

COVID-19 RESOURCES

Curated information and resources regarding the COVID-19 Pandemic brought to you by the Family Program Office. Each resource in this document has been vetted by the Family Assistance Specialists. As we gather more resources we will update and redistribute this document.

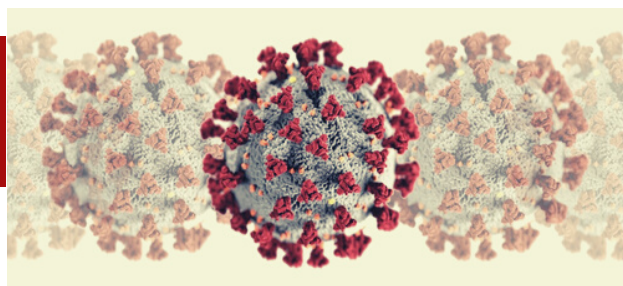


[COVID-19 FACT SHEET](#)
[WHAT TO DO IF YOU'RE SICK](#)
[15 DAYS TO SLOW THE SPREAD](#)

COVID-19 INFO

Fort Carson COVID-19 Hotline- 719-524-2684
 Tricare 24/7 Nurse Advice Hotline- 1-800-TRICARE(847-2273)
 CO Dept of Public Health Hotline-303-389-1687
[COVID-19 Diagnosis Flow Chart](#)

FINANCIAL



[Army Emergency Relief](#)
[Mile High United Way-Denver](#)
[Mile High United Way- Colorado Springs Air Force Aid Society](#)
[Wounded Warrior Emergency Financial Assistance Program](#)
 Dept. of CO Veterans of Foreign Wars-303-421-1630
[SemperfiFund](#)
[Operation Homefront](#)
[Free Grants for Veterans](#)
 Aurora Veterans Services-303-738-8045
 Veteran Services Denver Human Services-720-944-3500
[Hope for the Warriors](#)
 Homeless Veterans Reintegration Program-720-944-3502
[Military OneSource](#)
[EANGUS-800-234-3264](#)
[GreenPath](#)
[UNMET Needs](#)
[Wish for our Heroes](#)
[Home Front Military Network-719-577-7417](#)
[Cash Relief for Arapahoe County Families](#)
[HealthWell Relief Fund](#)
[NDAA FY20 Updates](#)
[GI Bill Update](#)

FINANCIAL CONT.

Denver Metro

Joshua Dunlop, CFP®
803-323-9871
pfc.co.ng@zeiders.com

Southern Colorado

Steven King, CFP®
719-313-3775
pfc4.co.ng@zeiders.com

Western Slope

Michael Mancusi, CFP®
970-975-0215
pfc3.co.ng@zeiders.com

Northern Colorado

Susan Pascoe, AFC®
970-616-2315
pfc.co.ang@zeiders.com

US Soldiers Foundation

Modest Needs

American Red Cross

USA Cares

Air Force Aid Society

VFW Financial Grants

Colorado National Guard Foundation

Employer Support of Guard and Reserve

Denver City/County Support Services

United Way

USAA

EANGUS GRANTS

Resources for Evictions/Foreclosures/Utilities

CARES Fact Sheet

COVID-19 Unemployment Relief-Service Connected Veterans

Financial Resources for Veterans and Military Families

We Care for America Grants

Special and Incentive Pay

Hardship Duty Pay Restriction of Movement

Impact of Travel Restrictions on Basic Allowance for Housing (BAH) Entitlements

Mt. Carmel Veterans Service: 719-772-7000

If you are concerned about your financial future or would like to know more about the state of the market or your TSP please contact the Personal Financial Counselor that serves your area.

