

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
- Front Range Mutual has a small cash assistance fund for the undocumented. They are working on getting more funding. Right now they can give enough money for a weeks' worth of food.

Link to the fund:

<https://docs.google.com/.../1FAIpQLSc1-tbmQmbv2oWnr8.../viewform>

List of resources for the undocumented:

<https://docs.google.com/.../1gTPHa4gKKZtP7LUoBxUgXn4G9m.../edit...>

- **[Adams County Food Bank](#)**: Available to anyone at this time. ID needed in order to receive food. Wednesdays - Fridays from 10 a.m. - 2 p.m. To maintain social distancing regulations, operations will be conducted outside and drivers are to remain in their vehicles, as food is available curbside. Because of this, the food bank will be closed on days with bad weather. To obtain food for one time only, all you need to bring is your ID. To obtain food weekly, bring a photo ID and a piece of mail to show proof of residence in Adams County. Located at [7111 E 56th Ave, Commerce City](#). NOTE: If you are in need of a ride to access the food bank, Access-A-Ride is currently taking applications to transport those who need it, so that they can access food resources, medical appointments, and other trips that are considered necessary. To contact Access-A-Ride for an application, please call [303.299.2960](#). After filling out the application and sending it back to them, you will be able to book an appointment to visit the food bank.
- **[Bennett Community Food Bank](#)**: Available to anyone during this time. No ID or any other requirements needed to receive food. Food pick-up is on the 1st and 3rd Saturday of the month from 8 - 10 a.m. Pre-packaged boxes of food (commensurate with family size) are available via curbside delivery. Located at [1100 E Colfax Ave., Bennett](#).
- **[Bienvenidos Food Bank](#)**: Open weekly on Thursdays (except 3rd Thursday of the month) January to October, then visit Mobile Pantry. On Thursdays when they are open, services are available 10:30 a.m. - 12 p.m. and 4 - 5:30 p.m. Located at [3810 Pecos Street, Denver](#). NOTE: Anyone may use the pantry for up to four visits regardless of location. No documentation needed for this type of visit. To receive services each week the pantry is open, you must live in one of these zip codes: 80211, 80212, 80204, 80216 or 80221, and provide an ID (passports, Mexican or other ID's are all OK) and proof of address (such as a utility bill).
- **[Good Shepherd Food Bank](#)**: Available to residents who live in zip codes 80260 and 80234, the Good Shepherd Food Bank is open Tuesday and Wednesday, from 10-11:45 a.m. Please bring a picture ID and proof of address (a current bill sent to you at that address) in zip code 80234 or 80260. The food pantry is in the basement of the church. To get there, go down the side stairs of the building and look for signs to help direct the way.
- **Salvation Army - West Adams County**: Available to anyone Monday–Friday, 10 a.m.-3 p.m., at [2821 W. 65th Pl., Denver](#). Only one family in the pantry at a time. Increased cleaning protocols have been established.
- **Senior Hub Food Bank**: Monday – Friday, 9 a.m.-3:30 p.m., by appointment only. Call [303.426.4408](#) to schedule an appointment. Senior Food Boxes also available through [Commodity Supplemental Food Program \(CSFP\)](#). Must be 55+ to receive food, and bring ID and proof of address to appointment.

- [Servicios de la Raza](#): Available to anyone. ID needed. Food available every Wednesday from 12 p.m.-2 p.m. Located at [3131 W. 12th Ave. Denver](#).

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

[Access-A-Ride Grocery Pick-up Services](#): To receive this service, you must first fill out an application on the RTD website or call [303.299.2960](tel:303.299.2960) to ask for one to be mailed to you. To travel on Access-a-Ride, you must meet one of the following criteria:

1. Be unable to get to and from a bus stop or on and off a lift-equipped bus by yourself
2. Have a cognitive disability that prohibits your understanding of how to complete bus trips

RTD is providing grocery delivery to customers' homes from the following locations: King Soopers, Safeway, Community Ministry Southwest Food Bank, Senior Hub Senior Solutions, Adams County Food Bank, The Action Center, Immaculate Heart of Mary, Growing Home, Moore Life Center, and Community Food Share.

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.
- 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.

