



Other Programs and Services

If you have Health First Colorado, you may be able to get help from the programs and services listed here.

Child care

Colorado Child Care Assistance Program (CCAP)

The program helps pay for child care for families whose income qualifies and who are working, looking for employment, or in training or education.

Families in the Colorado Works program who need child care services for their efforts to become self-supporting should ask for child care through Colorado Works.

CCAP gives access to lower cost child care at licensed child care facilities or qualified (unlicensed) providers. Low-income families who have children under age 13, or under age 19 with special needs, may get free child care.

Apply online at CO.gov/PEAK or HealthFirstColorado.com. Or apply in person at your county office.

Food and nutrition

Supplemental Nutrition Assistance Program (SNAP)

SNAP benefits come on a plastic Electronic Benefits Transfer (EBT) card. It is called the Colorado Quest card. You can use the card to buy food at most stores.

Apply online at CO.gov/PEAK or HealthFirstColorado.com. Or apply in person at your county office.

Hunger Free Colorado

Hunger Free Colorado connects people to healthy food resources.

Call **855-855-4626** or go to HungerFreeColorado.org.

Free or low-cost breakfast and lunch at school

You can get help at your child's school. Ask your child's school for an application for the free and reduced lunch program.



Colorado's Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

The WIC program offers free healthy foods, nutrition education, breastfeeding support, and referrals to women who are pregnant, breastfeeding or who had a baby up to 6 months ago. WIC also covers infants and children up to age 5.

Health First Colorado members qualify for:

- Nutritious foods
- Nutrition education and counseling
- Health and wellness screenings
- Breast pump and breastfeeding support
- Information about other community resources

Call **800-688-7777** or **303-692-2400** (State Relay 711). Or apply online at CO.gov/PEAK. Or go to your local WIC office or to ColoradoWIC.com.

Glasses

National Eye Institute

The National Eye Institute offers a list of programs that may be able to help.

Go to nei.nih.gov/health/financialaid.

Home heating

Low Income Energy Assistance Program (LEAP)

LEAP helps low-income households with their home energy bills.

Call **866-432-8435** (State Relay 711).

Colorado Energy Office Weatherization Program

Colorado Energy Office Weatherization Program helps with weatherization and energy-related home repairs.

Go to CO.gov/energyoffice/local-agencies.



Job and cash assistance

Unemployment Insurance

The Colorado Department of Labor and Employment:

- Helps workers find jobs
- Helps workers who are injured
- Gives temporary wage replacement
- Protects workers in the workplace

Contact the Colorado Department of Labor and Employment at CO.gov/cdle/unemployment or go to COworkforce.com.

Colorado Works

Colorado Works helps families with a pregnant woman or at least one child in the home. It gives monthly or one-time cash assistance payments. It can also help you find services such as:

- Child care
- Transportation
- Counseling
- Employment assistance

Contact your County Department of Human or Social Services at sites.google.com/a/state.co.us/humanservices/home/services-by-county.

Adult Financial

Adult Financial offers cash services for low-income persons who are age 60 or older, are getting SSI, or are disabled and cannot work. Cash services are on your Colorado Quest card. You can use the card at ATMs. Or use it like cash at some retail locations.

Apply online at CO.gov/PEAK.

Parent education and support

Nurse Family Partnerships (NFP)

NFP offers help for first-time moms from pregnancy to age 2. Nurse Home Visitors build confidence and empower first-time moms to gain a better life for their children and themselves.

Go to NurseFamilyPartnership.org or apply at CO.gov/PEAK.



SafeCare® Colorado

SafeCare® Colorado is a flexible, free and voluntary parent support program. It helps parents and caregivers learn ways to keep their children healthy, safe and happy. The program is for parents and caregivers of children under age 6. It serves families with 1 or more children.

Apply at CO.gov/PEAK.

Phone and internet bills

Discounts

You may be able to get a phone, internet or computer discount of up to \$9.25. Ask your phone or internet company about low-income programs for phone, internet and computers.

Rent, mortgage and evictions

U.S. Department of Housing and Urban Development (HUD)

HUD offers financial and legal help for people who own or rent a home.

Go to HUD.gov or coloradolegalservices.org.

School readiness

Head Start

Head Start promotes school readiness of young children from low-income families. Programs support mental, social and emotional development of children from birth to age 5.

Head Start also gives children and their families health, nutrition, social and other services.

Early Head Start serves pregnant women, infants and toddlers. Programs are available to the family until the child turns 3 years old and is ready for Head Start or another pre-K program.

Head Start and Early Head Start are not available in all counties.

Go to coloheadstart.org or apply at CO.gov/PEAK.



Tax preparation and filing

Tax Help Colorado

If you make less than about \$54,000 per year and have children at home, you can get free help from IRS-certified tax preparers.

If you make less than \$64,000 per year, you can file your taxes for free online at [MyFreeTaxes.com](https://www.MyFreeTaxes.com).

Call **211** or go to piton.org/tax-help.