to whoever you are getting the house or apartment that you have a bank account and are able to take care of your monthly payments. To get a money order, you can go to your bank, credit union or to a local 7-11. There are fees associated with money orders so compare options for the cheapest result.

Finally, you will need to be able to fill out checks for certain purchases. Look on page 55 for examples for you to use when filling out your checks.

Why It's Important to Have Savings:

- Buy large items, such as a home or a car.
- Handle surprise bills and emergencies. What if the car you drive to work breaks down? Or you get sick and have to take time off work? If you have savings, you can get through more easily.
- Have more choices. Maybe you'll want to start your own business or move to a new city to take a different job. It takes money to do these things.
- Retire in comfort. When you stop working, you may live mostly on your savings. Most people need to save many years to have enough money.
- Help family and loved ones. Do you want to help pay for your kids' education? Take care of someone in the family who is aging, sick, or in need? If you save, you can do these things.

Check Examples

This check explains how to fill out a check.

MICKEY MOUSE
100 DISNEYLAND LN.
MINNIE, FL 45698

090
82-531/107
4834

Today's Date
Date

Pay to the Order of Who are you paying \$ Dollar Cent

Spell out the amount and cents 100 Dollars

BBVA Compass Compass Bank
COLORADO SPRINGS, COLORADO

For What is the Check for Your Signature
AUTHORIZED SIGNATURE

⑆ 107005319⑆ 12345678901⑆ 0901

Example of a completed check.

MICKEY MOUSE
100 DISNEYLAND LN.
MINNIE, FL 45698

090
82-531/107
4834

1/1/11
Date

Pay to the Order of Disneyland \$ 111.11

One hundred eleven and 11/100 Dollars

BBVA Compass Compass Bank
COLORADO SPRINGS, COLORADO

For Trip to Disneyland Mickey Mouse
AUTHORIZED SIGNATURE

⑆ 107005319⑆ 12345678901⑆ 0902

Test your skills on this check.

MICKEY MOUSE
100 DISNEYLAND LN.
MINNIE, FL 45698

090
82-531/107
4834

Date

Pay to the Order of \$

Dollars

BBVA Compass Compass Bank
COLORADO SPRINGS, COLORADO

For

AUTHORIZED SIGNATURE

⑆ 107005319⑆ 12345678901⑆ 0903

Sample Transaction/Check Register

Number or Code	Date	Transaction Description	Withdrawal (-)	X	Deposit/ Credit (+)	X	Balance
							100.00
1001	1/20/2012	Groceries	20.04	X			79.96
	1/22/2012	Pay Day			100.00	X	179.96
Debit	1/30/2012	Gas	37.59	X			142.37

Credit

Credit simply means to delay payment of goods or services. A collection of your credit usage is called your Credit History, and you can see this information by purchasing a Credit Report from a reliable source, such as www.creditkarma.com.

Credit History

Your credit history is collected by three main credit reporting agencies, Equifax, Experian, and Trans Union. These companies keep a record of all of your electronic transactions for up to 7-10 years. A mathematical model is then applied to your credit history to generate a credit score. This score is used by lenders to help them predict how likely it is that you will repay any money you borrow. Your financial situation will change over time and so will your credit score. But there are three general factors that impact your credit score. These include:

- **Capacity:** Lenders want to know if a potential borrower has the ability to service or repay the loan over time. Patterns of increasing income, steady employment, or low loan balances, all give lenders greater confidence that you will be able to repay the loan.
- **Character:** Lenders want to know if a borrower is trustworthy, that the borrower will pay his/her loan and pay it in a timely fashion. Paying bills on time will increase lender's desire to lend to an individual applying for a loan.
- **Capital/Collateral:** Lenders typically want to lend to people who have assets (cash, vehicles, and other property). In situations where a borrower does not repay the loan, the lender could potentially sell the borrower's personal possessions to repay the loan. This is not the case with every loan, but sometimes collateral is used to obtain a loan.

Free Credit Reports

Annual Credit Report

www.annualcreditreport.com

FreeCreditReport.com:

www.freecreditreport.com

Federal Trade Commission:

www.ftc.gov/bcp/edu/microsites/freereports/index.shtml

Credit Karma

www.creditkarma.com

Credit Repair & Maintenance

Your credit score will determine what loans you can take out, and the interest rate of those loans. Because of this, it is very important that you do your best to maintain a good credit score or improve a bad credit score.

- **720 and Up:** An excellent credit score that allows for best interest rates and investment loans.
- **680 to 719:** A good score for good interest rates for large purchases such as a house.
- **620 to 679:** An average score allows for loans and mortgages with a fair interest rate.
- **580 to 619:** A poor score, still eligible for vehicle financing, but at a very high rate.
- **500 to 579:** A bad score, any financing will come with a very high interest rate.
- **Less than 500:** A miserable score. Financing is very hard to find and has extremely high rates.

Credit scores can be improved by the correct use of money. The following list shows three ways a credit score can be improved.

- **Timely Payment:** It is very important that all bills are paid on time. To help with timely payment, payment reminders or automatic payments can be set up through a lender's website.
- **Money Management:** When using a checking account, it is important to balance checkbooks often (or check the balance online at your bank's website). This will prevent bounced checks (checks written for amounts that exceed the balance of the bank account), and prevent overdraft fees (additional charges) from the bank.
- **Reduce Debt/ Increase Assets:** Consistent savings patterns are also important because they show that an individual is responsible. A lender is more likely to lend to an individual that saves a portion of every paycheck.

Credit, cont.

Federal Resources

Federal Trade Commission www.ftc.gov/bcp/edu/pubs/consumer/credit/cre13.shtm

FICO <http://www.myfico.com/CreditEducation/articles/>

National Foundation for Credit Counseling www.nfcc.org/

Local Resources

Consumer Credit Counseling Service www.cccs.net

1233 Lake Plaza Dr., Ste. A, Colorado Springs, CO 80906

719-675-0909 or 800 798-3328

5265 N. Academy Blvd., Ste. 1000, Colorado Springs, CO 80918

719-598-2227

Pikes Peak Community Action Agency

14 W. Bijou St., Colorado Springs, CO 80903

719-385-7910

www.ppcaa.org

Credit Cards

You may think it's a great idea to get a credit card. There are a number of good reasons to have a credit card, but think before you do this. Having a credit card requires self-control on spending and making timely payments. Don't apply for a card until you need it and you are really ready for the responsibility. Limit yourself in the beginning to one credit card. You should research which card is the best for you, by comparing rates, fees and rewards. Plan to pay it off every month. Interest rates are high, if you don't. Late payments may also cause your rate to go up.

Special Note: Bad credit can even impact your ability to get certain jobs. Some employers run credit reports on applicants. Pay your bills on time and if you can't get assistance quickly before it is out of control. Don't charge things you can't pay for.

Colorado Reality Check

This site helps you figure out what kind of job you'll need based on what you think you will spend during the month. It's based on real costs in various Colorado communities. You can play around with the numbers for living expenses, etc.

Income Tax



A word cloud of tax-related terms in yellow text. The words are arranged in a cluster, with 'deductions' being the tallest and 'W-2' being the shortest. The words include: government, accountant, documents, tax return, IRS, money, W-2, and deductions.

government
accountant
documents
tax return
IRS
money
W-2
deductions

Income Tax

The government (Federal, State, and Local) imposes taxes on individuals and business to finance things that are generally viewed to be the duty of the government. These things include, but are not limited to:

- Providing and maintaining infrastructure (bridges, roads, etc.).
- Providing for military and police.
- Providing Judicial, Legislative, and Executive systems of government.

The Internal Revenue Service (IRS) and the Colorado Department of Revenue are the entities that collect taxes from companies and individuals to provide for these things in the state of Colorado. Income taxes are charged based on an individual's total income at a percentage (determined by the government to be) appropriate for the individual's income level, minus the deductions an individual is allowed to take.

While people agree that the things a government provides are necessary, individuals typically wish to keep as much of their hard earned money as possible. Therefore one would attempt to claim as many legal deductions and credits as possible. Most of you will want to claim the standard deduction, but there may be reason to claim more. The Tax Guide explains all deductions (www.irs.gov/pub/irs-pdf/p15.pdf) for more information regarding tax rates; and please refer to the IRS website (www.irs.gov/Credits-&-Deductions) for information regarding deductions and credits. If you need to speak to a local IRS agent, call 719-579-5227 or visit the local IRS office at 2864 S. Circle Dr., Colorado Springs, CO 80906. The tax code is very complicated, and becomes more complicated as more deductions & credits are claimed, more assets are acquired, and more income sources are earned and reported.

If you have made income during the year, you probably have to file an annual tax return with the IRS (federal) and the state. These are two separate tax returns. Even if you don't owe any taxes over what your employer withheld, you may need to file a return. You may also get money back (a refund), if more taxes were withheld from your paycheck than your tax return shows you owe. There are several different IRS tax forms. Many people can fill out the easiest of these the 1040EZ. The next easiest is a 1040A. The instructions for these forms will let you know if you qualify. Start with the 1040EZ. There are currently free tax preparation services online, especially for lower income individuals.

These will walk you through preparing your return. A service may be free one year and want to charge the next. Look for free services. The IRS website has a list of free return preparers. Once you have prepared your IRS tax form, you should complete your state form. In Colorado this is Form 104. There are many ways to get your tax returns done without cost. Try these before paying someone else to do your taxes. If your tax situation gets complicated, then it's time to hire a paid preparer.

These forms and documents will be needed whether you are using an online service or taking your taxes to a preparer. These include identification information (state ID card or drivers license), income statements (such as a W-2 from an employer), deduction information, etc. If you are going to a preparer, call ahead and ask for a consultation to discuss what documents will be needed, or refer to the following online checklist: taxes.about.com/od/findataxpreparer/a/documents.htm.

Low Income Local Free Tax Preparation

4285 N. Academy Blvd., Colorado Springs, CO 80918 (inside Rocky Mountain Calvary church)
www.ppcaa.org 719-385-7910

Low-Income Tax Help/Preparation Volunteer Income Tax Assistance

Call the IRS for locations at 800 906-9887 or visit www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers or www.ppcaa.org

Low-Income Tax Help/ Preparation

Volunteer Income Tax Assistance

Call the IRS for locations at 800 906-9887 or visit www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers or www.ppcaa.org

Income Tax, cont.

Self Prepare on line

Refer to the IRS website to self prepare for free:

www.irs.gov/Filing/Filing-Options

or

www.taxact.com

www.taxslayerpro.com

www.turbotax.intuit.com

Note: These websites do not offer telephone support. However, these sites do offer in-depth answers to Frequently Asked Questions, as well as ways to submit special questions to CPA's and professional preparers through their "Support" pages.

Franchise PAID preparers—services for a fee

Jackson Hewitt (The following locations are open all year)

562 S. Academy Blvd., Colorado Springs, CO 80910

490 N Murray Blvd. Colorado Springs, CO 80916

1575 Space Center Dr. Colorado Springs, CO 80915

719-578-9100

www.jacksonhewitt.com

H&R BLOCK (The following locations are open all year.)

3023 S. Academy Blvd., Colorado Springs, CO 80916

719-390-4545

3988 Palmer Park Blvd., Colorado Springs, CO 80909

719-596-6166

www.hrblock.com

Liberty Tax

1453 S. Murray Blvd., Colorado Springs, CO 80916

719-633-2003

2810 S. Academy Blvd., Ste 120, Colorado Springs, CO 80916

719-570-1040

223 N. Academy Blvd., Colorado Springs, CO 80909

719-570-1040

www.libertytax.com

Colorado Tax Return

Also, refer to the Colorado Department of Revenue website to find forms to file state taxes for **FREE**

www.colorado.gov/cs/Satellite/Revenue/REVSX/1177017542056

schedules
bus passes rides cycling
carpooling
taxi bike lane
schoolpool bus service

Transportation

Wherever you live, getting around town safely and timely is key to your success. Colorado Springs has several options for you to get around town, including the Mountain Metropolitan Transit (bus system), bicycle lanes or carpool.

Bus Service

Mountain Metropolitan Transit

1015 Transit Dr., Colorado Springs, CO 80903
719-385-RIDE (7433)

Hours: Monday-Friday 8am to 5pm

www.springsgov.com/SectionIndex.aspx?SectionID=16

Find: Routes and Schedules, Costs, Plan trips/routes to take
Metro Rides is a great resource for helping you rethink your

ride! Call 719-385-RIDE (7433) to find transportation options that work for you.



What are the times that the buses start and end each day?

Mountain Metropolitan Transit Buses Operate:

Monday through Friday from approximately 5:30am - 7:00pm and

Saturday from approximately 6:30am - 7:00pm.

Please check individual schedules for exact route times:

www.springsgov.com/Page.aspx?navid=996

How late do the fixed-route city buses run?

Times can change, so check but right now it's M-F 5:30AM-9:45PM and 6:30AM-7:00PM on Saturday.

Where can I get a schedule?

Maps and bus schedules can be found at the Downtown Terminal or the Transit Administration Building at the address listed above, or they can be printed from the website.

Need More Info on Bus
Schedules and Passes?

Call 719-385-RIDE (7433)

Or visit

www.springsgov.com

Do the buses run on holidays, and if so which ones?

Mountain Metropolitan Transit does not provide any bus service on the following holidays:

New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day.

Can I ride the bus with my bike?

Bicycle racks are mounted on the front of each Mountain Metro, and passengers may load a bicycle at any bus stop. These easy-to-use bike racks can hold two bikes and are available on a first-come, first-served basis with a limit of one bike per person. The process is quick and easy, usually taking 20 seconds or less and there is no charge for your bicycle.



Bus Service, cont.

If there is no bus service where I live, what are some of my options for transportation?

If there is no transit service that goes to the area you live, there are other options. Metro Rides offers a free ride match, the Carpool and Schoolpool programs are designed to match people who want to share a ride. Registration is free and there is no obligation. Send an email to metrorides@springsgov.com to find out how to get started.

Carpooling

Carpool/RideMatch

www.springsgov.com/Page.aspx?NavID=1521

Is a free, automated carpool matching system helping to find possible commuting partners who live and work near you, and have similar work schedules and are looking for carpool partners to share the ride. You can register online for the ridematching service.

Schoolpool

Metro Rides' Schoolpool program provides a free carpool matching service for parents of children who attend the same school. For more information about Schoolpool, call 719-385-RIDE (7433), Option #2.

Carpooling saves money!
Checkout the carpool/ride match system and
Metro will help match you with people in your area!
Email:
metrorides@springsgov.com

If I register for the Carpool program, does Metro Rides provide the vehicle?

No, Carpool and Schoolpool are free automated matching programs that you can register for online. It is a free service and when you sign up you'll find possible commuting partners who live and work near you, and have similar work schedules who are looking for carpool partners to share the ride so they can enjoy a more pleasant (and economical) commute to work.

Taxi Cabs

Springs Cab - 719-444-8686

Yellow Cab - 719-777-7777

Taxi Cabs are also an option for transportation for short distances. They charge by the 1/9 of a mile, but for rides to and from the grocery store or on small, essential errands may be an option.

