

RMHS

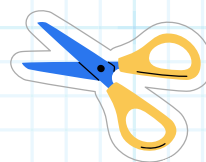
2026-27 Successful School Year Resource Guide



With the school year right around the corner, Rocky Mountain Human Services (RMHS) is here to support your family with resources designed to help students succeed both in and out of the classroom.

Whether you're preparing for the first day of school or looking for support throughout the year, this guide includes resources to help. You'll find information on food assistance, after-school activities, advocacy support, and services for students with disabilities and their families. While many of the resources are based in Denver and Adams Counties, some are available to families across Colorado.

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Food Resources

Denver



Tasty Food

Hosted by the City of Denver

-  Year-round
-  Various locations throughout Denver (listed on website)
-  [Click here to visit website](#)

 [Tasty Food](#) provides free meals and snacks to Denver youth ages 3–18 at locations throughout the city. No ID or registration is required. Meal types, schedules and dates vary by location, so families should visit the website for current site information.

Adams County

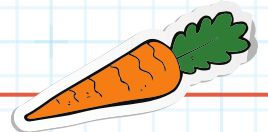
Growing Home Food Pantry

Hosted by Growing Home

-  Every T/W/F 10 a.m.–12 p.m.
-  Growing Home– Westminster
-  [Click here to visit website](#)

 [Growing Home](#) offers a free food pantry with fresh produce, bread and other grocery items while supplies last. Households may visit up to twice a month. Visitors are encouraged to bring an ID, if available, and their own shopping bags.

Throughout Colorado / Front Range



The Market at IFCS

Hosted by Integrated Family Community Services

-  3370 S. Irving St., Englewood, CO
-  [Click here to visit website](#)

 [IFCS](#) supports families throughout the south Denver metro area with a free food market and additional assistance programs. Families can choose no-cost groceries that best fit their household, with no photo ID or proof of income required. Check the website for specific weekdays and times that the market is open.

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After-School Enrichment and Tutoring

Denver

Denver Afterschool Alliance's Youth Program Locator

Hosted by the City of Denver

 [Click here to visit website](#)

 The [Denver Afterschool Alliance's Youth Program Locator](#) helps families find after-school programs and resources that keep youth engaged, learning, and connected outside of the classroom. The locator allows families to search for programs and support services based on location, age, interests, schedule, and more. Many available programs are free or low-cost.



Spreading Our Love Mentorship & Leadership Program

Hosted by Struggle of Love Foundation

 [Click here to visit website](#)

 This year-round [mentorship program](#) helps youth build leadership skills, confidence, and independence through one-on-one mentoring, workshops, and community involvement. Participants gain valuable tools for personal and academic success while developing into leaders in their schools and communities.

Throughout Colorado / Front Range

Before- and After-School Programs Across School Districts

Hosted by the YMCA

 [Click here to visit website](#)

 The [YMCA](#) offers affordable before- and after-school care, as well as full-day care on school holidays and teacher workdays, at locations across the Front Range. Visit their website to explore the options available for your family.

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IEP and Special Education Resources

Virtual

Accommodation Cheat Sheet for Special Education — IEP, 504 & RTI/MTSS

Hosted by IEPfocus

 [Click here to visit website](#)

 [IEPfocus](#) provides a comprehensive special education accommodation checklist featuring 130+ accommodations that can be used during IEP meetings or 504 Plan reviews.

Inclusion, IEP, and 504 Information Page

Hosted by Ability Connection Colorado

 [Click here to visit website](#)

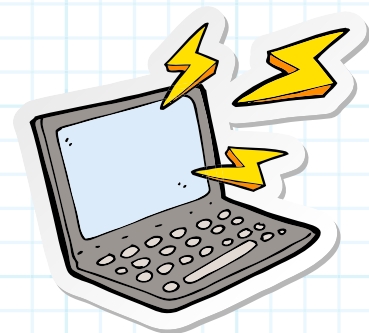
 [Ability Connection Colorado](#) has created a comprehensive webpage featuring helpful resources on IEPs, 504 Plans, and other inclusive school services and supports for students with disabilities.

