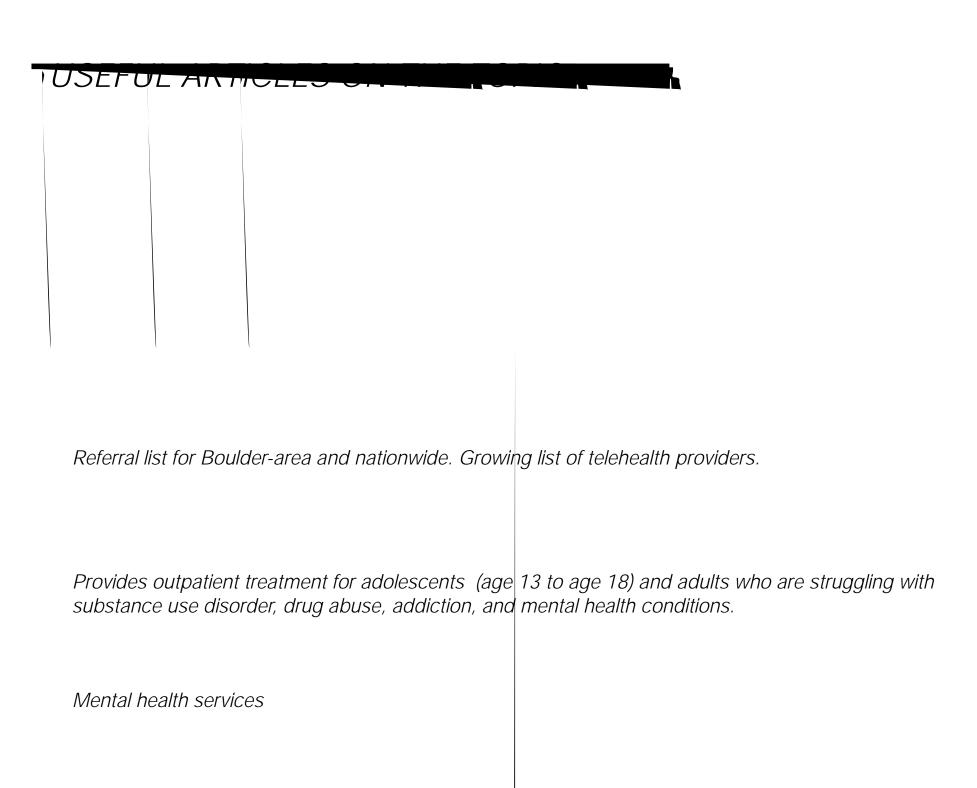
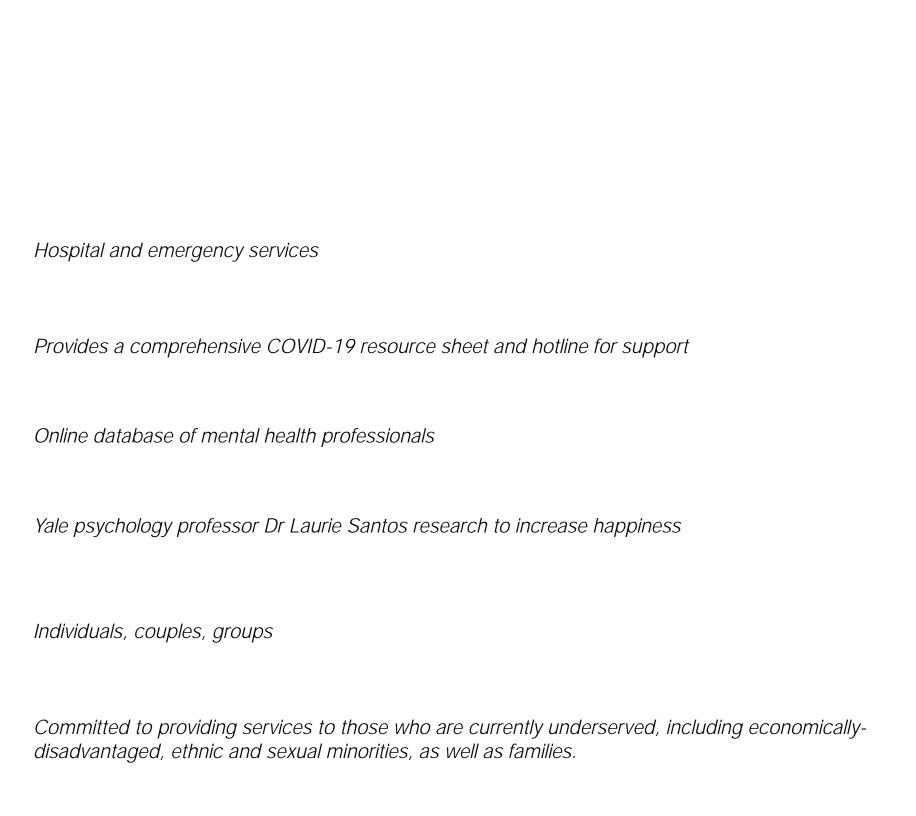
Free recorded meditations Mindfulness/meditation/resiliency/compassion/relationships Free access to Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute workout- FREE to students through July 1. 12 Free online yoga and meditation classes to relieve stress and anxietly. Also monthly paid subscriptions to online yoga classes. 5. Netf ix Party Free way to watch Netfix with your friends online & host long distance movie hights and TV watch parties Free through May 31, watch games from 2000-2019