Designated Driver of Colorado Springs

719-650-3450

www.noduicosprings.com/

Designated Driver is a non-profit driving service from our participating locations driving you and your car home safely. It's one of the safest and easiest ways to get you home without worrying about expensive cab fare, leaving your car unattended, using other services.

Cycling

Colorado Springs offers more than 90 miles of on-street bicycle lanes to help commuters take advantage of a low cost way to get around. Visit www.springsgov.com/page.aspx?NavID=4163 to get more info as well as a map of bicycle friendly streets. Now, how do you get a bicycle if you need one for transportation for employment, school, appointments?

Bike Clinic Too

helps homeless and low income residents in need of transportation obtain a bicycle in the Pikes Peak Region. You must go to their bike shop in person to get on their waiting list to receive a reliable bicycle. They are open 10:30-5:00, Friday & Saturday. 737 W. Monument St. Colorado Springs, CO 80903.

Urban Peak Bike Program

Allows homeless youth to earn a bicycle with helmet & lock through community service, creating independence, and a viable way to navigate Colorado Springs.

Free Bike Repair & Maintenance Clinics

These bike shops offer FREE bike repair & maintenance classes weekly. Sign up for one. You need to know how to maintain your bike & how to change a flat. Your bike will last longer and you can get yourself back on the road and where you need to get to faster. Plus, you won't have to walk you bike miles to the repair shop. No need to bring your bike, they have everything there.

Other Options to Find a Bike

- ARC Thrift Stores: find locations by going to www.arcthrift.com/location.html.
- Goodwill Industries: find locations by going to www.goodwill.org/.

Bicycle Village 2450 Montebello Square Dr., Colorado Springs, CO 80918 719-265-9346
Monday's at 6pm. They offer an advanced class twice a month too. Call to verify day & time.

Criterion Bicycles 6150 Corporate Dr (right next to the bike trail) 719-475-8589
Wednesday's at 6pm.

Be sure to learn the rules of the road for bikes and basic bicycle safety. Wear a helmet!

Signaling to others: **Left Turn:** Fully extend your left arm out to the side
Right Turn: Fully extend your right arm out to the side or bend your left arm up at a right angle with your hand flat.

Slowing or Stopping: Extend your left arm out at a right angle with your hand open .



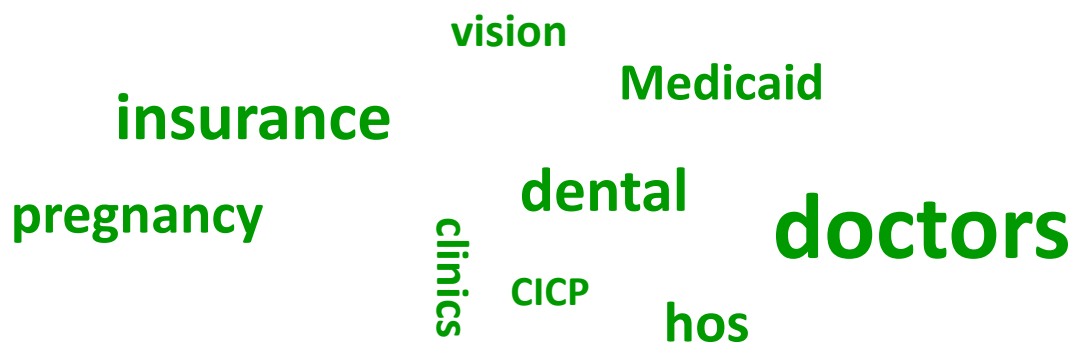
Additional Resources for Biking in Colorado

- Bicycle Colorado, www.bicyclecolo.org
- Colorado Springs, Cycling Club, www.bikesprings.org
- Medicine Wheel Trail Advocates, www.medwheel.org
- Pikes Peak Area Bikeways Coalition, www.trailsandopenspaces.org
- USA Cycling, www.usacycling.org
- Bike League <http://bikeleague.org/>



Health

Care



A word cloud of health care related terms. The words are arranged in a cluster, with 'doctors' being the largest and most prominent. Other words include 'insurance', 'pregnancy', 'vision', 'Medicaid', 'dental', 'CICP', 'hos', and 'clinics'.

insurance
pregnancy
vision
Medicaid
dental
CICP
hos
clinics
doctors

Health Insurance

Some employers offer health insurance coverage to full or part-time employees. If your employer does not offer healthcare benefits, you might be able to purchase private health insurance. If you do not have health insurance and have an emergency or urgent health care situation, you can get help from any local hospital emergency room or urgent care clinic. If you do not have health insurance, a visit to the emergency room will most likely be the most expensive way to get healthcare.



Medicaid

Medicaid is public health insurance for families, children, pregnant women, elderly and people with disabilities. Eligibility is based on a number of factors including age, family size and income. Young adults who were in foster care until the age of 18 are eligible to receive ongoing Medicaid until they reach age 26.

Where to apply for Medicaid:

El Paso County Department of Human Services.
1675 Garden of the Gods Road, Colorado Springs, CO 80907
719-636-0000

Teller County Department of Social Services
740 Highway 24, Woodland Park, CO 80866
719-687-3335

Peak Vista Community Health Centers
2221 East Bijou, Ste 10, Colorado Springs, CO 80910
719-632-5700

Want more Information about
Medicaid?

Visit:

[www.colorado.gov/cs/Satellite/
HCPF/HCPF/1197969485591](http://www.colorado.gov/cs/Satellite/HCPF/HCPF/1197969485591)

Connect for Health Colorado

The only place where Coloradans can access new financial assistance, based on income, to reduce the cost of health insurance. Learn more about your options and eligibility for the new kind of tax credit.

Pre-existing conditions coverage

If you have a pre-existing medical condition (such as diabetes, cancer, AIDS or depression) and are not able to qualify for private health insurance, you may qualify for <https://www.pcip.gov/>

Nurse Hotline

HealthLink nurse advice line at Memorial Hospital: **719-444-CARE** www.memorialhealthlink.com

Answer your health-related questions
Provide advice on treating minor injuries/illnesses
Help you find a physician
Schedule the class or screening of your choice

—Got a question, just call and ask, it's free

Health Insurance, cont.

Colorado Indigent Care Program (CICP)

The Colorado Indigent Care Program is not health insurance, but is assistance for uninsured and underinsured Colorado residents.

To be eligible for discounted services under the CICP, an applicant must be a Colorado resident or migrant farm worker and a U.S. citizen or legal immigrant; and must meet income and resource guidelines. CICP applicants can be any age and can be paroled. Applicants cannot be eligible for the Medicaid Program or Child Health Plan *Plus* (CHP+), but they can have other primary health insurance.

You can apply at a clinic or hospital that is participating in the CICP program. You will need to meet with an eligibility technician to determine if you are eligible. All local hospitals, as well as Peak Vista Community Health Centers, participate in the CICP program. Applicants are assigned a level based on their total income and other resources. The level determines their copayment amount for medical services.

Want more Information about
CICP?

Call: (303) 866-3513 or
1 800 221-3943

Visit:

[www.colorado.gov/cs/Satellite/
HCPF/HCPF/1214299805914](http://www.colorado.gov/cs/Satellite/HCPF/HCPF/1214299805914)

Mental Health Services & Substance Abuse

Aspen Pointe

Main phone – 719-572-6100
24-hour crisis line – 719-365-7000
www.aspenpointe.org/

Offers individual, family and group therapy. Also provides outpatient mental health and substance abuse services. They offer services at multiple locations around Colorado Springs.

Cedar Springs Hospital

2135 Southgate Rd., Colorado Springs, CO 80906
719-633-4114
www.cedarspringsbhs.com/

Offers a wide range of specialized services for individuals of every age who are struggling with emotional, behavioral, or addictive disorders. Mental health professionals are available 24 hours a day to assess your situation and help you decide on the right level of mental health care. Assessments are confidential and free of charge.

Peak Vista

<http://www.peakvista.org/>

Peak Vista Community Health Centers is a non-profit, 501(c)(3) [Federally Qualified Health Center \(FQHC\)](#) dedicated to premier behavioral health and other services for people of all ages. They provide primary care services to low-income, uninsured and underinsured working families (as well as others with access barriers) within the Pikes Peak Region through 20 outpatient centers.

Colorado Springs Hospitals

Evans Army Community Hospital

(military only)

1650 Cochrane Cir., Fort Carson, CO 80913

719-526-7000

evans.amedd.army.mil/

HealthSouth Rehabilitation Hospital of Colorado Springs

3500 S. Parkside Dr., Colorado Springs, CO 80910

719-630-8000

www.healthsouthcoloradosprings.com/

Memorial Hospital of Colorado Springs

1400 E. Boulder St., Colorado Springs, CO 80909

719-365-5000

www.memorialhealthsystem.com

Memorial Hospital North (Briargate)

4050 Briargate Blvd., Colorado Springs, CO 80920

719-364-5000

www.memorialhealthsystem.com

Penrose St. Francis Hospital

2222 N. Nevada Ave., Colorado Springs, CO 80907

719-776-5000

www.penrosetfrancis.org

St. Francis Medical Center

6001 E. Woodmen Rd., Colorado Springs, CO 80923

719-776-5000

www.penrosetfrancis.org



Colorado Springs Clinics

El Paso County Department of Health and Environment

1675 W. Garden of the Gods Rd. #2044, Colorado Springs, CO 80907

719-578-3199

elpasocountyhealth.org

Provides low-income patients with STI testing, including rapid HIV testing, by appointment only and with a sliding-scale payment system.

Colorado Springs Clinics, cont.

Memorial HealthLink

5360 N. Academy Blvd., Suite 220, Colorado Springs, CO 80918

719-444-2273

www.memorialhealthsystem.com

Offers a variety of services to maintain and improve health. They offer health screenings, wellness classes, special community events and a free Nurse Advisor call center.

Mission Medical Clinic

2125 E. La Salle St., Colorado Springs, CO 80909
719-219-3402

www.missionmedicalclinic.org

MMC is a free clinic for the poor and uninsured that offer comprehensive chronic disease management include primary care, diabetes, dental, vision, behavior health, and cardiac care.

Peak Vista Community Health Centers

350 Printers Pkwy., Colorado Springs, CO 80910
(temporary location, check for changes)
719-632-5700

peakvista.org

Provides primary medical care, behavioral health care and dental care for uninsured, underinsured, Medicaid and CHP+ patients. They have 20 convenient locations around town. Peak Vista is the safety net for El Paso and Teller county residents who otherwise would have no access to medical and dental care, pharmacy and laboratory services. Women, children, seniors, working families and the homeless receive healthcare through and exceptional patient experience.

Peak Vista Convenient Care Center

3205 N. Academy Blvd., Colorado Springs, CO 80917
719-632-5700

www.peakvista.org/locations/convenient-care-center

The Convenient Care Center is not an emergency room but provides same day, scheduled appointments for the entire community. If you do not have an emergency condition, you may find that by scheduling an appointment with the Convenient Care Center, your wait time and visit cost will be less than if you were to go to the Emergency Room. They accept many insurance plans including Medicare and Medicaid. If you do not have insurance, or are not a member of Peak Vista Community Health Center, they provide a sliding scale co-pay system based on your current income.



Peak Vista Homeless Health Center

117 W. Rio Grande, Colorado Springs, CO 80903

719-471-2789

www.peakvista.org/locations/homeless-health-center-van

The Homeless Health Center offers medical, dental and behavioral health services for homeless persons in the Pikes Peak region. Services include diagnosis and treatment of sudden, minor illnesses and injuries, on-going primary care for prevention and chronic health conditions, women's health check-ups (including Pap Smears, mammograms and birth control), minor surgeries, dental evaluation and extractions, health education and referrals to qualified community providers and social resources.

Colorado Springs Clinics, cont.

Southern Colorado AIDS Project

1301 S. 8th St., Suite 200, Colorado Springs, CO 80905

719-578-9092, 800 241-5468

www.s-cap.org/

The Southern Colorado AIDS Project (S-CAP) is the only AIDS Service Organization in southern Colorado providing HIV care, support and prevention services.

SET Family Medical Clinic

719-776-8850

www.setofcs.org

14 W. Bijou St., Colorado Springs, CO 80903

Provides basic medical treatment for homeless and clients who access services at the Marian House Soup Kitchen.

825 E. Pikes Peak Ave. Building 29, 5th Floor, Colorado Springs, CO 80903

Clinic provides basic health care for low-income and uninsured, including adults and children, who have little access to affordable medical treatment.

Vision and Dental

Mission Medical Clinic

2125 E. La Salle St., Colorado Springs, CO 80909

719-219-3402

www.missionmedicalclinic.org

Dental assistance for established medical patients of Mission Medical Clinic, for patients who have limited access to dental services. Mission Medical has a partnership with Renewed Vision. Renewed Vision gives away free eyeglasses to anyone who comes, with no eligibility requirements in the lower level of Mission Medical Clinic.

Teens with Promise

719-266-6190

cochildrenofpromise.com

E-mail—cochildrenofpromise@yahoo.com

Serves children from 8th grade and up. Teens with Promise has created working relationships with many Physicians, Orthodontists, and Dentists who donate their time to examine and care for youth in their offices.

Peak Vista Dental Health Center

2828 International Cir., Suite 100, Colorado Springs, CO 80910

719-632-5700

www.peakvista.org/locations/dental-health-center

Provides services to persons of all ages with full time dentists. Patients of all ages receive dental x-rays, cleanings, cavity fillings and extractions. Other needs can be referred to community dental providers.

First Aid

A well- stocked and readily available first aid kit is something important to have in case of emergencies. You should keep a first aid kit in your home and in your car. First aid kits come in many shapes and sizes and you can get them at a local drug store, make them for yourself, or purchase one from the American Red Cross chapter. There are two chapters in Colorado Springs. These offer classes in first aid, CPR, as well as additional classes.

American Red Cross Pikes Peak Chapter

1040 S. 8th St. #200, Colorado Springs, CO 80905
719-632-3563

1500 Wetzel Ave. #1526, Fort Carson, CO 80913
719-526-2311

<http://www.redcross.org>

The American Red Cross recommends that all first aid kits include the following:

- 2 absorbent compress dressings
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

Pregnancy

Life Network (CS Pregnancy Center)

3700 Galley Rd., 80909

719-591-2724

2925 King St., 80904

719-623-2870

www.elifenetwork.com

Free pregnancy testing, ultrasound by referral, medical and adoption referral, standard education and information. Also, free education on pregnancy, abortion, childbirth, breast feeding, infant care, parenting classes, and marriage classes.

Marian House Life Support

14 W. Bijou St., 80903

719-578-1222

<http://ccharitiescc.org/>

Provides a nurturing, bilingual environment that focuses on fostering trust between volunteer advocates and clients. Pregnant mothers can shop for maternity clothing. One month prior to their due date, expectant mothers are able to return to the office for layettes consisting of all new items necessary to bring a newborn home. Mothers may also qualify for getting a breast pump. Make an appointment. They are open 9:00AM-1:00PM. (1-2PM emergency hours). Other services also available for families in need.

