

Click on each title to access web link.

# COMPREHENSIVE RESOURCES

## 1. United Way 211 (Colorado)

Phone: 211

*Provides referrals and assistance with taxes, employment, youth with special needs, immigrants and refugees, housing and shelter, health services, pregnant or new parents, basic needs and financial, food assistance, crisis and emergency, childcare and education, legal, mental health and addiction, aging and disability.*

## 2. Colorado Center on Law and Privacy (Colorado)

Phone: 303-573-5669

*COVID-19 resources for immigrant families*

## 3. CU Virtual Activities

*Comprehensive list of virtual activities you can do for free or low-cost. including connecting virutally, virtual art classes, virtual fitness classes, virtual tours and museums, animal webcams, and other fun things to do.*

## 4. Colorado State Dept. of Public Health (Colorado)

*For latest news.*

Click on each title to access web link.

# **RESOURCES RELATED TO WELLNESS ACTIVITIES**

## **1. Headspace**

*Free recorded meditations*

## **2. Sounds True**

*Mindfulness/meditation/resiliency/compassion/relationships*

## **3. Down Dog App**

*Free access to Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute workout- FREE to students through July 1.*

## **4. Eckhart Yoga**

*12 Free online yoga and meditation classes to relieve stress and anxiety. Also monthly paid subscriptions to online yoga classes.*

## **5. Netflix Party**

*Free way to watch Netflix with your friends online & host long distance movie nights and TV watch parties*

## **6. NFL Games Pass**

*Free through May 31, watch games from 2000-2019*

## **7. NBA League Pass**

*Free through April 22 to watch classic games or this season's games*

Click on each title to access web link.

## *USEFUL ARTICLES ON THE TOPIC*

### **Let's Take a Deep Breath**

### **50 Things to Do at Home in Colorado in 2020**

## **RESOURCES RELATED TO MEDICAL/MENTAL HEALTH**

### **1. ThrivingCampus** (Nationwide)

*Referral list for Boulder-area and nationwide. Growing list of telehealth providers.*

### **2. Red Point Center** (Longmont, CO)

Phone: 888-509-3153

*Provides outpatient treatment for adolescents (age 13 to age 18) and adults who are struggling with substance use disorder, drug abuse, addiction, and mental health conditions.*

### **3. Mental Health Partner** (Boulder, Longmont, Broomfield)

Phone: 303-443-8500

*Mental health services*

Click on each title to access web link.

#### **4. Colorado Crisis Services (Front Range)**

Phone: 844-593-8255

#### **5. Boulder Community Health**

Phone: 303-415-7000

*Hospital and emergency services*

#### **6. National Alliance on Mental Illness**

Phone: 800-950-6264

*Provides a comprehensive COVID-19 resource sheet and hotline for support*

#### **7. Psychology Today**

*Online database of mental health professionals*

#### **8. Happiness Lab**

*Yale psychology professor Dr Laurie Santos research to increase happiness*

#### **9. Naropa Community Counseling Center**

Phone: (303) 546-3589

*Individuals, couples, groups*

#### **10. RAIMY**

Phone: (303) 492-5177

*Committed to providing services to those who are currently underserved, including economically-disadvantaged, ethnic and sexual minorities, as well as families.*

Click on each title to access web link.

## **11. Boulder Emotional Wellness**

Phone: 303-225-2708

*Couples, groups, individuals*

## **12. Asian Pacific Development Center - APDC Behavioral Health Clinic (Aurora)**

Phone: (303) 923-2920

*Asian Pacific languages*

## **13. Open Path Collective**

*Find low cost therapists in your area*

## **14. C-SEAP – Colorado State Employee Assistance Program (Various cities in CO)**

Phone: 303-866-4314 / 1-800-821-8154

*Free counseling services for Colorado State employees. Individuals, families, and couples.*

## *USEFUL ARTICLES ON THE TOPIC*

### **Pandemic Grief**

### **7 Good Habits for Being Productive When You're Working From Home**

### **Anxiety Contagion: Tips for Relief**

### **Mental Health Resources And Explanations**

### **Resilience In Challenging Times**

### **Behavioral Health In Colorado**

Click on each title to access web link.