COVID19 Resources for Aurora

- City of Aurora “Home of Our Own” can provide first month rent and security deposit as well as utility assistance for those with low income, who are living in a hotel or facing homelessness. Call 303-739-7910 or 303-739-7911
- List of Colorado Housing Financial Assistance Programs:
<https://docs.google.com/document/d/14YcAif-9XWI8Nk54XYJ9moPg0TuTD6ELk04E7gNLVT8/edit>
- Aurora Homeless Services Resources: (first link is English, second is Spanish)
https://www.auroragov.org/UserFiles/Servers/Server_1881137/File/Residents/Community%20Development/Homelessness%20Assistance%20Programs/Homeless%20Services%20Resource%20Guide-2020-Eng.pdf and
https://www.auroragov.org/UserFiles/Servers/Server_1881137/File/Residents/Community%20Development/Homelessness%20Assistance%20Programs/Homeless%20services%20guide%20Spanish%202020.pdf
- Immigrant Pathways Colorado, which normally makes “self-development” grants to documented immigrants/refugees and asylees across Colorado, is very aware that many immigrant families may be experiencing a critical financial crisis due to the current pandemic. We are responding to this community need by making \$15,000 in emergency housing assistance available for immigrant families. The grants will be for a maximum of \$500 and awarded on a first-come-first-served basis. Checks will be made out directly to a landlord in the grant recipient’s name, and sent directly to the grant recipient for his/her submittal to the landlord. An application for the housing grant must be submitted by a Referring Professional (social worker, counselor, health provider, religious leader, etc.), who can testify as to immigration status, income level and need for crisis housing assistance. A brief on-line application form is available at <https://forms.gle/vo2MhmUAH5MzVrQNA>. If you have questions, please contact info@connectingimmigrants.org.
- National Western Complex opened an all Men’s Shelter in partnership with Denver Rescue Mission and Colorado Coalition for the Homeless, they are also providing medical treatments/screenings through a Stout Street partnership. They provide means, mental and behavioral health care, restrooms/showers, wireless internet, cell phone charging, laundry, limited storage and limited pet kennels. Can be accessed between 8am and 8pm all days of the week, at the National Western Complex Hall of Education, north of interstate 70 at E 47th and Humboldt St.
- The Village Institute is a new live/learn/work center for single mother refugee families, they acknowledge the oddity of the timing in opening but it is a neat program! See their site here: <https://sites.google.com/view/villageinstitute/home?authuser=0>
- Adams County has created a COVID 19 Short Term Rental and Mortgage Relief Fund, applications will be accepted through: <https://maikerhp.org/rent-utility-and-mortgage-assistance-3/> This is available to everyone struggling in Adams County, INCLUDING UNDOCUMENTED CLIENTS

COVID19 Resources for Aurora

- **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 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](https://www.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/>
- THERE ARE NO FEES currently for RTD Busses. Please recommend those riding the bus wear a mask and be mindful of their spacing, they are also required to use only the back door to help protect the drivers.

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

COVID19 Resources for Aurora

- Link for SSI Recipients to sign up for the Stimulus Check (easy and short!):
<https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>
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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>
- 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/1RTAoPLK8bGcLOxGLX1rQN9UI1FOZ7bnFOkIEGx3SEno/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. The National Child Traumatic Stress Network has additional resources on their website!
- 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/>
- Clothes to Kids will provide 5 outfits for curbside pickup for families in need, no referral required! Request a Wardrobe Today! Call (720) 379-4630 and dial "0." Phones are open Monday – Friday from 9:00 am – 5:00 pm. If they don't answer, please leave a voicemail,

COVID19 Resources for Aurora

and we will call you back as soon as possible. You can also request a wardrobe by emailing us at appointment@clothestokidsdenver.org. Please be prepared to share the following information about each eligible student (Ages 3-21): * First name, last name and date of birth. * Sizes for clothing, shoes, socks and underwear. * Color, style and clothing type preferences. * Specific needs and special requests.

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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:
- <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>
- In response to social distancing measures and the overwhelming amount of news about the current coronavirus (COVID-19) pandemic, the Suicide Prevention Resource Center (SPRC) has compiled a [selection of resources on mental health and coping](#) during this difficult time.
- Collection of Resources in 26 languages!
<https://docs.google.com/spreadsheets/d/1XePaKv7Ar59PG7z37QqzIb8WfynEx5BK5ZfK3VLXIA/edit?usp=sharing>
- How to use Zoom Interpretation Services, you will need to have an interpreter but this will run through how to make sure it is set up, you can even do multiple languages!

COVID19 Resources for Aurora

<https://support.zoom.us/hc/en-us/articles/360034919791-Language-interpretation-in-meetings-and-webinars>

- Training and Technical Assistance available from SAMHSA: <https://samhsa.gov/coronavirus>
- Gateway DV Services remain open and available, to access support or services you can call their 24/7 crisis line at 303-343-1851. The Emergency Shelter is open, they accept all genders and ages, and also accept family pets for those who are experiencing intimate partner violence. The Court Advocacy, Counseling, and Administrative Offices are all working remotely!

- 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?pageld=16539096> (in Spanish, Korean, Nepali, Vietnamese, Chinese, Burmese, Amharic, Tigrinya, and Karen).
- Arapahoe County Closures <https://www.arapahoegov.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
- Peer Support from Home! Chronic Pain Peer Support on the 1st and 3rd Thursdays of the month from 2-3pm and Youth Connect Call every Thursday from 1-2pm. Join online or over the phone, provided by Atlantis Community. To RSVP call the main line at 303-733-9324 or email mollie@atlantiscommunity.org or rosemary@atlantiscommunity.org
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