Planned Parenthood

3480 Centennial Blvd., 80907

719-475-7162

3958 N. Academy Blvd., 80917

719-573-8880

www.plannedparenthood.org

Provides birth control, general health, HIV testing, Men's Health, Emergency contraception (morning-after pill), Pregnancy testing, STD testing / treatment, Women's Health and Abortion services.

Penrose Community Hospital Birth Center

2222 N. Nevada Ave., 80907

719-776-5555

www.penrosestfrancis.org/birth

At The Birth Center, mothers may check in and talk to a representative about their birth experience up to a month before their due date. The Birth Center provides a relaxed, friendly, one-on-one meeting with a registered nurse well before the delivery date. Mothers-to-be may ask questions, express ideas or concerns, and request special arrangements to ensure the birth experience will be all they had hoped.

Dream Centers Colorado Springs

4360 Montebello Dr., Suite 900, 80918

719-388-1594

www.dreamcenterscos.org

Provides physicals, OB-GYN and well-women examinations, to both the uninsured and insured.

Peak Vista Women's Health Center

350 Printers Pkwy., 80910

719-632-5700

www.peakvista.org/locations/womens-health-center

Provides services to women who are un-insured, low-income or under insured through OB-GYN physicians, certified nurse midwives. Offers a wide range of services from preventative education and routine gynecological exams to labor and delivery.

El Paso Women's Clinic

1675 W. Garden of the Gods Rd., 80907

719-578-3199

www.elpasocountyhealth.org

Provides access to family planning, education and counseling, breast and pelvic exams, STD and HIV screenings, and medical referral assistance for expecting mothers or women requiring services.

Parenting Classes & Resources

It's normal to feel overwhelmed when you become a parent. You aren't born knowing how to be a good parent. Let others help you figure it out.

Center on Fathering

325 N. El Paso Street

719-634-7797

<http://dhs.elpasoco.com/Pages/COF.aspx>

Offers services designed to meet the needs of fathers: Education/Training, Support Groups, Outreach, and Resource/Referral.

Community Partnership for Child Development (CPCD)

2330 Robinson St., Colorado Springs, CO 80904

719-635-1536 ext 400

www.cpcdheadstart.org

Offers "Becoming a Love and Logic Parent" classes.

Family Attachment Center

2913 Beacon St., Colorado Springs, CO 80907

719-632-3204

www.familyattachmentcenter.org

"Becoming the Ultimate Parent" classes offered.

Family Connections KPC Respite Center

2220 E. Bijou St., Ste 2E, Colorado Springs, CO 80909

719-634-5439

www.familyconnectionsco.org/kpc_respite_center

Offers nurturing programs and parenting classes, free respite service to families, crisis prevention and care, 24-hour phone assistance. They will also find you a family advocate who will help you make a plan to be a good parent.

Family Nurturing Center of Colorado

719-649-3860

familynurturingcenterofco.com/

Multiple Classes available, call for locations, cost and times.

First Visitor at Peak Vista

719-344-6639

www.peakvista.org/services/first-visitor

First Visitor is a free volunteer home visitation program designed to celebrate the birth and growth of every child and to provide new parents with emotional support, a network of community-based resources and basic information on child health, nutrition, safety and early development during the critical first 3 years.

Food Pantries

Many food pantries provide diapers and other baby supplies. These are listed later in this book.

Marian House Life Support

14 W. Bijou St., 80903

719-578-1222

<http://ccharitiescc.org/>

Provides parents with nurturing, bi-lingual environment that helps parents determine their children's basic needs through the intake process and then offers families the opportunity to "shop" for clothing, blankets, baby equipment, supplies and new toys from the Life Support shopping area. The Life Support program's intent is to help families bridge the gap during a crisis; services are not intended to be long-term. Children of current clients are registered for the Christmas and Birthday Buddies programs

Parenting Resources & Classes Cont.

and receive a new toy and new item of clothing on each occasion. School supplies also are available to children of clients.

Colorado Safe Haven Law

You can leave your baby, up to 3 days old, with a hospital staff member who engages in the admission, care, or treatment of patients at any hospital, or with a fire fighter at any fire station in Colorado.

Food & Nutrition



Nutrition

This information is courtesy of Share Our Strength's *Cooking Matters for Adults Participant Guide*



Fruits and

Make half
fruits and

or your plate! Fill it with dark green (like broccoli or spinach), orange (like carrots or sweet potatoes), and other colorful vegetables. Fill it with red, yellow, orange, blue, and purple fruits. Whole fruits are a better choice than juice.

vegetables

your plate
veggies. Col-

Whole Grains

Make a quarter of your plate grains. Make at least half your grains whole (like whole grain cereal.) Just because bread is brown doesn't mean it's whole grain. Check the ingredients list to be sure the first word is "whole." Examples of whole grains: brown rice, graham flour, whole wheat, buckwheat, millet, bulgur, whole grain corn, popcorn, whole grain barley, quinoa, wild rice, whole rye, whole grain flour, whole grain cornmeal, oatmeal or other whole oats.

Dairy

Look at the carton or package to make sure your milk, yogurt or cheese is fat-free or low-fat. Calcium

To cook 1 cup of a whole grain	Use this much broth or water	Cook for this amount of time	To make
Whole barley	3 cups	1 ½ hours	4 cups
Brown Rice	2 cups	45 minutes	3 cups
Whole wheat couscous	1 ½ cups boiling liquid	5 minutes	2 ½ cups
Quick oats	3 cups	5 minutes	1 ¾ cups
Whole wheat pasta	4 cups	7-10 minutes	2 ½ cups
Quinoa (rinse well)	2 cups	15 minutes	4 cups
Wild rice	3 cups	45-60 minutes	2 cups

builds strong bones. If you can't have milk products, choose other calcium sources like calcium fortified soy milk.

Nutrition, cont.

Protein

Make a quarter of your plate protein. Eat lean or low-fat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled—not fried. Mix it up! The following are all great sources of protein: beans, beef, chicken, eggs, fish, lentils, nuts, peas, pork, seeds, shellfish, soybean products, and turkey.

*At high altitudes (above 3,500 feet), dried beans take more time to rehydrate and cook.

Use 1 cup of dried beans to make about 3 cups cooked	Use this much water*	Cook for this amount of time
Black beans	3 cups	About 2 hours
Blackeyed pea, cowpeas	2 ½ cups	½ hour
Great northern beans	2 ½ cups	1-1 ½ hours
Kidney beans	3 cups	About 2 hours
Lentils (do not soak)	2 ½ cups	½ hour
Lima beans	2 ½ cups	45 minutes-1 hour
Navy or pea beans	3 cups	1 1/2 -2 hours
Pink or pinto beans	3 cups	2 hours

Soak beans

To soak quickly

- Fill a pot with water, add beans, and bring to a boil
- Boil beans for 5 minutes. Turn the heat off, cover, and let sit for one hour
- Drain the soaking water and rinse the beans

To soak overnight

- Fill a bowl with 3 cups of cold water per 1 cup beans
- Soak beans for 8-12 hours at room temperature
- Drain the soaking water and rinse the beans

Cook

- Add enough water to cover dry beans or peas by two inches
- Simmer the beans for 30 minutes to 2 hours, until cooked. You may need to add water to keep beans from drying out
- Beans and peas are done when they are easy to break open with a fork

For more information, check out <http://www.choosemyplate.gov/>

Reading Food Labels

Serving Size

The serving size is the amount of food the Nutrition Facts are based on. Ask yourself, “How many servings am I eating?”

Calories (and Calories from Fat)

Calories tell you how much energy you get from this food.

% Daily Value

The %DV tells you if a serving of food is high or low in nutrient:

20% or more is high

5% or less is low

Nutrients

Fat, cholesterol, and sodium: Aim low on fat, cholesterol, and sodium. This will help reduce your chance of heart disease, cancer, and diabetes.

Fiber, Vitamin A, Vitamin C, Calcium, and Iron: Look for foods that are high in these key nutrients. They help fight disease and support a healthy body.

Kitchen Safety Basics

Hand Washing

Proper hand washing is the best way to prevent the spread of germs.

When to wash your hands:

- Before, during, and after you prepare food
- Before you eat
- After you use the bathroom, change a diaper, or clean with chemicals
- After touching animals or animal waste
- More often when someone in your home is sick

How to wash your hands properly:

- Use warm running water and soap
- Rub your hands together for at least 20 seconds (the time it takes to sing “Happy Birthday” twice or the “ABCs”). Scrub under your fingernails, between fingers, and the backs of your hands.
- Rinse and dry hands well.

Knife Safety

- Watch your fingers-Tuck your fingers towards your palm on the hand that is holding the food.
- Lead down with the tip-Angle the tip of the knife toward the cutting board.
- Slice-Cut through the food with a slicing or sawing motion. Don’t just push down.
- Create a flat surface-When working with round foods like onions or potatoes, cut them in half first. Lay the flat side down, then keep cutting.

Cooking Terms

Bake-To cook food in an oven with dry heat.

Boil-To cook food quickly in heated liquid. The liquid moves rapidly, and large bubbles keep breaking the surface. Often use for vegetables and pasta.

Broil-To cook food directly under the heat source of a gas or electric oven. Often used for fish and tender cuts of meat.

Brown-To cook quickly over high heat, usually on top of the stove, so the surface of the food turns brown and inside stays moist.

Chop-To cut into pieces, which can vary in size.

Dice-To cut into small pieces, even cubes, usually about ¼ inch per side.

Grill-To cook food directly on the heat source of a gas, charcoal, or wood grill. Often used for fish, tender cuts of meat, and vegetables.

Knead-To mix and work the ingredients that make up dough into smooth, elastic form. Can be done with hands of a heavy-duty mixer.

Mince-To cut food into even smaller pieces than diced.

Mix-To beat or stir two or more foods together until they are combined.

Poach-To cook food gently in large amounts of heated liquid. The liquid moves slightly, but no bubbles break the surface. Often used for eggs, fish, and fruit.

Roast-To cook by dry heat, usually in an oven.

Saute (Pan fry)-To cook food in a small amount of fat or oil on top of a stove. Heat the fat until hot (but not smoking), add the food, and cook to stated time or tenderness.

Simmer-To cook food slowly in heated liquid. Small bubbles should break the surface. Often used for meats and stews that benefit from slow cooking.

Slice-To cut into wide, thin pieces.

Steam-To cook food quickly in a covered pot by the moist heat made from a small amount of heated liquid. The food is held above the liquid by a basket or rack. Often used for vegetables and fish.

Whisk-To beat ingredients with a fork or a “whisk.” This adds air and increases the volume. The mixture appears light and fluffy.

Common Terms

Even or level-Measure the exact amount. Use a straight edge to make the ingredients level with the top of the cup or spoon. The back of a straight knife works well for this. If the recipe doesn't say, measure like this.

Firmly packed-With a spatula, spoon, or your hand, tightly press the ingredient into the measuring cup. You should pack as much of the ingredient as you can fit into the measure.

Lightly packed-Press the ingredient into the measuring cup lightly. Make sure there are no air pockets, but do not pack it too much either.

Rounded-Do not flatten out the ingredient to the top of the measuring spoon. Instead, allow it to pile up above the rim naturally, into a soft mound.

Heaping-Pile as much of the ingredient on top of the measure as it can hold.

Sifted-Pass dry ingredients through a fine-mesh strainer or sifter before measuring. This ensures that ingredient is not compacted and that there are no other large pieces in it.

Pinch or dash-A small amount, usually less than 1/8 of a teaspoon.

Common Conversions

Teaspoons (t or tsp)	Tablespoons (T or Tbs or Tbsp)	Cups (c)	Fluid Ounces (fl or fl oz)	Other
3 teaspoons	1 tablespoon	1/16 cup	1/2 oz	
6 teaspoons	2 tablespoons	1/8 cup	1 oz	
	4 tablespoons	1/4 cup	2 oz	
	8 tablespoons	1/2 cup	4 oz	1/4 pint (pt)
	12 tablespoons	3/4 cup	6 oz	
	16 tablespoons	1 cup	8 oz	1/2 pint
		2 cups	16 oz	1 pint
		4 cups	32 oz	1 quart (qt)
		8 cups	64 oz	2 quarts
		16 cups	128 oz	4 quarts=1 gallon (gal)

Yields for Common Ingredients

Ingredient	Recipe Calls for	To provide
Apples	1 medium (6 oz.)	1 cup sliced or chopped
Bananas	1 medium or 2 small 2 medium	1 cup sliced 1 cup mashed
Beans, dried	1 pound dried (2 ¼ cups)	5-6 cups cooked
Beans, green or wax	1 pound	3 cups, 1-inch pieces
Broccoli	6 oz.	2 cups flowerets, 1-inch pieces or chopped
Butter, margarine or spread	1 stick	½ cup
Carrots	1 pound 1 ½ medium 2 medium	5-6 medium 1 cup shredded 1 cup ¼-inch slices
Celery	2 medium stalks	1 cup thinly sliced or chopped
Cheese, Hard (such as blue, cheddar, feta, mozzarella, Swiss), shredded or crumbled	4 oz.	1 cup
Cheese, cottage	16 oz.	2 cups
Cheese, cream	8 oz.	1 cup
Corn	2 medium ears	1 cup kernels
Eggs, large	¼ cup egg substitute	1 egg
Garlic	1 medium clove	½ teaspoon finely chopped
Jalapeno chili	1 medium, seeded and chopped	1 Tablespoon
Lemons or limes	1 medium 1 medium	1 ½ -3 teaspoons grated peel 2-3 Tablespoons juice
Lettuce, iceberg or romaine	1 medium head lettuce	6 cups chopped or bite-sized pieces
Meat, cooked (beef, pork, and poultry)	6 oz.	1 cup chopped or bite-size pieces
Mushrooms, fresh	1 pound 8 oz.	6 cups sliced 2 ½ cups chopped
Nuts (without shells), chopped, sliced, or slivered	4 oz.	1 cup
Nuts, whole or halves	1 pound	3-4 cups
Onions, green with tops	2 medium 3 or 4 medium	2 Tablespoons ¼ cup sliced
Onions, yellow, white, and red	1 small 1 medium 1 large	1/3-1/2 cup chopped ¾-1 cup chopped 1 ½-2 cups chopped
Oranges	1 medium 1 medium	1-2 Tablespoons grated peel 1/3-1/2 cup juice
Pasta, macaroni	6-7 oz. uncooked (2 cups)	4 cups cooked
Pasta, noodles, egg	7 oz. uncooked (4-5 cups)	4 cups cooked
Pasta, spaghetti	7-8 oz. uncooked	4 cups cooked

Yields for Common Ingredients, cont.

