

COVID19 Resources

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1 HOUSING ASSISTANCE

- Arapahoe County: Emergency Rent Assistance continues to be available by calling 303-738-8061 or emailing cshropshire@arapahoegov.com to determine eligibility
- Denver Rescue Mission, <https://denverrescuemission.org/covid-19-update-march-16/> or 303-294-0157, some meals and shelter services remain open, including Lawrence Street and The Crossing.
- The Delores Project (Women Only) 303-534-5411, weekly beds still available, lottery on Monday at 10am for new applications, emergency beds may be available, call daily at 5pm.
- Comitis Crisis Center, OPEN with limited hours from 7:30-1pm daily including:
 - Aurora Day Resource Center <https://comitiscrisiscenter.org/aurora-day-resource-center> or 303-341-9160 Regular services will be offered while ADRC is open, Outside tents will be used for visible symptoms during this time, Hot breakfast or breakfast daily, Grab and go lunch daily, No more than 50 guests at a time in the building, Street Outreach will continue its normal routine, During Cold Weather Activation, the building will be limited to 50 and we will utilize both outside tents and Comitis Day Shelters
- St. Francis Day Shelter is open, with additional protocols to maintain safety. <http://www.sfcdenver.org/who-we-are/news-publications/covid-19-update/> 303-297-1576
- The Gathering Place is open during normal operating hours. Programs and services have been reduced. Currently offer: Meals – breakfast, lunch, and snack (no snack on Tuesday), Laundry facilities, Showers and restrooms, Nap beds, Mail pick-up, Emergency clothing, Food bags. <https://tgpdenver.org/what-we-do/if-you-need-help.html> 303-321-4198
- Father Woody's OPEN 7am-10:30am 11:00am-1pm 303-607-0855
- Metro Denver Housing Initiative's (MDHI) Housing Stability Flex Fund is now able to provide homelessness prevention assistance in addition to move-in expenses or landlord

mitigation. Please see the website:

https://www.mdhi.org/flex_fund?utm_campaign=april_2&utm_medium=email&utm_source=mdhi

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2 FOOD ASSISTANCE

- Food Bank of the Rockies (list is kept updated daily):
<https://www.foodbankrockies.org/emergency-assistance/>
- Aurora Public Schools will be offering all meals to anyone 18 years or younger Monday through Friday. Parents are required to drive up so team members can hand them their food safely. See <https://health.aurorak12.org/covid-19-resources/> for the list of locations. That link has lots of additional information for students and families.
- Cherry Creek School District will be offering breakfast and lunch to students Monday through Friday. Please see their website for locations and additional information:
<https://www.cherrycreekschools.org/freemeals>
- Give Denver has food available, no ID needed, Monday through Thursday 9:30-3:30 based on volunteer availability. Richard T Castro Denver Human Services Building at 1200 Federal Blvd, Denver.
- All older Coloradans seeking assistance getting nutritious food can call the Aging and Disability Resources for Colorado Office at 1.844.COL.ADRC **(1.844.265.2372)**
- Information for Meals on Wheels and congregate dining meal pick-up can be found at: <https://www.voacolorado.org/gethelp> or calling **(303) 297-0408**
- **WIC (The Special Supplemental Nutrition Program for Women, Infants, and Children)**
- WIC provides healthy food, nutrition education, breastfeeding guidance, and community support for **income-eligible** women who are pregnant or postpartum, infants and children up to five years old. Colorado WIC is open and serving clients, though many clinics are providing services remotely. Contact your **local clinic** to ask what options you have. You may be able to: Do your appointment over the phone, Do an online nutrition education lesson on www.wichealth.org, Extend your certification period by 1 month if you were scheduled for a recertification (reapplying for benefits), Reschedule for a time that works better for you. For updates, visit <https://www.coloradowic.gov/alerts>.
- **Jewish Family Services** <https://www.jewishfamilyservice.org/services/covidresponse>
Weinberg Food Pantry –prepacked lunch-pickup directly outside of the pantry
Tuesday – Friday 10:00 a.m. - 1:00 p.m. 3201 South Tamarac Drive, Denver, CO 80231

