

DON'T MISS OUT ON GREAT RESOURCES FOR YOUR FAMILY

If you are enrolled in any of the programs below, you may qualify for additional programs. If you or anyone you know could benefit from any of these programs, reach out to see if you qualify.

Child Care Assistance Program (CCAP)

(970) 248-2735, [COLORADO.GOV](https://www.colorado.gov)

- Families pay a monthly co-pay based on income (parental fee)
- Income eligibility required, child must be a citizen, children 6 weeks to 13 years
- Parent must: be employed/ self-employed, high school or GED study, 104 weeks post-secondary education up to first bachelor's degree, 12 months of job training

Supplemental Nutrition Assistance Program (SNAP)

(970) 243-0190, [COLORADO.GOV](https://www.colorado.gov)

- Assists in food security
- Available for all ages
- Must meet 200% of the Federal Poverty Limit
- Anyone can apply for benefits and make changes over the phone, no appointment necessary

Women, Infants, Children (WIC)

(970) 248-6914, [HEALTH.MESACOUNTY.US](https://www.health.mesacounty.us)

- Provides healthy foods, personal advice and support on nutrition and child health, connections to local health and community programs, and one-on-one help and support for breastfeeding moms
- Must meet income eligibility guidelines
- Birth to 5 years of age

Nurse-Family Partnership (NFP)

CALL OR TEXT (970) 260-2356, [HEALTH.MESACOUNTY.US](https://www.health.mesacounty.us)

- Free personal nurse
- Support, advice, and information for new moms
- Must be pregnant with your first child

Safe Care

(970) 773-2241, [SAFECAREMC.ORG](https://www.safecaremc.org)

- In-home parent education program, focused on home safety and child health
- Birth to 5 years of age
- No income guidelines, available to all families

B4 Babies

CALL (970)244-0841 OR TEXT (970)281-7993, [HILLTOPSB4BABIES.ORG](https://www.hilltopsb4babies.org)

- Working with moms to access health coverage for prenatal and delivery care

Circle of Parents

(970) 209-6796, [CIRCLEOFPARENTS.ORG](https://www.circleofparents.org)

- A support group specifically designed for parents in recovery

Parents as Teachers

(970) 244-0460, [PARENTSASTEACHERS.ORG](https://www.parentsasteachers.org)

- Working with parents to create a plan that helps children learn, grow, and develop to their full potential



**MESA COUNTY
PUBLIC HEALTH**