Ingredient	Recipe Calls for	To provide
Peppers, bell	1 small 1 medium 1 large	½ cup chopped 1 cup chopped 1 ½ cups chopped
Potatoes, new	1 ½ pounds	10-12 small
Potatoes, red, white, sweet, or yams	1 medium	1 cup 1/2-inch pieces
Rice, brown	1 cup uncooked	4 cups cooked
Rice, precooked white (instant)	1 cup uncooked	2 cups cooked
Rice, regular long grain	1 cup uncooked	3 cups cooked
Rice, wild	1 cup uncooked	3 cups cooked
Sugar, brown	1 pound	2 ¼ packed
Sugar, granulated	1 pound	2 ¼ cups
Sugar, powdered	1 pound	4 cups
Tomatoes	1 small 1 medium 1 large	½ cup chopped ¾ cup chopped 1 cup chopped

Farmers Markets

You can get fresh, local fruits and veggies at farmers markets around town. Most markets open in June and run until September or October. See below for a list of farmers markets in the Colorado Springs area. For more information, visit www.coloradofarmers.org/marketfind.htm

Name	Location	Contact
Acacia Park Farmers Market	Acacia Park - Corners of E. Platte Ave/N Nevada Ave Mon 10am-3pm	Dave Patterson (970) 301-7097 millerfarms80651@aol.com www.millerfarms.net
Broadmoor Farmers Market	315 Lake Ave. Mon 8am-1pm	Sherree Hrdlichka unique47@hotmail.com
Citadel Farmers Market	750 Citadel Dr. Sat. 10am- 3pm	Dave Patterson (970) 301-7097 millerfarms80651@aol.com www.millerfarms.net
Doherty High School Farmer's Market	4515 Barnes Road Sat 7am – 1:00pm	Frank Schmidt 719-574-1283 franklinschmidt@comcast.net
First & Main Town Center Farmers Market	Carefree Cir/Powers Blvd (west of 3133 Cinema Point) Thurs 10am - 3pm	Dave Patterson (970) 301-7097 millerfarms80651@aol.com www.millerfarms.net
Memorial Park Farmers' Market	Pikes Peak & Union Blvd Thurs 7am – 1:30pm	Frank Schmidt 719-574-1283 franklinschmidt@comcast.net
Old Colorado City Farmers' Market	24th St. and Colorado Ave Sat 7:00am–1:30pm	Frank Schmidt 719-574-1283 franklinschmidt@comcast.net
Soda Spring Farmers Market	1016 Manitou Ave (Soda Springs Park)	Steve Taube 719-635-0944
University Village Colorado Farmers' Market	5201 N Nevada Ave Sat 9am-3pm	David Patterson (970) 301-7097 millerfarms80651@aol.com
Widefield Community Farmers Market	165 Fountain Blvd. Sat 10am-2pm	www.sweetizziescolorado.com
Colorado Farm and Art Market/ Fine Arts Center*	Fine Arts Center 30 West Dale St. Wed 3pm – 7pm	Amy Siebert 719-640-6154 farmandartmarket@gmail.com www.farmandartmarket.com
Colorado Farm and Art Market at Pine Creek*	The Margarita at Pine Creek 7350 Pine Creek Rd Sat 9am -1pm	Amy Siebert 719-640-6154 farmandartmarket@gmail.com www.farmandartmarket.com

***These farmers markets take food stamps. Please see the section on Supplemental Nutrition Assistance Program (SNAP) on page 93 for more information.**

Plan for Leftovers

The following are suggestions for what you can do with your leftover food to keep it from going to waste.

Bread-Make bread pudding, French toast, stuffing, or croutons.

Rice-Make rice pudding, or add to soups and casseroles.

Fruits-Combine for a fruit salad; use in muffins, quick breads, and pancakes; bake into cobblers, crisps, or squares; Slice on top of hot or cold cereal; freeze to use in smoothies.

Vegetables-Toss with cold pasta and light dressing for pasta salad; use in soup or stews; combine for a mixed vegetable salad.

Milk-Use in baked goods such as muffins or quick breads.

Yogurt- Use plain yogurt in place of sour cream recipes; use to make veggie or fruit dip.

Cheese-Use as a topping for vegetables; use in quiche or toss with pasta; keep frozen until needed.

Meat-Slice for sandwiches; use in meat sauces, stuffed peppers, chili, or soups; use in stir-fry with left-over veggies; use to make a chef salad. It's easy to make your own broth, stock from bones. Basically you boil them with or without a little meat, add onion, carrot and celery and maybe some spices. Google for detailed recipes. You can use it right away to make soup or sauces or freeze it.

Chicken-make sandwiches with sliced chicken, or use for chicken salad sandwiches; use in a soup, casserole, or stir-fry; use the bones to make stock; shred and use to top a veggie salad.

Eggs-Make egg salad sandwiches, add to salads, make a frittata.

Beans-Reheat, mash, and spread on tortillas with other toppings; toss in salads; use in chili, soups, casseroles, and stews; make bean dip to eat with crackers or veggies.

If you are not sure what to do with your leftovers or unsure whether you can freeze them, find out more on the Internet.

Save Money Before, While and After You Shop

Before You Shop

- Know how much money is in your food budget
- Check what you have on hand in your cupboards, freezer, and refrigerator
- Bring coupons and look for store specials
- Plan your meals based on sales and what you already have on hand
- Make a shopping list from your meal plan
- Have a healthy snack or meal before you shop so you don't shop hungry
- Consider meal planning using <http://www.foodonthetable.com> Enter the grocery stores near you and it will help you meal plan using items on sale.

While You Shop

- Know the prices of items you buy often, so you can spot a good deal when you see it
- Buy store brands when they are cheaper than brand names
- Adjust your shopping list when items are on sale
- Use unit prices to get the most for my money
- Buy in bulk when the price is good, the product won't spoil, and storage is not a problem
- Look for large pieces of meat that you can divide into smaller freezer bags and freeze for later
- Take caution with end-of-aisle displays because they are not always the best deal
- Take caution with products placed at eye level because they may cost more and be less healthy
- The aisles around the outside of the store usually contain the fresh items that are a healthy choice. Be careful in the inner aisles. Be careful of prepared food, it's higher in price and often is not as healthy

After You Shop

- Make foods at home. Eating out can use up food dollars
- When you do eat out, order water to drink. Sodas, etc. increase your bill. Ask for a lemon or lime to add some taste to the water.
- Avoid waste. Use leftover foods in stews, casseroles, soups, or stir-fry dishes
- Pack leftovers for lunches or snacks at work or school
- Freeze foods that you won't use right so they don't go bad

Stocking Your Pantry

Baking products

- Flour
- Sugar
- Baking soda
- Baking powder

Canned beans and fish

- Kidney, black, pinto, or lima (for salads and soups, side dishes, or add to a main dish)
- Tuna and salmon (for salads, casseroles, and pasta)

Canned fruits and veggies

- Pineapple and applesauce
- Corn and green beans

Canned or powdered milk

- Canned low-fat evaporated or dry powdered milk keep longer than fresh milk. They can be used in recipes instead of fresh milk

Canned tomato products

- Canned tomato sauce
- Whole, diced, or pureed tomatoes

Cereals

- Enjoy with fruit or milk, or add to yogurt
- Use for baked goods
- Use for crispy coatings for meat, poultry, and fish

Dried fruits and nuts

- In trail mix
- Add to cereals, baked goods, and yogurt

Dried Herbs

- Use to add flavor and in place of extra salt

Oil

- Canola and olive oils are healthy choices for use in cooking or making dressings
- Cooking spray keeps food from sticking to the pan

Pasta and rice

- Buy on sale or in bulk or family packages
- Store in airtight containers after opening to keep fresh and keep out pests

Vinegar

- Apple, cider, red wine, rice, or balsamic vinegars for salad dressings and marinades

Weekly Meal Planning

Try these ideas:

- Check what you have at home. See what needs to be used.
- Base meals on what is in your cupboard, refrigerator, and freezer and what's on sale
- Choose a main dish and then add foods from other food groups to go with it.
- Pick out ingredients that can be used in more than one meal (ground beef/turkey, pasta, tomatoes, etc.)
- Think about ways to use leftovers ingredients in other meals. Don't let them go to waste!
- Scan your cupboards and fridge to see what you need to make the menu you have planned.
- Check for sale items you could use in your meals.
- Create a shopping list to make sure you buy all the items you need.

There are a number of meal planners on the Internet, simply google "Meal Planner"

Ingredients I have on hand that need to be used:	Ingredients that I can use in more than one meal:

Recipes

Black Bean and Vegetable Quesadillas

Serves 6

Prep time: 25 minutes, Cook time: 20 minutes

Ingredients:

½ of a 15½ oz. can of black beans (no salt added)
2 medium zucchini
1 bunch fresh spinach (about 4 cups)
1 ear of fresh corn or 1 cup canned corn
4 oz. low-fat cheddar cheese
1 Tablespoon Canola oil
Pinch ground cayenne pepper
1-2 teaspoons water
½ teaspoon ground black pepper
6 (8-inch) whole wheat flour tortillas
Non-stick cooking spray
Optional—3 Tablespoons fresh parsley or cilantro

Materials

Grater	Rubber spatula
Can opener	Large skillet with lid
Strainer/Colander	Measuring spoons
Cutting board	Medium Bowl
Fork	Sharp Knife

Recipe Tips

- Add favorite veggies to the filling. In place of zucchini and/or spinach, use leftover cooked veggies like bell peppers, onions, etc.
- To cut costs, use frozen spinach. Defrost, drain, and squeeze completely.
- Top with low-fat, plain yogurt and/or salsa.
- Use the remaining beans in a soup or in a salad.

Directions

- Drain and rinse black beans
- Rinse zucchini and cut into thin slices or shred with a grater
- Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop those also
- If using fresh corn, peel. Use a knife to cut corn kernels off the cob. If using canned corn, drain.
- Grate cheese
- Heat oil in a large skillet over medium-high heat. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft (about 5 minutes) and remove from heat
- Add corn and spinach. Cover and cook until tender, stirring few times, about 5 minutes more.
- Remove from heat.
- Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork and 1-2 teaspoons of water to make a bean and veggie paste.
- Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.
- Spread vegetable mixture evenly on half of each tortilla. Fold tortillas over. Press lightly with spatula to flatten
- Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
- Cut each quesadilla into 2 wedges. Serve while hot.

English Muffin Breakfast Sandwich

Serves 2 (1 sandwich per serving)

Prep time: 10 minutes, Cook time: 10 minutes

Ingredients

1 small tomato
2 cups fresh spinach
2 whole wheat English muffins
1 teaspoon canola oil
2 large eggs
Pinch salt
Optional—Small avocado

Materials

Cutting board
Measuring cups
Measuring spoons
Medium skillet with lid
Rubber spatula
Sharp knife

Directions

- Rinse and slice tomato into 4 slices. Rinse spinach. If using avocado, peel, remove pit, and slice.
- Split each muffin in half. Set muffin tops aside.
- Heat oil in a medium skillet over medium heat.
- Gently break eggs into skillet, being careful not to break the yolk. Cook about 1 minutes.
- Carefully flip each egg over with a rubber spatula. Cook until yolk is slightly firm (about 1-2 minutes).
- Put egg onto each muffin bottom.
- Add spinach to skillet with a splash of water and a pinch of salt. Cover and cook until wilted (about 3 minutes).
- Top the egg with tomato and spinach. If using avocado, add slices now. Cover with the
- muffin tops to make a sandwich.

Recipe Tips

- Scramble the egg instead of frying.
- Try toasting the muffins in a toaster or in the oven set to broil before adding eggs and toppings.
- Top cooked eggs with sliced low-fat cheese and/or turkey bacon. Cook 1 slice turkey bacon in a skillet for 1 minute on each side and add to muffin.

Fresh Fruit with Warm Honey Yogurt Topping

Serves 4 (1 cup fruit and 1/4 cup topping per serving)

Prep time: 5 minutes, Cook time: 5 minutes

Ingredients

4 cups fresh fruit, such as berries, melons, pear, plums, peaches, apples, bananas, or a combination

1 lemon

1 cup nonfat vanilla yogurt

2 Tablespoons honey

Materials

4 small bowls

Grater

Cutting board

Measuring cups

Measuring spoons

Microwave safe bowl

Sharp knife

Directions

- Wash and cut fruits. Create lemon zest by rinsing lemon and using the small holes on the grater to grate the lemon's peel.
- Divide fruit evenly among 4 bowls.
- Combine yogurt, honey, and lemon zest in a microwave-safe bowl. Microwave for 1 minute and stir well.
- Drizzle honey yogurt topping over the fruit and serve.

Tips

- For best price, use whatever fruits are in season, or use thawed frozen fruit (be sure to drain well before adding to bowls.)
- If you do not have a microwave, warm honey yogurt topping on the stove. Use a small skillet over low heat.
- Add dried fruit, such as raisins, dried figs, dates, prunes, or cranberries, to the fresh fruit.
- Use lemon in another recipe: squeeze over canned tuna or salmon, in tea, or ice water.

The Works Pizza

Serves 8 (1 slice per serving)

Prep time: 30 minutes, Cook time: 25 minutes

Ingredients

1 large onion
1 medium green bell pepper
1 medium red bell pepper
8 oz. button mushrooms
2 medium tomatoes
1 (6-oz.) block mozzarella cheese
1 Tablespoon canola oil
1 frozen or refrigerated whole wheat pizza dough, defrosted
Non-stick cooking spray
¼ teaspoon dried basil
¼ teaspoon dried oregano
1 (8-oz.) can tomato sauce, no salt added

Optional

¼ teaspoon dried parsley
15 (2-inch diameter) turkey pepperoni slices

Materials

Baking sheet	Cutting board
Grater	Large skillet
Can opener	Measuring spoons
Strainer/Colander	Sharp knife

Recipe Tips

- Try making a calzone! Lightly coat a baking sheet with non-stick cooking spray. Lay dough on sheet. Cover half the dough with sauce, cheese, and veggies. Fold the dough in half over toppings and seal the edges. Bake for 6 minutes. Turn over and then bake for 6 more minutes.
- Make mini pizzas using English muffins or pita bread for the crust.
- Top pizza with any seasonal veggies you like. Try broccoli, red onions, red, yellow, or orange peppers, zucchini, spinach, etc.

Directions

- Preheat oven to 450°
- Rinse and peel onion. Rinse peppers, mushrooms, and tomatoes. Dice onion, peppers, and tomatoes into
- ½-inch pieces. Slice mushrooms ¼-inch thick. Grate cheese
- Add oil to a large skillet over medium-high heat. Add onions, mushrooms, and peppers. Cook for 3 minutes.
- Transfer vegetables to a strainer. Stir in tomatoes. Let sit 3-5 minutes to drain excess liquid.
- While veggies are draining, shape dough into a 12-inch pizza round. Use your fingers to stretch and spread the dough.
- Coat a baking sheet with non-stick cooking spray. Place pizza dough in center of sheet.
- Mix dried basil and oregano into tomato sauce. If using dried parsley, add that too. Spread a layer of sauce across dough.
- Sprinkle cheese evenly across dough. If using turkey pepperoni, add that now.
- Bake pizza until cheese is melted and crust is browned on the sides and bottom (about 10 minutes). Remove from oven.
- Add vegetable mixture. Return to oven and bake until pizza is cooked thorough (5-10 minutes more).
- Remove from oven. Let stand for 2 minutes. Using a sharp knife or pizza cutter, cut into 8 pieces.

