Rites of Passage, LLC

Adult Residential Trauma Facility for Mental Health, Dual Diagnosis, and Co-Occurring Disorders

Not a Detox Facility

Facility: 970-921-4563
Cell: 303-859-7385 ~ Fax: 970-921-5420
4979 4200 Road ~ Crawford, Colorado 81415

www.ritesofpassage.co
Rites of Passage LLC is a adult residential extended care facility for clients 18 and over. At our facility, located in Delta County, Colorado, we work with trauma, mental health issues, dual diagnosis, substance issues, eating disorder, failure to thrive issues.

Rites of Passage creates customizable programs utilizing transpersonal, mindfulness, trauma, DBT, CBT, somatic, art, horticulture, wilderness, ecotherapy, and wellness therapies as well as our signature equine assisted psychotherapy programs (The Phoenix Rising Programs.)

What makes Rites of Passage unique is our holistic approach to everything we do. Clients who choose Rites of Passage will spend their time here being treated with a whole-person approach to therapy. No one is ‘just another case’; each person is a unique individual and utilizing our interactive program, each client co-creates their own form of treatment using the many tools that we have available.

Rites of Passage committed to creating holistic and unique programs for each client. This is what makes the difference between success and failure and creates long-term, lifelong success for each client who chooses our program.

We are not a Detox Facility.
Luxury Farm
Confidential and effective residential and non-residential customized programs to help you with your issues. Tucked away on a beautiful 40 acre farm in the Colorado mountains at 7000 ft. above sea level, you have the privacy you need to move through your issues in a peaceful and comfortable setting.

Private and Semi-Private Accommodations
We have both private and semi-private rooms available, in both men and women areas.

Our Wellness Program is an integrated, clinical/holistic/health and fitness program, designed for those needing to step back from their lives and relearn to take time to restore, rejuvenate and recharge to be at their best.

Dining
Gourmet meals are prepared five evenings a week with clients cooking on their own or in groups one night a week. We also go out one afternoon a week to eat at local restaurants.

Healthy organic breakfast and lunch ingredients are provided so clients may decide what they want and fix it at that time. Clients go to the grocery store once a week and can choose healthy foods that they desire to make for the times that they are making their own meals as part of the wellness program. We are happy to accommodate dietary restrictions as necessary.

Pets
We have an adjunct Emotional Support/Service Dog program, which clients with socialized dogs, may apply for and have their dogs registered as companion dogs if they go all the way through the program. Clients who wish to have a companion dog may utilize one of our therapy dogs and then if successful with working with that dog, adopt a dog to complete the program with and have that animal registered as well. See the Emotional Support/Service Dog program page for more information.

Note. Clients who bring their dogs will need to be able to care for them entirely while they are at the facility. Feeding, cleaning up after them and making sure they have the time with you and enough exercise. We do retain the right to ask for a dog to be sent home if clients are not able to balance session work and animal care.
Rites of Passage features 8 programs which all interact with each other, yet are all customizable to each client for their particular needs. Many of the component parts are integrated ecotherapy making our program an ecotherapy program as well as other types of therapy. For a list of what ecotherapy entails, please see our website at www.ritesofpassage.co.

We customize our work with clients and their unique needs for their treatment. The following programs are used for each client, often in individual ways, to enhance each client’s recovery and therapy needs. Individual therapy work is inherent in this customization, and all therapists, life coaches, and other individuals who do specific sessions (i.e. yoga, meditation, companion dog program, etc.) are also engaged in this customization. Our facility is run with all therapists collaborating to make sure each client gets the help and opportunity for change and growth they need.

The CORE programs, which all other programs and adjunct programs are centered around, form the basis for all treatment. Our CORE programs are designed to treat Trauma/PTSD as well as dual diagnosis, eating disorder issues, substance abuse, borderline personality disorder and other mental health disorders. Our therapy methodology, combination of programs, and ways of integrating this work is unique not only because it is experiential in nature, utilizing a body/mind/spirit combination, which has been proven to create faster and deeper synthesis and integration in therapy work, but also in that its adaptability is unmatched in other treatment facilities.

