

Gunnison County's Comprehensive Guide to Health and Wellness Across the Lifespan



HEALTH SERVICES

Acupuncture and Herbal Medicine

Description: Insertion of tiny needles in acu-points in the body to stimulate our body's natural healing responses

What does it treat: Sinusitis, respiratory conditions, disorders of back, neck, knees etc, digestive discomfort, regulates women's menses and eases cyclic pain, helps in weight loss, and curbs fatigue and treats depression and other mental illnesses, athletic injuries, Obstetrics and gynecology issues, Dermatology issues, Sports medicine issues, Drug addiction

Insurance: Covered by some insurances - check with your provider

Adelman, Karyn Acupuncture & Herbal Medicine, LHB, LAC

17 Elk Ave Crested Butte
970-349-9886

Alpine Acupuncture-Cea Mount

114 N Blvd Ste # 108, Gunnison
970-641-1200

Alpine Acupuncture and Herbal Medicine

309 Belleview Ave. Crested Butte, CO
349-5550

Apple Acupuncture

172 A Blackstock Drive Crested Butte, CO
349-7005

Biery, Heather Acupuncture & Massage, LAC

427 Belleview Ave Ste 101 Crested Butte
970-901-5039
www.heatherbieryacupuncture.com

Chain, Steffanie

Crested Butte, CO
970-209-3953

Moore, Sandra L AC Dipl AC

214 6th Street, Suite #6
970-349-7290

Rae, Stacey

320 North Main Street
Gunnison, CO 81230
970-641-6095

The Wellspring Clinic

144 Main St Gunnison Suite B

970-641-6095

<https://www.acufinder.com/Acupuncturist/94186>

Tullius, Jessica

Cardiology

Description and Treatment: Use for any disorders or screenings for suspected disorders of the heart. Services include cardiac stress testing, echocardiography, heart catheterizations, and nuclear medicine.

Insurance: Covered by most insurance check with provider

Mountainview Cardiology

Providers: Huhta, Bradley MD FACC and Becker, Paul MD

Location: GVH

Notes: In Gunnison the third Tuesday of each month. Call Montrose office for appointment.

970-252-1020

Chiropractic

Description- emphasizes the diagnosis, treatment, and prevention of mechanical disorders and nervous system

What Does it Treat: chiropractic health treats everything from back pain to headaches.

Insurance: Covered by some insurance - check with your provider

Black Canyon Chiropractic & Wellness Center

Dietician/Nutritionist

303 E Tomichi Ave # A, Gunnison

970-641-1554

Bliss Community Chiropractic Café

Dr. Mimi Kasten, DC CAC

226 elk Ave Crested Butte

Crested Butte, co 81224

970-349-7474

www.blisschiropractic.com

Blue Spruce Chiropractic & Nutrition

232 W Tomichi Ave Gunnison

970-641-4044

Coblentz Alvin K

Chiropractor, Dietician, Nutritionist

309 E New York Ave Gunnison

970-641-2525

Schappert, Sue Ellen Dr.
427 Belleview Ave Crested Butte
970-349-5968

Sims Chiropractic
724 North Main Street, Gunnison
970-641-2818
www.simschiropractic.com

Counseling/Therapeutic Services

Description: providing people with support and comfort through difficult times a person may be going through

Insurance: Covered by most insurance, check with provider and insurance carrier

Black Canyon Counseling
107 East Georgia Avenue
641-5119

Monica Bilow
monicabilow@yahoo.com
(w) 970-349-0703
970-901-6129
Drugs and alcohol rehabilitation programs, DV victims & Offenders

Boscaro, Laurie
laurieboscaro@gmail.com
(c) 970-901-9192
Family Preservation, Family Dynamics, Life Skills, Education
Wraparound Facilitator

Castle Mountain Therapy
Carole Dlugasch. M.A, ED.S., PH.D.
dlugasch494@roadrunner.com
970-641-6273

Coykendall, Susan
scoykendall@western.edu
970-275-5732
Psychological Assessment

Crested Butte Counseling Service LLC

429 6 St Crested Butte

970-349-5344

Jean Bell-Dumas, M.S., LPC, LLC

Depression, Anxiety or Fears, Relationship Issues, Addiction, Adoption, Anger, Management, Attention Deficit (ADHD), Autism, Chronic Pain or Illness, Divorce, Eating Disorders, Infertility, Life Coaching, Loss or Grief, Parenting, Spirituality, Substance Abuse, Trauma and PTSD

East River Counseling

Crested Butte 970-349-6509

Gunnison 970-252-7803

Marcie Telander M.A., R.E.A.T., C.G.P.

Expressive Arts Therapist uses visual art, writing, journaling and Somatic or Body Movement Experiencing

Eric Krawczyk, M.A., LPC, BCPC

107 N. Iowa St., Downstairs, Gunnison, CO 81230

I also advertise an outdoor office and house calls as well!

970.765.8480

info@erickrawczyk.com

www.erickrawczyk.com

Fickel Spencer L

710 N Taylor St

970-641-0229

Gunnison Valley Christian Counseling

107 N Iowa St Gunnison

970-642-0200

Haley, Mary Mike

Jubilee House

304 Tomichi Ave Ste 22 Gunnison

970-641-2712

Living Life with Metta

6 nowmass Rd #12 ,Mt Crested Butte

619-994-8501

www.livingwithmetta.com

Linda Olesen

Thai BodyWorker (RTT) Personal Trainer (ACE) Yoga Practitioner (RYT) Life Coaching (MSW)

Midwestern Colorado Center for Mental Health

710 N Taylor St Gunnison

970-641-0229

<http://www.centermh.org/contact/our-offices/gunnison-outpatient>

Individual Therapy, Group Therapy, DBT (Dialectical Behavior Therapy), Family Therapy, Psychiatric Evaluations, Medication Management, Case Management Services, Nursing Home Services, Employee Assistance Programs, Consultation and Education, Strategies for Self Improvement and Change, Horses for Change Equine Assisted Psychotherapy Program, Enhanced Outpatient Therapy

Quiet Waters Counseling, LLC

Lawrence, Lendol, MA

(970)765-1975

Gunnison, CO 81230

Seastrum Claudia P

320 N Main St.

970-901-6731

Smock, Cindy

234 N Main St Suite 3C #100 Gunnison

970-641-5155

Stillriver Center for Wellness

7405 W US Highway 50

719-539-4100

Dentists

Description- provide care concerned with the prevention and treatment of tooth and gum disorders and diseases

Insurance - Check with insurance for coverage.

