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Outreach with Urban Peak of Colorado Springs

Written by Kim Hoff, STC Volunteer

On Saturday, October 14, 2011, Sleep Tight Colorado founder, Meredith Gershberg and I took part in a community outreach with the Colorado Springs branch of Urban Peak. Urban Peak started in 1988 as a drop-in overnight shelter for youth. Today it continues to offer this service as well as many others to help homeless and at-risk youth. Currently there are shelters in both Denver and Colorado Springs. During our day, we learned how some of the teens end up on the streets. Many have insurmountable issues at home, drug problems, or unsympathetic parents concerning sexual orientation or religious beliefs.

Eric Pizana, the Outreach Counselor, was our guide around downtown Colorado Springs. We loaded our backpacks with supplies and headed out to some different parks in the city where the homeless youth tend to congregate. Eric explained that he and the staff at Urban Peak travel the route once a week to distribute water, socks, personal hygiene supplies, contraceptives, and snacks. Eric visits the parks on the same day each week to allow the youth to connect with him if they should need something. I believe this also helps establish a sense of stability to a young person who may not have a lot of constants in life. It was great to see Eric interact with some of the youth. You could tell there was a real trust from the youth and a genuine desire to help by Eric. While some of the youth we came across did not need anything, it was evident that they knew about Urban Peak and how they were here to provide assistance to them. We also learned that Urban Peak will work with different organizations in the area to help both children and pets of the homeless youth.



It felt really good to give back. To meet some of these teens who are in trouble and to be able to offer them a bottle of water or a tube of toothpaste was humbling. I can take things for granted and our outing helped put things in perspective. This year, Sleep Tight Colorado has donated 33 sleeping bags to Urban Peak. It feels good to be able to be a part of an organization that can provide a little sense of security to a teen.

Sleeping Bag Count: 196

Sleeping Bag [Beneficiaries](#) include: R J Montgomery New Hope Center - Denver Rescue Mission - Colorado Coalition for the Homeless - Urban Peak - The Open Door Mission- Boulder Shelter of the Homeless

Volunteers Needed



Are you interested in getting involved with STC? We have



many areas that volunteers can assist with, such as receiving and delivering sleeping bags, fundraising, promoting events, and helping to write the newsletter and press releases.

Learn more about [volunteer opportunities](#) on our website.

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