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3 SHOPPING HOURS FOR VULNERABLE POPULATIONS

***These are general announcements, double check that your store offers this.**

- **Dollar General** seniors- first hour of each business
- **King Soopers** seniors- 7a – 8a on Mondays, Wednesdays and Fridays
- **Safeway** for seniors/at risk shoppers on Tuesdays and Thursdays 7am-9am
- **Target** seniors and other vulnerable guests, reserves the first hour each Wednesday
- **Walmart** Seniors only Tuesday mornings 1 hour (6 a.m. for most locations) includes pharmacy and vision center
- **Whole Foods** 60+, one hour before opening to the general public

4 EVICTION/FORECLOSURE

- Courts in the 17th and 18th Judicial Districts will not be holding eviction hearings at least through April 3 as part of suspended court processes throughout the state, according to Jon Sarché, Deputy Public Information Officer for the Colorado Judicial Department.
- Denver Evictions
- Spokespersons for the sheriff's offices in Adams and Arapahoe counties said both departments will **not remove evicted residents from their homes**. Normally, Sheriff's deputies enforce evictions when residents lose an eviction court case but don't leave their homes.
- "We are not enforcing any of them during the pandemic," said Deborah Sherman, a spokeswoman for the Arapahoe County Sheriff's Office, said of the eviction orders. "That is not a priority for us."
- Denver Mayor Michael Hancock suspended evictions in Denver County on Monday.

5 UTILITIES

- **Xcel Energy's** response to COVID-19-We will **not** disconnect service to any residential customers until further notice. If you are having difficulty paying your bills, contact and they will arrange a payment plan that works for you. Residential Customer Service 800-895-4999
- **Aurora Water:** Aurora Water has suspended service disconnects to any residential customers until further notice. If you are having difficulty paying your bills, contact us and we will arrange a payment plan that works for you.
 - The Water Billing office in the Aurora Municipal Center is closed to the public. Aurora Water has many ways to interact with a water billing representative and

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pay water bill, including online payment, pay-by-phone, Western Union payments and even a secured drop box at the Municipal Center.

- Please do not use the drop box for cash payments after 5 pm.
- Visit AuroraGov.org/Residents/Water/pay_my_water_bill or call 303.739.7388 for details.
- **Comcast** is offering \$9.95 per month with two months free to start, this can be helpful for those who have moved to online school: <https://www.internetessentials.com/covid19>
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6 TRANSPORTATION

- Denver Regional Mobility and Access Council, list of transportation services: <https://www.drmac-co.org/transportation-update-spreadsheet/>
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7 GENERAL

- **COVID19 Community Economic Relief Fund** Providing help with bills, rent, and food. Call 1-866-211-9966 and they will give you a list of agencies that can provide assistance
- **Arapahoe County Cash Relief** Families can apply for the Colorado Works County Emergency Disaster Program through the Colorado Peak website.
 - Family annual gross income must be below 75,000, with one child under 18 in the home, legally present in the US, and must present a significant need for services directly related to the COVID-19 Emergency
 - May include, but not limited to, purchase of lease of shelter, transportation, non covered medical expenses, work related supplies that were lost or damaged, and counseling services.
 - Visit www.Colorado.gov/PEAK and click on 'apply for benefits' to access the online portal.
- Denver Specific Resource List: https://drive.google.com/file/d/1XnbgxpbYUDoNe-I_UpCRo9b33b99a0Dx/view
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8 SUPPORTING KIDDOS

- A comic explanation of Coronavirus (COVID-19) for kids: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