All programs include group therapy sessions, individual therapy sessions, CBT, DBT, mindfulness therapy, somatic therapy, experiential therapy, wilderness therapy, ecotherapy, equine assisted psychotherapy sessions, animal therapy sessions, and art therapy as well as experiential and somatic movement sessions.

If a client comes in with a mental health diagnosis, or is diagnosed while at the facility, psychoeducation is provided to teach the client about that diagnosis, potential pitfalls to watch for, and increase their new skills around it so they can flourish.

Each program component engages in continual cross-training. This encourages the practice and synthesis of new tools. Cross-training continually reinforces new concepts and greatly improves each client’s ability to instinctually utilize healthy coping skills when triggering situations arise.
Our Regular Program Components Include:

1) **Heroic Journey CORE Program:** This is an experiential program to help clients discover inner health, balance, and self-worth. By delving deeply into their core beliefs about themselves and the world, through integrating key concepts of the Hero’s Journey, clients become aware of where they are in their own process and learn to better flow with life’s challenges and adapt to change.

   *The Phoenix Rising Heroic Journey equine assisted psychotherapy* sessions which engage clients with horses to help clients learn and apply new ideas and options experimentally without the fear of judgement that they have come to expect from other humans.

2) **Trauma and Trauma Relapse Programs CORE Programs:** Trauma issues underlie every type of unhealthy coping mechanism that people use. While all components address trauma, this component is built to address trauma issues head-on from many different angles so clients can process deeply to successfully build skills to cope with and finish the issues that they are working through so that they may find closure and experience life in a healthier way. *The Phoenix Rising Victim to Victory equine assisted psychotherapy program* is the brief therapy segment that enhances trauma renegotiation. It allows clients to practice new mindsets and try out new options they might not have considered if working with people. It directly enhances all other treatment modalities being utilized in the trauma therapy program.

3) **Communication 101 CORE Program:** Communication 101 teaches healthy communication skills on all levels, as well as addressing codependency and healthy and unhealthy relationship patterns. Communication 101 includes a segment of Love and Logic for parents working through the program. *The Phoenix Rising Communication 101 equine assisted psychotherapy program* is built around helping each client look at and practice these new skills as they let go of their old, unhealthy ways of communicating, allowing them to try new skills in a healthy, nonjudgmental way until they feel safe enough to transfer the new skills to situations with other people.
4) **Health and Wellness CORE Program:** Health and Wellness includes much more than mere physical health, exercise, or nutrition. It is the full integration of physical, mental, and spiritual wellbeing. This includes social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. For our program, this means helping clients to move over to more holistic forms of medication and/or getting off medications entirely when appropriate. Those who must use traditional medications learn to take only what is necessary to maintain stability. Clients learn healthy eating practices and to participate in all the other areas of their own health and wellness so they can handle the rigors of making the changes in their mental states while in treatment and to continue a healthy lifestyle after treatment is completed. Health and Wellness program includes yoga, meditation, hands on energy healing, nutrition and cooking, gardening, exercise, dance, and horseback riding.

5) **Eating Disorder Program:** This program cross-trains with all other CORE program components, to help each client with disordered eating issues begin to see their own unique reason why they gravitate to this coping mechanism. This allows clients to begin to feel empowered and honoring of their body, as well as, teaching clients to work with new skill sets to reduce anxiety and perfectionism in order to begin to allow themselves to feel better about themselves and the world around them. The Phoenix Rising From Helpless to Health Program utilizes equine assisted psychotherapy sessions to engage clients in an experiential, nonjudgmental way, to allow practicing new skills successfully without falling back into human competition or human judgmental situations.

6) **Substance Relapse Program:** Our relapse program is not a 12 step based program. This program utilizes spiritual, mindfulness, somatic, and experiential aspects to create solid skills around relapse situations. The client has a chance to, again, take everything that they are successfully applying in other CORE programs and add these skills into learning to prevent relapse situations. From this stronger, more skillful base, clients can leave behind this unhealthy coping mechanism that has become an addiction and a trap. The Phoenix Rising Changing Leads equine assisted psychotherapy program helps to experientially and nonjudgmentally practice new mindfulness coping skills in a healthy way.

7) **Art Therapy Program:** Art therapy is another deeply internal process that is utilized in all programs within our facility. This helps clients to go more deeply into their psychological process around the work they are doing in all areas of therapy.