GENERAL RESOURCES

Army Community Service: Community Pass it On COVID-19 Resources

GI Bill Update

Corona Virus Resources

COVID-19 Military Support

Resources for those Affected by COVID-19

Tricare Information on NGR activated in support of Covid 19

CRISIS SUPPORT

Full-Time Support Chaplain

CH (LTC) Nagel: 720-250-1074

Cell: 303-913-1749

CH (CPT) Katie Delet: 720-250-1966

Cell: 303-918-7683

Senior Religious Affairs and Trauma NCO

MSG Keith Byers: 720-250-1055

Cell: 303-345-4117

COARNG Director of Psychological Health

Mrs. Shannon Bennett-Tuke

Office: 720-250-1983

Mobile: 720-219-0749

Family Assistance Coordinator

Mrs. Suzanne Buemi

Office: 720-250-1186

Mobile: 303-921-6099

Military Family Life Counselors

Kay Wilson- 719-250-5509

Brian Hitchcock- 719-466-9609

Gloria Wagers- 719-424-0106

140th Wing Director of Psychological Health Services

Virginia R. Howard, L.C.S.W

virginia.r.howard8.civ@mail.mil

720 847-9438

140th Wing Chaplain Office

Ch, Maj Joseph Friedman

joseph.friedman36.mil@mail.mil

rebyosef1@gmail.com

901-337-4920

140th Wing First Sergeant

SMSGt Lucas VanDerWerff

lucas.j.vanderwerff.mil@mail.mil

24/7 Contact: 410-688-0451

Airman & Family Readiness Program Manager

Michelle Abarca

Office: 720-847-9116

michelle.j.abarca.civ@mail.mil

Domestic Abuse Hotline-COVID-19

Buckley Helping Agencies

Veterans Crisis Hotline: 1-800-273-8255 and Press 1 or text 838255

Colorado Crisis Services

Safe 2 Tell

WALK IN CRISIS CENTERS

Wheat Ridge: 4643 Wadsworth Blvd. Wheat Ridge, CO 80033

Littleton: 6509 S. Santa Fe Dr. Littleton, CO 80120

Boulder: 3180 Airport Rd. Boulder, CO 80301

Denver: 4353 E. Colfax Ave. Denver, CO 80220

Aurora: Anschutz Medical Campus: 2206 Victor St. Aurora, CO 80045

Greeley: 928 12th St. Greeley, CO 80631

Colorado Springs: 115 S. Parkside Dr. Colorado Springs, CO 80910

Pueblo: 1310 Chinook Lane, Pueblo, CO 81001

Montrose: 300 N. Cascade Ave, Montrose, CO 81401

MENTAL HEALTH

Aurora Mental Health Center

Psychological Effects of Quarantine

Coping with Stress During Disease Outbreaks

Coping After a Disaster

Helping Homebound Children during COVID-19

Buckley AFB Chapel Services

VA Mental Health Clinics:

VA Main Hospital (general outpatient mental health): 720-723-7310

Colorado Springs: 719-327-5660

Golden: 720-723-5180

Hotline: 800-273-8255 Option 1

Coping with Stress

COVID-19 Give an Hour Resources

Footprints to Recovery

Health and Wellness Plan During COVID-19

Denver Cohen Clinic

Resources to Support Healthy Living During COVID-19

StableStrides

COVID Compassion Fatigue

AF Resilience Over COVID-19 News & Resources Listing

Spouse Resiliency Toolkit

Red Cross: Free Mental Health First Aid Course

The Sturm Center



FOOD

[Colorado Food Bank Locations](#)

****Please be sure to call these locations before you go to them****

[Lazy Dog Pantry Essentials](#)

[Covid-19 School Food Programs](#)

PETS

[Remote Vet Care-TELEVET](#)



CHILD & YOUTH



[At Home Activities and Resources](#)

[How to Talk to Your Kids about COVID-19](#)

[Daily Education Courses](#)

[Home School Webinar](#)

[Taking Care of your Family During Coronavirus](#)

[Pediatric Information](#)

[Video Briefs for those with School Age Children](#)

[Helping Children Cope with Stress](#)

[CPCD Stability Bus](#)

CHILD CARE

[Colorado Emergency Child Care Collaborative](#)
[Sitter Scouts](#)



