

homeless care kit

Label male or female (feminine products in female bag)

- *Bandages (large and medium)*
- *Neosporin*
- *Tissues*
- *Bar soap*
- *Toothbrush, travel sized toothpaste and dental*
- *Tampons “Super” sized (for female care packages)*
- *Soft breakfast/protein bars (watch out for melty chocolate)*
- **Local resources sheet (printed resource directory included in bag)**

In addition to bag, optional:

- *Socks (this is the #1 most asked-for item-wool or fine quality thermal socks only)*
- *Gloves (Good quality)*
- *Water bottle (stainless steel)*
- *Quality multivitamins*

What to avoid: *Hand sanitizer, mouthwash, anything with fragrance, large items. Hand sanitizer and mouthwash because they have alcoholic content and this is not a good idea for potential addicts. Fragrance, because it is insulting and many people have sensitivities. Large items, because they are difficult to carry. Gum, nuts, or anything difficult to chew. Many homeless individuals develop dental issues, so it is best to start with things that are easier on the teeth.*

Misc extras, optional

- *Headlamp flashlight*
- *Flashlight*
- *Hand warmers*
- *Can opener*
- *Quarters for laundry*
- *Tarp*
- *Sewing kit*
- *First aid kit*
- *Utensils*
- *Ziploc bags*
- *Good tent*
- *Good sleeping bag*

Take the time to pull the car over and get out and talk if you can. Ask their name, their story. A hand-delivered care package, a few minutes of conversation, a smile, genuine eye contact, all this can go a long way towards showing someone that they are important, valued, and loved.

Mental Health Crisis (Pagosa Spgs)

Axis Health System Crisis Line

970-247-5245

Domestic Violence/Sexual Assault Services:

Rise Above Violence (Pagosa Spgs)

970-254-9075

Alternative Horizons

(Domestic Violence - Durango)

970-247-9619

Sexual Assault Services Organization (SASO-Durango)

970-259-3074

Colorado Crisis Services:

(provides confidential help for mental health, substance abuse or emotional crisis)

844-493-8255 or text "TALK" TO 38255

Shelters:

Volunteers of America Southwest Safehouse

(Durango) 970-259-5443

La Puente (Alamosa)

719-589-5909

PO Box 1235

Alamosa, Colorado 81101

Bridge Emergency Shelter

970-565-9805

735 N Park St.

Cortez, CO 81321

Hot Meals:

Loaves and Fishes:

Thursdays 11-1 Pagosa Spgs

Now distributing food at the Community United Methodist Church - 434 Lewis St.

Manna (Durango):

Monday-Saturday 9:00-1:00pm

970-385-5095

1100 Avenida Del Sol, Durango

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Food Pantries/Churches:

Community United Methodist Church Pantry

434 Lewis St.

Tuesdays, Wednesdays, Thursdays 10-noon

St Patrick's Episcopal Church Pantry

225 S. Pagosa Blvd.

Thursdays & Fridays 10-noon

Pope John Paul II Catholic Church Pantry

353 S. Pagosa Blvd.

Wednesdays 9-noon

Tara Community Center Food Pantry

333 Milton Ln, Arboles

Wednesdays, Saturdays 10-noon

Amazing Grace Community Church Pantry

77 Navajo Cr., Aspen Springs

Wednesdays 10-1, Fridays 11-12

Restoration Fellowship Pantry

264 Village Dr.

Mondays 11-1, Wednesdays 4-6, Sunday 12:30-1

Pagosa Outreach Connection (POC)

Applications available at the front door of the Community United Methodist Church, 434 Lewis Street, Pagosa Springs, CO and the Archuleta County Department of Human Services, 551 Hot Springs Blvd, Pagosa Springs, CO 81147; (970) 264-2182

A confidential, multi-agency effort aimed at providing one-time, emergency, "last resort" assistance to individuals or families facing near term financial crisis.

Disability Related Services:

Archuleta County Department of Human Services

(Financial Services):

970-264-2182

United Way of Southwest Colorado:

970-247-9444

Health Care (walk-in clinics, emergency, transportation):

Pagosa Medical Group

970-372-0456

Pagosa Springs Medical Center

970-731-3700

Upper San Juan Health Services District

Emergency Medical Services

970-731-5811

Medical Shuttles:

(at the Archuleta Senior Ctr)

970-264-2167

Law Enforcement

Town of Pagosa Police Department:

970-264-4151

Archuleta County Veteran Services:

970-264-4013

Shower (Pass \$20/6 pack):

Pagosa Springs Community Ctr

970-264-4152

451 Hot Springs Blvd.

PO Box 1859

Pagosa Springs, CO 81147

Transportation:

Mountain Express Transportation

970-264-2250

\$1 downtown only

\$2 downtown to uptown or downtown to uptown