SNAP Benefits (formerly known as Food Stamps)

If you are 18 or older and living on your own, or under 18 and emancipated, you can apply for Supplemental Nutrition Assistance Program (SNAP) benefits. SNAP is the new name for the federal Food Stamp Program. Low-income people with dependent children and some people who are elderly or have disabilities are eligible for food stamp benefits. There is no time limit for food stamp benefits for people with children and people who are elderly or have disabilities. The maximum amount of SNAP benefits one person can receive is \$200/month (this is typically someone with no income).

Benefits are also available to able-bodied adults (ages 18-50) who have no children; however, these individuals must work at least 20 hours a week or meet other work requirements in order to receive food stamp benefits. If adults without dependent children do not meet work requirements, they are limited to three months of benefits in any 36-month period.

If you are not working at least 20 hours/week or not in school, you need to participate in a program called Employment First (if you don't participate, your benefits will be cut off). Employment First assists individuals to gain skills, training, and/or experience to increase the ability to get a job.

Non-exempt clients are required to attend the Employment First Orientation presentation held every Tuesday and Thursday from 9:00am-12:30pm or 1:30pm-4:30pm (approximately 3 hours). Please plan to stay for the entire presentation, which is at the CDC office.

1675 W. Garden of the Gods Rd., Colorado Springs, CO 80907

719-444-5930

For questions or to request more information, contact the Employment First Office or visit them on the web at www.colorado.gov/cs/Satellite/CDHS-SelfSuff/CBON/1251581773899

How does SNAP work?

People who qualify for SNAP will be given an Electronic Benefits Transfer (EBT) Card * which looks and works like a bank ATM card. When you go through the checkout line at a supermarket, you pass or "swipe" the EBT card through the payment machine at the checkout stand. Then you enter a four digit PIN code. The cost of the food is then subtracted from your SNAP account automatically - just like a bankcard. EBT cards are accepted at most grocery stores and supermarkets. It is fast, simple and discreet.

Benefits are loaded onto your card each month. Depending on the last digit of your SS#, that is the day of the month the benefits will be loaded. Benefits carry over from month to month. Approximately every six months you will need to recertify that nothing in your home has changed.

SNAP benefits will help to stretch your food dollar. You can purchase food items such as fresh fruits, vegetables, dairy products, meats, fish, chicken, and cereals—no hot prepared foods, household items, cigarettes, or alcohol. For a list of foods you can purchase with your EBT card, please click on the link: www.fns.usda.gov/snap/retailers/eligible.htm

SNAP Benefits, cont.

Income Guidelines

Households that have income over the amounts listed below cannot get SNAP benefits.

Additional Information Available

Household size	Gross monthly income (130 percent of poverty)	Net monthly income (100 percent of poverty)
1	1,211	\$ 931
2	1,640	1,261
3	2,069	1,591
4	2,498	1,921
5	2,927	2,251
6	3,356	2,581
7	3,785	2,911
8	4,214	3,241
Each additional member	+ 429	+ 330
<i>Note: Gross income means a household's total, non-excluded income, before any deductions have been made. Net income means gross income minus allowable deductions.</i>		

Frequently Asked Questions about Colorado Food Assistance

www.colorado.gov/cs/Satellite/CDHS-SelfSuff/CBON/1251586542921

Federal Food & Nutrition Forms

www.fns.usda.gov/fns/forms.htm

Determine Your SNAP Eligibility Online!

All you have to do is complete a simple, fast, and anonymous online application and you'll receive immediate feedback concerning your eligibility. You can also print out an application, get relevant contact information, and find out lots more about SNAP. peak.state.co.us/selfservice/

SNAP Benefits, cont.

What you will need to apply for SNAP

- _____ Proof of identity (Driver's license or State ID card, work or school ID card, health benefits ID card, voter registration card, birth certificate—preferably a picture ID)
- _____ Proof of residence (utility bill-electric, gas, water-, rental agreement or mortgage statement that shows your address)
- _____ Immigration Status (immigration or naturalization paper-not required if you are applying for your children who were born in the U.S.)
- _____ Medical Expense Deduction-for households with elderly, age 60 or older, or disabled members only billing statements, itemized medical receipts, like prescription drugs, Medicare card indicating Part "B" coverage, repayment agreement with physician
- _____ Earned income (pay stubs from the past 30 days, statement from employer as to gross wages, income tax forms, self-employment bookkeeping records)
- _____ Unearned Income (bank statements showing direct deposit, agency letter showing money received, like Social Security, Supplemental Security Income-SSI, Veterans Affairs benefits-VA, child support, alimony, unemployment, and retirement
- _____ Proof of childcare costs (if applicable)

You must provide all of the necessary documentation and print/fill out the Colorado Assistance Programs Application. You can find the application, apply on line, and learn more about all of the programs offered here: peak.state.co.us/selfservice/.

If you have any questions while you are filling out your form, contact DHS's Customer help line at 719-444-5127. Many people are confused about this question: "Have you ever received a lump sum payment?" This means have you ever received a lump sum from an insurance settlement, Social Security benefits, inheritance, etc.

They have to make a decision within at least 30 days. Once you are approved, you have to go into to DHS to pick up a card (unless you are disabled or a senior, then your card can be mailed to you).

Farmers Markets

Throughout the summer and into the fall (most markets open in June and run until September or October), you can use your EBT card at the Colorado Farm and Art Market listed below. See [page 83](#) for a complete list of local Farmers Markets.

Colorado Farm and Art Market

Wednesday, 3-7 pm—Fine Arts Center, 30 West Dale Street, Colorado Springs, CO 80903

Saturday, 9 am-1 pm—Margarita at Pine Creek, 7350 Pine Creek Road, Colorado Springs, CO 80919

Contact—Amy Siebert, 719-640-6154

farmandartmarket@gmail.com

www.farmandartmarket.com

SNAP Benefits, cont.

Other resources, if you don't qualify for SNAP

If you do not qualify for the Food Assistance Program, there are other resources available to you including:

Pikes Peak Community Action Agency

14 W. Bijou St., Colorado Springs, CO 80903

719-633-8994

www.ppcaa.org/

Ecumenical Social Ministries

201 N. Weber St., Colorado Springs, CO 80903

719-636-1916

www.ecusocmin.org/

Colorado 2-1-1

211colorado.communityos.org/cms/home

TEFAP—The Emergency Food Assistance Program

TEFAP provides food assistance to people in need through the distribution of U.S. Department of Agriculture (USDA) commodities. The foods are distributed free of charge on a monthly basis to recipients who must only declare their need and reside in certain counties. Care and Share Food Bank for Southern Colorado manages the TEFAP program in El Paso, Alamosa, Baca, Bent, Chaffee, Cheyenne, Conejos, Costilla, Custer, Dolores, Fremont, Hinsdale, Kiowa, La Plata, Las Animas, Lincoln, Montezuma, Ouray, Prowers, Rio Grande, Saguache, San Juan, San Miguel, and Teller counties.

TEFAP food is distributed through various neighborhood food pantries so recipients don't have to travel great distances to get it. In addition, Care and Share is often able to supplement the government food with fresh produce and other items to increase the nutritional value of the government food.

For more information about the TEFAP program please contact Danette Flickinger, USDA and Food Safety Program Manager at 719-434-4683 or at danette@careandshare.org.

El Paso County Emergency Food Pantries

This information is courtesy of Care and Share Food Bank for Southern Colorado.

Some, not all, pantries require ID, proof of address and social security cards for all members of household. This is not an all-inclusive list of food pantries. For additional food pantries and referrals dial 2-1-1 or 719-955-0742. ARRIVE EARLY AT FOOD PANTRIES, IF POSSIBLE.

American Charities

3604 Galley Rd, Suite 102, Colorado Springs, CO 80909

719-646-3922

Service Area: Serves all zip codes

Mon: 11:00am-5:00pm, Tuesdays – Friday 9:00am-11:00am / 3:00pm-5:00pm

Commodities, Emergency Food, Clothing

Billie Spielman Center

1616 W. Bijou, Colorado Springs, CO 80904

719-344-8994

Service Area: Only areas west of I-25

Monday – Friday 8:00am-11:30am / 12:30pm-4:00pm

Emergency Food, Vouchers, Prescriptions, Utilities

Black Forest Cares

12455 Black Forest Rd., Black Forest, CO 80908

719-495-2221

Service Area: Black Forest Area

Friday 1:00pm-3:00pm

Emergency Food

Connections 4 Life Center

6436 S Hwy 85/87, Suite D, Fountain, CO 80817

719-502-1422

Service Area: 80902, 80906, 80911, 80916, 80925 & 80817

Thurs: 5:30pm-7:30pm, Fri: 10:00am-1:00pm

Commodities (Fri only), Emergency Food, Household items, Budget Counseling

Corpus Christi Catholic Church

2318 N. Cascade, Colorado Springs, CO 80907

719-633-1457

Service Area: Serves all zip codes

Wed: 1:00pm-3:00pm, Fri: 11:00am-1:00pm

Emergency Food

Food Pantries, cont.

Crossfire Ministries

2120 E. La Salle, Colorado Springs, CO 80909
719-447-1806
Service Area: Serves all zip codes
Tues – Thurs 10:00am-4:00pm, Sat: 9:00am-1:00pm
Emergency Food, Clothing

Divine Redeemer Catholic Church

927 N. Logan Ave., Colorado Springs, CO 80909
719-633-5559
Service Area: 80907, 80909, 80910, 80915, 80916, & 80917
2nd & 4th Monday of each month 12:00pm-2:00pm
Emergency Food

Eastborough Food Pantry

4123 E. Pikes Peak, Colorado Springs, CO 80909
719-596-1929
Service Area: 80903, 80907, 80909, 80910, 80915, 80917 & 80918
Mon – Thur: 8:00am – 4:00pm, Fri: 8:00am-Noon
By appointment; call first
Emergency Food

Ecumenical Social Ministries (ESM)

201 N. Weber Street, Colorado Springs, CO 80903
719-636-1916
Service Area: 80903, 80905, 80906, 80907, 80909, 80910, 80916, 80926
Monday – Friday 9:00am-11:00am / 12:30pm–2:30pm, Tues Eve: 5:00pm-7:00pm (rent/utilities only)
Emergency Food, Commodities, Utilities, Clothing, Bus Vouchers, Financial Assistance

Ellicott Helping Hands

23355 Hwy. 94, Calhan, CO 80808 (at Ellicott Plaza, in trailer)
(710) 683-3404
Service Area: Rush, Peyton, Yoder, Ramah
Tuesday 9:00am-12:00pm
Emergency Food, Commodities

Faith Works, Inc.

307 N. Union Blvd., Colorado Springs, CO 80909
719-459-9075
Service Area: 80903, 80909, 80910 & 80916
Tues-Fri: 12:00pm-4:00pm
Emergency Food

Food Pantries, cont.

Good Shepherd United Methodist Church

1201 Leta Dr., Security, 80911
719-392-5782
Service Area: Security, Widefield, Fountain

Emergency Food: Contact the church office, 11:00am-2:30pm
Commodities: 2nd and 4th Thurs of each month 10:00 - 1:00. Apply at Helping Hands Thrift Store, 808 Hackberry Dr., in Security.

Good News Foundation

125 N. Parkside, Suite 105, Colorado Springs, CO 80909
719-638-8985
Service Area: Serves all zip codes
Tues & Thurs 10:00am – 2:00pm
Emergency Food, Commodities

Helping Hands—High Plains (also see Ellicott Helping Hands on prev. pg.)

7375 Adventure Way, Colorado Springs, CO 80923
719-495-3123
Service Area: 80808, 80828, 80830, 80831, 80832, 80833, 80835, and 80864
Thur & Fri: 10:00am – 4:00pm, 1st and 3rd Sat: 10:00am – 1:00pm
Emergency Food

Holy Cross Lutheran Church

4125 Constitution Ave., 80909
719-596-0661
Service Area: 80909, 80915, 80916
Mon. & Tues: 1:00pm-4:00pm, Sat: 9:00am-12:00pm
Emergency Food, Utilities

Mercy's Gate (formerly Northern Churches Care)

4285 N. Academy Blvd, Colorado Springs, CO 80918 (inside Rocky Mtn Calvary)
719-277-7470, ext 124
Service Area: 80907, 80908, 80909, 80915, 80917, 80918, 80919, 80920, 80921, 80922, 80923, 80924, 80927, 80938, 80951
Mon: 4:00pm-7:00pm, Wed and Fri: 9:00am-12:00pm, Thurs: 9:00am-12:00pm & 1:00pm-4:00pm
Emergency Food
Call first for: Financial and Utility assistance
Note: Mercy's Gate distributes commodities at Fellowship Bible Church (5580 N. Nevada Ave) on Mondays from 9:00am-12:00pm.

Mountain View Presbyterian Church

2520 Arlington Dr., Colorado Springs, CO 80910
719-632-9664
Service Area: Serves all zip codes
1st & 4th Tues: 10:00am – 12:00pm, 2nd & 3rd Tues: 2:00pm–4:00pm, 5th Tues: 2:00pm–4:00pm
Emergency Food

Food Pantries, cont.

Salvation Army

922 Yuma St., Colorado Springs, CO 80909
719-636-3891
Service Area: Serves all zip codes
Monday (Walk-ins only), Tuesday – Friday 9:00am-12:00pm/ 1:00pm-3:00pm
Emergency Food

Salvation Army (Fountain Valley Area)

901 N. Santa Fe., Fountain, CO 80817

719-382-1182

Service Area: Fountain, Security, Widefield, Midway, Fort Carson and Pueblo

Monday – Friday 9:00am-12:00pm / 1:00pm-3:30pm

Emergency Food, Utility Assistance

Seventh Day Adventist Community Center

1305 N. Union Blvd., Colorado Springs, CO 80909

719-634-1682

Service Area: Serves all zip codes

Monday: 10:00am-2:30pm

Emergency Food, Commodities, Clothing

Silver Key Senior Services (Seniors 60 and older only):

2250 Bott Ave., Colorado Springs, CO 80904

719-884-2300

Service Area: Serves all zip codes

Monday – Friday 9:00am-4:00pm

Emergency Food, Utilities, Financial, Transportation

Springs Rescue Mission

3 West Las Vegas St., Colorado Springs, CO 80903

719-632-1822

Service Area: 80903, 80904 & 80906

Tues-Thurs: 1:30pm-3:30pm, Saturday: 9:00am-12:00pm

Emergency Food, Clothing, Furniture, Commodities

St. Dominic Catholic Church

331 Main St., Security, CO 80911

719-392-7653

Service Area: 80911, 80913, 80916, 80925 & 80817

Mon – Fri 10:00am – 12:00pm **Call First**

Emergency Food

St. John's Food Pantry

902 S. Prospect, Colorado Springs, CO 80903

719-633-7017

Service Area: Serves all zip codes

Monday – Friday 10:00am-4:00pm

Emergency Food

Commodities: Tues and Thurs only from 11:00am-3:00pm

Food Pantries, cont.