# **RESOURCES RELATED TO FINANCIAL HARDSHIP/ HOUSING/UTILITIES**

## **1. Emergency Family Assistance Association (Boulder)**

Phone: 303-442-3042

*Assistance with food, rent, utilities, minor medical expenses, transportation, etc.  
Offers services in English and Spanish.*

## **2. One Fair Wage**

*Temporary cash gifts for tipped workers and other service workers who are struggling.*

## **3. Restaurant Workers' Community Foundation**

*Temporary direct assistance for short term needs for restaurant workers.*

## **4. Southern Smoke Emergency Relief Program**

*Emergency funding for those employed by or who own restaurants or bars or are employed by a restaurant or bar supplier that face emergencies not covered by insurance.*

## **5. USBG National Charity Foundation**

*Grant Assistance for bartenders or spouse or child of a bartender experiencing an emergency hardship.*

## **6. NextLight**

*Providing low cost, high speed internet to qualifying low income individuals for \$14.95/ month. Funding from Longmont Community Foundation may provide additional assistance to families with children in the Saint Vrain School District.*

Click on each title to access web link.

## **7. Salvation Army**

*Disaster services, domestic violence services, emergency assistance, family counseling services, housing/residence services, older adult services, worship center youth services.*

## **8. City of Boulder Community Mediation Services**

*Assistance with disputes involving; landlord-tenant, roommates, neighbors, seniors age 60 or older, parents and their children, teens, school-related conflicts (BVSD), community groups, homeowners associations (HOAs), non-profit agencies, City of Boulder employees, clients and staff of homeless services, race and cross-cultural relations and human rights.*

## **9. Restaurant Workers' Community Foundation**

*Temporary direct assistance for short term needs for restaurant workers.*

## **10. Colorado Business Committee for the Arts**

*Provides resources for funding, producing virtual events, alternative use of skills, virtual discussions and groups, etc.*

## **11. Community Resources**

*Visit the URL to learn more about community resources available.*

## **12. Imagine 2020 Artist Assistance Fund**

*Emergency funding for artists impacted by COVID-19 through lost revenue for planned events, classes, performances, travel, etc.*

Click on each title to access web link.

### **13. Colorado Department of Labor and Employment**

*Possible unemployment claims (please be aware that part time temporary workers do not qualify- this would include on campus student workers), assistance with sick leave, wage claims for hours worked but not paid, resources that are desperately hiring workers including, health care, grocery stores, package delivery, online products, etc.*

### **14. United Way COVID Relief Fund**

### **15. Various Grocery Stores**

*King Soopers, Safeway, Natural Grocers are all hiring and many are offering hiring or hourly incentives.*

## *USEFUL ARTICLES ON THE TOPIC*

**Internet Essentials**

**Government Jobs**

**Job Resources**



# RESOURCES RELATED TO FOOD ASSISTANCE

## 1. CU Boulder Campus Resources (Boulder)

*We have included some FAQ's to address some of the concerns or questions we have received during the change in operations at CU Boulder, due to the impact of COVID-19.*

## 2. Food Bank of the Rockies (Denver)

Phone: 303-371-9250

*Food assistance for the metro area and beyond*

## 3. Emergency Family Assistance Association (Boulder)

Phone: 303-442-3042

*Assistance with food, rent, utilities, minor medical expenses, transportation, etc.  
Offers services in English and Spanish.*

## 4. Community Food Share (Louisville)

Phone: (303) 652-3663

*Accessing fresh, nutritious food isn't always easy or affordable. That's what we're here for. By partnering with local farms and grocery stores, we provide you with food you can feel good about feeding your family. To get started and learn more, visit CFS' website.*

## 5. State and National Food Assistance Resources (Colorado)

## 6. Harvest of Hope (Boulder)

*Serves City of Boulder residents with or without kitchens*

Click on each title to access web link.