8) **Ecotherapy, Adventure Therapy and Wilderness Therapy Program:** Ecotherapy is about attachment to what you love in the world as well as becoming part of the world instead of outside of it, looking on. Adventure and wilderness therapy is part of ecotherapy, and clients gain skills and learn they can handle what is happening in their world in a healthy way.
Ecotherapy includes:

- Somatic ecotherapy
- Animal ecotherapy
- Eco Art therapy
- Adventure ecotherapy
- Wilderness ecotherapy
- Horticulture ecotherapy

For a full explanation of ecotherapy, see our website www.ritesofpassage.co.

9) **Vocational Therapy Program:** The vocational program is an optional program. Clients who uncover a need or desire to change career paths utilize this program. All clients complete a Meyers-Briggs personality test, then look at career options, college programs, and practical vocational areas of study that are in alignment with their strengths. We collaborate with tutors who are able to work with clients online and through Zoom to build skills for college or other vocational classes when needed. This segment is optional and not part of the base program. It is offered as a possibility and is paid for by the client individually if the client chooses to utilize tutoring services. We provide help building vitae’s and resumes. We also help clients find opportunities to shadow successful people in the field of work they are seriously considering. This provides clients the ability to see a career in a real way so they may be sure that they want to move in that direction. This helps clients who are successfully moving forward in their lives to not fall back into old patterns when they leave the program.

10) **Adjunct Emotional Support/Service Dog Program:** A support dog is designated as a dog which is bonded with their person and provides comfort and support in forms of affection and companionship for an individual suffering from various mental and emotional conditions. If clients choose this option, they will have additional dog training sessions and will be required to fully care for the dog they are working with. There is an adoption contract that does not come into effect until the client has successfully completed their residential program as well as the requirements for the dog program. See page on Emotional Support/Service Dog therapy training and adoption in info kit.

11) **Family Therapy:** This segment begins after a client has spent a month in the program. Clients have a chance to work with the unhealthy communication patterns they came into treatment with before trying out new healthy skills with family and friends. Sessions can run weekly either in person, through Zoom, or by telephone to practice new ways of interacting with the people closest to them.
Programs and Insurance Information

**Residential Extended Care Program with Functional Medicine Psychiatrist:**

*Rites of Passage* provides residential extended care for individuals facing mental health challenges including Trauma/PTSD, borderline personality disorder, dual diagnosis, substance abuse, eating disorders, and other issues. A functional medicine psychiatrist monitors and prescribes medications and runs labs to find out what vitamins can help your body come back into its optimum balance, so if that is needed, please sign up for the Residential program instead.

This is a 3-6 month residential program with clients living at the facility and combines the latest psychological methods with mind/body/spirit transpersonal therapy, somatic therapy, animal therapy, equine assisted psychotherapy, riding therapy, art therapy, CBT, DBT, neuroscience therapy, nutrition and healthy community modeling to create a holistic and customizable program for each person who enters the facility.

Insurance accepted if PPO with out-of-network benefits.

(2) Tiers for Payment.

1). Individual Room Cash Scholarship Rate 18,000.00 (monthly)

2). Group Room Cash Scholarship Rate 16,000.00 (monthly)

**Transitional Living with Full Therapy Program Option without A Psychiatrist:**

Transitional Living (Semi-Private) with full therapy program but without psychiatrist sessions.

This option is only self pay.

Rate 15,000.00 (monthly)

*Rites of Passage, LLC* provides full (semi-private) living in and therapy, as well as participating in a customizable program to fit the clients needs, without a psychiatrist, if one is not needed for your recovery.
**Intensive Outpatient Program:**
The intensive outpatient program allows for both former residential clients and clients who have not been part of our residential program to continue or do their work in an intensive program that allows clients to work alongside the residential program from 9:00 am to 2:00 pm, four days a week. This allows individuals who no longer need 24-hour care or people who have children or need to work, to do the program in a slightly less intense fashion as long as they are in a safe and supportive environment when they are not at the facility. Insurance accepted if PPO with out-of-network benefits. Deposit required. Cash Scholarship Rate 12,000.00 (monthly) This program is customizable for specific issues and family therapy sessions.