Elk Avenue Dental Center

Provider Name: Faktor, Michael DMD

Location: 412 Elk Ave., Crested Butte

Phone: 970-349-5880

Family Dentistry

Provider Name: Osborne, Joshua DMD

Location: 321 N Main, Gunnison

Phone: 970-641-3004

Gentle Dental Care

Provider Name: Anderson, Scott DDS

Location: 306 N. Main, Gunnison

Phone: 970-641-4200

Harvey, Shawn DDS

Location: 120 Majestic Plaza, Crested Butte, by the movie theatre

Phone: 970-5731

Kahn, Timothy DDS

Location: 3251 County Road 48, Gunnison

Phone: 9760-641-1177

Schmidt, John DDS

Location: 317 W Virginia Ave, Gunnison

Phone: 970-641-3347

Zirker, Darrick DMD

Location: 204 N 12th St., Gunnison

Phone: 970-641-3406

Medicaid Accepted

Dermatologists

Description: Use for any disorders of the skin, skin cancer screenings or for cosmetic problems of the skin, hair or nails.

Insurance: Covered by many - contact your provider

Timko, Anthony MD

Location: GVH

Notes: In Gunnison first and third Tuesday every month. Call office in Salida for appointment. 719-539-4600

Ear-Nose-Throat

Description: Services include facial and reconstructive plastic surgery, disease of ears, nose and throat, head and neck cancer, skin cancer surgery and endoscopic sinus surgery. Cosmetic surgery includes, face lifts, surgery of eyes and nose, chemical peels and CO2 laser for facial resurfacing.

Insurance: Covered by many - contact your provider

Henderson, Patrick DO

Location: GVH

Notes: In Gunnison third Tuesday of each month. Call Montrose office for appointment. 970-249-6968

Merrell, James MD

Location: GVH

Notes: In Gunnison the first Wednesday of every month. Call Grand Junction office for appointment.(970) 245-2400

Family Practice and Naturopathy

Description: Use for preventative care, illnesses, pediatrics, women's and men's health, and injuries.

Insurance: Covered by all

Crested Butte Ski Area Clinic

Moore, Thomas MD, Ph.D.

CBMR base area next to Colorado FreeSkier

970-349-2677

Gunnison Valley Family Physicians

Providers: Garren, Laretta MD; Matthews, Marie MD; McMurren, Jay MD; Holder, John PA-C; Talbert, Nicol PA-C

Phone: 970-641-0211

Location: 130 E Virginia, Gunnison

Gunnison Family Medical Center

Providers: Wolkov, Jay DO; Lynch, Leandra MD; Williams, Nikki PA-C; Hamilton, Dusty PA-C

Phone: 970-641-1771

Location: 707 N. Iowa, Gunnison

Huntington, Joanne MD

Location: 309 6th Street, Crested Butte

Phone: 970-349-7193

Roanne Rouse Houck, N.D.

Acli-Mate Formulations, LLC (1-866-641-5361)

Main Street Clinic, LLC

320 N Main St. Gunnison, CO 81230

970-641-5363 (Office)

Spector, Ilene D.O.

277A Blackstock Drive, Crested Butte, CO 81224

970-349-2095

Osteopathic Manual Medicine

Town Clinic of Crested Butte

Providers: Thorson, Eric MD; Sherman, Roger MD

Phone: 970-349-6749

Location: 214 6th Street in the Ore Bucket Building, Crested Butte

Website: <http://www.towncliniccb.com/>

General Surgery

Description: Use for surgical intervention of disorders of the abdominal region. Also performs screenings such as colonoscopies.

Insurance: Contact your provider

Bishop, John MD FACS

Location: GVH

Phone: 970-641-3927

Hospitals

1. Gunnison Valley Hospital

Massage Therapy/ Bodywork

Description: Application of various techniques to the muscular structure and soft tissues of the human body.

Treatment: injury recovery, chronic pain relief and deep relaxation, Increasing circulation, fatigue, sleep quality, anxiety, back pain, migraines, joint flexibility, injury, foot issues, reducing cramping and spasming, pre and post-natal pain, strengthening of muscles, muscular imbalances

Advanced Bodywork & Therapeutic Massage

970-596-3882

Lyn Maresca RMT, CNMT

A Massage Studio

427 Belleview Avenue Crested Butte

970-349-5664

<http://www.amassagestudioincb.com>

Swedish massage, Deep Tissue Massage, Prenatal Massage, La Stone Hot Stone Therapy, Ortho-Bionomy®, active isolated Stretching, lymphatic drainage, visceral manipulation

Ananda Massage

809B Gothic Ave

970-596-5964

www.anandamassage.co

Caith Crosby RMT

Swedish, deep tissue, Neuromuscular, energy work, acupressure, hot stone, lymph drainage

Crested Butte Massage

202 Elk Avenue

970-209-5984

www.crested-butte-massage.com

Larson, Mary

Deep Tissue Massage, Swedish Massage, Sports Massage, Pampering Foot Treatment, Hot Stone Massage, Aromatherapy

Escape Bodywork Boutique

115 Elk Ave Suite F

970-765-8065

www.crestedbuttemassage.com

Sarah Darval

Good Medicine Massage & Bodywork

Timber Moreland

970-901-1622

Specialized in orthopedic/ Sports massage, Myofascial work, Deep Tissue massage, Neuromuscular therapy, Thai Yoga/ Assisted Stretching and Aromatherapy

Hawaiian Bodywork and Massage Therapy

211 N Iowa St, Gunnison, CO 81230

970-596-0534

www.hawaiianbodywork.massagetherapy.com

Tricia Kalka, LMP, LLC

Therapeutic massage utilizing a variety of techniques including Hawaiian lomilomi, deep tissue, trigger point, myofascial and relaxation massage

Mary Lytle Massage Therapy

202 Elk Avenue

970-596-5600

Combine massage with knowledge and tools from Reiki, ReConnective Healing, Tongren Healing, and Matrix Energetic

Mountain Gem Wellness

202 Elk Ave. Crested Butte

970-596-0724

<http://www.mountaingemwellness.com>

Andi Burnite-NCMT

Therapeutic Swedish Massage, Deep Tissue/Sports Massage, Hot Stone Massage, Stones of Light, Vibrational Healing/Reiki, Detoxifying Herbal Wrap

Oh-Be-Joyful Therapeutic Massage

Chorlton, Katie CMT

427 Belleview Avenue, Suite 203 Crested Butte

970-209-0366

www.ohbejoyfulmassage.com

Relaxation & Stress Reduction Massage, Prenatal Massage, Aromatherapy, Sports Massage, Deep Tissue Massage, Trigger Point Therapy, Myofascial Therapy, Assisted Stretching, Neuromuscular Therapy, Range of Motion & Postural Assessment

Patti Gast Massage & Reiki

407 4th St Crested Butte

970-209-5860

www.crestedbuttemassageandreiki.com

Patti Gast

Integrated Massage, Reiki and Ortho-Bionomy House calls available.

