**Food Assistance Options**

Rocky Ford

\*United Methodist Church 301 Washington St. Wed. 12pm – 2pm (719-254-3751)

\*Presbyterian Church

303 S. 9th St., Rocky Ford

Thursday 9am – 12pm (Need ID)

\*Otero County Food Give Away

Arkansas Valley Fair Grounds

4th Monday, 8am until food gone

\*Care & Share Senior Food Distribution; Otero County residents over 60; must apply ahead of time by calling 254-3831 - West side of Gobin Building, Rocky Ford 4th Monday, 8:30 until done

\*Rocky Ford Food Share

208 N Main St.; must first schedule appointment online at [www.smalltownproject.org](http://www.smalltownproject.org);

First & 3rd Friday, 1pm – 3pm

La Junta

\*Associated Charities (La Junta, Swink, Cheraw residents only) 517 Colorado Ave, La Junta

Monday – Friday 12pm – 3pm

\*Hands of God Ministry

1004 Adams Ave La Junta

Open to all, Last Saturday of month

8am – 11am until food is gone

(need Colorado ID)

Crowley County

\*Hands of God Ministry

Crowley County residents only

206 Colorado St. Sugar City

8am – 11am until food is gone (need Colorado ID)

\*River of Life

411 East 9th St., Ordway

Crowley County residents only

Last Monday of month 1pm – 2pm (need ID)

Las Animas

\*Las Animas Helping Hands

Behind Courthouse, Las Animas

Mondays

\*USDA Food Commodities Program

Drive through at garage behind Courthouse, Las Animas

2nd Monday each month

10am until done

**Need Help?**

**Tri-County Family Care Center**

**512 ½ N. Main St.**

**Rocky Ford, CO 81067**

**Offers**

**Family Support Services**



**For Help, come in or**

**Call us for an appointment at**

**719-254-7776**

**We help with**

**Medicaid, CHP+, SNAP applications**

**Budgeting (Manage your finances)**

**and**

**Resource & Referrals**

**For**

**Parenting, Housing, Daily**

**Living, Educational,**

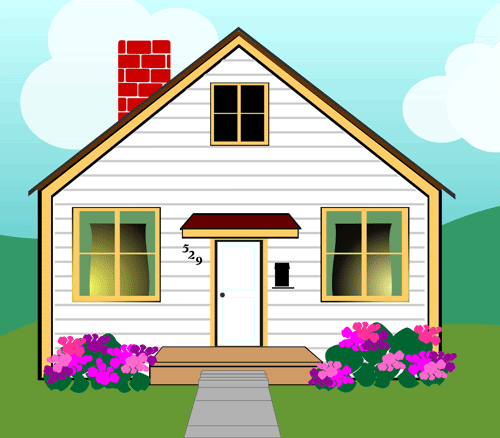
**& Family Support**

Tri-County Family Care Center (TCFCC) serves all income levels, although the focus is on vulnerable families with multiple risk factors. We assist families who may not have access to the basic necessities of life and may need access to resources and services designed to promote individual development and family growth.



TCFCC is a single point of entry to provide coordinated and integrated community-based family support services.

The majority of families seek assistance to address primary needs such as food, utility assistance, housing, transportation, family support and/or parent education.



Our Family Support Services program is designed to support families to become stronger and more stable by working with a case manager and attending activities such as parenting and budgeting classes. We link families to the resources and services needed to meet their immediate needs. Families will set goals and work to overcome barriers to achieving stability, as well as, gaining economic and educational success.

The five protective factors are part of our program: Parent Resilience, Knowledge of Parenting and Child Development, Social-emotional Competence of Children, Social Connections and Concrete Supports.



1. Your first step in seeking help is to call for an appointment. 719-254-7776.
2. Work with a case manager to determine your needs.
3. Prioritize what issues you want to work on first.
4. Set short- and long-term goals for yourself or family.
5. Stabilize your lives.
6. Praise yourself for successes!



\*Check out our web-site ([www.tricountyfamilycenter.org](http://www.tricountyfamilycenter.org)) and the Ark Valley Resource guide to find services that can help you.