

CARE Program

• NEWSLETTER •

April 2021

Food Assistance Resources at CSU

[Mobile Food Pantry: Rams Against Hunger \(RAH\)](#)

Where: Lory Student Center Theater

When:

- Monday & Tuesday – Closed
- Wednesday: 4 – 7 pm
- Thursday: 4 – 7 pm
- Friday: 9 am – 12 pm



All members of the CSU community (students, faculty, & staff) are welcome. Please bring your CSU ID card and maintain social distancing/health protocols to help prevent the spread of COVID-19.

[RamRide Food Ops: Application](#)

RamRide Food Ops delivers boxes of free food from the CSU Mobile Food Pantry to students, faculty, and staff who cannot come to, or transport food home from the Mobile Food Pantry.

Students, faculty, and staff can choose up to 2 Friday's each month for to receive a delivery between 2 and 4 pm.

[RAH Pocket Pantries](#)

Rams Against Hunger offers a limited selection of food items to all members of the Ram community at the following locations:

- **Lory Student Center** – level 200 – ASCSU Plaza-side entrance
- **University Housing** – Aggie Village Family Apartments
- **Aggie Village Family Center** – 501 W Prospect St, Building 24
- **University Housing** – University Village Center Apartments – 1600 W Plum, Building 24

Please use your CSU ID to enter the Pocket Pantry doors.

[SNAP Benefits](#)

Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, is a federal entitlement program that helps individuals access food benefits. CSU can help you apply for SNAP remotely! Contact Help4Rams@colostate.edu or call 970-491-8051.

• What's New •

[CSU Center for Mindfulness](#) they work intentionally and collectively to create conditions that inspire personal and community transformation leading to mindful communities. Please review their mindfulness list of events for Spring 2021!

[FIT/life Health & Financial Wellness Event](#) this year's event called Spring Awakening, will be happening April 6-8, please review the list of classes and register for the classes of your interest.

[Money Matters 2021](#) These series of financial webinars are a collaborative partnership between credit unions and libraries and the goal is to provide personal financial education across Northern Colorado.

[Free Virtual Legal Clinic](#) Participants can have a short appointment with an attorney via phone call. This is a free service for people without attorney.

[Apida Heritage Month](#) Celebrating Asian Pacific Islander Desi American History Month, review the link to find out more information about the list of events.

In Focus:● **Mental Health Resources** ●

Silver Cloud is now available to employees! This virtual care platform for behavioral & mental health support, Silver Cloud includes a suite of programs to address the range of mental health challenges employees face, from stress, depression, and anxiety to insomnia.

ComPsych is available anytime 800-497-9133 for crisis services and to get referrals for counseling. Each eligible employee gets 6 free sessions counseling session, per issue, per year.

Healthinfosource.com Your source for mental health and substance use resources and information for Larimer County, Colorado.

Summitstone Health Partners will be moving outpatient clinical services to virtual and telehealth platforms, check the website to learn how to contact them. You can also learn about their emotional support program called Colorado Spirit.

Health District of Northern Colorado is offering virtual services to their clients. Certain essential services will continue to be offered with modifications, check the website for more details.

Connections is available free of charge at 970-221-5551, 9 am to 4 pm, Monday through Friday. Behavioral health specialists from the Connections program at Health District of Northern Larimer County will be available to answer questions, give referrals, and provide support services via telehealth.

COVID Connect C.O.V.I.D. Connect provides resources for coping during COVID-19

Teacher/Educator well-being support line The Well-Being Support Line is a free service for all educators and school employees including ECE, K-12 programs and higher education across Colorado.

Other Food Assistance Resources**Food Bank for Larimer County**

Fort Collins Pantry – 1301 Blue Spruce Dr
Tuesday – Saturday: 10 am – 3 pm
Loveland Pantry – 2600 N Lincoln Ave
Tuesdays – Saturday: 10 am – 3 pm

Poudre School District Schools

PSD offers **free** breakfast and lunch to all students (18 and younger), visit their website for times and locations.

The Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Colorado WIC is open, though many clinics are providing services remotely. Contact a local clinic to review your options.

Hunger Free Colorado

If you are seeking food assistance, call the resources hotline at 855-855-4626.

United Way of Larimer County

Visit this website for a complete list of resources in Larimer County, including food and medical assistance.

SERVE 6.8

SERVE 6.8 provides food and supplies through its church partners to reach cities and neighborhoods.