Peak Massage

115 Elk Ave., Crested Butte, Co. 81224

760-840-7049

www.peakmassage.net

Nicole Digate, CMT

Prenatal, Hot Stone, Deep Tissue, Neuromuscular, Swedish Massage

Rose of Wellness

4th and Elk, Crested Butte

(248)765-2297

www.roseofwellness.com

Briana Rose Wiles

Structural Integration (Rolfing), Massage Therapy, & Reiki

Shiatsu Massage

(970)-275-2767

www.CBshiatsumassage.com

Jessica Hartigan

Stay-at-Home Massage

mobile (I come to you)- Crested Butte, Mt. CB, Almont, Gunnison

(518) 466-4431

www.stayathomemassage.com

Karen Kubarek

Swedish/relaxation, hot stone therapy, sports, deep tissue, acupressure

Take Five Chair & Clothed Table Massage

123 W Tomichi #9, Gunnison

970-648-4870

www.take5chairmassage.massagetherapy.com

Michelle Zanga

Chair & Clothed Table Massage; Traditional Table Massage; Retail Sales of BioFreeze, AcliMate, CB Card CO artwork, music, Scentsable Air Fresheners

Traci Chivington Murdza, LMT, MMP

Location 211 North Iowa

970- 596-5101

Relaxation, Therapeutic, and Medical Massage as well as energy and hot stone therapies

Neurology

Description -Electromyography and nerve conduction studies for carpal tunnel, back and extremity pain. Used to treat Strokes, MS, headaches, migraines, and any neurological disease.

Insurance – Check with individual insurance

Gilman, Neal MD

Location: GVH

Phone: 970-243-9180

Notes: In Gunnison the third Tuesday of each month. Call Grand Junction office for appointment.

OB/GYN and other Pre-natal/Birthing Options

Description - Use for yearly exams, disorders of the female reproductive system, and prenatal care and birthing.

Insurance – Covered by most, check with your insurance

Bonney, Timothy MD FACOG

Location: GVH

Phone: 970-641-1190

BirthRoots: Childbirth Hypnosis and Labor Doula Services

234 North Main, Suite 3C, Gunnison, Colorado 81230

970-596-5735

www.birthrootsbaby.com

Kelly Downum, HCHI, HCHD, LD (DONA, CAPPA)

- Certified Hypnobabies Childbirth Education Classes, Labor Doula Services, Certified Hypno-Doula Services, Cloth Diaper Consultations and Sales, Hypno-Doula Workshops, and Community and Health Care Professional In-services

Kuehlhorn, Annie

[970-596-8954](tel:970-596-8954)

blissmamas.com

Offering labor doula, postpartum doula services. Prenatal massage and Swedish massage to women, kids & babies. Birth consulting locally and nationally. Homebirth assistance

Niccoli, Sherry MD PC

Location: 234 N. Main St., Suite 2C, Gunnison

Phone- 970-641-2885

Prairie Love Midwifery

970-901-9276

Marlene Bergman is a Certified Professional Midwife and Registered Midwife serving Gunnison, Crested Butte, Lake City, Salida and Buena Vista.

Oncology

Description: Offers patients an entire realm of cancer care, expert and innovative services and advanced treatment options
Insurance: Check with individual provider

Allan Miller, M.D.

970-641-297

Eric Schmidt, M.D.

970-641-297

Optometry

Description: Use for vision screenings, diagnosis of eye disorders such as cataracts, glaucoma, and retinal diseases.

Insurance: Covered by most - check with provider

Abba Eye Care

Adamich, Andrew OD

Phone: 970-641-2020

Location: 420 N. Main St, Gunnison

Website: <http://www.abbaeyecare.com/>

Family Vision Center

Provider: Schwartz, Amy OD

Phone: 970-641-2422

Location: 200 N. Spruce, Gunnison

Orthopedic Surgery

Description - Use for sports injuries, fractures, joint pain, or any other musculoskeletal injuries.

Insurance - Check with insurance agency for coverage.

Alpine Orthopedics

Providers: Beim, Gloria MD

Escalante, Alonso MD

Griggs, Rhett MD

Phone: 970-641-6788 (Gunnison), 970-349-1046 (Crested Butte)

Locations: 112 W. Spencer Ave., Gunnison

405 Elk Avenue, Crested Butte

Website: <http://www.alpineorthopaedics.com/>

Chamberland Orthopedics

Provider: Chamberland, Patricia MD

Phone: 970-641-4355

Location: GVH

Website: <http://www.scopesurgery.com/>

Crested Butte Ski Area Clinic

Provider Name: More, Thomas MD, Ph.D.

Location: CBMR base area next to Colorado Free Skier

Phone: 970-349-2677

Occupational Therapy

Description – Occupational therapists treat patients with injuries, illnesses, or disabilities through the therapeutic use of everyday activities. They help these patients develop, recover, and improve the skills needed for daily living and working.

Insurance – Check with your individual insurance

Stacey Pozner

(732) 682-1060

spoznerotr@gmail.com

Serves infants, children and adults with sensory processing disorders and those who struggle with visual, fine/gross motor and daily living skills

Physical Therapy

Description - Physical therapy focuses on physical rehabilitation to help patients to achieve functional independence

Insurance - Check with individual insurance companies to see what insurances apply

1. Gunnison Valley Hospital

Reiki and Energy work

Description - A gentle, powerful energy that promotes spiritual, physical and emotional wellbeing.

What does it treat: Pain, injuries, nervous system issues, endocrine imbalance, trauma and restores balance and well-being to all body systems using positioning and gentle compression to address the nervous system and energetic field.

Attraction Based Consciousness

970.596.5735

Crested Butte, CO

Function Awareness Integrated Bodywork

407 4th Street # 6, Crested Butte CO 81224 (above Mtn. Earth Grocer)

970- 497-0970

www.FunctionAwareness.com

Paulette Hansen

Integrated Bodywork: Ortho-Bionomy®, Reiki & Sound Repatterning

Garden of Healing

Box 174, Crested Butte, Colorado 81224

970-349-5307

Trudy Yaklich, Registered Practitioner

Ortho-Bionomy, Reiki *

H.E.L.P.

114 County Road 33 Unit #27, Gunnison

970-641-7414

Cell # 316-323-9581

Cynthia (Cindy) Anderson

Quantum-Touch

Light Touch Reiki

427 Belleview Crested Butte

970-596-0967

Kelly Brutsch

Lori Patin Reiki

211 N Iowa Street, Gunnison

970-641-3010

Lori Patin

Reiki and Light Running

Rolfing

Description: Form of hands-on manipulation and movement education that works on the connective tissue (fascia) to release, realign and balance the whole body. Enhances your posture and freedom of movement

What does it treat: Chronic Pain, Posture Issues, Diet Choice Difficulties, Inflexibility

Insurance: Only through workman's comp and Auto insurance, not Health Insurance

Body Design Inc.