St. Patrick's Catholic Church

6455 Brookpark Dr., Colorado Springs, CO 80918

719-598-3595

Service Area: Serves all zip codes

Friday 4:00pm-5:00pm

Emergency Food

The Food Pantry

5590 N. Nevada, Colorado Springs, CO 80918 (located at Fellowship Bible Church)

719-593-2433

Updated 8/13/2014

For the most recent update: www.casappr.org/resources

Service Area: Serves all zip codes
1st & 3rd Saturday 12:30pm-2:00pm
Emergency Food

Tri-Lakes Cares

235 N. Jefferson, Monument, CO 80132
719-481-4864
Service Area: Palmer Lake, Woodmoor, Monument
Monday & Thursday 12:00pm-3:00pm /6:00pm-8:00pm
Emergency Food, Commodities, Utilities, Financial

True Spirit Baptist Church

5120 Astrozon Blvd., Colorado Springs, CO 80916
719-575-9287
Service Area: Serves all zip codes
Tuesday & Friday 11:00am – 2:00pm
Emergency Food, Commodities

Walt Fortman Center

501 E. Iowa, Fountain, CO 80817
719-382-8515
Service Area: Fountain, Security, Widefield areas only
Monday – Friday 9:00am-12:00pm & 1:00pm- 5:00pm
Emergency Food, Utilities, Financial assistance

Westside CARES

1930 W. Colorado Ave., Colorado Springs, CO 80904
719-389-0759
Service Area: West of I-25, south of Air Force Academy, north of Fort Carson, and east of Teller County
Mon – Thurs: 9:30am-12:30pm, Thurs evening: 4:30pm – 6:30pm
Emergency food vouchers, Prescriptions, Financial assistance, Utilities



Joining the Military

Military Service Branches

The U.S. Military consists of five active-duty Services and their respective Guard and Reserve units. All branches are equal parts of the United States Uniformed Services, headed by the president as Commander in Chief. The **Army**, **Marine Corps**, **Navy**, and **Air Force** fall under the jurisdiction of the Department of Defense (DoD). The **Coast Guard** reports to the Department of Homeland Security during peacetime and to the DoD (by way of the Navy) during wartime.

Joining the military has many benefits and carries some risks. It's important that you understand what you are considering before making a commitment. You should also research the different branches and whether you want to enlist in Active Duty or in the Guard or Reserves.

Learn more about enlisting at these websites

- www.todaysmilitary.com/military-careers/entering-the-military/enlisting-in-the-military
- <http://www.military.com/join-armed-forces>
- Also check out each branches' website that you are interested in

ASVAB—Armed Services <http://official-asvab.com>

Your ASVAB score is important. It is a timed multi-aptitude test. Before taking the real test, start by taking practice ASVAB tests. They are available online, at the library, recruiting centers, etc. These tests will give you an idea of how you'll score, and identify areas that need improvement. Then use ASVAB study guides and resources to prepare for the ASVAB test. Then retake the practice tests.

Scores are in four critical areas count towards your Armed Forces Qualifying Test (AFQT) score. These are Arithmetic Reasoning, Word Knowledge, Paragraph Comprehension and Mathematics Knowledge. The AFQT score determines whether you're qualified to enlist in the U.S. military.

Your scores in the other areas of the ASVAB will determine how qualified you are for certain military occupational specialties and Enlistment Bonuses. A high score will improve your chances of getting the specialty/job and signing bonus you want.

Scoring high on the ASVAB will require study and concentration. Take time to prepare and work on trying to improve your scores before taking the actual test. Your future depends on it. It's worth the effort.

Enlisted Service Members

Enlisted service members make up the majority of the Military and perform much of the hands-on work. To enlist, an individual must be 18 years old, or 17 with parental consent. He or she must also have graduated from high school, although a General Education Development (GED) certificate is occasionally acceptable.

Once an individual has talked to a recruiter and made a commitment to serve, he or she sets a date to visit a Military Entrance Processing Station (MEPS) to finish the enlistment process. The MEPS is a joint service organization that determines an applicant's physical qualifications, aptitude, and moral standards as set by each branch of military service. There are MEPS locations all over the country. Here are a few things a recruit should keep in mind for the visit:

- Bring a Social Security card, birth certificate, and driver's license
- Remove piercings, and do not wear clothing with obscene images
- Bring glasses or wear contacts and bring along an eyeglass or contact lens case and solutions
- Get a good night's sleep and arrive early
- You should take some ASVAB pre-tests online, at the recruiters, Pikes Peak Libraries, etc.

Military Careers

There are thousands of different jobs available in the military and recruiters can help tailor career paths to each service member. Learn about the many careers at the website below.

www.todaysmilitary.com/military-careers/military-career-fields

Find the Nearest Recruiter

Enter your zip code on this website to find a recruiter near you.

www.todaysmilitary.com/contact-a-recruiter

In Colorado Springs, you can contact local recruiters at the following telephone numbers to learn more about military careers in each branch.

Air Force Recruiter: 719-597-9811

Army Recruiter: 719-591-9626

Navy Recruiter: 719-380-0026

U.S. Marine Corps: 719-592-9595

Officers

Officers are the managers of the Military, planning and directing operations or acting in professional roles in fields such as law and medicine. Officers have generally completed a four-year college degree or greater before serving, though it is possible to advance through the enlisted ranks and complete officer training later. Learn more about becoming an officer at the website below.

www.todaysmilitary.com/military-careers/entering-the-military/becoming-a-military-officer

Military Benefits

Top-notch training and career opportunities are just the beginning of the benefits that come with military service. In addition to base pay, service members receive full medical coverage, tuition support, and many discounts. Plus, military service members are some of the most well-traveled people on earth, crossing the globe for business and pleasure.

Benefits include:

- Compensation
- Education support
- Training
- Insurance and retirement benefits
- World travel
- Discounts and perks

Learn more about these benefits at the website below.

www.todaysmilitary.com/military-benefits

Military Myth vs. Reality

Many people have misconceptions about today's Military. Some examples of military myths are:

- People in the Military are not compensated as well as private-sector workers.
- The Military is a roadblock to higher education.
- Women have a hard time achieving success in the Military.

Check out some of these misconceptions (and the reality) below.

www.todaysmilitary.com/military-myth-versus-reality

Local Military Bases

Peterson Air Force Base

1334 W. Stuart Ave.,
719-556-7321

Peterson Air Force Base is a base of the United States Air Force located in Colorado Springs. It was named in honor of 1st Lieutenant Edward Joseph Peterson who was killed in a crash at the base. Peterson AFB is home to the United States Northern Command, North American Aerospace Defense Command, Air Force Space Command, AFSPC's 21st Space Wing, Army Space Command, and the Air Force Reserve Command's 302d Airlift Wing.

Schriever Air Force Base

210 Falcon Pkwy., Suite 2102
719-567-5040

Schriever Air Force Base, located in Colorado Springs, is named in honor of General Bernard Adolph Schriever, who pioneered in the development of the American ballistic missile programs. It is the home of the 50th Space Wing of the Air Force Space Command. This base provides command and control for over 170 Department of Defense warning, navigational, and communications satellites. Also housed at Schriever AFB are the Missile Defense Integration and Operations Center and the Space Innovation & Development Center. Schriever is manned by more than 8,100 active duty and guard/reserve personnel, civilian employees, and contractors.

Fort Carson Army Post

Gate 1 located at the intersection of Nelson Boulevard and Highway 115
719-524-1896

Fort Carson is a 137,000-acre installation extending south from Colorado Springs into Pueblo and Fremont counties. According to the 2010 US Census, the portion of the installation located within El Paso County had a population of 13,813. Fort Carson is the home of the 4th Infantry Division, the 10th Special Forces Group, the 71st Ordnance Group, the 4th Engineer Battalion, the 759th Military Police Battalion, the 10th Combat Support Hospital, the 43rd Sustainment Brigade, and the 13th Air Support Operations Squadron of the United States Air Force. The post also hosts units of the Army Reserve, Navy Reserve and the Colorado Army National Guard.



Selective Service

If you are a male who has recently turned 18, it's time to register for military service in the event of a draft. It's not only your duty as an American, it's the law.

Who Must Register?

Almost all male U.S. citizens, and male aliens living in the U.S., who are 18 through 25, are required to register for the military draft. However, men who currently register are not automatically inducted into military service. Currently, the United States operates its military through volunteer enlistment. The last time men were inducted into the military was during the Vietnam War. Registration for a possible future draft is required to ensure America's preparedness in the event of a military crisis. In the event of a crisis that necessitates a draft to be invoked, men would be called in sequence determined by random lottery number and year of birth. They would then be examined for mental, physical and moral fitness by the military before being deferred or exempted from military service or inducted into the Armed Forces. You may register as soon as you reach the age of 17 years and 3 months, but must register within 30 days of turning 18.

What Happens if I Fail to Register?

Failure to register is a violation of Federal Law. Conviction for such a violation may result in imprisonment for up to five years and/or a fine of not more than \$250,000.

You can expect to be denied a driver's license in the following states/territories:

Alabama, Arizona, Arkansas, Colorado, Delaware, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Michigan, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New Mexico, New York, North Carolina, Ohio, Oklahoma, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia, Wisconsin, Guam, the Commonwealth of the Northern Mariana Islands, the Virgin Islands, and the District of Columbia.

You may become ineligible for the following federal benefits for life:

DISQUALIFICATION FOR STUDENT FINANCIAL AID: Men, born after December 31, 1959, who aren't registered for the draft won't qualify for Federal student loans or grant programs.

DISQUALIFICATION FOR CITIZENSHIP: The U.S. Citizenship and Immigration Services (USCIS) makes registration for the draft a condition for U.S. citizenship if the man first arrived in the U.S. before his 26th birthday.

DISQUALIFICATION FOR FEDERAL JOB TRAINING: The Workforce Investment Act (WIA) offers programs that can train young men seeking vocational employment or enhancing their career. This program is only open to those men who register for the draft. Only men born after December 31, 1959 are required to show proof of registration.

DISQUALIFICATION FOR FEDERAL JOBS: A man must be registered for the draft to be eligible for jobs in the Executive Branch of the Federal government and the U.S. Postal Service. Proof of registration is required only for men born after December 31, 1959.

How to Register for Selective Service

Registration can be done online at www.sss.gov or www.militarydraftregistration.com

Selective Service "mail-back" registration forms are available at any U.S. Post Office. Fill out and sign the form, affix postage and mail it to Selective Service.

Another way you can register is to check a box on the application form for Federal Student Financial Aid (FAFSA form). Check "Register Me" on Box #22 of that form, and the Department of Education will send your information to Selective Service.

Voting

citizen election day
democrat
political party
candidates
register
eight-
republican
ballot
representation

Voting

Eligibility

You are eligible to vote in the state of Colorado if you are

- A United States citizen
- Will be 18 years old or older at the time of the election
- Are a Colorado resident and have lived in your current precinct for at least 30 days before the election (Election Day is always the Tuesday after the first Monday in November).
- You are not serving a sentence of confinement, detention, or parole for a felony conviction.

Registration

In order to vote in an election, you must be registered to vote at least 29 days before Election Day. If you have a Colorado State driver's license or a state issued ID card you can register to vote online at www.govotecolorado.com.

If you do not have a driver's license or a state issued ID card, you can fill out the Colorado Voter Registration Form. The form can be found at this website:

www.sos.state.co.us/pubs/election/vote/VoterRegFormEnglish.pdf

You will need to return the completed and signed form by mailing, faxing or emailing it in.

Election Department, PO Box 2007, Colorado Springs, CO 80901

Fax: 719-520-7327

E-Mail: elections@elpasoco.com

Once you have registered to vote, you will not need to re-register again, but you will need to update your record if you move or change your name. You will also need to re-register if you want to sign up for a mail-in ballot or change your party affiliation. You can update all of this information at www.govotecolorado.com. Once you are registered to vote, you will receive a card in the mail with your polling location.

Identification for Voting

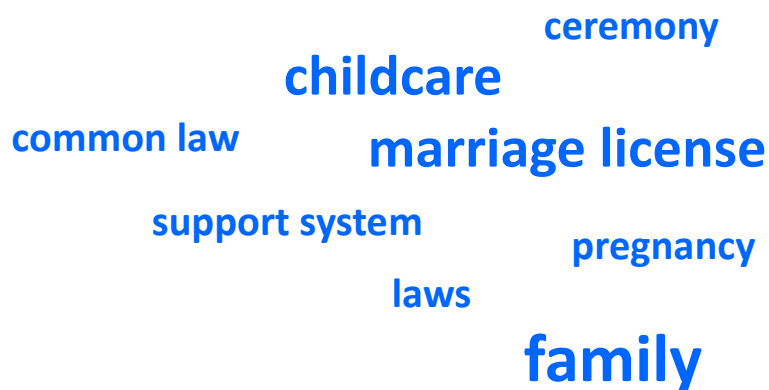
When you show up to vote at your polling place you will be asked to provide identification. According to the state of Colorado, all of the following are acceptable forms of identification:

- A valid Colorado driver's license;
- A valid identification card issued by the Department of Revenue.
- A valid U.S. passport;
- A copy of a current utility bill, bank statement, government check, paycheck, or other government document that shows the name and address of the elector. For example:
 - A cable bill or telephone bill, documentation from a public institution of higher education in Colorado containing at least the name, date of birth, and legal residence address of the student elector, a pay check from a government institution or private company.
 - A valid Medicare or Medicaid card issued by the Centers for Medicare and Medicaid Services (formerly the United States Health Care Financing Administration);
 - A certified copy of a U.S. birth certificate for the elector issued in the United States;
 - Certified documentation of naturalization;
 - A valid student identification card with a photograph of the eligible elector issued by an institute of higher education in Colorado.

If you have questions about political issues or candidates you can visit www.votesmart.org or www.citizensproject.org. Vote Smart is a non-partisan resource where you can get information on all political parties and political issues. Citizens Project offers nonpartisan voting guides to the public, as well as other political information.

If you have any other questions about voting, you can contact your local county clerk and recorder. For El Paso County, you can call 719-575-8683.

Marriage, Divorce & Children



ceremony
childcare
common law
marriage license
support system
pregnancy
laws
family

Marriage

Marriage is not something to be taken lightly. This is a very personal decision and one that has legal ramifications to both you and your husband or wife. This section briefly describes some of those laws along with information on divorce and children.

Marriage Laws

If you are 18 or older, then you do not need the permission of a parent or guardian to get married. If you are 17 or 16 years old, parental/guardian consent from both parents or your legal guardians is required for marriage. If you are under 16, a judicial court order as well as parental/guardian consent is required.

