

<b>National Resources for Sexual Assault Survivors</b>			
	<b>Phone #</b>	<b>Services</b>	
National Sexual Assault Hotline (RAINN)	800-656-4673	Confidential 24/7 Line	
<b>Colorado Specific Resources for Survivors of Sexual Assault</b>			
	<b>Website/Phone #</b>	<b>Services</b>	<b>Additional</b>
University of Denver: CAPE: Survivor Advocacy & Healing	<i>During Business Hours:</i> 303-871-3853 24/7 <i>Line:</i> 303-871-2205 <i>Email:</i> cape@du.edu	Advocates provide emotional support, information and options for survivors	
Sexual Assault Victim Advocate Center (SAVA) - Fort Collins	970-472-4200 <a href="https://www.savacenter.org/">https://www.savacenter.org/</a>	Drop in/In person Advocacy: Fort Collins office Mon-Fri 8:30am – 5:00pm	Medical Advocacy: Assist with navigating medical bills after taking a Sexual Assault Nurse Exam // SAVA Therapy Available

Moving to End Sexual Assault (MESA) - Boulder	(970) 436-5667 <a href="https://movingtoendsexualassault.org/">https://movingtoendsexualassault.org/</a>	Free, confidential advocacy for anyone impacted by sexual violence in Boulder County; support groups	
Children's Wellness Center of Colorado	<a href="https://cwccolorado.com/recovery-from-sexual-abuse-sexual-assault/">https://cwccolorado.com/recovery-from-sexual-abuse-sexual-assault/</a> / (720) 662-7862		Recovery from Sexual Abuse and Sexual Assault
WINGS: Denver, Virtue Groups	303-238-8660	Support, therapist lead groups, builds systems for support for adults of CSA	
Advocates Victim Assistance Team	<a href="https://safecenter.colorado.edu/involvement/victim-assistance-team-volunteers/">https://safecenter.colorado.edu/involvement/victim-assistance-team-volunteers/</a>		
Project Safeguard - Denver	<a href="https://psghelps.org/what-we-do/">https://psghelps.org/what-we-do/</a> / 720-618-3482	Legal Support, Crisis Intervention, Attorney Services	Advocacy Line Monday through Thursday 8am-5pm
SARA House - Multiple Counties	<a href="https://www.sarahouseco.org/auto-draft-2/">https://www.sarahouseco.org/auto-draft-2/</a> / 970-867-2121	Sexual Assault and Domestic Violence Services, Child, Forensic Interview Advocacy	
The Phoenix Center	303-556-CALL (2255)	Safeline SA advocacy	

Juniper Southern Colorado - Pueblo	<a href="https://junipersoco.org/work/">https://junipersoco.org/work/</a> / 719-549-0549	Case Management, Victims Compensation, Hotline Support, Court Accompaniment	
<b>Sexual Assault CO Shelters</b>			
	<b>Website/Phone #</b>	<b>Location</b>	<b>Services</b>
A Woman's Place	<a href="https://www.awpdv.org/">https://www.awpdv.org/</a> / 970-356-4226	Greeley, Weld, CO	
Advocate Safehouse Project	970-945-4439	Glenwood Springs, Garfield, CO	
Advocates Against Domestic Assault	<a href="https://aadatrinidad.org/">https://aadatrinidad.org/</a> / 719-846-6665	Shelter Location: Trinidad, CO	Transitional Housing, Emergency shelter, Legal Advocacy
PeaceWorks, Inc.	<a href="https://peaceworksinc.co/home-page/">https://peaceworksinc.co/home-page/</a> / 303-838-8181	Bailey, Park, CO	
The Crisis Center	303-688-8484	Castle Rock, Douglas, CO	
Bright Future Foundation	970-949-7086	Avon, Eagle, CO	Emergency Shelter, Transitional Housing, Community Education
Latina Safehouse	303-433-4470	Denver, CO	

Open Heart Advocates	970-824-2400	Craig, CO	Emergency Shelter, Legal Support, Medical and Behavioral Health Support
Mariposa Center for Safety	<a href="https://mariposacenterforsafety.org/">https://mariposacenterforsafety.org/</a> / 719-545-8195	Pueblo, CO	24/7 Hotline, Emergency Shelter, Community Education
Help for Abused Partners	970-522-2307	Sterling, CO	24/7 Hotline, Emergency Shelter, Transitional Housing, Counseling Services
Arkansas Valley Resource Center	<a href="https://arkansasvalleyresourcecenter.org/about-avrc/">https://arkansasvalleyresourcecenter.org/about-avrc/</a> / 719-384-7764	La Junta, Otero County, CO	Counseling and Shelter resource
Hilltop Latimer House	<a href="https://www.hilltoplatimerhouse.org/">https://www.hilltoplatimerhouse.org/</a> / 877-543-9520	Grand Junction, CO	24/7 Hotline, Emergency Shelter, Community Case Management and Housing Assistance
San Miguel Resource Center	<a href="https://smrcco.org/our-services/">https://smrcco.org/our-services/</a> / 970-728-5660	Telluride, CO	24/7 Safeline, Shelter and Emergency Financial Assistance, Counseling services
Roots of Courage (FKA Family Tree)	303-420-6752	Arvada, CO	