Free through April 22 to watch classic games or this season's games





Couples, groups, individuals

12 Asian Pacif c Development Center - APDC Behavioral Health Clinic

Asian Pacifc languages

Find low cost therapists in your area

14. C-SEAP – Colorado State Employee Assistance Program

Free counseling services for Colorado State employees. Individuals, families, and couples.

USEFUL ARTICLES ON THE TOPIC

Anxiety Contagion: Tips for Relief Mental Health Resources And Explanations

Assistance with food, rent, utilities, minor medical expenses, transportation, etc. Offers services in English and Spanish. Temporary cash gifts for tipped workers and other service workers who are struggling. Temporary direct assistance for short term needs for restaurant workers. Emergency funding for those employed by or who own restaurants or bars or are employed by a restaurant or bar supplier that face emergencies not covered by insurance. Grant Assistance for bartenders or spouse or child of a bartender experiencing an emergency hardship. 6. NextLight Providing low cost, high speed internet to qualifying low income individuals for \$14.95/ month. Funding from Longmont Community Foundation may provide additional assistance to families with children in the

Saint Vrain School District.

Disaster services, domestic violence services, emergency assistance, family counseling services, housing/residence services, older adult services, worship center youth services.

Assistance with disputes involving; landlord-tenant, roommates, neighbors, seniors age 60 or older, parents and their children, teens, school-related conficts (BVSD), community groups, homeowners associations (HOAs), non-proft agencies, City of Boulder employees, clients and staff of homeless services, race and cross-cultural relations and human rights.

Temporary direct assistance for short term needs for restaurant workers.

Provides resources for funding, producing virtual events, alternative use of skills, virtual discussions and groups, etc.

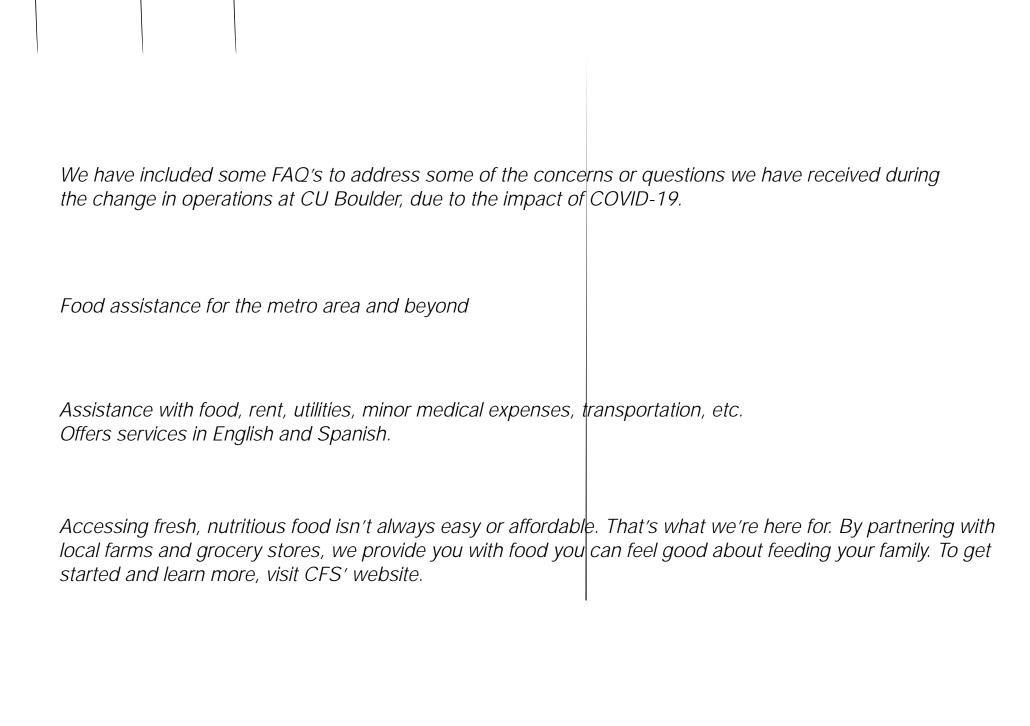
Visit the URL to learn more about community resources available.