**Outpatient Program**
This program is convenient for those looking for evening psychoeducation and therapy regarding trauma/PTSD and substance abuse. This program meets Mondays, Wednesdays, and Fridays from 9:00 am to 11:00 am. Family sessions take place during the client’s last month of the program and are scheduled as additional time for each client.

*This program features:*
- Trauma renegotiation to eliminate trauma triggers that lead to relapse
- CBT
- Relapse Prevention
- Communication and codependency
- Family therapy sessions for individuals and their families
- Individual testing

Insurance accepted if PPO with out-of-network benefits. Deposit required. Cash Scholarship Rate 10,000.00 (monthly)

**Transitional Program**
There is no time limit for this program. Transitional Program $6,000.00 monthly. Billed monthly.

We have two options for the transitional living track.

This is an alternative monitored transitional living life skills therapy program that does not include a psychiatrist. If a psychiatrist is required and this program is chosen, client or client’s family will make arrangements with facility psychiatrist to pay themselves and set up appointments and clients will monitor their own medications.
Clients will be monitored for substance and alcohol randomly at least once a week. For this program, clients are required to be at a level of care that is no longer considered residential.

Up to three sessions with therapists and or life coaches weekly.

Group Rooms available (two and three bed) rooms available with healthy mostly organic food provided. Clients will cook together or prepare their own meals if they choose not to eat what the other clients choose to cook. Clients will eat together and learn to be a healthy community of people as a skill towards living on their own later.

Some wilderness program events will be offered as things that clients in this program can also engage in. i.e. wilderness hikes, kayaking at the lake, skiing, sleeping on the farm property in tents in the summer, etc., which again allows new skills and interests to develop and be utilized in clients lives to help build healthy community after clients leave the program.

Track One Includes:
Traditional track with all of the above plus time to go to work and come back into the facility at night, do a nearby vocational training program for future career or online college course time to move towards a career. This does not require any chores on the farm except keeping rooms and houses kept picked up and doing group house chores.

Track Two Includes:
Gaining skills on a permaculture ecotherapy farm retreat center track as well as time for online classes.

A). Clients will be doing farm and permaculture work on the farm daily unless they have a job, in which case they would be doing farm chores mornings and evenings as assigned.
- This will include one to two sessions of permaculture weekly as well as working with farm staff engaging in permaculture and gardening, all regular farm duties, fencing, irrigation, mowing, planting and watering trees, using farm equipment and will instill skills in these areas to help clients move into jobs working on farms and other outdoor jobs in the future as well as potentially helping them with their own business in the future.
- Clients will also help set up and take down event equipment before and after retreat center events as part of retreat center farm duties.

B). Farm work with animals
- Cleaning stalls corrals arenas fields, for goats, alpacas, sheep. horses, and any other animals that the program has at that time.
- Grooming and caring for animals as assigned.
  Program staff will train in all areas of care.
- Caring for chickens, ducks, cleaning houses, feeding, watering, letting out in the mornings, putting up at night, collecting eggs.
- Cleaning dog yards and making sure all dog yards have clean water and food for dogs at all times for dog program dogs and farm dogs.

Additionally for both tracks, clients can sign up for certificate programs at Gateways to Transformation Farm and Retreat Center if they qualify.

1) Clients can choose our emotional support dog certification program as part of the transitional program for an additional 500.00 a month. They work with dogs in the program to learn about dog training and obtain a certificate for completing the program.

If a client has their own dog they want to bring into the program, Rites of Passage has to evaluate and approve the dog. When a client graduates from the three to six month training program (and the dog does well in the program) they receive a certificate to certify their dog as a companion dog. See Dog Program contract.

2) Clients can choose the horse internship certification program for an additional 1000.00 a month and go through the equine internship in either 6 months or a year. There are two levels of accomplishment to this program. This will teach clients skills to take with them for their own horses in the future or to work for another horse type facility or barn as a life skill for work. See Equine Internship Program contract.

Rites of Passage, LLC works in conjunction with Gateways To Transformation, LLC to provide workshops that current clients at Rites of Passage, LLC are allowed to attend for no cost or reduced rates if at this facility. Gateways holds workshops with an emphasis on growth, learning and sustainable living. We offer rich and varied opportunities for you to experience deep change both within your self and in society as a whole. These workshops are not required, they are an added benefit for clients who come in to work on their issues and also give clients potential opportunities to practice new skills with the general public who may also attend workshops.