Common Law Marriage

Common law marriage is legal in Colorado. Common law marriage is a marriage where a man and a woman choose not to have a ceremony, but acknowledge that they are married (announce publically that you and your significant other are husband and wife). You also must live together; you must not be already married to someone else. In addition to all of this, both of you have consented to the marriage and want to be married. If you have a Common Law marriage, and the relationship ends, you must seek a legal divorce. Please see the below link from the State of Colorado for other questions regarding Common Law marriage.

www.coloradoattorneygeneral.gov/initiatives/consumer_resource_guide/common_legal_questions#common_law

Marriage by Ceremony

All persons who intend to get married in the State of Colorado must obtain a Marriage License from the County Clerk and Recorder; there is a fee associated with this license. There is no waiting period for getting married in Colorado once you have a license. However, once you obtain the license you have 30 days to have ceremony otherwise you will need to obtain another license; they are only valid for 30 days. Once the ceremony is performed you must return the license to the County Clerk and Recorder you got the license from.

You must have the ceremony preformed by someone who is recognized by the state as having the authority to perform marriage ceremonies. This typically includes a person from any denomination of a church or religious organization or a judge. For further information regarding the requirements for getting married in a ceremony and obtaining a marriage license, please see the website below from El Paso County. car.elpasoco.com/RECORDING/Pages/MarriageLicenses.aspx

Gay Marriage and Rights in Colorado

Civil unions are legal in Colorado. The difference between a same-sex marriage and a civil union is just the wording, they are legally the same thing. They are when a state recognizes and gives same-sex couples the same legal rights that male and female couples receive. Please reference the marriage section above for rules on marriage.

If you relocate seek out the rules and laws of whatever state you will move to; this can affect housing, insurance and medial power of attorney among other important things.

Please look to this website for additional resources: www.gayandlesbianfund.org/

Divorce

Divorce Requirements

A divorce is not usually an easy process, but by having the proper tools you can succeed in getting a divorce. Please take into account that you might need a divorce attorney. Do your research on possible attorneys to represent you prior to hiring one. Also, if you are going into a divorce and there are children involved, there might be a longer process so please be prepared.

A guide to getting a divorce is a way for you to have your questions answered. Attorney's that practice family law or handle divorce cases typically have a section of their website dedicated to answering basic questions. These guides can provide an overview of divorce laws in Colorado, including the rights you do and do not have. If you are seeking a divorce within the military (whether you or your spouse is in the military), please be aware of different processes and laws. Ask an attorney or member of the military for any additional divorce requirements. Each divorce is unique, so please seek out multiple sources of information. Two places you can visit are: www.colorado-family-law.com/ and <http://johnsonsauer.com/coloradosprings/#>. We are not recommending these attorneys, we are only recommending you read the free information on their websites.

Children

Childcare Assistance

Colorado Child Care Assistance Program (CCCAP) for El Paso County is a program designed to provide child care subsidies to low income families for child care during employment, job search or school/college. Access to quality child care is available and workers assist families to meet their self-sufficiency goals by providing referrals to needed support services.

719-444-8178

www.colorado.gov/cs/Satellite/CDHS-ChildYouthFam/CBON/1251583639415

Parenting

PEAK Parenting Center's is an organization that provides services to parents that have children with disabilities. The age range that they serve is from birth to twenty-six years old. If you have a child that has a disability, please consider an organization such as this. They have the staff that can help give you as a parent the necessary tools to help your child. www.peakparent.org/

Also, please see the El Paso County Department of Human Services website for information on possible aid for children with disabilities.

dhs.elpasoco.com/Pages/AssistancePrograms.aspx

Parental Rights

Parents have the right to direct and control the upbringing, education, values, and discipline of their children. For a more detailed description of parental rights, see the website below.

www.state.co.us/gov_dir/leg_dir/96bp/amd17.html

Pregnancy Testing

If you think that you are pregnant, a home pregnancy test can be bought at a drugstore without a prescription. While home pregnancy tests can give you a good idea of if you are pregnant or not, consider going to a doctor's office and having a blood test; this is most accurate form of pregnancy testing. For information regarding home pregnancy tests compared to blood tests, visit the website:

www.emedicinehealth.com/home_pregnancy_test/article_em.htm

If you do opt for a home pregnancy test, do your research on which brands have proven most accurate for other women. Once you purchase one, read the instructions on the box, and for additional instructions on how to take a home pregnancy test see the website:

www.parents.com/pregnancy/signs/test/home-pregnancy-tests/

Children, cont.

Pregnancy Insurance Options

Medicaid is a government sponsored health insurance program for low income families who have no medical insurance or inadequate insurance. All states offer Medicaid or a program similar to Medicaid to help pregnant women receive adequate prenatal and postpartum care. Medicaid also offers health insurance to seniors, children and people with disabilities.

www.americanpregnancy.org/planningandpreparing/medicaid.html

Further Pregnancy Resources

For further information regarding where to go for free pregnancy tests, birth control, abortions, medical examinations (both during pregnancy and when you are not pregnant) as well as discussions regarding pregnancy and giving birth, please see the Healthcare section of this guide under the Pregnancy heading. You can find local resources using the United Way Resource Assistance. Call 211 or <http://211colorado.org>. Also visit the Healthcare section of this guide.

LGBTQI

lesbian, gay,
bisexual, transgender, ques-
tioning & intersex



LGBTQI Resources

(Lesbian, Gay, Bisexual, Transgender, Questioning and Intersex)

Colorado Springs Pride Center

2508 E. Bijou St., Colorado Springs, CO 80909

719-471-4GAY (4429)

www.cospride.org

Monday - Friday, 10 am - 5 pm

The Colorado Springs Pride Center (CSPC) offers low cost counseling services to LGBT individuals, family, couples / partners, marriage counseling and a support group for gay parents. Call or e-mail to schedule appointment. Social events and classes are also offered.

Inside/Out Youth Services

Temp Location: 315 E. Costilla St., Colorado Springs, CO 80903 (check website or call for updates)

719-328-1056

www.insideoutys.org

Monday, Wednesday 5:30 pm - 7 pm; Friday, 3:30 pm - 7:30 pm

Inside/Out provides free services for gay, lesbian, transgender, bisexual and questioning youth. Weekly support and activities group for gay, lesbian, and bisexual youth, aged 13-22 years; also, outreach and education to the broader Colorado Springs community.

Parents and Friends of Lesbians and Gays (PFLAG) Colorado Springs

The Dwelling Place, 508 N. Tejon St., Colorado Springs, CO 80903

719-425-9567

www.cspflag.org

E-mail: info@cspflag.org

Membership: \$30.00

Meetings held the third Tuesday of the month. Doors open at 6:30, meeting starts at 7:00pm

PFLAG promotes the health and well being of gay, lesbian, bisexual, and transgendered (GLBT) persons, their families and friends through:

- Support to cope with an adverse society,
- Education to enlighten and ill-informed public, and
- Advocacy to end discrimination and secure equal civil rights.

Urban Peak Colorado Springs

423 E. Cucharas St., Colorado Springs, CO 80903

719-630-3223

www.urbanpeak.org

E-mail: coloradosprings@urbanpeak.org

Urban Peak provides a safe community and services specifically for LGBTQ youth on the streets. They create LGBTQ-friendly spaces within their facilities. They have a specialized LGBTQ Case Manager on staff. They also have a policy for an inclusive transgender dorm and shelter. They work with several service provider partners in the community as well as national entities like PFLAG (Parents and Friends of Lesbians and Gays), GSA (Gay Straight Alliance), GLSEN (Gay, Lesbian, and Straight Education network), and the Make it Better Project.

LGBTQI Resources, cont.

Colorado Anti-Violence Program

719-557-4441 (24-hour hotline)

coavp.org

Provides resources and support in response to discrimination and violence within and against the lesbian, gay, bisexual, transgender and queer (LGBTQ) communities.

Rainbow Alley- The Center

1301 E Colfax Ave., Denver, CO 80218

(303) 831-0442

www.coloradoglb.org/RainbowAlley.aspx

They provide assistance with vocational, educational and housing resources. Rainbow Alley offers GLBT youth groups around topics such as drugs and alcohol, HIV and AIDS, coming out, suicide prevention, personal safety and school struggles. Rainbow Alley offers mentors and facilitators as role models for youth to hang out with and talk to. Rainbow Alley offers an array of activities including; weekly dinner and movie nights, art activities, talent shows, open mic nights, dances, drag shows and outings to events like baseball games and the theater. Rainbow Alley staff can be contacted for more information.



Colorado Queer Youth Summit

www.coqueeryouthsummit.org

Held each winter, the Colorado Queer Youth Summit brings over 200 youth to participate in youth-led and co-led workshops in one of four tracks: Show Me Some Love, Who We Are, Art & Media, and Youth Organizing. Established in 2008 by a coalition of gay, lesbian, bisexual, transgender, intersex, pansexual, two-spirit, same-gender-loving, and ally youth-serving organizations, the coalition seeks to create space that is “for youth, by youth” with intentional focus on providing youth the support to realize their own potential, recognizing that strong communities are best built from within. The network of sponsors represent people and organizations who believe in that vision and are dedicated to providing youth with the mentorship and support to do the work.

It Gets Better Project

www.itgetsbetter.org/

The It Gets Better Project was created to show young LGBT people the levels of happiness, potential, and positivity their lives will reach – if they can just get through their teen years. The It Gets Better Project wants to remind teenagers in the LGBT community that they are not alone – and it WILL get better.

The Trevor Project

www.thetrevorproject.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

Legal Sys- tem

juvenile
criminal law
felony
mediation
tobacco
misdemeanor
zero tolerance
attorney
underage
drinking

Criminal Law Information & Resources

We understand that living on your own is an exciting time and a time when many of us test the boundaries of society. This information can arm you with the knowledge to avoid pitfalls and serve as a support for you as you navigate life as an adult. It is sometimes difficult to understand the legal system, so we hope the laws below help you understand how to avoid some of these situations.

The Three Different Levels of Criminal Offenses

Petty Offense: Refers to a minor or insignificant crime for which the maximum punishment is generally a fine or a short term in prison or in a house of correction.

Misdemeanor: A misdemeanor is an offense for which a sentence to a term of imprisonment not in excess of one year may be imposed. A misdemeanor is less serious than a felony and is punishable by fine or imprisonment in a city or county jail rather than in a prison.

Felony: An offense for which a sentence to a term of imprisonment in excess of one year is authorized in a state penitentiary. Felonies are serious crimes, such as murder, rape, or burglary, punishable by a harsher sentence than that given for a misdemeanor.

Tobacco Use

If you are under the age of 18 it is illegal to purchase tobacco products in the State of Colorado. Tobacco products include cigarettes, cigars, and chewing tobacco and any other kind of tobacco product prepared in such a manner that it might be chewed or smoked in a pipe or otherwise. If you are under the age of 18 and do succeed in buying a tobacco product, you have committed a class 2 petty offense, which means a person may potentially face a \$100 fine, or community service (\$5 per hour spent serving the community until the fine of \$100 [or other dollar amount] is paid).

Curfew

Colorado State Law does not allow minors under 18 years of age to be in a public place during certain hours. These hours are from **12:00 A.M.** midnight and **6:00 A.M.** on Saturday and Sunday mornings, and beginning at **10:00 P.M.** on Sunday night through Thursday night. So in other words, if a person is under the age of 18, he/she may not go outside past 12:00 A.M. (midnight) on weekends and may not be outside past 10:00 P.M. If a person is returning home from employment (and a note is needed from employer), returning home from an event such as a concert, organized meeting, or any other appropriate activity that has continued past the curfew, he/she should have a note from their parents.

Underage Drinking

The law states: If a person is under 21, he/she is not allowed to consume any kind of alcoholic substance without parent consent in the safety of his/her OWN home. According to Colorado state law, as well as that of every other state, persons consuming or in possession of alcohol must be of at least **21 years of age**. Also, it is a criminal act to have any friends or siblings that are over the age of 21 go buy someone underage alcohol at any location legally allowed to sell alcohol. It is also against the law to purchase or obtain a fake ID in order to buy any alcoholic substance by changing, defacing, or making his/her own illegal form of identification. Underage drinking is a crime and a person can receive fines, and /or felony and misdemeanor charges.

Age Limit and Guidelines for Tattoos

The law does not have a minimum age to receive a tattoo or body piercing, however if you are 17 years of age or younger, you must have a parent/guardian present to provide proper consent.

Criminal Law Info & Resources, cont.

Zero-Tolerance Law

This law focuses on teaching certain behaviors that everyone needs to avoid order to make a positive

and safe learning environment for all others. This law allows students to understand there could be negative consequences for behaving in such a manner.

Mandatory Expulsions: Sale of drugs/controlled substances, weapons, robbery, and serious assaults.

Mandatory Suspensions: Crimes by students against staff, employees, and “Serious violations” in a school building or on school property.

Expunging of Misdemeanor Charges

The Colorado Children’s Code provides the opportunity to *petition* the Court to expunge (seal from public access) juvenile records **one year after successfully completing** a juvenile diversion program (Teen Court), as *long* as he/she does not have any additional charges pending against the juvenile. Juvenile records remain accessible, even if the case is dismissed, unless the court has signed an ORDER OF EXPUNGMENT OF JUVENILE RECORDS (JDF 304J).

To begin the process, a Petition for Expungement of Records must be filed in The 4th Judicial District at 270 S. Tejon Street. Go to Room 101 of the El Paso County Courthouse to obtain the packet of information. No filing fee is required.

All required forms are also available from the Judicial website at www.courts.state.co.us by scrolling down the list of options on the left side of the screen. Click on *Download a Court* form. Click on *Juvenile* and then on *Expungements* to display the list of all forms. A person can have the option of selecting the form in PDF and WORD.

Legal Services in the Community

Colorado Legal Services

617 S. Nevada Ave., Colorado Springs, CO 80903

719-471-0380

www.coloradolegalservices.org/#

Colorado Legal Services furnishes services of an attorney at no charge for those who qualify for services in civil cases only. The mission of Colorado Legal Services is to provide meaningful access to high quality, civil legal services in the pursuit of justice for as many low-income persons and members of vulnerable populations throughout Colorado as possible.

Neighborhood Justice Center

105 E. Vermijo Ave., Colorado Springs, CO 80903

719-520-6000

www.njcinc.org/

Neighborhood Justice Center provides criminal defense services to assist low-income persons. NJC was developed to help citizens peacefully resolve disputes through mediation hearings.

Mercy Gates

<http://www.mercysgatecs.org/>

(719-277-7470)

4285 N. Academy Blvd., Colorado Springs, CO 80918—inside Rocky Mtn Calvary Church

Free Legal services available.

Marian House—Catholic Charities

(719-277-7470)

14 W. Bijou, Colorado Springs 80903

Monday—Friday Free Legal clinic

Legal Referrals through an on-site lawyer and a bi-monthly Pro Bono Legal Clinic through the El Paso County Bar Association
al Referrals through an on-site lawyer and a bi-monthly Pro Bono Legal Clinic through the El Paso County Bar Association

Recreation

concerts library yoga
hiking YMCA art galleries
movies
Garden of the Gods

No matter where you live, you need to have fun. Being able to find things to do in your community is always a factor when deciding where you want to live. There are so many fun places to go and activities to do in Colorado Springs and the surrounding areas. Below are some (but certainly not all) recreational activities near and around Colorado Springs. For any location in town that seems interesting to you, give them a call and see if they offer any special discounts or free events.

