

# 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.*

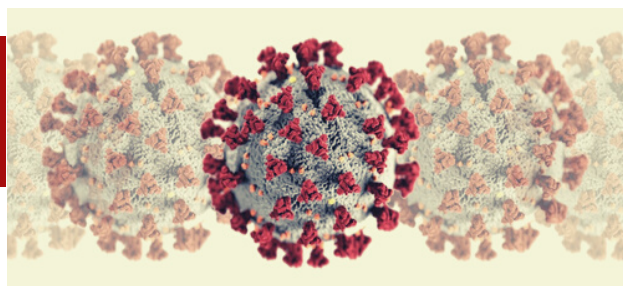


[COVID-19 FACT SHEET](#)  
[WHAT TO DO IF YOU'RE SICK](#)  
[15 DAYS TO SLOW THE SPREAD](#)

## 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

FSS Updated Rules and Protocols

# 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](#)

[AER Homeschooling Assistance Program](#)

# CHILD CARE

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



# COMPANIES HIRING

COVID-19 Emergency Response Call to Action  
CDOT Careers

Wells Fargo CareerFair and Webcast  
Agency Recruitment UD

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

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

Account Resolution Specialist - Wells Fargo

Business Support Consultant 3

HJ06\_02

Military RME June Openings

NREL Experienced Subcontract Administrator Flyer

OSS.ARF Firefighter

RME MHE-AR combined JD's Updated 5.26.20

VALIANT STAFFING 6.3.20

VetJobCentral 6.4.20

# 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](#)

[Invets Workshop 4 June](#)

[HOH Events](#)

[Ft Carson HAZWOPER flyer with 2019 2020 schedule](#)

[Candidate-Flyer-JUNE-MDT](#)

[Resume Targeting 12 June](#)

[Recruit Military](#)

[VA benefits advisor](#)

[USO Pathfinder](#)

[VA E-Learnings](#)

**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](mailto: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](#)  
[VA Prescription Refills/COVID-19](#)