

Manitou Springs  
is up to a lot of good.  
*But we don't always  
know about it.*

**DOWNLOAD THE  
COMMUNITY GUIDE (PDF)**  
Free. Easy to print. Share often.

**KNOW OF A RESOURCE  
WE SHOULD INCLUDE?**  
Submit it here:



*Connecting neighbors to  
the good already here.*

LAST UPDATED: FALL 2026

## WHAT'S HERE FOR YOU

*A quick look to help you find what you need.*



### FOOD & BASIC NEEDS

Food pantries, community meals, and help when you need a hand.

#### Examples:

- STACC Food Pantry (Wed 1:00–2:00 pm)
- Community meals
- Free groceries



### HEALTH & WELLNESS

Medical care, mental health support, wellness programs, and recovery.

#### Examples:

- Counseling & appointments
- Wellness classes
- Recovery groups



### LEARNING & CREATIVITY

Library resources, classes, makerspaces, art, and hands-on learning for all ages.

#### Examples:

- Library programs (all ages)
- Art classes & exhibits
- Makerspaces & creative studios



### FAMILIES & YOUTH

After-school programs, youth activities, family support, and parenting resources.

#### Examples:

- After-school wellness (school days)
- Youth programs & events
- Family fitness & activities



### COMMUNITY CONNECTIONS

Groups, volunteer opportunities, places to gather, and ways to get involved.

#### Examples:

- Community groups & meetings
- Volunteer opportunities
- Faith & neighborhood gatherings



### CRISIS SUPPORT

Help for urgent needs and difficult times. You are not alone.

#### Examples:

- 24/7 help lines
- Shelters & safe places
- Mental health crisis support



### GETTING AROUND MANITOU FOR FREE!

#### MANITOU FREE SHUTTLE

Ride the free shuttle around town and to nearby parking areas.

Hours: Daily, 8:00 am – 10:00 pm

Map & route:



### ABOUT TIMES & OFFERINGS

Times and offerings can change. Check partner websites (see back) for the latest information.



#### KEY TO PARTNERS (see back)

- STACC
- Partners for Healthy Choices (PHC)
- Manitou Springs Library (PPLD)
- Manitou Art Center (MAC)
- City of Manitou Springs



**PRINT IT. SHARE IT. KEEP IT HANDY.**

Designed to live on your fridge, in your car, or in your backpack.



## OUR COMMUNITY. OUR RESOURCES.

Local partners working together for Manitou Springs.



### STACC (St. Andrew's Community Center)

Food pantry, community meals, free clinic, counseling, recovery groups, and more.

When: Food Pantry – Wednesdays, 1:00–2:00 pm



### Partners for Healthy Choices (PHC)

Supporting students and families with food, clothing, wellness programs, fitness classes, and school health initiatives.

When: By appointment & scheduled programs



### Manitou Springs Library (PPLD)

Books, digital resources, computers, printing, programs for all ages, meeting rooms, and Culture Passes.

When: Daily (hours vary)



### Manitou Art Center (MAC)

Art classes, exhibits, makerspaces, studios, community events, coworking space, and refill station.

When: Classes & events throughout the week



### City of Manitou Springs – Community

Parks, trails, free shuttle, projects & initiatives, recycling, permits, and city information.

When: City services – M–F, 8:00 am–5:00 pm



### Know of a resource we should include?

Submit it here:

### EXPLORE MANITOU SPRINGS

Visitors & Community Info



Things to Do



Events



Parks & Trails



Dining & Shopping



Lodging



Manitou Springs, Colorado

A caring community.

Many hands. One heart.