● **Resources for kids** ●**Kids and Youth programs activities, listed by City of Fort Collins****Loveland Museum Educational Programs****K-12 Summer Programs at CSU****Gardens on Spring Creek Programs for kids****Poudre School District Mental Health Services****Dungeons and Dragons for teens virtual game****Design a Mask Event****Earth Day Fort Collins Celebration****Northern Colorado Children Festival Drive-thru****Healthy Kids Run Series 2021****Free family Scavengers hunts in Fort Collins**

Miscellaneous Events

[Social Media: Connection vs. Isolation](#) Mental Health Matters will be presenting this training to parents and educators.

[Garden in a Box](#) Do-it-yourself kits from Resource Central come with 15 to 30 starter plants, a comprehensive Plant and Care Guide, and one to three plant-by-number maps. Regardless of expertise, you can save water and beautify your landscape with these affordable gardens.

[Native Plant Outreach Workshops](#) This is a free online workshop for those interested in Colorado native plants and outreach.

[Free Health Assessments](#), provided by 9health know where you stand with your health today!

[Personal and Professional Development Trainings by ComPsych](#)

Join us in a series of personal development webinars in 2021! Each month there will be a different topic hosted by behavioral health experts.

- **April 14** – Mental Health Awareness for Leaders
- **April 22** – Effective Communication

[Night Skies](#) free virtual event about objects and patterns you can see in the night sky, powered by the Fort Collins Museum of Discovery

[Healthy Homes Program](#) The City of Fort Collins shares resources on how to create a healthier and safer home. Complete an online assessment of your home and receive a personalized set of recommendations on how you can reduce exposure to indoor air contaminants and safety hazards.

[Colorado Employee Assistance Program C-SEAP](#) C-SEAP is offering several trainings and classes, review the list of trainings on their website.

[CSU Engagement and Extension](#) CSU Libraries, and Web Services team have recently launched a CSU Virtual Events site. This page is where you can learn more about virtual happenings on-campus.

[Larimer County Extension programs and classes](#) CSU extension and Larimer County have partnered to offer classes around different topics.

[Larimer Child Care Connect](#) Check out this free tool that makes it easier for families to find available childcare, preschool, and school-age programs. Parents can get a list of local childcare programs and search results that cater to their family's needs.

[Larimer Recovery Collaborative](#) This is cross-sector group from the municipalities, county government, nonprofit, economic development, and business community across the geographic region of Larimer County. They have created a list of resources by topic, please visit their site to learn more.

[Fort Collins Winter Farmers Market](#)

When: 2nd & 4th Saturday from 9 am – 1 pm, November 7 through May 8

Where: Foothills Mall, 215 E Foothills Pkwy

[Virtual Farmers Market](#)

When: Order online Saturday at 4 pm through Thursday at Noon

Where: Delivery occurs Saturday between Noon and 4 pm or pick up Saturday from Noon – 2 pm

[UCA School of Music, Theater and Dance](#) are hosting several virtual events during the month of March, please check out their calendar of events.

[Brain fuse](#) Are your kids struggling with schoolwork? Live online tutors, an interactive writing lab, test preparation and more are available through the Loveland Library and the Poudre River Public Library District's Brainfuse HelpNow sites:

- [Poudre River Public Library District \(FC\)](#)
- [Loveland Public Library](#)

[LCE Family Resources](#) Please review this list of resources available to Northern Colorado Residents.

[Supporting young children and families during a pandemic](#) This early learning training is meant to help identify red flags, build resilience, and seek support despite limitations the pandemic has created.

[Tax aid Preparation Resources](#)

[Child Care Resources](#)

Additional Resources

[Employee Assistance Program](#)

Please reach out to the on-site coordinator, Jan Pierce at jan.pierce@colostate.edu. The best way to reach the EAP is via email or leave a voicemail at 970-491-3437 to set up an appointment.

[The Office of the Ombuds at CSU](#)

The Office of the Ombuds serves as a *confidential* resource to assist all CSU employees navigating concerns or conflict in the workplace. To request an appointment, email Melissa Emerson at Melissa.Emerson@colostate.edu or call 970-491-1527.

[Housing Resources](#)

Check out the new and existing housing related resources, information, and community responses during this time.

[City of Fort Collins – City News](#)

View the most recent newsletter for information about virtual events and other important city news.