## **7. Colorado Friendship** (Longmont)

*Provides kids with healthy snacks, provides meals on the street and mobile food and clothing.*

## **8. Our Center** (Longmont)

*Serves anyone in St. Vrain Valley School District*

## **9. Sister Carmen Community Center** (Lafayette)

*Serves Eastern Boulder County, nutrition and healthy living, advocacy, family and community education.*

## **10. Bienvenidos Food Bank** (Denver)

*Serves anyone for up to 4 visits- open Thursdays except April 30, also mobile location at 4747 West Colfax Denver- VFW parking lot March 19, April 16 and May 21. They also partner with other organizations to assist with SNAP/ food stamp/ WIC applications, provide pet food, diapers and baby food, women's hygiene supplies, utility assistance for seniors, etc.*

## **11. Community Table** (Arvada)

Phone: 303-424-6685

*Provides hunger relief and self sustainability to the Arvada area*

## **12. Denver Inner City Parish**

Phone: 303-629-0636

*Hunger relief and nutrition services*

## **13. North Denver Cares Food Pantry**

Phone: 303-466-2115

*Serves Broomfield area*

Click on each title to access web link.

**14. Jewish Family Service of Colorado (Denver and Boulder)**

Phone: 303-597-5000

*Provides housing stability, food security, job placement, mental health counseling, support for older adults, immigrants, refugees, people with disabilities.*

**15. Metro Caring (Denver)**

Phone: 303-860-7200

*Emergency food boxes once per week or call for an appointment, no id necessary.*

**16. Hunger Free Colorado (Denver)**

Phone: 855-855-4626

*Food Resource hotline, will connect you to SNAP/food stamps, WIC, food pantries, free meals and more. Bilingual services available.*

**17. Adams County Foodbank (Adams County)**

Phone: 720-878-3563

*Emergency food boxes.*

**18. Community Ministry (Denver)**

Phone: 303-936-0469

*Food pantry serving southwest Denver.*

**19. Joy's Kitchen: Rescue Food-Feed People (Denver)**

Phone: 720-557-5973

*Mobile food pantries- most at Westwood Community Church Lakewood.*

**20. Boulder Valley School , Saint Vrain Valley School**

*Area school districts are distributing free and reduced breakfasts*

**21. Denver Café**

Click on each title to access web link.

# **RESOURCES RELATED TO OLDER ADULTS**

## **1. A Little Help** (Denver metro area)

Phone: 720-242-9032

*Organization that coordinates volunteers to help elders with assistance*

## *USEFUL ARTICLES ON THE TOPIC*

### **Resources For Older Adults And Their Families**

# **RESOURCES RELATED TO CHILDREN, CHILDCARE**

## **1. EDC**

*How to explain to children what is going on*

## Resources Related to Children and Childcare

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
EDC	<a href="https://www.edc.org/blog/5-ways-help-children-cope-coronavirus-anxiety?utm_source=edc&amp;utm_medium=LN&amp;utm_content=cope&amp;utm_campaign=smedcorg&amp;fbclid=IwAR3Bss6-yXoearLgb22VD-5YGOI_X-kIHS6DZIBxPAZSa1ZMUhYkn_g7d4w">https://www.edc.org/blog/5-ways-help-children-cope-coronavirus-anxiety?utm_source=edc&amp;utm_medium=LN&amp;utm_content=cope&amp;utm_campaign=smedcorg&amp;fbclid=IwAR3Bss6-yXoearLgb22VD-5YGOI_X-kIHS6DZIBxPAZSa1ZMUhYkn_g7d4w</a>	Online		How to explain to children what is going on
Colorado Emergency Child Care Collaborative	<a href="http://www.covidchildcarecolorado.com/">http://www.covidchildcarecolorado.com/</a>			Provides childcare support for essential workforce to support healthcare workers, human services providers, public safety professionals, and other emergency workforce.
Child Mind Institute	<a href="http://www.childmind.org/">http://www.childmind.org/</a>			Resources for supporting children and families during COVID-19
Homeschool Resources	<a href="https://www.learningliftoff.com/20-best-homeschooling-websites-and-learning-resources/">https://www.learningliftoff.com/20-best-homeschooling-websites-and-learning-resources/</a>			Offers some suggestions on useful tools
Colorado department of Human Services	<a href="https://www.colorado.gov/pacific/cdhhs/contact-us-5">https://www.colorado.gov/pacific/cdhhs/contact-us-5</a>	online	303-866-5700	If you suspect child abuse or neglect, please reach out to the Child welfare services in your area.