Retreat Workshop Events are not part of either track and clients would need to sign up for events and pay related costs. See upcoming events at www.gatewaysstotransformation.com.
**Equine Assisted Psychotherapy**

What is Equine Assisted Psychotherapy (EAP)? This term describes an emerging field in which horses are used as co-therapists for emotional growth and learning as well as for deeper psychotherapy sessions. EAP is an integral component of the therapy which changes the lives of the clients who come here.

This model can be most easily explained as an experiential approach to working with people. This means that clients learn about themselves and others by participating in activities with horses and then process feelings, behaviors, and patterns. Equine Assisted Psychotherapy has the added dynamic of utilizing animals with personalities, attitudes, and emotions as unique as those of each individual they are working with. Because of this EAP produces endless experiences and situations for discussion, analysis and therapeutic healing.

**Therapeutic Horseback Riding** is a form of physical and mental health therapy for people who have a range of disabilities including physical, emotional, cognitive, and social difficulties. Horses provide a tool for physical therapy, emotional growth, and cognitive improvement, in a unique format that is fun, exhilarating, and sometimes has the power to change a person’s perspective on life! Besides the physical benefits derived from therapeutic riding, the contact with the animal is a powerful experience, and the strong bond that is usually experienced has a profound, uplifting effect on people who are troubled or suffering.

Because the gait of a horse when walking is a gentle, repetitive movement, it moves the rider’s body in a way that is very similar to the human gait. In addition to the mental health aspects of riding, riders often achieve greater flexibility, muscle strength, and balance. This type of therapy can improve balance, posture, mobility, reaction time, as well as improve problems such as emotional, cognitive, behavioral, communicative, and social malfunction.

Many riders, both able-bodied and those with challenges to overcome, form a strong connection to the horse that they cannot get from most sports. For individuals with emotional problems, the unique relationship that is formed with the horse can result in increased confidence, self-esteem, and patience. The sense of wonder and independence that is experienced while riding on a horse is universally beneficial.
EQUINE
Rites of Passage, LLC is now adding in a service dog component to our original emotional support dog program. This allows clients and people from the area to have access to this more rigorous training as a Trauma Service dog as well as to our previous emotional support dog training. This falls under the heading of psychiatric service dogs and the differences between Service dogs and Emotional Support dogs is:

Service dogs are dogs that have been individually trained to perform a specific task for individuals who have disabilities. The disabilities can vary greatly, and so do the tasks that the service dogs perform. Service dogs can aid in navigation for people who are hearing and visually impaired, assist an individual who is having a seizure, calm an individual who suffers from Post-Traumatic Stress Disorder, and even dial 911 in the event of an emergency. Many disabled individuals depend on them every day to help them live their everyday lives.

Service dogs are protected under federal law

Under the Americans with Disabilities Act (ADA), an individual with a disability is entitled to a service dog to help them live their lives normally. The ADA protects disabled individuals by allowing them to bring their service dog with them to most places that the public is permitted, including restaurants, hotels, housing complexes, and even in air travel. Any dog can be a service dog, and service dogs do not have to be professionally-trained. The important thing is that the dog is trained to be a working animal and not a pet.

Identifying service dogs for the public

**Service Dogs** are often identified by wearing a service dog vest or tag, letting the public know that it is a service dog; otherwise, their handlers will find themselves having to explain everywhere that they go that their dog is a service dog. Some businesses, such as airlines, prefer to see an identification card or vest that indicates that the dog is a service dog.

The Americans with Disabilities Act has a specific definition of a disability, and it states essentially that a disability is a physical or mental impairment that substantially limits one or more major life activities of such individual.

**Emotional Support Dogs**

Emotional support dogs are dogs that provide comfort and support in forms of affection and companionship for an individual suffering from various mental and emotional conditions. An emotional support dog is not required to perform any specific tasks for a disability like service dogs are. They are meant solely for emotional stability and unconditional love. They can assist with conditions such as anxiety, depression, bipolar disorder/mood disorder, panic attacks, fear/phobias, and other
psychological and emotional conditions but they are not fully regarded as service dogs and their training is not as intense.

