

Housing Catalyst Community Resource Guide 2026

This guide provides a selection of resources for food access, nutrition and cooking, kids and adults mental health, emergency rental assistance, and links to other resource hubs.

FOOD ACCESS

Food Finder Map

foodbanklarimer.org/food-finder-map

- Online map to find food banks near you.
- This resource is set up by the Larimer County Food Bank, but it includes other resources also.

To access Larimer County Food Bank services, you will need a photo ID and something to verify your address, such as an account statement or bill, an auto insurance card, or mail addressed to you from a company as long as it has a postmarked date.

Vindeket Foods

www.vindeketfoods.org

- Food rescue organization with food from local supermarkets.
- All are welcome, and all items are free. You may choose to give a donation of any amount.
- Visit Vindeket Foods at 400 Delozier Drive, Fort Collins, CO 80524.
- Market hours are Sundays 12pm-3pm, Tuesdays 2pm-7pm, and Thursdays 9am-1pm.

Everyday Eats

cdhs.colorado.gov/CSFP

- Additional food support for people 60 years or older who are low-income.
- Participants can pick up a monthly package of cereal, canned goods and dairy with plenty of low-sodium, diabetic-friendly options to make nutritious, complete meals.
- You can find the application online at the link above, or at the Larimer County Food Bank.



COOKING AND NUTRITION RESOURCES

FoodSmart Colorado

foodsmartcolorado.colostate.edu/nutrition-and-health/healthy-eating/tools-for-healthy-eating

- Nutrition, food safety, and health resources from CSU Extension, offering short articles, videos, and recipes.
- Available to anyone online for free.

To get started, check out the video: [How to Shop on a Budget](#)

Nutrition Matters Classes – Larimer County Food Bank

foodbanklarimer.org/nutrition-matters

- Program that helps participants develop skills when shopping for and cooking healthy foods on a budget.

To access Larimer County Food Bank services, you will need a photo ID and something to verify your address, such as an account statement or bill, an auto insurance card, or mail addressed to you from a company as long as it has a postmarked date.

Kendall Reagan Nutrition Center

www.chhs.colostate.edu/krnc/programs-and-services

- Cooking classes, group nutrition programs, and recipe videos.
- Videos are free online; the cost of classes and programs vary.

Their next nutrition workshop will be in Spring 2026 and will focus on heart health. Participants must be at least 18 years old, and the cost to participate is \$30. www.chhs.colostate.edu/krnc/programs-and-services/nutrition-workshops



FINANCIAL EDUCATION RESOURCES

Neighbor to Neighbor Financial Services

www.n2n.org/financial-resources

- Personalized financial coaching sessions as well as online tools for budgeting, banking, understanding credit, and understanding loans and debt.
- Available to Larimer County residents.
- Coaching and online tools are free.

To learn more about coaching or to schedule an appointment, email myfincoach@n2n.org

Zogo App – Colorado Housing and Finance Authority

www.chfainfo.com/homeownership/zogo-financial-education

- Free financial education app.
- Go through easy lessons about saving money, opening a bank account, applying for credit, and more.
- Earn rewards to places like Starbucks and Best Buy when you use the app.
- Use the code CHFACOMM to unlock free access to the app.
- You can also access the web version at this link <https://chfa.zogo.com/skill-select>

Economic and Workforce Development

www.larimer.gov/ewd/job-seeker-services

- Offer a variety of services for job seekers, including job listings, virtual hiring events, and resume review.
- You can get one-on-one support from a Career Consultant by calling (970) 498-6600 or emailing lcewd-workforceconnections@larimer.org



MENTAL HEALTH RESOURCES

Please call or text 988 in the event of an emergency or crisis related to an emotional, mental health, or substance use concerns. Available 24/7.

KIDS AND FAMILIES

Health District – Child, Adolescent, and Young Adult Connections (CAYAC)

www.healthdistrict.org/cayac

- Support for answering questions, providing assessment, making referrals to other providers, and short-term therapy and medication management.
- Open to all youth ages 0-18 years of age and their families, as long as they live in the Health District's service area in Larimer County.
- Some services are free, and some are available on a sliding-scale basis. Other assistance may be available for those who qualify.

