

# CARE Program

## • NEWSLETTER •

February 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](mailto:Help4Rams@colostate.edu) or call 970-491-8051.

### • What's New •

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

[CSU Center for Mindfulness](#) works intentionally and collectively to create conditions that inspire personal and community transformation leading to mindful communities. Join a FREE mindful Mondays Meditation practice and Mindful Sleep Wednesday!

[s.n.a.p.p](#) provides a safe space for girls, grades 7-12 to interact with their peers. They'll learn about topics that impact teens and discover coping skills to deal with those challenges. The two 12-week sessions begin:

- Monday, Feb. 8 and
- Tuesday, Feb. 9

Choose one day, sessions are from 7:15-8:45 pm (MT). Meetings are free, but donations are accepted.

#### [Supporting Young Children and Families During the Pandemic](#)

This monthly early learning training series, will discuss how to identify red flags, build resilience, and seek support despite limitations caused by the pandemic.

## In Focus:

### ● Mental Health Resources ●

[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.

[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.

### Have questions?

Reach out to Emma Chavez,  
Community Resources Coordinator at  
[emma.chavez@colostate.edu](mailto:emma.chavez@colostate.edu)  
or  
970-658-6158

## 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.

## 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.

### [Housing Catalyst \(HC\) Wish List](#)

HC is opening its second permanent supportive housing program, Mason Place. This location will provide affordable housing and supportive services to individuals experiencing homelessness in Fort Collins.

Most residents lack basic household items, so HC is collecting used items to help residents establish their new households.

## Miscellaneous Events

### [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

### [Greeley Winter Farmers Market](#)

**When:** 1st and 3rd Saturday from 9 am – Noon, November through April

**Where:** Zoe's, 715 10th St

### [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

### [Parent/Youth Seminar](#)

This is a 1-hour session to learn and discuss the ten Wise Ways (skills to help us make good decisions) and dive into the effects and impact of substances on young brains. This session is for youth ages 7-17 in partnership with their parents/caregivers. Zoom link will be emailed upon registration.

### [Brainfuse](#)

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](#)

### [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.

- **Feb. 3** - Managing Staff Through Stressful Situations
- **Feb. 10** - Resiliency: Bouncing Back after a Setback

### [Workplace English Program](#)

Looking to improve your English? The spring workplace English classes will run February 9 through April. 15, onsite.

### [LCE Family Resources](#)

Please review this list of resources available to Northern Colorado Residents.

### [Social Justice Speaker Series](#)

On February 3, we will start a Social Justice Speaker Series that will feature a professor from the University of Arizona professor



## Additional Resources

### [Employee Assistance Program](#)

Please reach out to the on-site coordinator, Jan Pierce at [jan.pierce@colostate.edu](mailto: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](mailto: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 (CSUYP) 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.

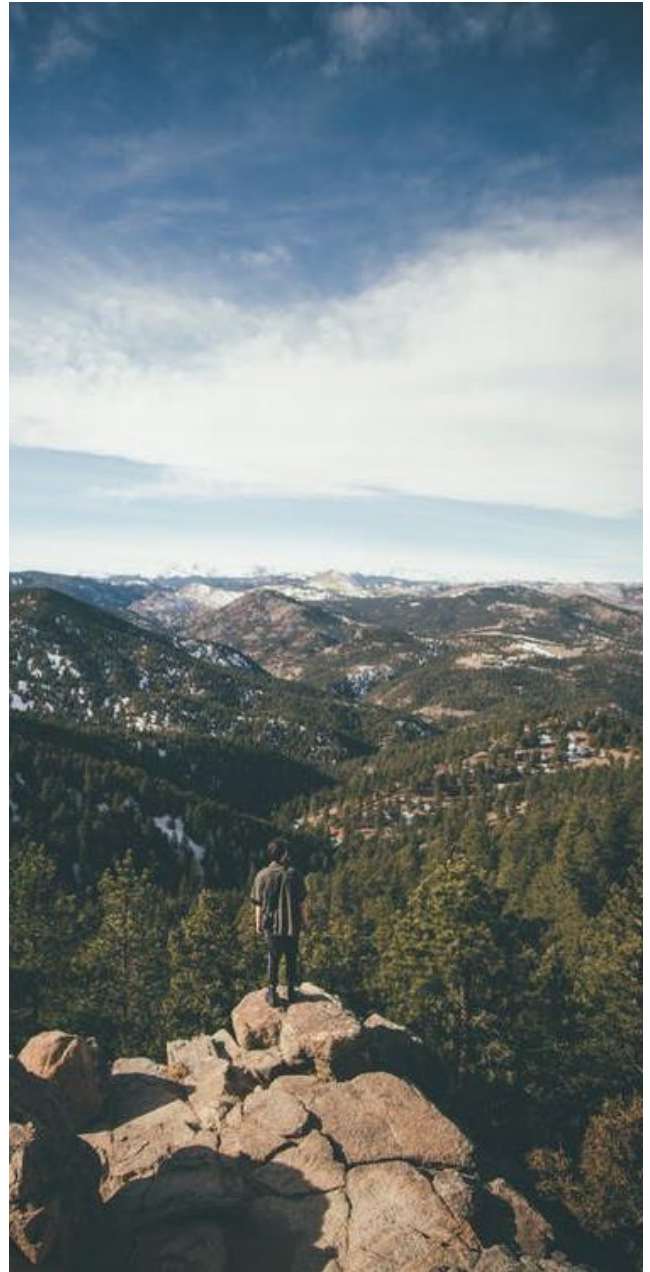
### [Alumni Association](#)

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 for the Office of the Vice-president for Diversity who provides leadership, accountability, and education to advance an inclusive university culture that prioritizes equity at individual, organizational, and structural levels.

[Black History Month List of Events](#), every February the Black African/American Cultural Center at CSU (BACC) celebrates Black History Month with a great list of events to celebrate, educate, and bring awareness of Black/African American Culture.



The CARE program connects and refers CSU employees to departments and programs at Colorado State University, as well as to agencies and organizations in Northern Colorado.

For more information about resources, please visit the CARE website at [care.colostate.edu](https://care.colostate.edu) or contact Emma Chavez, Community Resources Coordinator, at [emma.chavez@colostate.edu](mailto:emma.chavez@colostate.edu).



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