



*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 anxiety. Also monthly paid subscriptions to online yoga classes.*

## **5. Netflix Party**

*Free way to watch Netflix with your friends online & host long distance movie nights 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*

~~USEFUL ARTICLES~~

*Referral list for Boulder-area and nationwide. Growing list of telehealth providers.*

*Provides outpatient treatment for adolescents (age 13 to age 18) and adults who are struggling with substance use disorder, drug abuse, addiction, and mental health conditions.*

*Mental health services*

*Hospital and emergency services*

*Provides a comprehensive COVID-19 resource sheet and hotline for support*

*Online database of mental health professionals*

*Yale psychology professor Dr Laurie Santos research to increase happiness*

*Individuals, couples, groups*

*Committed to providing services to those who are currently underserved, including economically-disadvantaged, ethnic and sexual minorities, as well as families.*

*Couples, groups, individuals*

## **12. Asian Pacific Development Center - APDC Behavioral Health Clinic**

*Asian Pacific 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 conflicts (BVSD), community groups, homeowners associations (HOAs), non-profit 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*



*We have included some FAQ's to address some of the concerns or questions we have received during the change in operations at CU Boulder, due to the impact of COVID-19.*

*Food assistance for the metro area and beyond*

*Assistance with food, rent, utilities, minor medical expenses, transportation, etc.  
Offers services in English and Spanish.*

*Accessing fresh, nutritious food isn't always easy or affordable. That's what we're here for. By partnering with local farms and grocery stores, we provide you with food you can feel good about feeding your family. To get started and learn more, visit CFS' website.*



*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*

*Organization that coordinates volunteers to help elders with assistance*

## *USEFUL ARTICLES ON THE TOPIC*

*How to explain to children what is going on*

## Resources Related to Children and Childcare

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
EDC	<a href="https://www.edc.org/blog/5-ways-help-children-cope-coronavirus-anxiety?utm_source=edc&amp;utm_medium=LN&amp;utm_content=cope&amp;utm_campaign=smedcorg&amp;fbclid=IwAR3Bss6-vXoearLgb22VD-5YGOI_X-kIHS6DZIBxPAZSa1ZMUhYkn_g7d4w">https://www.edc.org/blog/5-ways-help-children-cope-coronavirus-anxiety?utm_source=edc&amp;utm_medium=LN&amp;utm_content=cope&amp;utm_campaign=smedcorg&amp;fbclid=IwAR3Bss6-vXoearLgb22VD-5YGOI_X-kIHS6DZIBxPAZSa1ZMUhYkn_g7d4w</a>	Online		How to explain to children what is going on
Colorado Emergency Child Care Collaborative	<a href="http://www.covidchildcarecolorado.com/">http://www.covidchildcarecolorado.com/</a>			Provides childcare support for essential workforce to support healthcare workers, human services providers, public safety professionals, and other emergency workforce.
Child Mind Institute	<a href="http://www.childmind.org/">http://www.childmind.org/</a>			Resources for supporting children and families during COVID-19
Homeschool Resources	<a href="https://www.learningliftoff.com/20-best-homeschooling-websites-and-learning-resources/">https://www.learningliftoff.com/20-best-homeschooling-websites-and-learning-resources/</a>			Offers some suggestions on useful tools
Colorado department of Human Services	<a href="https://www.colorado.gov/pacific/cdhhs/contact-us-5">https://www.colorado.gov/pacific/cdhhs/contact-us-5</a>	online	303-866-5700	If you suspect child abuse or neglect, please reach out to the Child welfare services in your area.

## Useful Articles on the Topic

Name of the Article	URL
Parent/Caregiver Guide to Helping Families Cope with COVID-19	<a href="https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf</a>
Helping Children Cope with Changes Resulting from COVID-19	<a href="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://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</a> <a href="https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtiKoHdHusBpjPKXgm36w/htmlview#gid=0">https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtiKoHdHusBpjPKXgm36w/htmlview#gid=0</a>




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=IwAR21S3eGyfgUybDaks4BUFDWewfjEv0ekis7iWrpNEtOR6NEfG8BYXndSYU>



Organization





Organization	URL	Brief Description of Provided Service
Colorado Immigrant Rights Coalition (English)	<a href="http://coloradoimmigrant.org/covid19/">http://coloradoimmigrant.org/covid19/</a>	



## Resources Related#t

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



Organization	URL	Location	Main Phone #	Brief Description of Provided Service
COLOR	<a href="https://docs.google.com/document/d/"><u>https://docs.google.com/document/d/</u></a>			




## Resources Related to Animal Care

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
Colorado Pet Pantry	<a href="http://www.coloradopetpantry.org/">http://www.coloradopetpantry.org/</a>	Colorado	303-818-0618	They coordinate with food banks- check the website for dates and locations



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







Organization

URL

Brief Description of Provided Service





Organization

URL

Location



## Resources Related to Volunteering (CONTINUED)

Emergency Family Assistance Association	<a href="https://www.efaa.org/?gclid=EAlaQobChMIIdDWs4ib6AIVGR6tBh23PgOpEAAAYASAAEgIlg_D_BwE">https://www.efaa.org/?gclid=EAlaQobChMIIdDWs4ib6AIVGR6tBh23PgOpEAAAYASAAEgIlg_D_BwE</a>	Boulder	(303) 442-3042	Boulder whose immediate needs for food and shelter cannot be met by 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	<a href="https://cultivate.ngo">https://cultivate.ngo</a>	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	<a href="https://www.attentionhomes.org">https://www.attentionhomes.org</a>	Boulder	(303) 952-4516	Attention Homes serves young people facing homelessness and is in need of 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](#)