This is a program which allows a client to sign up to train with a facility therapy dog for a month. If the client shows that they can care for that animal and are doing well in the rest of their program work, they can either bring in their own animal to be evaluated for the program or choose to adopt a dog to bond with and continue their training with that animal for the rest of their stay or until the training team feels that the dog has reached the goals for either a emotional support dog level or a service dog level of training.

If the client is adopting a dog, that animal will be adopted by the facility and will belong to the facility until each client shows that they are able to bond and be the pack leader so that both they and the animal chosen will work together the rest of that animals life.

Clients must prove themselves in therapy to be eligible for this segment of the program. Animals can be chosen from rescues or reputable breeders and be trained by each client in a format that both bonds the animal and client and allows the client to experience successful bonding that can transfer to humans as well.

This program also helps a client learn to work successfully with boundary work in their lives and how to apply this in their live in human relationships as well.

After the client successfully finishes this program and completes their stay at Rites of Passage, they will leave with the animal they have trained. If a client becomes certified, the facility will pay for that certification, showing the animal and their trainer is certified at the level they were able to accomplish together.

If a dog has been adopted through the facility, the cost for that animal will be the adoption fee, as well as any vet costs while in the program.

Clients may apply to bring their own dog into the program. The dog will first have to be evaluated and approved by Rites of Passage. It must also be at least six months of age, and socialized well with both humans and other animals.
Program Pricing

*Rites of Passage* programs are primarily self pay. Medicare and Medicaid is not accepted. If insurance is requested and pre-approval is granted by the insurance company, as opposed to our cash scholarship rate payment, cash rates no longer apply. Insurance will be billed competitively at an insurance rate and all payments will be applied to the facility. Any deductible or copayment required by the insurance company policy will be due at intake.

**Pricing Synopsis**

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<tr>
<th>Residential Extend Care Program Cash Scholarship Rate:</th>
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<tr>
<td>Two Tiers:</td>
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<td>Private Room - monthly rate:</td>
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<tr>
<td>Semi Private Room (2 beds) - monthly rate</td>
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<th>Transitional Living (Semi Private)</th>
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<td>with full therapy program but ‘without’ psychiatrist sessions - monthly rate</td>
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| Intensive Out-Patient Cash Scholarship - monthly rate  | $12,000.00 |
|-------------------------------------------------------|
| Out-Patient Cash Scholarship - monthly rate            | $10,000.00 |

| Transitional Living (Semi Private) - monthly rate      | $  6,000.00 |

**Financing**

Self Pay is normally paid up front, in full a month ahead of treatment.

We do have a payment plan available through our facility if there is need. This option cuts the upfront monthly payment in half, with additional payments following treatment to finish the cost of the program in full. This plan has a 5% interest charge.

We also have loan financing available through *Prosper Healthcare Lending*. To apply for a loan through this lending company for our facility, follow this link; [https://www.proper.com/borrower/funnell/registration?type=phl&provider_003535&version=phl&provider-id=003535&version=pad-ls](https://www.proper.com/borrower/funnell/registration?type=phl&provider_003535&version=phl&provider-id=003535&version=pad-ls).

You can apply on our website under financial information.
Mental Health Issue That We Provided Services For

We specialize in working with clients to resolve complex mental health issues and co-occurring disorders:

• Mood Disorders - Depression Bipolar Disorders, Complicated Grief Issues.
• Anxiety Disorders - Anxiety Disorders, OCD, Social Anxiety, Panic Disorders etc.
• Trauma Disorders - Post-Traumatic Stress Disorder, Dissociative Disorders, Childhood Trauma
• Personality Disorders - Borderline Personality Disorder, Narcissistic Personality Disorder, Histrionic Personality Disorder, Dependent Personality Disorder.

Other Treatment Specialties

• Alcohol and Substance Abuse
• Attachment Issues
• Difficult Transitions
• Disordered Eating Issues
• Failure to Launch Issues
• High Sensitivity Issues
• Nervous Breakdown
• Relaunching Your Life
• Career Burnout
• Suicidal Ideation

Our Facility is LGBT Friendly.

For Admission Information
Contact us at (970) 921-4563
We shift our perception of recovery as we journey inward.

We learn to change our futures and embrace life by living each day with increasing presence and gratitude.

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