### Useful Articles on the Topic

Name of the Article	URL
Parent/Caregiver Guide to Helping Families Cope with COVID-19	<a href="https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf</a>
Helping Children Cope with Changes Resulting from COVID-19	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19</a>
Amazing Educational Resources	<a href="https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtiKoHdHusBpjPKXgm36w/htmlview#gid=0">https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtiKoHdHusBpjPKXgm36w/htmlview#gid=0</a>

## Useful Articles on the Topic (CONTINUED)

50 Indoor Activities for Kids	<a href="https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR0yTf0vdGFsjPJPxOA2kKCFPUW5db7qNxrkASXOck-AlintcT0CC0SZGX0">https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR0yTf0vdGFsjPJPxOA2kKCFPUW5db7qNxrkASXOck-AlintcT0CC0SZGX0</a>
Virtual Field Trips	<a href="https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku_w/mobilebasic">https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku_w/mobilebasic</a>
Free Online Classes	<a href="https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR30yKLo9Nvzvr7u6rOnQV91CGA2uzilOpdVDeUi5tMHIZk7JTtOWYQ77fU">https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR30yKLo9Nvzvr7u6rOnQV91CGA2uzilOpdVDeUi5tMHIZk7JTtOWYQ77fU</a>
2,500 Museums You Can Now Visit Virtually	<a href="https://hyperallergic.com/547919/2500-virtual-museum-tours-google-arts-culture/?fbclid=IwAR0BuAAj1s-MH40SaGSjh3pz5czo-s1skRzrj382BwyBP8F6UcvK0O6BnK8">https://hyperallergic.com/547919/2500-virtual-museum-tours-google-arts-culture/?fbclid=IwAR0BuAAj1s-MH40SaGSjh3pz5czo-s1skRzrj382BwyBP8F6UcvK0O6BnK8</a>
Metropolitan Opera to Offer Up 'Nightly Met Opera Streams'	<a href="https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/?fbclid=IwAR3i938ENeb-1mtJpns1Bp9ouyIPyOgYRyFCLNLcgUDIY2leVRStCDqdoMw">https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/?fbclid=IwAR3i938ENeb-1mtJpns1Bp9ouyIPyOgYRyFCLNLcgUDIY2leVRStCDqdoMw</a>
Educational Activities When Stuck Indoors	<a href="https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=IwAR21S3eGyfgUybDaks4BUFDWewfjEv0ekis7iWrpNEtOR6NEfG8BYXndSYU">https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=IwAR21S3eGyfgUybDaks4BUFDWewfjEv0ekis7iWrpNEtOR6NEfG8BYXndSYU</a>

## Resources Related to Veterans

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
The Home Front Cares	<a href="http://www.thehomefrontcares.org/">http://www.thehomefrontcares.org/</a>		719-434-1501	Provides an emergency financial bridge and responsive support to Colorado's military members, veterans and their families.
Rocky Mountain Human Services- Homes for all Veterans	<a href="http://www.rmhumanservices.org/hav">http://www.rmhumanservices.org/hav</a>	Denver	303-636-5600	Homelessness prevention, housing referrals, temporary shelter, mental health and substance abuse, employment services, etc. Serves children, families, adults, veterans.

## Useful Articles on the Topic

Name of the Article	URL
CO Job Resources	<a href="https://www.governmentjobs.com/careers/colorado/jobs/2752284/temporary-aide-claims-intake-unemployment-insurance?fbclid=IwAR1RfOtgvXNJEFWEN7H1ZWBjhX963So55aUeLFcEbNxbpIH4CENYhvymCfM">https://www.governmentjobs.com/careers/colorado/jobs/2752284/temporary-aide-claims-intake-unemployment-insurance?fbclid=IwAR1RfOtgvXNJEFWEN7H1ZWBjhX963So55aUeLFcEbNxbpIH4CENYhvymCfM</a>
Job Resources	<a href="https://www.connectingcolorado.com/">https://www.connectingcolorado.com/</a>