Emergency funding for artists impacted by COVID-19 through lost revenue for planned events, classes, performances, travel, etc.

Possible unemployment claims (please be aware that part time temporary workers do not qualify- this would include on campus student workers), assistance with sick leave, wage claims for hours worked but not paid, resources that are desperately hiring workers including, health care, grocery stores, package delivery, online products, etc.

King Soopers, Safeway, Natural Grocers are all hiring and many are offering hiring or hourly incentives.

USEFUL ARTICLES ON THE TOPIC



Provides housing stability, food security, job placement, mental health counseling, support for older adults, immigrants, refugees, people with disabilities.

Emergency food boxes once per week or call for an appointment, no id necessary.

Food Resource hotline, will connect you to SNAP/food stamps, WIC, food pantries, free meals and more. Bilingual services available.

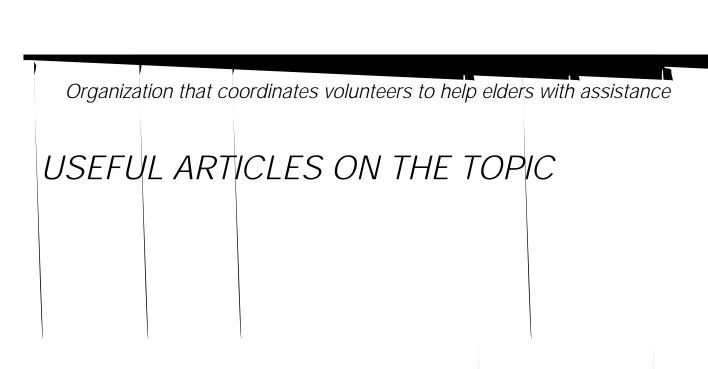
Emergency food boxes.

Food pantry serving southwest Denver.

19. Joy's Kitchen: Rescue Food-Feed People

Mobile food pantries- most at Westwood Community Church Lakewood.

Area school districts are distributing free and reduced breakfasts



How to explain to children what is going on

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Resources	ivolato		л Сп апч	- Offinalar G

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
EDC	https://www.edc.org/blog/5-ways-helichildren-cope-coronavirus-anxiety?utm_source=edc&utm_medium=LN&utm_content=cope&utm_campaign=smedcorg&fbclid=lwAR3Bss6-vXoearLgb22VD-5YGOI_X-kIHS6DZIBxPAZSa1ZMUhYkn_g7d4w			How to explain to children what is going on
Colorado Emerency Child Care Collaborative	http://www.covidchildcarecolorado.co m/	<u>)</u>		Provides childcare support for essiential workforce to support healthcare workings, human services providers, public safety professionals, and other emergency workforce.
Child Mind Institute	http://www.childmind.org/			Resources for supporting children and families during COVID-19
Homeschool Resources	https://www.learningliftoff.com/20- best-homeschooling-websites-and- learning-resources/			Offers some suggestions on useful tools
Colorado department of Human Services	https://www.colorado.gov/pacific/cdh s/contact-us-5	online	303-866-5700	If you suspect child abuse or neglect, please reach out to the Child welfare services in your area.