101 N. 10th Street Gunnison

970-209-9723

www.totalbodymind.com

Jani Wedmore Pulaski

Rolfing Structural Integration, Kundalini Yoga, Health Coaching

Spa Services

Creekside Spa

120 Elk Ave (above Ryce) Downtown Crested Butte, CO

970-325-3860

www.crestedbuttespa.com

Andi Burnite/RMT and Mary Larson/RMT

Metamorphosis Salon and Spa

901 W. Tomichi Ave Gunnison, CO 81230

970-641-1222

www.gunnisonsalonspa.com

Priscilla Swanson, Bev Jordi, Jill Cooper, Corbett Nelson, Eva Paul, Colleen Nicholas, Cara Apsey, Karah Cunningham, Ashley Silvis, Barbara Hay, Rosalba Medina, Marissa Cyrus, and Rory Kahn.

The Elevation Spa

500 Gothic Road

Mt. Crested Butte, CO 81225

(970) 251-3500

www.elevationspa.com

Spa Director: Scott Kilbourne

Spa Manager: Kelly Maxfield

Speech and Language Therapy

Description – Speech-language pathologists diagnose and treat communication and swallowing disorders in patients.

Insurance - Check with individual insurance

Ellyn Houghton

114 N. Boulevard Street
Gunnison, CO

YOGA

Description – concerned with mental and spiritual well-being than physical activity

Insurance – Check with individual insurance

Brenda Fleming

719-207-2010
Main Street Yoga

Candy Carlson

970-209-2793
Main Street Yoga

Elk Ave Fitness

223 Elk Ave Crested Butte
970-349-5600

Fees

-10 Class Card: \$110

Unlimited Month: \$95

Unlimited 6 Month: \$85/month

Unlimited 12 Month: \$75/month

Family Unlimited Month: \$135/month

Jai Yoga

Main StreetYoga Studio
320 1/2 N. Main Street
Gunnison, Colo. 81230
970-275-5987

Lindsey Schauer

Main Street Yoga

The Sanctuary

405 W Tomichi Ave, Gunnison

970- 275-8927

www.gunnisonsanctuary.com

- Yoga, Pilates

Fees

- Starting with 4 Classes/ \$36

Yoga for the Peaceful

120 Elk Ave Crested Butte

970-349-0302

www.yogaforthethepeaceful.org

Sherrill Stenson Y.O.T.H.

970-275-5987

Main Street Yoga

EDUCATION

Disability and Specialty Services

Adaptive Sports Center

PO Box 1639, Crested Butte, CO, 81224

1-866-349-2296 / (970) 349-2296 / Fax: (970) 349-2077

www.adaptivesports.org

Bal-A-Vis-X

Mel Torpey

(970) 596- 1645

bouncegunnison@me.com

<http://bal-a-vis-x.com/>

\$40/hour for individual sessions and \$25/hour for group sessions

Bal-A-Vis-X is a series of **Balance/Auditory/Vision eXercises**, of varied complexity, all of which are deeply rooted in rhythm. For Brain and Brain/Body integration.

Gunnison Workforce Center – Division of Vocational Rehabilitation (DVR)

109 East Georgia, Gunnison, CO 81230

(970) 641-0031

Email: Gunnison@cwfc.net

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

Laci Anderson

DVR serves Individuals with disabilities who face a substantial barrier to employment and

Employers. You are eligible for DVR services if you have a disability that makes it hard for you to find or keep a job and you need DVR services to deal with your disability limitations. This program provides employment services and counseling to people with disabilities, or arrange for services to enable an individual to go to work. DVR also provides training and technical assistance to employers regarding disability employment issues.

Six Points

320 South 14th Street
P.O. Box 1002
Gunnison, CO 81230
(970) 641-3081

Occupational Therapy

Stacey Pozner
(732) 682-1060
spoznerotr@gmail.com

Serves infants, children and adults with sensory processing disorders and those who struggle with visual, fine/gross motor and daily living skills/

Recreational and Arts Programs/Centers

Center for the Arts

606 6th St, PO Box, Crested Butte, CO, 81224
(970) 349-7487

www.crestedbutte.org

Email: info@crestedbuttearts.org

Art: private and group lessons, workshops and classes: pottery, ceramics, printmaking, drawing, knitting, wheel throwing, glass painting, centerpieces, winter wreaths, jewelry making (Pre-K-Adult) Dance / Dance Collective: Aerial dance; Move the Butte Dance: ballet, tap, jazz, and aerial, Music / Events (12 years, up to adult).

Rates range from \$15-\$175.

City of Gunnison Parks and Recreation

970-641-8060

Crested Butte Mountain Guides

218 Maroon Ave # C, PO Box 1718, Crested Butte, CO, 81224
(970) 349-5430

www.crestedbutteguides.com

Email: info@crestedbutteguides.com

Back country education programs (skiing/snowboarding)

Ages range from 0-100.

Rates Range from \$75-\$395/day (depending on activity & amt. of people).

Crested Butte Mountain Resort – Ski & Ride School

12 Snowmass Rd, Crested Butte, CO, 81225
(970) 349-2222, Reservations: 1-800-444-9236
www.skicb.com/cbmr/mountain/lessons.aspx

Crested Butte School of Dance

3rd & Maroon Ave, Crested Butte, CO, 81224
(970) 349-5686
www.dancecrestedbutte.org

Ages: creative dance for infants and toddlers, Pre Ballet and Creative Movement (Ages 3 ½ – 4), Ballet and Tap for Level Pre-K (ages 4 ½ – 5) and Levels K, 1 and 2, Ballet/Jazz Level 3-5, Ballet Level 6-7, 8-Adult, Beginning level Pointe class, All level tap, hip-hop, & belly dance. Rates range from \$12/hr-\$1000 for unlimited classes, Scholarships available.

Gravity Groms Alpine Day Camps

Po Box 2147, Crested Butte, CO 81224
(970) 765- 6771
gravitygroms@gmail.com

Gravity Groms LLC Alpine Day Camps are summer outdoor daytime recreation camps in Crested Butte, CO for kids ages 6 – 15. This is the ultimate alpine playground and the kids will learn how to play hard and play safe in this environment. Activities include mountain biking, Skate Park, bmx jumps, hiking, disc golf, orienteering, camping, geology, local history, swimming, and lots of epic adventures!

Rates: \$50/day for kids registered in the local school district. \$60/day for visitors.

