

# CARE Program

## • NEWSLETTER •

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

### • 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)

**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.

**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 an Engineer – Ask a Scientist****OSS: Kids on the Plaza - Loveland****Summer Recreator Magazine****Summer CAMPS Registration Open****Story Stroll – Downtown Fort Collins****Kids Fishing Derby – June 5**



## Happenings in Northern Colorado

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

**[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.

**[CSU Summer](#)** classes are open. Faculty and staff may use their employee study privilege and tuition scholarship for spouses, domestic partners, and dependent children. Summer courses are primarily offered in 4, 8- and 12-week terms.

**[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, the ride is between City Park and Downtown Fort Collins.

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

**[Loveland and Fort Collins Garden Tours](#)**, event in person following Covid restrictions, event happening on June 12 from 9:00 am to 5:00 pm, click on the link to register and find out more information.

**[Old Time Car Show](#)** at the Senior Center on June 12, from 4:00 to 8:00 pm

**[Sidewalk Chalk Art Exhibit](#)**, artist of all ages and their families are invited to create art on the sidewalks of the Library Park. The theme is Tales and Tails, and registration is required.

Personal and Professional Development Trainings by ComPsych

**[June 9](#)** – Secrets to self-Motivation

**[June 16](#)** – Addressing Employee Performance Issues in a supportive Way

**[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.

**[The Butterfly House](#)** @ the gardens on Spring Creek, home to hundreds of free flying butterflies. Free with gardens admission, hours are: 10 to 3:15

**[Windsor Summer Concert Series](#)** begins June 3 from 6:30 to 8:30pm. at the bandshell in Boardwalk Park, 100 N. 5<sup>th</sup> Street.

**[Canvas Credit Union](#)** – Summer Classes, please review the link to register for the financial seminars offered by Canvas Credit Union for CSU staff, during June, July and August.

**[Celebrate Pride Month](#)**: History of LGBTQ+ people in Fort Collins

## 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 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.

[Sprinkler Checkup](#) The 2021 season is here! Select a date and time that works for you and we will be there, ready to demystify your irrigation system with a safe and effective checkup.

[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.

[Care.com](#) a website that offers you tools to find caregivers for any dependent care needs you might have.