## Resources Related to Immigrant/Undocumented Communities

Organization	URL	Brief Description of Provided Service
Colorado Immigrant Rights Coalition (English)	<a href="http://coloradoimmigrant.org/covid19/">http://coloradoimmigrant.org/covid19/</a>	Support for immigrant communities and undocumented communities who are impacted.
Colorado Immigrant Rights Coalition (Spanish)	<a href="http://coloradoimmigrant.org/COVID19-esp/">http://coloradoimmigrant.org/COVID19-esp/</a>	See above
Colorado Immigrant Rights Coalition Resources Guidebook	<a href="https://docs.google.com/document/d/13KIZNk5nn43DEnS5l-CQTeV-W3G-MLmHMqahleJyNlg/edit?link_id=0&amp;can_id=1193b574661c0f03c4db0f9a440e1f01&amp;source=email-immigrant-covid19-resources-member-statewide-call-tonight&amp;email_referrer=email_752919&amp;email_subject=immigra%22&amp;%22nt-covid19-resources-member-statewide-call-tonight">https://docs.google.com/document/d/13KIZNk5nn43DEnS5l-CQTeV-W3G-MLmHMqahleJyNlg/edit?link_id=0&amp;can_id=1193b574661c0f03c4db0f9a440e1f01&amp;source=email-immigrant-covid19-resources-member-statewide-call-tonight&amp;email_referrer=email_752919&amp;email_subject=immigra%22&amp;%22nt-covid19-resources-member-statewide-call-tonight</a>	Available in Spanish and English. List is updating regularly.



## Resources Related to Queer/Trans Support

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
A Little Help	<a href="https://www.alittlehelp.org/">https://www.alittlehelp.org/</a>	Denver metro area	720-242-9032	organization that coordinates volunteers to help elders with assistance
Queer Asterisk	<a href="https://queerasterisk.com/">https://queerasterisk.com/</a>	Boulder, Denver, Longmont, Ft. Collins	Boulder (720) 507-6161	Counseling and groups and trainings
Out Boulder	<a href="https://www.outboulder.org">https://www.outboulder.org</a>	Boulder County		Educate, advocate, support
Boulder Valley Women's Health Center	<a href="https://www.boulderwomenshealth.org/?utm_source=gmb_auth">https://www.boulderwomenshealth.org/?utm_source=gmb_auth</a>	Boulder/Longmont	303-442-5160	Transgender Hormone Therapy Follow-up. Prescription refills, including birth control. Urinary Tract Infection (UTI) symptoms. Offering Telehealth through Hippo Health App.
Trans Lifeline	<a href="https://www.translifeline.org">https://www.translifeline.org</a>		877-565-8860	Trans Lifeline is a hotline and microgrants 501 non-profit organization serving transgender people in crisis.

## Resources Related to Spanish-Speaking Services

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
COLOR	<a href="https://docs.google.com/document/d/1IS9cHn6szccuDRalgJ_EO6it9cjVbfaGPUZnM7Xj2E/edit?emci=48a61740-d167-ea11-a94c-00155d03b5dd&amp;emdi=d980f3a1-5e68-ea11-a94c-00155d03b5dd&amp;ceid=3663523">https://docs.google.com/document/d/1IS9cHn6szccuDRalgJ_EO6it9cjVbfaGPUZnM7Xj2E/edit?emci=48a61740-d167-ea11-a94c-00155d03b5dd&amp;emdi=d980f3a1-5e68-ea11-a94c-00155d03b5dd&amp;ceid=3663523</a>			Resource guidebook covering health coverage, medical care, food assistance, utilities, small business support, child care, reproductive services, and general resources. Available in Spanish.
Servicios de Crisis de Colorado	<a href="http://www.serviciosdecrisisencolorado.com/">http://www.serviciosdecrisisencolorado.com/</a>	Colorado	1-844-493-TALK (8255)	Línea las 24 horas del día
Nacional de Prevención de Suicidio	<a href="https://suicidepreventionlifeline.org/help-yourself/en-espanol/">https://suicidepreventionlifeline.org/help-yourself/en-espanol/</a>	Nacional	1-800-273-8255	Línea las 24 horas del día
Línea de Crisis de Abuso Sexual (MESA)			303-443-7300	Línea las 24 horas del día
Refugio Seguro del St. Vrain Valley			303-772-4422	Línea de crisis de abuso doméstico las 24 horas
Centro para Persona de la Tercera Edad en la Ciudad de Longmont		Longmont	303-651-8580	Servicios bilingües (Inglés / Español) de asesoramiento a corto plazo para jóvenes y familias. Los servicios son gratuitos
Centro de Niños, Jóvenes y Familias (Youth Center)	<a href="https://www.longmontcolorado.gov/departments/departments-a-d/children-youth-and-families/counseling">https://www.longmontcolorado.gov/departments/departments-a-d/children-youth-and-families/counseling</a>	Longmont	303-651-8580 / 303-774-3758 / 303-774-3537	Servicios de consejería para menores y adolescentes