Gunnison County Library District

Ann Zugelder Library (Gunnison)

Monday-Thursday 9a.m. - 7p.m.

Friday 9 a.m. - 6 p.m.

Saturday 10 a.m. - 4 p.m.

Old Rock Community Library

Monday-Thursday 9a.m. - 7p.m.

Friday 9 a.m. - 6 p.m.

Saturday 11 a.m. - 4 p.m.

Gunnison Valley Observatory

Gunnison Valley Observatory

PO Box 1227

Gunnison, Colorado 81230

970.642.1111

Gunnison Valley Observatory offers many exciting ways to support its mission and goals. You can attend the summer Friday lecture series and telescope viewings, volunteer, book a private showing or become a financial sponsor. For more information about the observatory, please call.

High Country Kenpo Karate

351 Blackstock Dr, Crested Butte, CO, 8124

(970) 349-7796

www.fightteam.net

Learn martial arts: Karate

Hinsdale County Library

(970) 944-2615

Mountain Heart School of Bodywork

PO Box 575, 719 Fifth Str., # 1 (upstairs), Crested Butte, CO, 81224

1-800-673-0539, Text or after hours call: (970) 275-1090

school@mountainheart.org

Study Massage Therapy & Bodywork training and certification for adults.

Tuition: \$7650-\$8500.00 (or less!)

Mountain Adventures

Mt. Crested Butte Recreation Department

P.O. Box 5800, Mt. Crested Butte, CO 81225

970-349-6632

Mountain Adventures is a fully licensed summer day recreation program for boys and girls ages 6 to 14. Experience our mountains, rivers, lakes, crags, trails, and scenery from river raft, by foot, on a mountain bike, in a canoe, with a fly rod in hand, or high on a cliff! The mission of Mountain Adventures is to provide opportunities for personal growth and connection to the community through safe, educational, and fun adventure-based activities.

Mountain Sports Team

kids learning to ski and ride to driven student athletes.

12 Snowmass Rd, Mt. Crested Butte, CO, 81225

(970) 349-4441 – Grant Jamieson

www.skicb.com/cbmr/info/mountain/mountain-sports-team.aspx

Junior Development Team “Jr. Devo’s”: Ages 7-10, Development Team “Devo’s”: Ages 11-12

(Based On Dec. 31st age), Competitive Team Program: Ages 13 – 17 (Based on Dec. 31st age).

Rates range from \$125 - \$3,680 (dependent upon weekend camps or team programs).

Partners Youth Summer Camp

(970) 641-5513

Julena Swanson [jswanson@gunnison.com]

Local summer camp option for kids between the ages of 6-11 years old. Volunteer opportunities available for older youth. Camp will typically run from noon – 4pm at the Gunnison Elementary School, beginning the end of May and runs through the beginning of July. There are games, arts and crafts, and special guest prevention activities. Call the Partners office for more information.

Rocky Mountain Biological Lab

Environmental Education

Administrative Phone/Fax (970) 349-7231

Business Phone/Fax (970) 349-7481

Mail: Rocky Mountain Biological Laboratory

P.O. Box 519

Crested Butte, CO 81224

The Lab offers both adult and kid's programs during the summer. For more information about the Kid's Nature Camp and Adult Exploration Experiences program including wildlife hikes, wildflower walks, and history tours go to <http://rmbbl.org/home>

The Gym

523 Riverland Dr Crested Butte

970-349-2588

www.thegymincrestedbutte.com

Yoga, Pilates, Indoor Biking, Body Sculpt, Active isolated Stretching, Balls Buns Abs classes/ Personal Training, Ballet, weight room, cardio room, Cycling, Fitball

The Studio Art School

Kids programming takes place at The Trailhead Children's Discover Museum in Mount Crested Butte. Adult programming takes place at The Art Studio of The Center for the Arts at 111 Elk Avenue.

(970) 349-2799

www.crestedbuttestudio.com

- Art classes and workshops. Paint your own pottery. Art retreats. Working Artists' Spaces. Kids' Art Camps.

Trailhead Children's Discovery Museum

Crested Butte Mountain Resort

12 Snowmass Rd, Mt. Crested Butte, CO, 81225/ P.O. Box 1508, Crested Butte, CO 81224

Located in the Outpost Building @ the base area of Mountain Crested Butte.

(970) 349-7160

www.trailheadkids.org

Email: info@trailheadkids.org

There are events, camps, and studio art programs.

Ages 1- 13.

Rates range from \$12 (drop in fee) - \$130 (per session).

West Elk Soo Bahk DO

308 3rd St, Crested Butte, CO, 81224

(970) 349-7752

www.westelksoobahkdo.org

Email: connect@westelksoobahkdo.org

Character education through martial arts training for adults and children.

Ages range from 5-62 years old.

Rates: Introduction Classes- 3 for \$20, \$80/month (kids), \$99-\$115/month (adults).

Western Pilates

Two studio locations:

Wellness Center at 211 N Iowa Gunnison &

Ore Bucket Bld. at 214 6th St .Suite #5 Crested Butte

- offer private & semi-private Pilates apparatus sessions
- group classes for Pilates Mat and 2 kinds of Core Suspension Training -- the TRX system & the Redcord double anchor-point suspension training system
- Thai Yoga Therapy sessions -- which consists of active assisted stretching and acupressure -- sometimes called " Lazy Man's Yoga."

4-H Youth Development

970-641-1260

4-H began a century ago as an educational program for the nation's rural youth. Today, 4-H meets the needs of and engages young people in positive youth development experiences. These experiences are based on the idea that young people should be regarded as resources to be developed. 2002 marked the centennial of 4-H and a renewed commitment to helping shape youth and communities. In looking to the next century, 4-H further develops its programs and continues its motto of "Making the Best Better."

Public Schools:

Crested Butte Community School – Elementary, Middle School, and High School.

818 Red Lady Ave, Crested Butte, CO, 81224

Ph: (970) 641-7720 / Fax: (970) 641-7729

www.gunnisonschools.net/index.aspx?NID=18

Email: Click on email link that is on the Crested Butte Community School Website.

Special Education, Math/Science, Music, Math Intervention, Social Studies, Art, Physical Education, Library, Nurse, Enrichment Coordinating, Guidance/Counseling, Literacy Specialist, Middle School and High School Athletics. Ages 5-18 (K- 12th Grade).

Gunnison Watershed School District RE1J-Elementary, Middle, and High School.

800 N. Boulevard St.

Gunnison, CO 81230

Ph: (970) 641-7770

Fax: (970) 641-7777

E-mail: www.gunnisonschools.net

Special Education, Math/Science, Music, Math Intervention, Social Studies, Art, Physical Education, Library, Nurse, Enrichment Coordinating, Guidance/Counseling, Literacy Specialist, Middle School and High School Athletics. Ages 5-18 (Pre-K- 12th Grade).

