



# AURORA RESOURCE GUIDE

## **CURATED WITH LOVE AND CARE BY THE RISE COLORADO TEAM**

This resource guide was curated with love and care by the RISE Colorado team to support our Black, LatinX, immigrant, refugee, undocumented, and asylum-seeking families in the Aurora Community. Aurora Student and Family Leaders deserve access to the resources and support they need to feel safe and welcomed and live happy and healthy lives. Special thanks to all of the amazing organizations and groups who shared their resource guides that we included. Keep up the great work! We intend to make this a living document. Please send additional resources that we should include to [info@rise-colorado.org](mailto:info@rise-colorado.org). Thank you!



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## Top Priority Needs and Resources

### Food

Call the Food Resource Hotline at **855-855-4626**, Mon – Fri (8 am – 4:30 pm). All information is confidential, and the Hotline has bilingual staff to help you find food and nutrition resources in their community, as well as provide assistance for applying to federal nutrition programs. You can also fill out [this form](#) to have access to food that will be delivered to your door by the Denver Metro Emergency Food Network.

### Medical and Mental Health Support

[Here](#) you can find a list of safety net clinics across Metro Denver. These clinics are still open and operating. It's a great resource for families who may need medical care. For mental health support reach out for free, confidential, 24/7 support by calling **844-493-8255** or text **TALK** to **38255**. You can also use this if your child needs urgent counseling.

### Unemployment

Workers who have a reduction in hours or wages or lost their jobs may file an unemployment claim [here](#). If you want to know more about how to apply, [watch this video](#).

### COVID-19 Resources and Information

If you want to know more about the coronavirus, how to slow the spread, the symptoms, and how to prepare yourself and your community, [click here](#). Guides are in multiple languages.

### Aurora Public Schools

APS has shifted to remote learning. [Click here](#) to learn more.

### Undocumented Families and Immigrant Communities

[Click here](#) to have access to a master list of resources for undocumented folks. Here you can find statewide resources as well as resources in the main cities of Colorado, including Aurora.

### City of Aurora

[Here](#) you can see a list of all the resources like shelters, legal assistance, employment programs, bus tokens, housing help, and more. Created by the Colfax Community Network.

[Here](#) you will find resources in Aurora like medical care, food security, financial help and more.

### Census 2020

It's time to be counted, it's time to complete the Census. Please complete your form online, by phone, or by mail when your invitation to respond arrives. Visit [this link](#) to begin. [Here](#) you can access 59 different language guides to help you complete the Census.

## General Information and Resources

### Internet Information

**Free Internet with Comcast:** Comcast is offering two months of free internet if you apply by April 30th. [Click here](#) to find out if you are eligible for free wifi.

**Free Internet with Cox:** Cox is offering two months of free internet.

- To Qualify: Families with K-12 children who are eligible for the National School Lunch Program, SNAP, and/or TANF; who receive Tenant-Based Vouchers, Project-Based Vouchers or Section 8 Project-Based Rental Assistance (PBRA); and/or who live in Public Housing. [Click here for this option.](#)
- Don't qualify but still need to stay connected? See other Internet plans with special promotional rates as part of our COVID-19 response. [Click here for this option.](#)

**Free Internet with Spectrum:** Spectrum is offering two months of free internet. Call **855-243-8892** to sign up for this offer.

- You can qualify for this offer if you: Have a student of qualifying age at your service address with remote education needs or you have not subscribed to their internet services within the past 30 days. [Click here.](#)

**Important Note About Free Internet:** If you choose to apply for two months of free internet you will be charged monthly after two months if you don't cancel your subscription. **Tip: set an alarm on your phone or write a reminder in your calendar or on your fridge to cancel your subscription after 60 days of getting your free internet so you don't have to pay going forward!**

**Xfinity WiFi Free For Everyone:** Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, [click here](#). Once at a hotspot, consumers should select the "xfinitywifi" network name in the list of available hotspots, and then launch a browser.