COMPANIES HIRING

[COVID-19 Emergency Response Call to Action](#)
[CDOT Careers](#)
[Companies Hiring 29Apr20](#)
[CSSD D11 Open Positions 5 -01 -2020](#)
[HOH MOAA May 8 Participating Employers](#)
[Instructional Content Author - Remote - 5-1-2020](#)
[PSG Jobs Report 1MAY](#)
[VetJobCentral 5.4.20](#)
[Wells Fargo CareerFair and Webcast](#)
[Agency Recruitment UD](#)
[CO PepsiCo Frontline 4 May 2020](#)
[Remote Contact Chaser 5-6-2020](#)
[Security Officers Multiple U.S. Locations CO & TN](#)
[Service Representative 1.2020](#)
[SSC Associate Software Engineer 2020-0007](#)
[SSC Senior Software Engineer 2020-0009](#)
[SSC Software Engineer 2020-0008](#)
[MSEP-Telework-List-Spring-2020](#)
[VetJobCentral 5.20.20](#)
[RTD Jobs week of 05-24-2020](#)
[Residential Apprentice - Veteran Job Posting](#)
[Recruitment Flyer Trucking GenericR3](#)
[QSL Opportunities 05182020](#)
[KBR Flyer - Bob in Texas - Apr 2020](#)
[HJ05_19](#)
[Goodwill Featured Jobs](#)
[GMT Job Posting 2020](#)
[Express Employment Professionals Top Jobs Flier](#)
[Denver Sheriff Dept 5.18.20](#)
[Denver Mint Position](#)
[Denver Experienced Finish Caulker](#)
[Denver Commercial Waterproofing](#)
[Career Specialist 05182020](#)
[Career Skills Program Flyer 2020](#)
[CACI CI SUPPORT](#)

EMPLOYMENT RESOURCES

[Connecting Colorado](#)

[AIR FORCE-Employee Assistance Program](#)

[Amazon All-Inclusive Military Flyer](#)

[RecruitMilitary National Virtual Career Fair for Veterans](#)

[RecruitMilitary Virtual Education Expo](#)

[RecruitMilitary Western Region Virtual Career Fair for Veterans](#)

[US Border Patrol Recruitment Webinar](#)

[USO Pathfinder Events](#)

[Employment Readiness Program](#)

[Arapahoe/Douglas County Online Workshops](#)

[USERRA COVID-19 Impact](#)

[2020 SECO Events April-June](#)

[OnwardCO](#)

[Recruit Military: Free Employment Resource](#)

[Fort Carson Employment Readiness Workshop](#)

[Virtual Advanced Resume Writing Workshop](#)

[Virtual-Federal-Jobs-how-to-apply](#)

[Brooksource project patriot Candidate flyer](#)

[DCPAS Message 2020050 – Temp Waiver to Portions of DHA](#)

[How to apply AMENTUM](#)

[Troops to Teachers Licensing 101 Virtual 28 May 2020](#)

[CBP Webinar 5.28](#)

[Corporate Gray 5.28](#)

[DAV 6.4](#)

[Virtual Events SFL-TAP](#)

Citizen Soldier for Life State Career Readiness Counselor: Laura Farlett

Laura.d.farlett.ctr@mail.mil

Office: 720-250-2185 | Cell: 720-288-2344

Employment Program Support Specialist: Lance E. Christensen

lance.e.christensen.ctr@mail.mil

www.casy4vets.org/CONationalGuard

Office: 720-250-1431 | Cell: 303-947-5740



UNEMPLOYMENT

If you have been laid off or have had hours reduced to under 32/week due to virus, you can apply for unemployment: Click [here](#) to file a claim.



AIR: If you need additional resources please contact the Airman & Family Readiness Program Manager:
Michelle Abarca
Office: 720-847-9116
michelle.j.abarca.civ@mail.mil

Colorado National Guard
Family Assistance



ARMY: If you need additional resources please contact your [Family Assistance Specialist](#)

VETERAN SERVICES

[Veteran Support Service Flyer V.3](#)
[VA Video Connect Flyer](#)
[Mt. Carmel Veterans Service Center](#)
[VA ECHCS Business Center Update](#)



HEALTH

[United Concordia Dental](#)
[Medicare Mentors](#)