Tessa	719-633-3819	Colorado Spings, CO	
Safe Shelter of St. Vrain Valley	303-772-4422	Longmont, CO	
Alternatives to Violence	970-669-5150	Larimer, CO	
The Lodge (Mother's House)	720-579-1637	Boulder, CO	
Safehouse Denver	303-318-9989	Denver, CO	
<b>Park &amp; Denver County Mental Health Counselors Specialized in Sexual Assault</b>			
	<b>Website/Phone #</b>	<b>Services</b>	<b>Insurance?</b>
The Center for Trauma and Resilience (Denver)	www.traumaresilience.com	Individual and Group therapy, Community based trauma healing services for SA survivors	
Katharine Braun - Denver Online ONLY	(909) 724-4735	LMFT specialized in sexual assault trauma	
Christina M. Valastro (Denver and Remote)	970-355-3134	Rape recovery, Sexual assault trauma	
Erika Baum LPCC, EMDR (Denver and Remote)	Search Name on: <a href="https://meetmonarch.com/therapists/sexual-abuse-medic-aid/colorado">https://meetmonarch.com/therapists/sexual-abuse-medic-aid/colorado</a>		Medicaid, Cigna, and others
Conifer Counseling and Therapy Services - Park, CO	<a href="https://www.conifercounseling.com/our-counselors/">https://www.conifercounseling.com/our-counselors/</a> / 720-722-0122	Sexual Assault-Trauma Therapists Available	Medicaid and others

Change Inc - Lakewood, CO	<a href="https://www.chang&lt;br/&gt;eincservices.com/tr&lt;br/&gt;auma-therapy-lake&lt;br/&gt;wood / (303)&lt;br/&gt;209-1064">https://www.chang eincservices.com/tr auma-therapy-lake wood / (303) 209-1064</a>	Trauma recovery therapists for all ages	Discussed individually
Kate Reutzel - Denver, CO	(720) 964-2481 / <a href="https://www.solstic&lt;br/&gt;ecounseling.net/">https://www.solstic ecounseling.net/</a>	LPC with trauma, PTSD, sexual assault expertise	Sliding scale
Connections Counseling - Wheatridge, CO	<a href="https://www.connec&lt;br/&gt;tionscounseling.net&lt;br/&gt;/low-cost-option /&lt;br/&gt;720-328-0569">https://www.connec tionscounseling.net /low-cost-option / 720-328-0569</a>	Sexual assault recovery counseling	Multiple insurances and sliding scale
<b>Free SA Support Meet Ups</b>			
	<b>Link</b>		
VIRTUAL: Domestic and Sexual Violence Support Group - Narcissistic Abuse Meeting w/Beth	<a href="#">Click Here</a> to Register	Virtual events every Friday @3PM MST	
Support group for female Sexual Abuse Survivors Hosted By &Rise: Women's support groups & empowerment events	<a href="#">Click Here</a> to Register	Virtual events every Friday @6PM MST	
Intimacy After Abuse: Dating and Love Advice Post Trauma with Wajeaha	<a href="#">Click Here</a> to Register	Virtual events every Tuesday @12PM MST	
PeaceWorks Community Wellness	<a href="https://peaceworks&lt;br/&gt;nc.co/communityw&lt;br/&gt;ellness/">https://peaceworks nc.co/communityw ellness/</a>	Every Wednesday remote and in-person option	

1in6: Weekly Online Support Groups for Men who have experienced SA	<a href="https://1in6.org/weekly-online-support-groups/">https://1in6.org/weekly-online-support-groups/</a>	Monday through Friday	
<b>Stalking and Harrassment Resources</b>			
	<b>Link</b>		
Coerive Control	<a href="http://coercivecontrol.org/">http://coercivecontrol.org/</a>		
Safety Planning - Stalking and Harrassment	<a href="https://www.stalkingawareness.org/wp-content/uploads/2022/05/Safety-Strategies.pdf">https://www.stalkingawareness.org/wp-content/uploads/2022/05/Safety-Strategies.pdf</a>		
<b>Sexual Assault Video Resources</b>			
	<b>Link</b>		
Safety Planning and Sexual Violence webinar	<a href="https://www.youtube.com/watch?v=MHm295zcDxg">https://www.youtube.com/watch?v=MHm295zcDxg</a>		
Healing vs. Retaliation Ted Talk	<a href="https://www.youtube.com/watch?v=Gpt7b_KffZU">https://www.youtube.com/watch?v=Gpt7b_KffZU</a>		
<b>Leah Green Video Resources</b>			
	<b>Link</b>		