- Pausing Xfinity Data Plan: With so many people working and educating from home, they want their customers to access the internet without thinking about data plans. While the vast majority of customers do not come close to using 1TB of data in a month, Xfinity is pausing their data plans for 60 days giving all customers Unlimited data for no additional charge.

- No Disconnects or Late Fees: They will not disconnect a customer's internet service or assess late fees if you contact them and let them know that you can't pay your bills during this period. Their care teams will be available to offer flexible payment options and can help find other solutions.

## Legal Resources

### **Immigration and Criminal Law**

- Lawyer's name: Jorge Castañeda
- Phone number: **303-386-7136**
- Email address: [jorge@lawyersazco.com](mailto:jorge@lawyersazco.com)
- Languages spoken: English and Spanish
- Other information: People should say they got the contact information through RISE Colorado.

**More Immigration Lawyers:** Find more options for immigrations lawyers [here](#). Add your zip code and read the attorney's profile to choose the one that would be best for you.

### **Criminal Defense, Appeals, and Postconviction**

- Lawyer's name: Elisa Overall
- Phone number: **970-708-0313**
- Email address: [elisamarieoverall@gmail.com](mailto:elisamarieoverall@gmail.com)
- Languages Spoken: Spanish, Portuguese, French

### **More Legal Assistance:**

- DENUM: **303-355-4896**
- DEN Metro CareRing: **303-860-7200**
- DEN Holy Ghost Ministries: **303-297-3441**
- DEN CO Legal Services: **303-837-1313**
- CO Org for Victim Assistance: **303-861-1160**
- Independent Living (disability assistance): **303-320-1345**

## Childcare

**Colorado Emergency Childcare Collaborative:** Beginning March 23rd, a free childcare option will be made available to health care workers in Colorado. To register for this childcare program, [click here](#) or dial **211** for additional questions.

## Transportation

**RTD:** They continue to operate as scheduled for essential travel. Try to limit time spent in stations to 10 minutes and, as often as possible, keep 6 feet between yourself and other passengers. RTD administrative buildings, including 1660 Blake St, are closed to all visitors. RTD Sales Outlets are open. You can find more information about RTD [here](#).

## Filing Taxes

Filing taxes has been extended until July 15th, 2020.

**IRS:** You can file your federal individual income taxes for free [here](#). It is available in eight different languages.

**H&R Block:** it's offering free taxes filing [here](#) if you have a W-2, have kids & education costs.

## Xcel Energy Bills

They will not disconnect service to any residential customers until further notice. If you are having difficulty paying your bills, contact Xcel and they will arrange a payment plan that works for you. You can contact them online [here](#) or call them at **800-895-4999**.

## COVID-19 Resources and Information

**Avoiding Misinformation:** The News Literacy Project is working to teach the public on how to spot and avoid the spread of misinformation, and identify reliable sources of information. Check out their website [here](#).

**Center for Disease Control and Prevention (CDC):** If you want to know more about the coronavirus, how to slow the spread, what the symptoms are, how to prepare yourself and your community, and more, [click here](#). The guides are provided in multiple languages.

**Colorín Colorado:** They provide free research-based information, activities, and advice to parents, schools, and communities around the country. [This link](#) will take you to multilingual resources for schools.

**Managing Anxiety and Stress Related to the Coronavirus:** Find tips on stress and copin [here](#), with specialized advice for parents, responders, and people who have been released from quarantine.

**Make Your Own Mask:** Watch [this YouTube video](#) to learn how to make your own mask.

**Rocky Mountain Welcome Center:** Read the latest information about COVID-19 Coronavirus [here](#). They will continue adding important information for immigrants and refugees, as well as videos in different languages.

