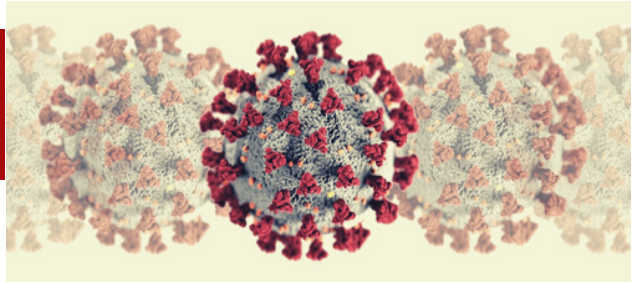
COVID-19 RESOURCES

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 INFO

COVID-19 FACT SHEET
WHAT TO DO IF YOU'RE SICK
15 DAYS TO SLOW THE SPREAD
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 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

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 Waterproofer
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