

WHO WE ARE

Overview

The Center for African American Health offers African American and Black Metro Denver communities culturally responsive resources that support them in overcoming the root causes of health problems so they can maximize their individual and family health.

As a **Family Resource Center**, CAA Health helps individuals and families overcome social, economic, and educational challenges and helps parents gain access to the skills, resources, and knowledge they need to provide a solid foundation for their children and families to thrive.

Mission

The Center for African American Health is committed to improving the health and well-being of the African American community by offering community-based, evidenced-based, disease prevention and disease management programs, events, and services.

Vision

An African American community healthy in mind, body, and spirit; filled with individuals taking responsibility for their own health and contributing to the enrichment of the community.

Values

The rich legacy of the Black church in the African American experience inspires our work. We believe that the church continues to be the heartbeat within the African American community for citizen engagement, leadership development, and enabling self-sufficiency.

FOR MORE INFO

caahealth.org / [f](#) [t](#) [i](#)

(303) 355-3423 / info@caahealth.org



PROUD MEMBER OF
Family Resource
Center Association



COVID-19 COMMUNITY RESOURCES

Free COVID-19 Testing

In partnership with COVIDCheck Colorado, we are offering drive thru testing at CAA Health. Prior to arriving for testing, individuals will need to register online through the following link: https://covidcheckcolorado.org/?gclid=EAlalQobChMIur3Ygqyc7glVEfDACH3yNAtuEAAYASAAEgLoxPD_BwE .

Phone number: (720)-419-1087

Drive Thru Testing Dates:

Friday, Jan. 29	7:00 – 9:30 a.m.
Friday, Feb. 5	7:00 – 9:30 a.m.
Friday, Feb. 19	7:00 – 9:30 a.m.
Friday, Mar. 5	7:00 – 9:30 a.m.
Friday, Mar. 19	7:00 – 9:30 a.m.



Programs

Aging Mastery: The National Council on Aging's Aging Mastery Program helps older adults build their own playbook for aging well through fun, innovative, educational sessions. Topics include exercise, financial fitness, healthy relationships, medication management, and community engagement. This class is for those who are 50+. It is a rolling class with open enrollment. It meets Thursdays 12:00-1:30pm.

BeHeard Mile High: BeHeard Mile High works to amplify our community's voice through easy-to-take surveys and quarterly focus groups so we can inform the health and social policies and issues affecting our neighborhoods. For more information, visit <https://beheard.org/>.

Check. Change. Control: Blood pressure education and monitoring program in partnership with the American Heart Association. This course meets for 8-weeks and is designed to have 4-Zoom sessions and 4-One on One check-in session with the facilitator. Each participant will receive a Blood Pressure cuff to assist with twice daily blood pressure readings. Registration is open from January 25, 2021-February 16, 2021. The class will begin on Monday, February 22, 2021 5:00-6:30pm.

Diabetes Self-Management Education: An eight-week course offered in partnership with Tri-County Health Department to help community members with diabetes to effectively manage their chronic disease and maximize their health.

Faith and Health Initiative: Through the Faith and Health Initiative, The Center for African American Health serves as a partner assisting and empowering faith communities to promote wellness and illness prevention services to their church members and surrounding communities. There will be a virtual quarterly meeting on February 3, 2021. We have continued virtual meetings set quarterly by the Faith and Health Liaisons.

Workforce Readiness Program: Supported by a grant from Denver Economic Development and Opportunity (DED0), our Workforce Readiness Program provides teens and adults with the support they need to find their next job. Participants are trained in how to search, apply, and interview for jobs and provided with referrals to job opportunities in the community.

Crisis Resource Navigation: Our Crisis Resource Navigation program is designed to support individuals through mental health challenges by connecting individuals with helpful resources, providing emotional support, and developing coping strategies. CAA Health's Crisis Resource Navigation is part of the Colorado Spirit Crisis Counseling Program.

Emergency Assistance Program: The Center for African American Health (CAA Health) is working to ensure that our community members who are most in need, receive immediate assistance to help minimize the impact of the COVID-19 public health crisis. CAA Health has implemented a financial assistance process to support eligible individuals during the COVID-19 public health crisis until funding is no longer available. To receive more information please contact Teasia@caahealth.org. This program will only be offered as funds are available.

Utility Bill Assistance Program: In partnership with Energy Outreach Colorado, we provide utility bill payment assistance to households in the Metro Denver Area who are behind on their energy bills and are at risk of not having home energy. Payments are made directly to a local utility or fuel company. This program will only be offered as funds are available. To receive more information please contact Charles@caahealth.org. This program will only be offered as funds are available.

Learning to Live Well: Learning to Live Well emphasizes key aspects of health insurance coverage and how each can be used to enhance your health and well-being.

Journey to Wellness: A lifestyle change program provided in partnership with Tri-County Health Department, which gives you the tools you need to reduce risk of future health problems such as diabetes and heart disease. Topics include weight loss, eating healthy, becoming more physically active, managing stress, and barriers and motivators for change.

Mental Health First Aid: Mental Health First Aid offers 8-hour trainings to help participants identify, understand, and respond to signs of mental illnesses and substance use disorder and utilize skills to provide initial support.

Strengthening Families: Strengthening Families Program (SFP) is an evidence based, nationally and internationally recognized family skills training program for families with children birth to five years of age which strengthens parenting skills and enhances family functioning.

Youth Civic Engagement: Nurturing the advocacy leadership of youth in our community in partnership with Young Aspiring Americans for Social & Political Activism (YAASPA).

Program Start Dates

Faith and Health Initiative

- Wednesday, February 3, 2021 from 3:30-4:30pm.

DSME – Diabetes Self-Management Education

- Registration: January 25, 2021- February 4, 2021
- Classes: January 25, 2021- March 22, 2021 from 12:00-1:30pm on Mondays.

Aging Mastery Program

- Registration: January 25, 2021- February 4, 2021
- Classes: February 4, 2021-April 18, 2021 from 12:00-1:30pm on Thursdays.

Check. Change. Control.

Registration: January 25, 2021-February 16, 2021.

Date & Time: Monday, February 22, 2021 from 5:00-6:30pm.

Location: Virtual, Zoom

For additional program information and resources

(720)-780-5619 / connect@caahealth.org.



January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8 COVID-19 TESTING, 11:00-3:00PM.	9
10	11	12	13	14	15 Facebook Live: Patient- Centered clinical Care, 12-12:30pm.	16
17	18	19	20	21 Facebook Live: COVID Vaccines, 12-12:30pm.	22	23
24	25 Registration opens for Check.Change.Control.	26	27	28	29 COVID-19 Testing: 7:30- 9:30am.	30
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February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 DSME Begins: 12:00-1:30pm.	2	3 Faith & Health Initiative Meeting: 3:30-4:30pm.	4 Aging Mastery Program begins: 12:00-1:30pm.	5 COVID-19 Testing: 7:30-9:30am.	6
7	8	9	10	11	12	13
14	15	16 Registration closes for Check.Change.Control.	17	18	19 COVID-19 Testing: 7:30-9:30am. Facebook Live: Heart Health, 12:00-12:30pm.	20
21	22 Check.Change.Control. course begins.	23	24	25	26 Collaborative Black Health Summit: 4:00-8:00pm.	27 Collaborative Black Health Summit: 9:00-12:00pm.
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March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 COVID-19 Testing: 7:30-9:30am.	6
7	8	9	10	11	12	13
14	15	16	17	18	19 COVID-19 Testing: 7:30-9:30am.	20
21	22	23	24	25	26 Facebook Live: Palliative Care, 12:00-12:30pm.	27
28	29	30	31			