Make an appointment or get more information by calling 970-221-3308.

I Matter

imattercolorado.org

- Free youth therapy sessions (up to 6 sessions)
- All youth aged 18 and younger are eligible, as well as all young people aged 21 and younger who receive special education services.
- No insurance, credit card, or legal status information is required.
- Sessions are available in person or virtual by computer.
- To get started, fill out the online form as a parent or the child seeking services

LIV Health

colorado.livhealth.org

Walk in and receive same-day counseling, crisis intervention, and psychiatric medication management in our mental health urgent care. Or schedule an appointment with our outpatient mental health care team.

- For individuals and families, starting at 5 years old.
- Accepts majority insurance including Medicaid and Medicare and offers a sliding scale for payment.



- Call 970-888-4070 or make an appointment on their website.
- Hours: Monday – Saturday, 9am – 7pm

Teen Activity Center

<https://tac212.com/about>

- Inclusive and fun supervised space that is drug, weapon, and alcohol-free.
- Offers scheduled programming, drop-in activities, and mental health resources.
- Open to all 11-18-year-olds in Northern Colorado.
- Stop by or make an appointment by calling 970-495-0084.
- Open Tuesdays, Wednesdays, and Thursdays from 4pm-8pm and Saturdays from 12:30pm-6:30pm.

ADULTS

Health District – Connections

www.healthdistrict.org/services/connections-adult-services

- Support for answering questions, providing assessment, making referrals to other providers, and short-term therapy and medication management.
- Some services are free, and some are available on a sliding-scale basis. Other assistance may be available for those who qualify.
- Make an appointment or get more information by calling 970-221-5551.

Salud Family Health

www.saludclinic.org

- Provider for medical, dental, pharmacy and behavioral health care services.
- Salud focuses on low-income, medically underserved populations.
- They accept Medicaid, Medicare, CHP+, and most private insurance plans and offer a sliding fee scale based on family size and income.
- Insurance enrollment assistance is available.
- Call 303-697-2583 (option 3) to make an appointment.

Center for Family and Couple Therapy

www.chhs.colostate.edu/cfct

- Provides therapy services to the Northern Colorado community for families, couples, and individuals across the lifespan.



- Evening sessions, daytime sessions (when available), and telehealth sessions (when appropriate) are offered.
- They offer affordable care on a sliding fee based on income and family size, ranging from \$25-\$85 and are an approved Medicaid provider.

[Make an appointment online](#) or call (970) 491-5991

EMERGENCY RENTAL ASSISTANCE

Colorado Emergency Rental Assistance

doh.colorado.gov/emergency-rental-assistance

Emergency rental assistance funding for Coloradans who have fallen behind on their rent, meet income limits and other qualifying factors, and are at risk of eviction or displacement.

Monthly random selection process.

To be considered, submit a pre-application form online. Then there will be a random selection, and selected applicants will be invited to apply within 7 days.

This program can provide support for up to 7 months of rent or \$10,000, whichever is the lesser amount, though this is not guaranteed. Awards will be limited to the amount a household needs to be stabilized and is not intended to provide ongoing rental support.

Households are not eligible if they have received this assistance in the prior 24 months.

Neighbor to Neighbor Rent Assistance

www.n2n.org/rent-assistance

- Emergency assistance to individuals and families facing an unexpected financial challenge.
- The program may potentially assist with up to one month of past due rent. It is not available for future rent payments.
- The application opens online the 2nd of every month and is open for 24 hours.
- Pre-applications go through a random selection process.

ADDITIONAL RESOURCES

Get Foco

getfoco.fcgov.com

An all-in-one application portal to the discounted services and municipal benefits offered by the City of Fort Collins, for income eligible residents.



Find Help

https://www.findhelp.org/search_results/80521

Find resources for financial assistance, food, medical care, and other fee-reduced or free services.

211 Colorado

www.211colorado.org

- A confidential and multilingual service connecting people to vital resources across the state