Places to Go

Cheyenne Mountain Zoo

4250 Cheyenne Mountain Zoo Rd.,
Colorado Springs, CO 80906 719-633-9925
www.cmzoo.org/

The Cheyenne Mountain Zoo is home to 550 animals from 119 different species. The zoo is one of the only mountain-side zoos and is also home to the largest captive giraffe herd. Prices ranging from \$0-17.50.



CityROCK Climbing Center

21 N. Nevada Ave., Colorado Springs, CO 80903 719-634-9099
CityROCK is a downtown climbing gym that offers climbing walls for all levels. You can rent climbing equipment at the gym.

www.climbcityrock.com

Colorado Springs Fine Arts Center (FAC)

www.csfineartscenter.org/

Museum and Theater: 30 West Dale St., Colorado Springs, CO 80903 719-634-5583
Bemis School of Art: 818 Pelham Pl., Colorado Springs, CO 80903 719-475-2444

The Fine Arts Center is an all-in-one arts and culture place. They have permanent art collections and moving art collections throughout the year. The 3rd Tuesday of each month is a free day, where you can tour the collections at no cost. They also have a renowned theater where you can catch live performances such as Broadway caliber plays and musicals as well as new productions. The FAC also houses the Bemis School of Art, where you can take all sorts of art classes.

Concerts and other Cultural Events, Free

Every summer there are free concerts in the parks. Check out www.peakradar.com/ at the beginning of the season for a list of free cultural events by day of the week.

Cottonwood Center for the Arts

www.cottonwoodcenterforthearts.com

427 E. Colorado Ave., Colorado Springs, CO 80903 719-520-1899
Cottonwood Center of the Arts is a great place downtown that people can take classes, view galleries and use studio space. They also host the Downtown Skillshare & Music Jam each Saturday 11-1 in Studio B upstairs. Do-It-Yourself with others community run art & music group focused on up-cycling, sustainability, and creative expression. Great gathering place for artists and anyone interested in art.

Dog Parks

<http://www.springsgov.com/Page.aspx?NavID=1611>

Being able to take your dog for a walk or just out to play is a great opportunity for you as well. You can meet new people, see a new place in town, or just have a fun outing with your pet. There are many dog parks in town.

Garden of the Gods Park and Visitor and Nature Center

1805 N. 30th St., Colorado Springs, CO 80904 719-634-6666 <http://www.gardenofgods.com>

The Garden of the Gods Park along with the Visitor and Nature Center (VNC) is a place where you can drive around, hike, go four wheeling, picnic, etc. The VNC is a great resource for information about the park, there is a gift shop, and a restaurant.

Places to Go, cont.

GOCA (Gallery of Contemporary Art) 719

-255-3504 www.uccs.edu/goca

GOCA UCCS: 1420 Austin Bluffs Pkwy., Colorado Springs, CO 80918

GOCA 211: Plaza of the Rockies, 121 S. Tejon, Suite 100, Colorado Springs, CO 80903

With two locations in Colorado Springs,

GOCA is a great place to go to see free or cheap, new and exciting art by local artists and artists from all over the world. The exhibits change often so you can go back again and again for a new experience each time.



Pikes Peak Library District www.ppld.org

The public library can become a very necessary and important tool for being successful in life. There is no cost for using the library, but instead a set of rules and limitations involved with the services. The library provides access to the internet which will assist in completing job applications, searching for a place to live and a great deal many things that you will need to do.

To apply for a library card, all that is required is a form of picture Identification. A state issued ID and a driver's license are examples of acceptable forms of identification, but a school ID is not acceptable. The ID will put you into the library database allowing the use of the resources and tools available which include hard copy books, the virtual library, movies and computers with internet.

There are many library locations in and around Colorado Springs which can be found on the website, and are also shown in the map, along with contact information.

Briargate – 719-260-6882

Old Colorado City – 719-634-1598

East – 719-531- 6333

High Prairie – 719-260-3650

Monument – 719-488-2370

Rockrimmon – 719-593-8000

Sand Creek – 719-597-7070

Penrose – 719-531-5333

Cheyenne Mountain – 719-633-5278

Fountain – 719-382-5347

Manitou Springs – 719-685-5206

Palmer Lake – 719-481-2587

Ruth Holley – 719-597-5377

Ute Pass – 719-684-9342

Concrete Couch www.concretecouch.org

“Building community through creative projects” Their projects are engaging, valuable, collaborative, goal-oriented, community-enriching, hands-on, FUN and creative. Examples: Wednesday 3:30-5:30 - Fab Lab, a wood & metal shop for you to create something artsy (from mosaic backsplashes to “weird welding things.” or fix (with their help) a broken item that you bring. They have regular Music Jams (any level, with or without your own instrument) at different locations. Community Service projects. Become a part of the local art community, meet other artists, enjoy. Sign up for their newsletter email newsletter@concretecouch.org. Click on the items on their calendar for details. Project and jam locations vary. Common locations: **Manitou Art Center & Cottonwood Center for the Arts.** 211 Illinois Ave., Manitou Springs, CO 80829

Places to Go, cont.

Manitou Springs

Located West of Colorado Springs, follow Colorado Ave. going west until you reach Manitou Springs www.manitousprings.org

Manitou Springs is a very small town right on the edge of West Colorado Springs. This town offers great restaurants, shops, art galleries, etc. Some of the greatest attractions in Manitou Springs include the Pikes Peak Cog Railway (\$27), a train that takes you from Manitou to the top of Pikes Peak and back, as well as the Penny Arcade which has many arcade games ranging in price from \$0.01-1.50. They also host many parades and festivals throughout the year. Check out what's happening at the MAC—Manitou Art Center—local artist exhibits, workshops, music jams, yoga, salsa, tai chi, etc. (constantly changing-free to cheap).

Millibo Art Theater

1367 Pecan St., Colorado Springs, CO 80904

719-685-4729

www.themat.org.

If you are into fun, intimate, and original theater settings, then The Millibo Art Theater (or The MAT) is for you. They offer great productions, classes, and improv shows throughout the year. Tickets typically range from \$10-20 and there are no bad seats in the house.

Money Museum (American Numismatic Association Museum)

818 North Cascade Avenue, Colorado Springs, CO 80903-3279

719-632-2646

Open Daily 10:30am - 5:00pm www.money.org. Exhibits change regularly. \$4 students, \$5 others. Groups of 8 or more free. Call and ask about upcoming free days. Learn about shipwreck treasures and how money is minted. Check out the mini press and see how coins were made 1500-1800.

Old Colorado City

Along Colorado Ave. (west of I-25) from 22nd Street to 30th St.

719-577-4112

www.ShopOldColoradoCity.com

One of the oldest parts of Colorado Springs gives you the opportunity to visit many local restaurants, stores, galleries, etc. There is also a farmers market during the summer that is very popular and has a wide variety of foods from local growers. See [page 83](#) for a list of other local farmers markets.

Parades & other Annual Events

Festival of Lights Parade (early December), the St. Patrick's Day Parade (mid-March), and the Emma Crawford Coffin Races (around Halloween). They have guides online or printed in their location with a breakdown of all the arts and culture for the year.

The Picture Show (Dollar Movie Theater)

901 N. Academy Blvd. (Directly across from The Citadel Mall), Colorado Springs, CO 80909

719-380-7469

The movies are a great part of our culture. The Picture Show at the Citadel Crossing is a great place to save money and still see a great movie. Prices are between \$1.75-3.50 making it the least expensive movie theater in town. Check out half price Tuesdays.

Pioneers Museum

215 S. Tejon St., Colorado Springs, CO 80903

719-385-5990

www.cspm.org

The Colorado Springs Pioneers Museum is a free (donation based) museum that is filled with fascinating history and artifacts from Colorado Springs. The museum is located in one of the oldest buildings in Colorado Springs and has tons of interesting history itself.

Rockledge Ranch

Near Garden of the Gods Visitor Center

719578-6777

<http://rockledgeranch.com/>

The spirited history of the west comes to life at Rock Ledge Ranch Historic Site. \$8

Places to Go & Things to Do, cont.

Starsmoor Discovery Center

2120 S Cheyenne Canon Rd., Colorado Springs, CO 80906

<http://www.springsgov.com/Page.aspx?NavID=2476>

Free maps of the hiking areas, bird-watching, nature exhibits and programs: guided hikes. Check website for seasonal hours.

Theatreworks

3955 Regent Cir., Colorado Springs, CO 80918

719-255-3232

If you want to attend a live show in Colorado Springs, Theatreworks is a great place. Housed on the University of Colorado Colorado Springs (UCCS) campus, they have a wide variety of performances. Ticket prices vary depending on performance.



US Olympic Training Complex.

719-659-8687

1 Olympic Plaza, Colorado Springs, CO 80909 (on the corner of Union Blvd. and Boulder St www.teamusa.org)

FREE guided tours Monday - Saturday: the first tours begins at 9:00 am. The last tour starts at 4:00 pm.

YMCA of the Pikes Peak Region

719) 471-9790

www.ppymca.org/locations

Being able to find a place to go to the gym, swim, take classes and just be around other people is a great way to meet people and stay healthy. There are many different locations in Colorado Springs and all of their information including addresses and phone numbers can be found at the website listed. Ask for a discount if you can't afford the already low membership rates.

Cultural Office of the Pikes Peak Region (COPPeR)

111 S. Tejon St., Colorado Springs, CO 80903

719-634-2204

www.coppercolo.org

This office is a place where you can find out about all the art and culture activities happening in and around Colorado Springs. This includes parades, concerts, festivals, gallery showings, etc.

Serenity Springs Wildlife Center in Ellicott

719-347-9200

24615 Scott Rd, Callhan, CO 80808 (directions on their website)

<http://www.serenityspringswildlife.org/>

For only \$10 to visit. The center is home to over 120 big cats, including lions, tigers, cougars, leopards, genets, servals, caracals, and a coatimundi. largest federal and state licensed placement facility in CO.

Hiking and Biking

For more information on hiking, biking trails and just open space areas in Colorado Springs, visit the Trails and Open Space Coalition website. They have information on trails in the area including length and level of difficulty. Several free hiking and/or biking clubs can be found on meetup.com.

Colorado Springs Trails—maps of all trails

<http://www.springsgov.com/Page.aspx?NavID=1881>

Interactive urban trail maps and descriptions of various trails in the area.

Trails & Open Space Coalition

<http://www.trailsandopenspaces.org/>

Lists events and other information.

Things to Do, cont.

Colorado Mountain Club—young adult

<http://www.cmc.org/>

The CMC does various hikes and trips and volunteer efforts having to do with our trails. Young adults \$33/year.

The Incline Club

<http://www.inclineclub.com/>

A trail & mountain running club.

Colorado Springs Cycling Club

<http://www.bikesprings.org/>

For a low annual membership fee of \$18/year, you can join a variety of weekly rides with varying levels of ability. They even have a ride that teaches you how to ride and use gears properly.

Running

If you enjoy running, jogging, or walking longer distances, a running club can be an excellent activity. They allow you to meet new people, run in a group (or alone), and run in a safe location. There are several bars around town that host running clubs weekly including Jack Quinn's and Thunder and Buttons. These bars often feature special prices for runners. For example, the Jack Quinn's run gives runners a free shirt when they complete their 10th run. You do not have to be 21 to participate in these runs. There are more running clubs in Colorado Springs than those listed below, so find one near you. Google and look on meetup.com.

Jack Quinn's Running Club

21 S. Tejon St., Colorado Springs, CO 80903

719-385-0766

www.jackquinnrunners.com

Thunder & Buttons Running Club

2415 W. Colorado Ave., Colorado Springs, CO 80903

719-385-0766

Pikes Peak Road Runners Club

<http://pprrun.org/>

Phoenix Multisport

www.phoenixmultisport.org

Through pursuits such as climbing, hiking, running, strength training, yoga, road/mountain biking, socials and other activities, they seek to help members develop and maintain the emotional strength they need to stay sober. Many activities are free.

Volunteer

Meet new people, gain experience for your resume, gain job skills for your resume and feel good about helping someone else. Just try it. Consider places that helped you or check out this match up site.

<http://www.volunteermatch.org/search/index.jsp?r=msa&l=80997>

Yoga

Yoga is a great recreational activity because it allows you meet new people while also exercising and relieving stress. There are many places to do yoga in Colorado Springs. Some are donation based (you pay what you feel you can for each class), while others require a paid for membership and can be quite costly. Be sure to check out the prices as well as the specific classes and times that each place has available to make sure their schedule will fit with yours before getting a membership.

Cambio Yoga (donation based)

3326 Austin Bluffs Pkwy. #100, Colorado Springs, CO 80918

719-291-1798

www.cambioyoga.com

Google "yoga in Colorado Springs" to find choices in your area.

More Information

Convention and Visitors Bureau

515 S. Cascade Ave., Colorado Springs, CO 80903

719-635-7506 www.visitcos.com

Free brochures and coupons for things to do in the city and surrounding area.



Independent Newspaper

719-577-4545

www.csindy.com

This is a free newspaper released weekly that includes several public interest stories with things to do in the area. Check out 7 Days to Live! This is an updated, weekly view of cool things around town. The papers are available all over the city, but if you want specific locations, call or check out their website.

Gazette Newspaper Events site

<http://events.gazette.com/>

Check out events and things to do in the community. You can search by type of activity, date, etc. On Friday's, the paper includes the Go Magazine that lists local events.

ColoradoSprings.com

<http://coloradosprings.com/>

Check out this site to find other things to do in town.

Peak Radar—your source for arts, cultural & fun

<http://www.peakradar.com/>

Meetup.com (not a dating site)

www.meetup.com

This is a great resource where you can go and see what people in your local area are up to. You will have to create a free account but once you do that you can search for anything that interests you, like hiking, biking, book clubs, writing. You can start your own group. Maybe you should start a Foster Alumni group? Once you find a group that you are interested in you can join them and get information on upcoming activities. This is a great resource for meeting people and seeing what is going on in the community. Many activities are free.

Money Saving Websites

Several websites offer special deals at local businesses. These deals are often 50%+ off the regular price. Each deal lasts for a day to several days. Once you sign up as a member (membership is free) you can get email alerts.

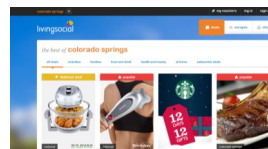
Deal of the Day www.gazette.com/dealoftheday

Groupon www.groupon.com

Living Social www.livingsocial.com

SpringsBargains www.springsbargains.com

- Check out any store's website, before you go. coupons available on their site.
- Don't buy something just because it's a good deal.
- Use coupons for things you need. Don't let them convince you to buy.



There are sometimes

