

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.

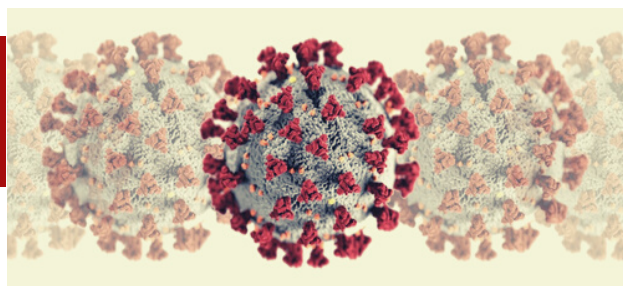


[COVID-19 FACT SHEET](#)
[WHAT TO DO IF YOU'RE SICK](#)
[15 DAYS TO SLOW THE SPREAD](#)

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](#)

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

FINANCIAL CONT.

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

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

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

CRISIS SUPPORT

Full-Time Support Chaplain

CH (LTC) Nagel: 720-250-1074

Cell: 303-913-1749

CH (CPT) Katie Declet: 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



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](#)

VETERAN SERVICES

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



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](#)



CHILD CARE

[Colorado Emergency Child Care Collaborative](#)

[Sitter Scouts](#)



World Health
Organization

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For caregivers

Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.



Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.



COMPANIES HIRING

Ft. Carson Commissary: Urgently Hiring
Amazon Warehouse, Delivery Drivers
Amazon Flex

Amazon Military Affairs Virtual Hiring Event
Denver Virtual Career Fair

Immediate Jobs for Military Veterans
Trane Virtual Career Fair

Vet Job Central

US Postal Service

Virtual Human Resources Manager (Veterans and Spouses
Aetna

Registrar Program Specialist

Upscale Security Officers

Custom Protection Security Officer

Detention Officers

Business Development Executive

CASY Hot Jobs

SCIS Recruiting Memo Armed Denver \$14-\$17

VALIANT STAFFING JOB OPENINGS FLYER 3.31

SCIS Recruiting Memo Unarmed Denver \$14-\$17

Immediate Jobs: Emergency Response Security Officers

FedEx Ground Denver



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](#)
[ESGR-COVID19 USERRA INQUIRES](#)
[US Border Patrol Recruitment Webinar](#)
[PrepConnect360 Job Seekers Workshop](#)
[USO Pathfinder Events](#)
[Employment Readiness Program](#)
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

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.

UNEMPLOYMENT



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](#)