Lake City Public School

614 N. Silver St.
PO Box 39
Lake City, CO 81235
970-944-2314

Private Schools**ORSCH (One Room School House)**

102 South Main Street Suite B
Gunnison, CO 81230
(970) 641-6758

Orsch is a world in which education is exciting and dynamic. We recognize that there are an infinite number of learning styles; therefore, infinite approaches to learning should be available. We recognize the route to a thriving, capable learner is through independence, creativity and limitless approaches

Pre-schools / Licensed Childcare:**Gingerbread House**

Linda Lobdell
301 S. Second St. #1
Gunnison, CO 81230
Phone Number (970) 209-5035
lobdelltony@yahoo.com

Licensed to take up to 6 children full time and 2 children for after school hours, Hours: 7:30 am-5:00 pm M-F

Lake City Community School

PO Box 39
Lake City, CO
944-2314
3-5years

Lake School - Gunnison Watershed School District RE1J

800 N. Boulevard St.
Gunnison, CO 81230
Ph: (970) 641-7770
Fax: (970) 641-7777
E-mail: www.gunnisonschools.net

Little Learners

Dannette Witzel
264 Tomichi Lane
Gunnison, CO 81230
Ph: 719-439-0988
6mos. - 6yrs.

Little Red Schoolhouse and Tiny Red Schoolhouse

49 Gillaspey Ave, Crested Butte, CO
Ph. (970)349-0996
<http://crestedbuttelittlered.com/index.html>
www.lilredschoolhouse1@yahoo.com
Ages: babies as young as 3 months-6 (Pre-K to K).
Rates range from 5 days/week- \$39 daily rate, 4 days/week- \$41 daily rate, 3 days/week, \$43 daily rate, 2 days/week- \$44 daily rate.

Little People's Learning Center

349-2833
Ages 2-5

Miss Jenny's Friendship House

703 Sorpis Rd.
349-1726

Miss Jenny's Friendship House is a unique in-home preschool program located in Crested Butte South. It is my vision to provide a loving, fun, inspiring and safe environment that encourages cooperative learning with nurturing structure. Accented with the Montessori approach, this hands-on, child-centered learning style is individualized and paced at each child's particular rhythms; giving your child an incredible first educational experience that will be part of the rest of his or her life! Ages 3-5 years

Paradise Place Day Care

404 Maroon Ave, Crested Butte, CO
Ph., Classrooms: 970-349-1832, Office: 970-349-2149
HOURS: 7:50-5:30, M-F
www.paradiseplaceschool@gmail.com
Our programs and classes are structured according to age.
Ages range from 1-5 yrs. old
Rates range from \$30 (half-day)-\$225 (5 full days)

Playful Seasons

Karen, Glass
1002 N. 11th St.
641-4656
2.5mos-6 years. Waldorf Based School

Seasons Schoolhouse

Nancy Pierce
617 W. Virginia Ave.
641-4511
2.5mos-6 years

Sheila Russell with "Creative Corner"

908 N 11th St
(970) 641-1715

Sheila does civic based learning and experiential learning with the children in her care. Ages 1 – 6 yrs old., Call for pricing

Stepping Stone Nursery School

7th and Belleview, PO BOX 1310, Crested Butte, CO, 81224
Ph. (970)349-5288

www.steppingstoneschildrenscenter.com

Email: steppingstones@crestedbutte.net

Infant/Toddler Care, Preschool Program, and Summer Day Camp.

Provides care for infants 6 months to 5 years old (year round), 12 months – 8 years old (Summer Day Camp).

Rates range from \$30-\$48/day & \$40-\$60/day – Summer day camp.

Summer, Cynthia

1313 W. Ohio Ave.
641-1367

Gunnison, Co 81230

gsummer@pcrs.net

Ages: 0-11, Flexible morning hours, closes at 5:15pm Monday- Friday, Call for pricing

Tami Coen- Home Child Care

coenfamily@netscape.com

88 Willow Trails

(970) 641- 3775

Description: "Enriched childcare with Montessori and character building emphases"

Hours and Days of Operation:

8:45 to 11:45, Tuesday through Friday. I follow the RE1J school schedule, including all breaks. Ages: The age range is 3 - 6. Rates: I charge a flat fee of \$250.00/month.

The full monthly fee and the part time fee work out to about \$12.50/day.

Tenderfoot

700 N. Colorado St.

642-1949

1.5mo - 13 years

Townsley, Julie

13 Sage Lane

(970)-641-2925

Ages: Infants – 13 yrs of age

Call for pricing- Julie accepts CCAP and serves breakfast and lunch and is knowledgeable of how to care for children with food allergies.

Vollendorf, Jessica

Tender Loving Day Care, LLC

(970) 641-4846

At Tender Loving Day Care, children experience a fun, nurturing day of child care. There are structured and unstructured experiences offered. A preschool program that will eventually be based on Colorado State standards.

Watch Me Grow Child Care LLC

Susan Johnson

Location: 1.5 miles N of Gunnison

Phone: (970) 641-0232

Watch Me Grow offers a safe, loving environment for play, learning, and fun for children. Here children learn “respect for ourselves, for others, along with manners, and everyday learning experiences. Hours: 7:00 am- 5:15 pm M-F, Ages: Infant-12

Wee Care

425 N. Henson St.

Lake City, CO

944-0106

1-8 years

Educational Supports

Cindy Chamberland

cchamberland@msn.com

(c) (970) 901-1695

Cognitive Behavioral approach

Other eclectic modalities

Wraparound Facilitator and Coach

Kari Commerford, M.A - Speaker/Educator

Lecturer of Psychology

Western State College of Colorado

Kcommerford@western.edu

719-660-0147

Specializing in community outreach, speaking engagements, trainings and professional workshops, parent and child education, and conference coordination/administration. Speaking

and training topics include, but not limited to; Lifespan Development topics (Bio-Psycho-Social aspects), Child and Adult Psychopathology (Disorders) and Treatment, Family Communication, Increasing coping Skills, Rural Health, and Eating Disorders.

Gunnison County Substance Abuse Prevention Program (GCSAPP)

Brooke Harless, Project Director

Phone: (970) 642-7396

www.gcsapp.net.

GCSAPP is a community prevention coalition funded through the federal Drug Free Communities grant. Our mission is to promote a healthy and safe community through the reduction and prevention of substance abuse. GCSAPP provides prevention education through Gunnison Watershed School District, prevention resources for parents, works closely with Western State College, coordinates the Crested Butte Youth Council. We are a broad based coalition with 30 active and diverse members from all types of community groups.