Serving Sexual Violence Survivors with Disabilities	<a href="https://www.youtube.com/watch?v=j36QUPYhwBQ">https://www.youtube.com/watch?v=j36QUPYhwBQ</a>		
Surviving and Thriving- Supporting Teen Survivors of Sexual Abuse	<a href="https://www.youtube.com/watch?v=1fqxvfYbPxE&amp;feature=youtu.be">https://www.youtube.com/watch?v=1fqxvfYbPxE&amp;feature=youtu.be</a>		
Advocating for Victims of Stalking	<a href="https://www.youtube.com/watch?v=WxyF-4nGAsM">https://www.youtube.com/watch?v=WxyF-4nGAsM</a>		
Partners in Healing- Supporting Friends and Family	<a href="https://www.youtube.com/watch?v=LZekFDwmYO4&amp;feature=youtu.be">https://www.youtube.com/watch?v=LZekFDwmYO4&amp;feature=youtu.be</a>		
<b>Assessments for Risk</b>			
	<b>Link</b>		
Stalking and Harassment Assessment and Risk Profile (SHARP)	<a href="https://ukcdar.uky.edu/ls/index.php/727369?lang=en">https://ukcdar.uky.edu/ls/index.php/727369?lang=en</a>		
<b>Articles/Podcasts/Meditations</b>			
	<b>Link</b>		
RAINN: Staying Safe on Campus	<a href="https://rainn.org/articles/staying-safe-campus">https://rainn.org/articles/staying-safe-campus</a>		
NSVRC: Resource on the Go Podcast	<a href="https://www.nsvrc.org/podcasts">https://www.nsvrc.org/podcasts</a>		

HelpGuide: Trauma informed, emotional wellness guided meditation	<a href="https://www.helpguide.org/mental-health/meditation/gratitude-in-difficult-times-meditation/">https://www.helpguide.org/mental-health/meditation/gratitude-in-difficult-times-meditation/</a> <a href="https://www.helpguide.org/mental-health/meditation/eye-of-the-storm-meditation/">https://www.helpguide.org/mental-health/meditation/eye-of-the-storm-meditation/</a>		
HelpGuide: Recovering from Rape and Sexual Trauma	<a href="https://www.helpguide.org/mental-health/ptsd-trauma/recovering-from-rape-and-sexual-trauma/">https://www.helpguide.org/mental-health/ptsd-trauma/recovering-from-rape-and-sexual-trauma/</a>		
<b>Human Trafficking Survivor Resources</b>			
	<b>Link</b>	<b>Phone #</b>	<b>Services</b>
Covered Colorado	<a href="https://coveredcolorado.org/">https://coveredcolorado.org/</a>	720-674-3633	Residential Program that addresses stabilization, transitional housing, education, and future independent life (+18)
1. Covered Colorado Online Webpage safety training 2. Keeping Kids Safe Video Training	1. <a href="https://coveredcolorado.org/online-safety">https://coveredcolorado.org/online-safety</a> 2. <a href="https://coveredcolorado.org/keeping-kids-safe-online-classes">https://coveredcolorado.org/keeping-kids-safe-online-classes</a>		

Refined - Denver	<a href="https://re-fined.org/">https://re-fined.org/</a>		Court support and continuing care community
Safe Places for Women	<a href="https://safeplacesforwomen.org">safeplacesforwomen.org</a>	859-803-7199	Safe Housing
<b>Medical Care for SA Victims</b>			
	<b>Address</b>	<b>Phone #</b>	<b>Services</b>
Denver Health (24/7 Call Operation)	777 Bannock Street Denver, CO 80204	303-602-8100	SANE examinations are free of charge
Porter Adventist Hospital (24/7 Call Operation)	2525 S. Downing Street Denver, CO 80210	303-778-1955	SANE examinations are free of charge
CommonSpirit Emergency & Urgent Care Lakewood (24/7 Call Operation)	3280 S Wadsworth Blvd Lakewood, CO 80227	303-649-3620	SANE examinations are free of charge
<b>How to Support a Survivor of SA</b>			
	<b>Website</b>	<b>Information</b>	

SAVA: Foundations of Support Workshops	<a href="https://www.savacenter.org/advocacy-services-secondary-survivors">https://www.savacenter.org/advocacy-services-secondary-survivors</a>	Sign up for Saturday Workshops // Website link on more information for secondary survivors	
Wings Foundation	<a href="https://www.wingsfoundation.org/loved-ones/">https://www.wingsfoundation.org/loved-ones/</a>		
<b>Sober Living</b>			
	<b>Website/Phone #</b>	<b>Information</b>	
Zen Mountain House - Denver	<a href="https://www.zenmountainhouse.com/?utm_campaign=SEO&amp;utm_medium=GBP&amp;utm_source=website-clicks">https://www.zenmountainhouse.com/?utm_campaign=SEO&amp;utm_medium=GBP&amp;utm_source=website-clicks</a>	Sober Living Homes for women in the Denver Area	
HazelBrook Sober living & Recovery	<a href="https://hazelbrooksoberliving.com/homes-and-locations/">https://hazelbrooksoberliving.com/homes-and-locations/</a> / 303-800-7009	Sober Living for Men and Women, Transitional Housing Opportunities	
Mile High Sober Living Colorado	720-896-2929	Men and Women Denver recovery Residencies	