Colorado Virtual Library Special Education Resources

Hosted by Colorado Virtual Library

 [Click here to visit website](#)

 [Colorado Virtual Library](#) provides access to a variety of special education resources and information. Parents, family members, and friends of individuals with disabilities can utilize these resources to learn more about a variety of topics.





Advocacy & Support for Families with Students with Disabilities

Denver

Advocacy Denver

Hosted by Advocacy Denver

 [Click here to visit website](#)

 [Advocacy Denver](#) is a nonprofit civil rights advocacy organization that supports children and teens with disabilities, adults with intellectual and developmental disabilities, and their families. The organization works to promote inclusion, protect rights, and connect individuals and families with resources and support.

Adams County

The Arc – Child and Family Advocacy

Hosted by The Arc of Adams County

 [Click here to visit website](#)

 [The Arc of Adams County](#) provides free advocacy, information, and resources for individuals with intellectual and developmental disabilities and their families. Services include guidance on IEPs and 504 Plans, support in understanding special education system in Colorado, educational trainings, and connections to community resources and supports.





Advocacy & Support for Families with Students with Disabilities

Throughout Colorado / Front Range

Family Voices Colorado

Hosted by Family Voices Colorado

 [Click here to visit website](#)

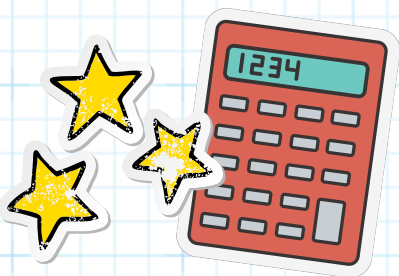
 [Family Voices Colorado](#) provides free support, education, and resource navigation for families of children and youth with special health care needs and disabilities. The organization helps families navigate healthcare, disability services, school-based services, and other community systems. Families can also receive information, connect with resources, and learn about services and supports available to meet their child's individual needs.

Show & Tell

Hosted by Show & Tell

 [Click here to visit website](#)

 [Show & Tell](#) is a Community Parent Resource Center that provides support to families of children with disabilities. The organization offers disability-related training, information about rights under the Individuals with Disabilities Education Act (IDEA) and other relevant laws, and resources to help families navigate the special education system. The organization serves families across the Denver metro area.



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RMHS School and Community Liaisons

Denver

RMHS School & Community Liaisons (SCLs) support Denver Public Schools students with intellectual and developmental disabilities (I/DD) and their families by providing information and helping them connect to RMHS services. They guide families through the RMHS application process, help bridge service gaps, and offer direct access to the Denver Mill Levy Program at RMHS.

SCL Supports by Student Age



Ages 3-4



- Connect families with RMHS and the Mill Levy Program
- Support requests that help bridge service gaps
- Support families with application process for I/DD determination
- Assist with accessing additional community resources



Ages 5-17



- Connect families with RMHS and the Mill Levy Program
- Support with school transitions between grades and schools
- Provide guidance through the I/DD eligibility and determination process
- Connect families to supports in Denver Public Schools
- Offer consulting on appropriate Long-Term Services and Supports

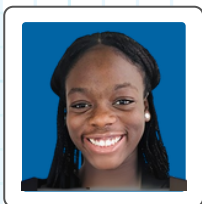


Ages 18 and Older



- Guide individuals and families through the transition to adulthood
- Support graduating students in connecting to services
- Share community resources for adult transition needs
- Support in connecting individuals with their RMHS case manager

Meet the RMHS School and Community Liaisons



Rae Scott
rscott@rmhumanservices.org



Julianne Suby
jsuby@rmhumanservices.org



Explore RMHS
Learning & School
Support Resources