## Resources Related to Spanish-Speaking Services (CONTINUED)

Salud	<a href="https://www.saludclinic.org/salud-mental">https://www.saludclinic.org/salud-mental</a>	Longmont	303-697-2583	Servicios incluyen: Detección de factores de estrés y condiciones de salud mental. Apoyo inmediato y/o remisión a otros especialistas. Terapia individual, de grupo y familiar. Citas médicas compartidas. Pruebas psicológicas.
Mental Health Partners (Socios de la Salud Mental)	<a href="http://www.mhpcolorado.org/Para-Clientes-y-Familias.aspx">http://www.mhpcolorado.org/Para-Clientes-y-Familias.aspx</a>	Varias ciudades	303-443-8500	Socios de Salud Mental, es un centro comunitario integral de salud mental. Proporcionan una amplia gama de programas y servicios a todos los grupos de edad y están en constante colaboración con otras organizaciones para proporcionar el mejor apoyo posible a los clientes en recuperación. Proporcionan servicios para personas que no están documentadas y aceptan seguro de enfermedad (Medicaid).

## Resources Related to Animal Care

<b>Organization</b>	<b>URL</b>	<b>Location</b>	<b>Main Phone #</b>	<b>Brief Description of Provided Service</b>
Colorado Pet Pantry	<a href="http://www.coloradopetpantry.org/">http://www.coloradopetpantry.org/</a>	Colorado	303-818-0618	They coordinate with food banks- check the website for dates and locations

## Resources Related to Addiction

Organization	URL	Main Phone #	Brief Description of Provided Service
CU Collegiate Recovery Center	<a href="https://cuboulder.zoom.us/j/4857151704">https://cuboulder.zoom.us/j/4857151704</a>		Weekly faculty/staff recovery support meeting
Boulder Al-Anon Club	<a href="https://boulderalanoclub.org/information-about-online-meetings/">https://boulderalanoclub.org/information-about-online-meetings/</a>		Various 12 step meetings
Adult Children of Alcoholics	<a href="https://adultchildren.org/quick-search/?onlinebt=Click+Here">https://adultchildren.org/quick-search/?onlinebt=Click+Here</a>		ACA online meetings
Al-Anon	<a href="https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone_Meetings">https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone_Meetings</a>		Online meetings
Alcoholics Anonymous	<a href="http://aa-intergroup.org/">http://aa-intergroup.org/</a>		AA online meetings
AA Speaker Tape Websites	<a href="http://www.aaspeaker.com/">http://www.aaspeaker.com/</a>		
Cocaine Anonymous	<a href="https://www.ca-online.org/">https://www.ca-online.org/</a>		
Heart of Recovery	<a href="https://zoom.us/j/848376743">https://zoom.us/j/848376743</a>		12-fold path Recovery Meeting w/ Meditation and Discussion Monday and Wednesday at 6:30 PM
Narcotics Anonymous	<a href="https://www.na.org:443/meetingsearch/text-results.php?country=Web&amp;state&amp;city&amp;zip&amp;street&amp;withi%20n=5&amp;day=0&amp;lang&amp;orderby=distance">https://www.na.org:443/meetingsearch/text-results.php?country=Web&amp;state&amp;city&amp;zip&amp;street&amp;withi%20n=5&amp;day=0&amp;lang&amp;orderby=distance</a>		Online Meetings
Sex Addicts Anonymous	<a href="https://saa-recovery.org/meetings/">https://saa-recovery.org/meetings/</a>		Online Meetings
Sex and Love Addicts Anonymous	<a href="https://slaafws.org/onlinemeetings">https://slaafws.org/onlinemeetings</a>		Online Meetings
Overeaters Anonymous	<a href="https://oa.org/find-a-meeting/?type=1&amp;sort=ASC&amp;timezone=MST&amp;limit=400&amp;submit=true">https://oa.org/find-a-meeting/?type=1&amp;sort=ASC&amp;timezone=MST&amp;limit=400&amp;submit=true</a>		Online Meetings
CeDAR – Center for Dependency, Addiction, and Rehabilitation	<a href="https://www.cedarcolorado.org/contact-us/">https://www.cedarcolorado.org/contact-us/</a>	877- 999-0538	Center for Dependency, Addiction, and Rehabilitation
Northstar Transitions	<a href="https://www.northstartransitions.com/">https://www.northstartransitions.com/</a>	303-558-6400	Addiction Treatment Center

