

The SouthWest Improvement Council (SWIC)

SWIC is a community-based nonprofit serving frail and isolated elderly, at-risk youth, and overwhelmed families in urban southwest Denver.



**1000 S. Lowell Blvd.
Denver, CO 80219
303-934-2181 (main line)
303-934-0035 (fax)
www.swic-denver.org**

Our Mission is to empower people and improve the quality of their lives.



Housing Counseling

- Foreclosure Prevention
- First-Time Homebuyer Workshops
- Credit/Debt Counseling
- Rental Housing available at below-market rates
- SWIC can provide assistance with ANY housing-related concern or question—just give us a call!
(303) 934-0923



Our History

In **1987**, residents of Westwood formed a new nonprofit, community-based organization dedicated to serving the people of southwest Denver. Calling themselves the **SouthWest Improvement Council (SWIC)**, these early pioneers painted over graffiti, cleaned up alleys, and visited homebound elders. Over twenty-three years later, SWIC continues to provide **grassroots solutions to social problems** including malnutrition, poverty, and crime.

Our Mission is to empower people and improve the quality of their lives. We restore community values by creating solutions for affordable, quality neighborhood housing; youth education, recreation, and employment; elder wellness; health promotion; and minority outreach programs. Our goal is to advance human rights by tackling difficult community issues.

SWIC Programs and Services

Always FREE, Never a FEE at SWIC!

All of SWIC's services are FREE and open to the public.
Call us today! 303-922-2928

HUD-Certified Housing Counseling

Lower Your House Payments and Prevent Foreclosure!
Our Housing Counselors will help you for FREE! You do not have to be behind on your house payment.

Teaching Community Engagement, Collaboration, and Civic Responsibility

SWIC actively engages southwest Denver business and residents in positive programs. They include:

- SWIC Neighborhood Council Meetings; second Thursday of each month at 5:30 p.m.
- "Garden of Hope" Community Garden; in partnership with Denver Urban Gardens (DUG)
- "Garden Home" Urban Garden; in partnership with Urban Farming and the Triscuit Corporation
- "Sew B It" SWIC Sewing Group
- Facility Rentals: Sandos Hall and Eagle Bear Hall



Emergency Food Assistance

- Weekly food box distribution every Friday from 10:30 a.m. to 2:30 p.m.
- Commodities every Thursday from 9:00 a.m. to 1:00 p.m. with Food Bank of the Rockies

Services For Seniors

- Daily hot lunch for elders age 60 and over
- Education, entertainment, and wellness activities
- Assistance with minor household repairs and chores
- OYATE: monthly gathering of Native American and Hispanic elders

Programs For Youth

- Daily Afterschool/Summertime activities in partnership with Denver Public Library

Fitness and Exercise

- Open gym and weight room
- Free Zumba classes
- Basketball programs for at-risk youth
- Tai Chi and Chair Exercises for Seniors



What do we need from you?

We need financial contributions that support and expand our ability to help people in need. Your donations are completely tax-deductible. We are a nonprofit tax-exempt charity.

We also need: Protein-based nonperishable foods. We can pick up large items! **Call 303-922-2928 for more information.**



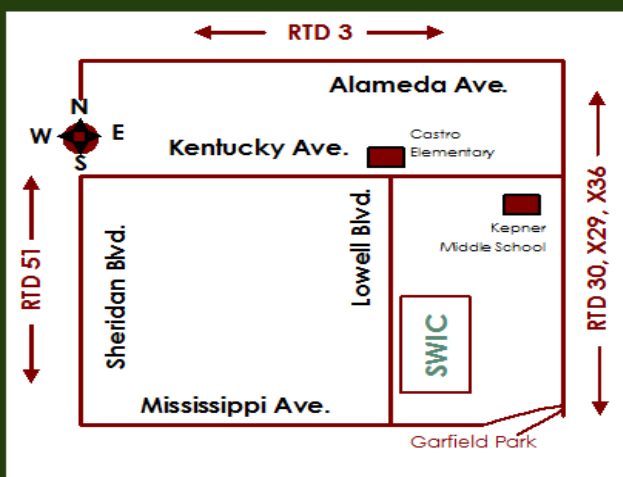
Volunteer Opportunities

Volunteers are always needed at SWIC! We are currently seeking volunteers in the following departments:

- Home Chore assistance
- Dining Center and Kitchen Help
- Reception-area assistants
- Computer and fitness instructors
- Garden assistants



Our Mission is to help people and improve the quality of their lives.



The SouthWest Improvement Council (SWIC)

1000 S. Lowell Blvd. Denver, CO 80219

303-934-2181 (main line)

303-934-0035 (fax)

www.swic-denver.org