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Name of the Article	URL
Parent/Caregiver Guide to Helping Families Cope with COVID-19	https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
Helping Children Cope with Changes Resulting from COVID-19	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19
	https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtiKoHdHusBpjPKXgm36w/htmlview#gid=0

50 Indoor Activities for Kids	
Virtual Field Trips	
Educational Activities When Stuck Indoors	https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=lwAR21S3eGyfgUybDaks4BUFDWewfjEv0ekis7iWrpNEtOR6NEfG8B
	<u>YXndSYU</u>



Organization Colorado Immigrant Rights Coalition (English) URL http://coloradoimmigrant.org/covid19/

Brief Description of Provided Service

Resources Related#t

			Main Phone	
Organization	URL	Location	#	Brief Description of Provided Service
A Little Help	https://www.alittlehelp.org/	Denver metro area	720-242-	organization that coordinates volunteers to help elders with
			9032	assistance
Queer Asterisk	https://queerasterisk.com/	Boulder, Denver,	Boulder	Counseling and groups and trainings
		Longmont, Ft. Collins	(720) 507-	
			6161	
Out Boulder	https://www.outboulder.org	Boulder County		Educate, advocate, support
Boulder Valley Women's	https://www.boulderwomenshealth.	Boulder/Longmont	303-442-	Transgender Hormone Therapy Follow-up. Prescription
Health Center	org/?utm_source=gmb_auth		5160	refills, including birth control. Urinary Tract Infection (UTI)
				symptoms. Offering Telehealth through Hippo Health App.
Trans Lifeline	https://www.translifeline.org		877-565-	Trans Lifeline is a hotline and microgrants 501 non-profit
			8860	organization serving transgender people in crisis.

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
COLOR	https://docs.google.com/document/d			·

Organization	URL	Location	Main Phone #	Brief Des4/P (c)-DC tionecov(ti)cned(h S)ier/P (v(ti)c)-

Organization	URL	Main Phone #	Brief Description of Provided Service
CU Collegiate Recovery Center	https://cuboulder.zoom.us/j/4857151704		Weekly faculty/staff recovery support meeting
Boulder Al-Anon Club	https://boulderalanoclub.org/information- about-online-meetings/		Various 12 step meetings
Adult Children of Alcoholics	https://adultchildren.org/quick- search/?onlinebt=Click+Here		ACA online meetings
Al-Anon	https://al-anon.org/al-anon- meetings/electronic-		Online meetings
Alcoholics Apopumous	meetings/#Phone_Meetings		AA online meetings
Alcoholics Anonymous AA Speaker Tape Websites	http://aa-intergroup.org/ http://www.aaspeaker.com/		AA online meetings
Cocaine Anonymous	https://www.ca-online.org/		
Heart of Recovery	https://zoom.us/j/848376743		12-fold path Recovery Meeting w/ Meditation and Discussion Monday and Wednesday at 6:30 PM
Narcotics Anonymous	https://www.na.org:443/meetingsearch/text- results.php?country=Web&state&city&zip&stre et&withi%20n=5&day=0⟨&orderby=distan ce		Online Meetings
Sex Addicts Anonymous	https://saa-recovery.org/meetings/		Online Meetings
Sex and Love Addicts Anonymous	https://slaafws.org/onlinemeetings		Online Meetings
Overeaters Anonymous	https://oa.org/find-a- meeting/?type=1&sort=ASC&timezone=MST&li		



Organization	URL	Brief Description of Provided Service



Resources Related to Volunteering (CONTINUED)						
Emergency Family	https://www.efaa.org/?gclid=EAI	Boulder	(303) 442-	- 7		
Assistance Association	alQobChMlldDWs4ib6AlVGR6tBh		3042	Boulder whose immediate needs for food and shelter cannot be met by		
	23PgOpEAAYASAAEgILg_D_BwE			other means or self-support. The EFAA has fully moved to create to-go		
				packages and they need volunteers to arrange packages, as well as		
				distributing them.		
Cultivate	https://cultivate.ngo	Boulder	(303) 443-	#		
			1933	surrounding communities. Cultivate needs volunteers to assist with		
				shopping and delivering groceries to elders in the community through Carry-		
				Out Caravan, especially now that more elders are staying in their homes due		
				to COVID-19.		
Attention Homes	https://www.attentionhomes.org	Boulder		Attention Homes serves young people facing homelessness and is in need of		
			4516	folks to volunteer and/or donate dollars and supplies in various ways.		

Useful Readings to Share				
Title	Author			
Greater Good's Guide to Well-Being During Coronavirus	Greater Good Science Center			