## Resources Related to Domestic Violence

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
Moving to End Sexual Assault (MESA)	<a href="http://www.movingtoendsexualassault.org/">http://www.movingtoendsexualassault.org/</a>	Boulder	303-443-7300	Hotline and victim advocacy
Safehouse Progressive Alliance for Non Violence (SPAN)	<a href="http://www.safehousealliance.org/">http://www.safehousealliance.org/</a>	Boulder	303-444-2424	24/7 Crisis and Information Hotline
National Domestic Violence Hotline	<a href="https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/">https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/</a>	National	1-800-799-7233	Safety plan, Self-care, reach out for help (not necessarily in this order). Victims and survivors can reach out 24/7 at 1-800-799-7233 or text LOVEIS to 22522
The National Sexual Assault Online Hotline: RAINN	<a href="https://hotline.rainn.org/online">https://hotline.rainn.org/online</a>	National	1-800-656-HOPE (4673)	24/7 Crisis and Information hotline. Website offers resources in Spanish as well. Rape, Abuse & Incest National Network
Safehouse Denver	<a href="https://safehouse-denver.org/about/contact.html">https://safehouse-denver.org/about/contact.html</a>	Denver	303-318-9989	For direct and immediate assistance press 6 or dial 303-318-9989 (24 hour crisis and information hotline) For Spanish press 5. Para español, presione 5.
Safe Shelter of St. Vrain Valley	<a href="http://safeshelterofstvrain.org/">http://safeshelterofstvrain.org/</a>	Longmont	303-772-4422	Hotline and victim advocacy
Colorado Department of Human Services	<a href="https://www.colorado.gov/pacific/cdhs/contact-us-5">https://www.colorado.gov/pacific/cdhs/contact-us-5</a>		303-866-5700	Child welfare services

## Resources Related to Couples/Marriage

Organization	URL	Brief Description of Provided Service
Gottman Institute	<a href="https://www.gottman.com/">https://www.gottman.com/</a>	A research based approach to relationships

### Useful Articles on the Topic

Name of the Article	URL
"How to Survive and Thrive Through the Coronavirus Quarantine: Turning Cabin Fever Into Relationship Wins."	<a href="https://www.secureconnectionsretreats.com/how-to-survive-and-thrive-through-the-coronavirus-quarantine-turning-cabin-fever-into-relationship-wins/?fbclid=IwAR0vB8Rxiy41bkVxBEOE2OkPbllrjfNASSa4jmvJb8LnJCRHC0cl1RCh0dQ">https://www.secureconnectionsretreats.com/how-to-survive-and-thrive-through-the-coronavirus-quarantine-turning-cabin-fever-into-relationship-wins/?fbclid=IwAR0vB8Rxiy41bkVxBEOE2OkPbllrjfNASSa4jmvJb8LnJCRHC0cl1RCh0dQ</a>
"Small Things Often" Podcast Gottman Institute	<a href="https://www.gottman.com/podcast/">https://www.gottman.com/podcast/</a>