Peak Education & Consulting, LLC

214 6th St, P.O. Box 903, Crested Butte, Co, 81224

(970) 349-2830

<http://peakeducationconsllting.com>

Email: questions@peakeducationconsulting.com

Tutoring, SAT/ACT Test Preparations, college consulting, summer/winter programs, cultural travel, and service, home school support, and on-line programming, early childhood education. Age ranges from K-12th grade.

Rates: Consulting- \$25-\$200/hr, Tutoring-\$15-\$75/hr.

Linda Williams - Child and Family Educator

WRAP (Western's Responsible Alcohol Program)

Family and Support

Child and Family Services and Programs

Adult and Family Medical Coverage

970.641.0209

Family Services Building

225 N. Pine Street, Suite E

Gunnison, CO

This program helps individuals, families, and children apply for various State and Federal medical insurance programs. Application may be made at our office. Qualification is generally based on certain income and resource guidelines. Special programs currently exist for pregnant women. Contact us for additional information.

Adult Protective Services

970-641-0209 / (970) 641-3244

Protective services are provided to individuals who are unable to care for themselves. We assist family members in making safe arrangements and in some situations, may assume protective care if others are unable to do so. Services include assisting persons to move from potentially harmful situations, providing a protective placement, assisting in money management, arranging for legal assistance and judicial processes.

Aid to the Needy and Disabled (AND)

(970) 641-3244

This program financially assists those individuals who have been, or expect to be, disabled for six months or more and have applied for Supplemental Security Income.

CASA (Court Appointed Special Advocates)

304 W. Tomichi Ave.

Ste 22, Gunnison, CO 81230

970-641-8721

Childcare Assistance

(970) 641-3244

Family Services Building

225 N. Pine Street, Suite E

Gunnison, CO

Financial assistance with childcare may be available to individuals working toward self sufficiency. The amount of assistance depends on the family size and monthly gross income.

Child Protective Services

(970) 641-3244

The focus of this program is on protecting children from abuse and neglect and assisting parents in improving their parenting skills and preserving family unity. Primary objectives included family stability, child safety and permanency.

Child Support Services

(970) 641-3244

Child support services include paternity testing, enforcement of support, legal services for child support orders and location of non-custodial parents. Our objective is to promote the welfare of children through the strengthening of support from non-custodial parents.

Colorado Legal Services - Gunnison Office

200 E. Virginia Avenue

Gunnison, CO 81230

Phone: 970-641-3023

Fax: 970-641-3023 (call before sending fax)

Toll Free: 800-521-6968

This site provides help for low-income Coloradans seeking civil legal information such as: self-help legal information, where to find no or low-cost legal help and whether you qualify for that

help, information about the courts and more.

Colorado Works (Temporary Aid to Needy Families)

970.641.0209 / (970) 641-3244

Family Services Building
225 N. Pine Street, Suite E
Gunnison, CO

Colorado Works provides financial, medical, and other assistance to needy families. This is a time-limited program tied to self sufficiency efforts by the family. The goal is to help families attain employment through skills development, education, job placement, supportive counseling, case management, and service linkage.

Energy Assistance Programs

970.641.0209/ (970) 641-3244

Family Services Building
225 N. Pine Street, Suite E
Gunnison, CO

The Department can assist families and individuals with financial assistance and referral to weatherization programs for management of their utility costs. Some programs are time limited and income based. Call our office for additional information.

Family Planning

970.641.0209

Family Services Building
225 N. Pine Street, Suite E
Gunnison, CO

Offers services and testing for males and females in Gunnison County, including: Birth Control Options, Sexually Transmitted Infection (STI) testing and treatment, Emergency contraception (Plan B), Women's annual exams, Pregnancy Testing, Women's Wellness Connection (For women 40+ years old who qualify). All appointments are strictly confidential. Cost for services based on an income dependent sliding fee scale.

FAST (Family Advocacy and Support Team)

Meghan Dougherty, Coordinator

[Email Meghan](#) Phone: (970) 641-7665

Fax: (970) 641-9079

Family Advocacy Support Team (FAST) is a community outreach promoting safe, healthy and successful families. FAST is designed to provide better services for at-risk children and families who need assistance from multiple agencies. FAST is able to create access to services and assistance for overcoming educational, legal, mental and/or health problems. FAST also works with partner agencies to identify community needs, support collaboration and create solutions for community issues. FAST is the village supporting its young people in becoming the best they can be.

Food Assistance Program

970.641.0209

Family Services Building
225 N. Pine Street, Suite E
Gunnison, CO

This program entitles eligible persons to purchase food using an Electronic Benefit Card (EBT). Eligibility is determined by our office.

Foster Care/ Adoption Program

(970) 641-3244

We recruit, certify, train, and provide supportive services for individuals interested in becoming foster or adoptive parents. Please call 970-641-3244 for additional information

Gunnison Area Restorative Practices (GARP)

Nancy Osmundson

Garp810@gmail.com

(w) 970-641-7668

(970) 901-6997

Family Group Decision Making

Mediation

MIP conferencing

Community Conferencing

ISST Facilitation

Gunnison/Hinsdale County Department of Health and Human Services

225 N. Pine Street

Gunnison, CO 81230

970-641-3244

The Gunnison and Hinsdale County Department of Human Services seeks to promote the health and welfare of our communities through the provision of various supportive and primary services. We are a County administered and State supervised system of care.

Gunnison Country Food Pantry

321 N. Main Suite C

P.O. Box 7077

Gunnison, CO 81230

GunnisonCountryFoodPantry@gmail.com

Hours of Operation:

Monday 1pm to 4pm

Wednesday 1pm to 4pm

Gunnison/Hinsdale Early Childhood Council

Gunnison County Family Services Center

225 N. Pine Street

Gunnison, CO 81230 Margaret Wacker

Phone: 641-7913

The mission of the Gunnison-Hinsdale Early Childhood Council is to expand and improve quality early childhood services and education opportunities for families in Gunnison and Hinsdale Counties. Our vision is to ensure the healthy growth and optimal development of all young children so that each child is ready to succeed in school and life. Resources for parents, providers, and prospective providers can be found at www.gunnison.colostate.edu/ecc

Housing Authority - Rental Program

202 E. Georgia

Gunnison, Colorado 81230

Billing: 970-641-7983

Phone: 970-641-7900 or 970-641-7983

Fax: 970-641-7931

The Housing Choice Voucher Rental Assistance Program provides housing subsidy for qualified applicants who locate rental units in the private market with participating landlords. Under this program, the applicant pays approximately 30 percent of his/her adjusted income for rent and utilities. The Housing Authority pays the balance of the fair market rent to the private landlord.