[ComPsych](#)

View this list of resources ranging from topics like back to school to coronavirus webinars to navigating life at home.

[Kendall Reagan Nutrition Center](#)

Learn more about the programs and services available to our campus community and try their recipe of the month.

[CSU Young Professional Mentorship Program](#)

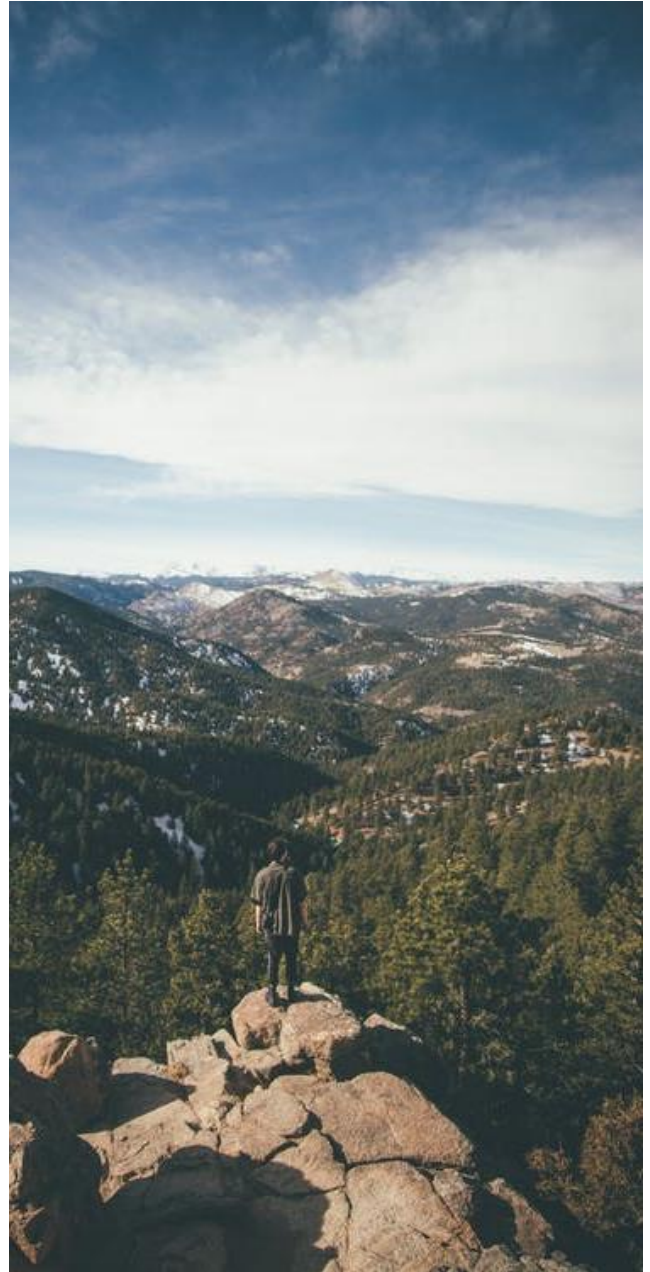
CSU Young Professionals (CSUYYP) aims to provide support, resources, and opportunities to cultivate connections, engage in professional development programs, and participate in community activities to become influential leaders in the community.

[Alumni Association](#)

If you are a CSU alumnus, you are encouraged to visit the Alumni Association website to learn and participate in any of virtual events they have available.

[Office of the Vice-President for Diversity](#)

Visit the website to learn about their work and support to our campus community to advance an inclusive university culture that prioritizes equity at individual, organizational, and structural levels.



Volunteer Opportunities

[The Power of Collective Support](#) This campaign created by University Advancement allows willing individuals to donate money to the University.

[Help Colorado Now](#) Learn about opportunities to volunteer or donate money during the COVID-19 pandemic.

[United Way of Larimer County](#) View a has a list of volunteer opportunities in Larimer County.

[City of Fort Collins](#) The city is seeking healthy volunteers to assist with services to vulnerable populations, visit the volunteer site to find volunteer opportunities across Fort Collins.

Have questions?

Reach out to Emma Chavez,
Community Resources
Coordinator at
[**emma.chavez@colostate.edu**](mailto:emma.chavez@colostate.edu)

Want to sign up for the CARE
Program Newsletter visit
[**www.care.colostate.edu**](http://www.care.colostate.edu)