

Virtual Care Package for Parents



COVID 19 RESOURCES

>> [Coronavirus Anxiety Toolkit](#)

>> [CU Boulder Roadmap](#)

>> [Virtual Self-Care Package: Manage COVID- 19 Stress](#)



CARE PACKAGES

>> [Insomnia Cookies](#)

>> [Boulder Care Packages](#)



WELLNESS

>> [College of Arts and Sciences Be Well](#)

>> [Down Dog Yoga](#)

>> [Zook Dance Fitness](#)

>> [E-Let's Talk](#)



ENTERTAINMENT

>> [Free Entertainment](#)

>> [Netflix Party](#)



INVOLVEMENT

>> [CU Boulder Involvement](#)

>> [Buff Families](#)



PARENTS

>> **Questions from families who have a student in need of support should call the Office of the Dean of Students at 303-492-9048 for assistance and referrals**