

CARE Program

• NEWSLETTER •

July 2021

Food Assistance Resources at CSU

Mobile Food Pantry: Rams Against Hunger (RAH)

Where: Lory Student Center Theater

When:

- Monday & Tuesday – Closed
- Wednesday: 3 – 6 pm
- Thursday: 3 – 6 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.

• 4th of July Celebrations •

City of Fort Collins

The City of Fort Collins is thrilled to announce the line-up of events for the 2021 Independence Day Celebration!

Old fashioned 4th of July celebration at the Avery House

Celebrate an old-fashioned Fourth of July at the 1879 Avery House, 10 a.m. to 2 p.m. at 328 W. Mountain Ave. Admission is free and offers fun for all ages.

July 4th Fireworks at the Ranch

Entry to the fireworks viewing at the Ranch is free and gates at the south entrance will open for vehicle entry at 6 p.m. This year, close to 4,000 parking spaces will be available at the Ranch Events Complex.

Coloradoan has a list of 10 things to do in Northern Colorado this 4th of July.

Have questions?

Reach out to Emma Chavez,
Community Resources
Coordinator at

emma.chavez@colostate.edu

Want to sign up for the CARE
Program Newsletter visit
www.care.colostate.edu

In Focus:

● Mental Health Resources ●

[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.

[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.

**Food Assistance Resources in the Community****[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](#)****[Healthy Kids Run Series 2021](#)****[Kids Summer Breakfast at FOCO Cafe](#)****[Free family Scavengers hunts in Fort Collins](#)****[FCMOD: Calendar of events: Ask a Scientist](#)****[OSS: Kids on the Plaza - Loveland](#)****[Summer Recreator Magazine](#)****[Summer CAMPS Registration Open](#)****[Children Summer Series at the Lincoln Center](#)**



Happenings in Northern Colorado

[Lagoon Summer concert Series at CSU](#) offers two nights (July 9 and July 31st) where community members young and young at heart are invited to enjoy live, free music by the New Belgium Beer Garden and stay for CSU's [Movie Night at Canvas Stadium](#).

[Your guide to Summer in Fort Collins by Coloradoan](#) from music lovers to outdoors enthusiasts (and everyone in between), they have put together this guide on things to do in and around Fort Collins.

[Taste of Fort Collins](#) will be July 24 & 25 in Old Town Fort Collins, check the site to obtain tickets and to see the lineup of presenters.

[Poudre River Public Library](#) Please review the Public Library website for summer updates from hours of operation to summer reading programs.

[2021 Employee Commute programs](#) Parking and Transportation Services is excited to help employees plan their commute back to campus this summer. We know you may choose to balance a variety of modes including telework, parking, transit and active modes.

[Fort Collins Marketplace Family Fun Fest](#) bring the whole family out for our Car Show and Family Fun Fest at Fort Collins Marketplace! Event is FREE

[Downtown Fort Collins](#) is a website where you can find a list of events and happenings around Downtown Fort Collins like Story Stroll and more.

[Sounds of Centerra summer concert](#) series returns to Chapungu Sculpture Park on Friday, July 9 for its thirteenth season! Bring your blankets and lawn chairs and find a comfortable spot on the Great Lawn to enjoy this year's line-up from local musicians.

[Thursday Night Live](#) is a series of free summer concerts in Ft. Collins each Thursday. This year only, concerts will move from their usual location in Old Town Square to New Belgium Brewing. 2021 concerts kick off June 3 & conclude Aug. 5.

[Fort Collins Trolley Rides](#) are open on weekends afternoons and holidays between City Park to Downtown Fort Collins.

[Art Walk](#), a self-guided tour for the art lover, walk around Downton Fort Collins galleries and museums, cost is Free.

[Money Matters 2021](#) provides free financial education classes for the Northern Colorado Community

Personal and Professional Development Trainings by ComPsych

[July 14](#) – Giving Effective Feedback in Personal or work situations. Time - 12:00 pm

[July 21](#) – Mindfulness: Being present in your work and life. Time- 12:00 pm

[One Sweet Summer Event Series](#), this event is in Loveland, they gather the community to celebrate with fun activities throughout each week from May to October. To learn more, visit the link above.

[Fort Collins Farmers Market](#)

For a list of Farmers Market in Fort Collins and their new hours of operations, please visit their link.

Additional Resources for Families and Teens

Summer reading challenges celebrate love of animals and stories

Local libraries offer opportunities to earn fun prizes by reading, participating in events and completing activities. Tails and Tales is the theme across library districts. Learn more and register at your local library:

- [High Plains Library District, GR](#) - May 30-August 8
- [Clearview Library District, WS](#) - June 1-July 30
- [Poudre River Public Library District, FC](#) - June 1-August 15

LGBTQ+ Youth Panel: Trusted Adults

Youth, 12-17 will discuss their experiences with navigating what they need and how they identify which adults in their lives are safe and trusted around topics of mental health and their intersecting identities. Q & A follows. Tuesday, July 13, 9–11am, Fort Collins Police Services, 2221 S. Timberline Rd., FC. [Learn more and register.](#)

SPLASH supports LGBTQIA+ youth and their families/schools/friends

SPLASH supports LGBTQIA+ youth and their families/schools/friends to enrich and affirm their identities by building communities of equity and belongingness where they can thrive. Contact: [Kimberly Chambers](#), 970-444-5428.

- Skittles, ages 5-11, Saturday mornings
- SPLASH & GAUGE, ages 12-18, Monday evenings, Thursday evenings, and Saturday afternoons.
- QueerYA, ages 16-24, Tuesday evenings. Special events and community gatherings every month.

S.N.A.P.P. pairs middle school girls with high school mentors

Together, the girls participate in weekly group discussions over a 12-week period that cover topics including self-love, internet safety and cyberbullying, friendships and avoiding drama, confidence and hope, sexuality and relationships and many more. Spring and fall sessions available for ages 7-12. Contact: [Lisa Laake](#), 970-214-0753 or [learn more online](#).

Poudre School District summer opportunities help students stay on track to graduate

Online and in-person classes, tutoring and extracurricular credit-earning options for high school students. View flyer in [English](#) or [Spanish](#) or [learn more and register online](#)

Teen Heartbeat offers Larimer teens support after losing loved ones to suicide

This open and free support group provides a safe and confidential space for teens to connect and be who they are. Presented by ImagineZero and the Alliance for Suicide Prevention of Larimer County. Second Tuesdays every month, 6-7:30pm, Zoom meeting, [RSVP to receive link](#).

Summer Parent Cafe sessions

The Parent Café program supports and educates parents and caregivers, utilizing the Strengthening Families PROTECTIVE FACTORS that give parents and caregivers the skills and resources they need to parent effectively, even under stress. [View dates/locations](#).

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 (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 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.

[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.