## Resources Related to Volunteering

Organization	URL	Location	Main Phone #	Brief Description of Provided Service
CU Volunteer Resource Center	<a href="https://www.colorado.edu/volunteer/covid-19-volunteer-opportunities-and-resources">https://www.colorado.edu/volunteer/covid-19-volunteer-opportunities-and-resources</a>	Colorado		Regularly updated list of volunteer opportunities
Help Colorado Now	<a href="https://covrn.com/?fbclid=IwAR3CdDvss8n0WaQjDhmJsT_Tl2cQVF Mfj3Qy0ByiZE4FtN23XaVOxkZuZNO">https://covrn.com/?fbclid=IwAR3CdDvss8n0WaQjDhmJsT_Tl2cQVF Mfj3Qy0ByiZE4FtN23XaVOxkZuZNO</a>			Volunteer opportunities and Donation opportunities
Mile High United Way	<a href="https://unitedwaydenver.org">https://unitedwaydenver.org</a>	Denver	(303) 433-8383	Mile High United Way's mission is to unite people, ideas, and resources to advance the common good. At this time, Mile High United Way has developed a list of ways to support non-profits in the Adams, Arapahoe, Denver, Douglas, Jefferson, Boulder and Broomfield counties.
Vitalant	<a href="https://vitalant.org/Home.aspx">https://vitalant.org/Home.aspx</a>	Various	(877) 25-VITAL	Vitalant provides blood and special services to patients in more than 1,000 hospitals across 40 states. Canceled blood drives due to COVID-19 are creating an urgent shortage. Donors are needed.
City of Boulder	<a href="https://bouldercolorado.gov/newsroom/covid-19-recovery-center-for-unhoused-individuals-opens-and-seeking-volunteers">https://bouldercolorado.gov/newsroom/covid-19-recovery-center-for-unhoused-individuals-opens-and-seeking-volunteers</a>	Boulder	N/A	A team from the City of Boulder, the City of Longmont, and Boulder County, has developed a plan and initiative to house individuals amid COVID-19 concerns in the new COVID-19 Recovery Center (CRC). This plan includes housing vulnerable individuals who show symptoms of the virus or have tested positive and are currently experiencing homelessness. The response team, which works under the direction of the Emergency Operations Center for Boulder County, is seeking volunteers to support this initiative.
Community Food Share	<a href="https://communityfoodshare.org">https://communityfoodshare.org</a>	Louisville	(303) 652-3663	Community Food Share's mission is to eliminate hunger in Boulder and Broomfield counties through engagement, collaboration, and leadership. Volunteers are needed to help process food donations.
Sister Carmen	<a href="https://sistercarmen.org/#">https://sistercarmen.org/#</a>	Louisville	(303) 665-4342	For the past 40 years, Sister Carmen has provided assistance to residents of East Boulder and Lafayette who are in need. Volunteers are needed to help process food donations as well as distributing food.



## Resources Related to Volunteering (CONTINUED)

Emergency Family Assistance Association	<a href="https://www.efaa.org/?gclid=EAlaQobChMIldDWs4ib6AIVGR6tBh23PgOpEAAAYASAAEglg_D_BwE">https://www.efaa.org/?gclid=EAlaQobChMIldDWs4ib6AIVGR6tBh23PgOpEAAAYASAAEglg_D_BwE</a>	Boulder	(303) 442-3042	Emergency Family Assistance Association (EFAA)'s mission is to help those in Boulder whose immediate needs for food and shelter cannot be met by other means or self-support. The EFAA has fully moved to create to-go packages and they need volunteers to arrange packages, as well as distributing them.
Cultivate	<a href="https://cultivate.ngo">https://cultivate.ngo</a>	Boulder	(303) 443-1933	Cultivate helps seniors connect—as recipients and contributors—with their surrounding communities. Cultivate needs volunteers to assist with shopping and delivering groceries to elders in the community through Carry-Out Caravan, especially now that more elders are staying in their homes due to COVID-19.
Attention Homes	<a href="https://www.attentionhomes.org">https://www.attentionhomes.org</a>	Boulder	(303) 952-4516	Attention Homes serves young people facing homelessness and is in need of folks to volunteer and/or donate dollars and supplies in various ways.

## Useful Readings to Share

Title	Author
Greater Good's Guide to Well-Being During Coronavirus	<a href="#">Greater Good Science Center</a>