Immunizations

970.641.0209

Family Services Building

225 N. Pine Street, Suite E

Gunnison, CO

Immunization clinics are every Tuesday in Gunnison and first Wednesday of the month in Crested Butte. Call 641-0209 for an appointment. All childhood vaccines are available for all children 0-18 years of age. Medicaid and CHP+ are accepted. Currently each vaccine is \$14. According to federal law, no person may be denied vaccine that is purchased with federal immunization grant funds for inability to pay. Adult vaccines available through Public Health are limited to Tetanus booster (Tdap) and TB skin testing and seasonal adult influenza. College students regardless of age can receive the MMR vaccine.

Jubilee House

970.641.2712 (office phone)

970.275.1193 (24 hr crisis line)--Clients in crisis-emergency line

jubilee@gunnison.com

The mission of Jubilee House is to provide confidential safety needs and direct advocacy services to individuals whose lives have been affected by domestic violence and sexual assault. The Jubilee House provides temporary safe shelter, emergency food/clothing/transportation, offers counseling, offers peer support groups, and provides advocacy services to those who fall within our mission.

Juvenile Services

Janet Reinman

200 E. Virginia

Gunnison, CO 81230

(970) 641-7902

The mission of Juvenile Services is to provide information, prevention and intervention services to youth and their families so they can become healthy, responsible and productively involved in

their communities. The Juvenile Diversion program is designed to provide services to juvenile offenders as a voluntary alternative to the Judicial Court System. These referrals are typically first time non-violent offenses that the District Attorney has determined as appropriate. Non-system referrals to the program may include; students identified as potential dropouts, truancy or runaways, or youth having problems at home. Referrals to other agencies for additional resources are common. The objective of the program is to address the needs of the total child along with the legal problem.

Multi-Cultural Resource Office

Ellen Pedersen
970-641-7999

We focus on providing an excellent resource for the Gunnison Valley where education, communication and networking can take place in order to aid in the integration of families into the community. We develop, provide and translate materials, we provide the community with culturally appropriate materials and services, and we provide statistical information for community planning. We also work with community providers to promote culturally diverse, sensitive and affordable health services.

Nurse-Family Partnership - Helping First-Time Parents Succeed

970.641.0209

Nurse-Family Partnership is a program for women who are having their first baby. If you enroll, a specially trained nurse will visit you in your home throughout pregnancy. Your nurse will visit every week or two, during pregnancy and up until your baby is two **Who can enroll in the program?** Any woman who is: Pregnant with her first child and meets income requirements.

Old Age Pension (OAP)

970.641.0209 (970) 641-3244

Family Services Building
225 N. Pine Street, Suite E
Gunnison, CO

OAP provides medical and financial assistance to individuals who have limited resources and who have reached age 60.

The Center for Restorative Practices

103C West Tomichi, Gunnison CO 81230

(970) 641-7668 garp810@gmail.com

www.gunnisonarearestorativepractices.org

"Helping People Heal."

The Center for Restorative Practices offers restorative conferencing, mediation, education, victims advocacy and counseling.

Women and Infant Children (WIC)

970.641.0209/ (970) 641-3244

Family Services Building
225 N. Pine Street, Suite E
Gunnison, CO

WIC is a nutrition program for Pregnant women, Breast-feeding women (up to one year

postpartum), Non-breastfeeding, postpartum women (up to 6months postpartum), Infants and Children until the age of 5. The WIC program provides: Nutrition education and nutritious foods to supplement a person's regular diet. Must meet certain financial requirements. For more info. Go to Colorado Department of Public Health and Environment website.

Women's Wellness Connection

970.641.0209

Family Services Building

225 N. Pine Street, Suite E

Gunnison, CO

Women who may receive free breast and cervical cancer exams. We now offer free cholesterol and glucose tests as part of your exam. All women who qualify for WWC can get 2 free screening tests per year. Some women will qualify for a free appointment with a registered dietician and free Aqua Fit classes at the Recreation Center in Gunnison! Must meet specific criteria. Visit www.gunnisoncounty.org/health_human_services_programs And scroll down to women's wellness connection.

Churches

Places of spiritual, religious guidance that will not only help ones prayer life, but also will help people find meaning and community in their life.

Bethany Baptist Church

909 North Wisconsin Street

Gunnison

641-2144

Church of the Good Samaritan

Gunnison, Colorado

641-0429

New Song Gunnison

120 East New York Avenue

Gunnison

(970) 641-5034

Oh-Be-Joyful Church

625 Maroon Avenue

Crested Butte

(970) 349-6237

River of Life Fellowship

92 County Road 17

Gunnison

(970) 641-0864

Rocky Mountain Christian Ministries

1040 Colorado 135

Gunnison

(970) 641-0158

Seventh Day Adventist Church

77 Ute Lane

Gunnison

(970) 641-3036

St. Peters Catholic Church/ St. Rose of Lima and Queen of All Saints

400 West Georgia Avenue

Gunnison, CO

(970) 641-0808

Trinity

523 North Pine Street

Gunnison

641-1813

Union Congregational Church

Crested Butte, Colorado

(970) 349-6405

EDUCATION AND SUPPORT GROUPS

Boomers and Beyond

116th Wisconsin Street Gunnison, CO 81230

(970) - 641-1940

Gunnison Spiritual SOULutions

970.641.2093

- to learn to connect to your spirit helpers!
- to radiate your brilliance into the world!
- to help create a harmonious world for all of life!

Living Journeys

970.349.2777

Crested Butte, CO 81224

www.livingjourneys.org

Living Journeys is a non-profit organization providing support and resources to Gunnison County residents living with cancer. Living Journeys offers a safe and confidential support system, counseling services, financial assistance and a local resource network of businesses organized to help individuals struggling with cancer.

Love and Logic

Laurie Boscaro (970) 901-9192

Marilyn Cheever (970) 641-7974

This class offers parenting tools to parents with children ages 10-15.

Mothers of Preschoolers (MOPS)

(970) 641-0426

Nurturing Parent Program (NPP)

Lealyn Poponi

970-642-2667

www.gunnisoncounty.org

A family strengthening parenting program for parents and their children aged 0-11. Parents and children attend together to learn the same skills. Sponsored by: Gunnison County Department of Public Health

Sensory Processing Disorder – Parent Connections Group

Staci Melby

(970) 641-9590 / (970) 209-6586

nsmelby@gunnison.com

When: 2nd Monday of each month Time: 6:00-8:00PM

Where: Community Church, 107 N Iowa, Downstairs

This is an adult group only

STEP Parenting (Systematic Training for Effective Parenting)

Rob Whiting (970) 641-8243 rob@cityofgunnison-co.gov

For parents of children 13-19 years of age.