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- Activities for Kids at Home
<https://www.chron.com/entertainment/families/article/More-than-an-iPad-Realistic-kid-activities-15129576.php>
- Parent/Caregiver Guide to Help families cope with COVID-19
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- Extensive list of at home activities for kids:
<https://docs.google.com/document/d/1RTAoPLK8bGcLOxGLX1rQN9U11FOZ7bnFOkIEGx3SEno/edit?usp=sharing>
- ABC Mouse, 1 month free subscription can be cancelled prior to the 30th day:
<https://www.abcmouse.com/abt/homepage?8a08850bc2=T1205504877.1584982546.6248>
- Adventure Academy, 1 month free subscription can be cancelled prior to the 30th day:
<https://www.adventureacademy.com>
- [NCTSN Helping Families Cope](#) Printable Information in English and Spanish
- PBS Information on [How to Talk to Kids about COVID19](#) (Also very helpful links to Daniel Tiger and Elmo videos for kids)
- PBS Info on [How Families Can Deal w/ Stress](#) (also see links below to helpful videos)
- A Stay-At-Home-Care-Package from a great growth mindset community:
<https://drive.google.com/file/d/1U26PKLsQ-FpPrx3OUzDDkLqK27-fbDhG/view>
- COVID 19 Health Literacy Project: fact sheets for children and families. They are working on translating them into 34 languages and will be published and publicly available soon!
<https://covid19healthliteracyproject.com/#languages>
- Colorado specific resources for kids at home: <https://www.cde.state.co.us/cdelib/covid-19ysresources>
- Emergency Child Care Collaborative: <https://covidchildcarecolorado.com/>

9 SUPPORTING ADULTS/PROVIDERS

- Mindfulness During a Pandemic: <https://www.vox.com/future-perfect/2020/3/18/21181644/coronavirus-covid-19-mindfulness-meditation-anxiety>
- Managing Stress and Anxiety https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- Headspace, a mindfulness/guided meditation app, is now free for healthcare professionals (anyone with an NPI) working in public health settings during this stressful time. Here's the link with the information:

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- <https://www.theverge.com/2020/3/16/21181773/headspace-free-health-care-provider-public-health#comments>
- Free Online Course from Yale: The Science of Wellbeing (the most popular class in Yale's history!) <https://www.businessinsider.com/coursera-yale-science-of-wellbeing-free-course-review-overview>
- Mindfulness Based Stress Reduction website (<https://mbsrtraining.com/>). The 'exercises' tab has many free audio-only activities that are only a few minutes in length. For therapists who are good with tech, they could likely screen share during a Zoom session and be with the client to process post exercise. Or if doing a session via phone, therapist could have their phone on speaker and play the audio on their computer with the client during the session. There's the classic "how to eat a raisin exercise."
- The National Child Traumatic Stress Network (NCTSN) has Psychological First Aid and other trainings available, visit their learning center at: [NCTSN Learning Center](#)
- NPI providers (anyone with an NPI number!) gets Headspace free for 1 year! This is a meditation and mindfulness app. <https://www.headspace.com/health-covid-19>

- Facts about COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html>
- CDPHE has established a COVID-19 hotline, CO-HELP at 303-389-1687 or 1-877-462-2911 (information is available in multiple languages). You can also email questions, for answers in English only, to COHELP@RMPDC.org
- Aurora has multilingual information on COVID19 at <https://www.auroragov.org/cms/one.aspx?pagelid=16539096> (in Spanish, Korean, Nepali, Vietnamese, Chinese, Burmese, Amharic, Tigrinya, and Karen).
- Arapahoe County Closures <https://www.arapahoe.gov.com/2097/Known-Closures-within-the-County>
- Center for Victims of Torture, list of mental health resources in multiple languages: <https://www.cvt.org/COVID-19-resources>
- Switchboard has a lot of resources (including posters, videos, fact sheets) related to COVID 19 available in the following languages: Arabic, Dari, English, Farsi, French, Korean, Russian, Simplified Chinese, Spanish, Swahili, Ukrainian, Vietnamese, and more! https://switchboardta.org/blog/a-round-up-of-multilingual-resources-on-covid-19/?mc_cid=a1ae625e2d&mc_eid=0db44b8135