### **Important Facts About Coronavirus:**

- Diseases can make anyone sick regardless of their race or ethnicity. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk of spreading the virus.
- For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low. Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.
- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people. For up-to-date information, visit CDC's coronavirus disease 2019 [web page](#).
- There are simple things you can do to help keep yourself and others healthy.
  - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
  - Stay home when you are sick.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- You can help stop COVID-19 by knowing the signs and symptoms:
  - Fever
  - Cough
  - Shortness of breath
- Seek medical advice if you:
  - Develop symptoms, AND
  - Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

### **How to Talk to Your Kids About Coronavirus:**

- Remain calm and reassuring.
  - Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
- Make yourself available to listen and to talk.
  - Make time to talk. Be sure children know they can come to you when they have questions.
- Avoid language that might blame others and lead to stigma.



- Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.
- Pay attention to what children see or hear on television, radio, or online.
  - Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
- Provide information that is honest and accurate.
  - Give children information that is truthful and appropriate for the age and developmental level of the child.
  - Talk to children about how some stories on COVID-19 on the internet and social media may be based on rumors and inaccurate information.
- Teach children everyday actions to reduce the spread of germs.
  - Remind children to stay away from people who are coughing, sneezing, or sick.
  - Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
  - Discuss any new actions that may be taken at school to help protect children and school staff (e.g., increased handwashing, cancellation of events or activities).
  - Get children into a handwashing habit.
  - Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
  - If soap and water are not available, teach them to use hand sanitizer. Hand sanitizer should contain at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

**Stay at home:** The state of Colorado has ordered everybody to stay home to help stop the spread of COVID-19. Stay in your home and leave only for essential activities. If you need to be out for an essential reason, practice social distancing. For more information [click here](#).

- You can leave your house for these reasons only:
  - Getting basic supplies, such as groceries, food for your pet, or gas
  - Picking up medicine or receiving medical care
  - Caring for a relative or friend
  - Going to work for an essential job
  - Going outside for physical activity or to get fresh air—as long as you stay at least 6 feet away from people who do not live in your household
- What's open:
  - Groceries, food banks
  - Restaurants for take out, delivery, and drive-thru only
  - Gas stations
  - Pharmacies
  - Banks, credit unions, and other financial institutions
  - Other essential businesses
- What's closed:

- In-person public or private gatherings of any kind with people who live outside of your residence
- Traveling, except to get essential services or medical care
- Hair and nail salons
- Tattoo shops
- Gyms, recreation centers, and playgrounds
- The order is currently dated through April 11. However, this is subject to change as the situation evolves.

## Giving and/or Receiving Help

**A Little Help:** This nonprofit helps older adults to thrive, mobilizing community members to serve older adults in this difficult time. In response to COVID-19, they are organizing neighborhood volunteers to grocery shop, pick up prescriptions, and run errands for our older adults and make deliveries to their homes. They are also making regular care calls to older adults for social connection, which also serve as health and safety checks. A Little Help has the ability to coordinate volunteers as part of response efforts and is accepting applications for new volunteers. [Click here](#) to apply for getting help or to be a volunteer.

**Financial Support:** [Here](#) you can find assistance for financial support from the Catholic Charities.

**Front Range Mutual Aid:** This organization is collecting information about those individuals who can give help, and those individuals who need help - and then connecting people between the groups. This is a grassroots effort to provide direct support, with resources in both English and Spanish, and is inclusive, but not only specific to, individuals and communities without papers. [Click here](#) if you need help and [click here](#) if you want to give help.

**Mile High United Way and the Colorado State Emergency Operations Center:** The state of Colorado has activated its **211** system, allowing people to get connected to health and human services. In addition to calling **211**, Coloradans statewide can access services online or by texting their ZIP code to **898-211**. Services are also available toll-free by calling **866-760-6489**. The line is answered on weekdays between 8 am and 5 pm. It is confidential and available in multiple languages. People can get connected to more than 7,500 services, including:

- **Housing, including shelters and transitional services and rent and utility assistance**
- **Food and applying for SNAP benefits by phone**
- **Education and Childcare**
- **Transportation**
- **Clothing/personal/household needs**
- **Mental health and substance use disorders**
- **Employment**
- **Medical and dental clinics**

## Housing

**Housing:** Find a list of housing assistance in Colorado [here](#).

**Rent:** Find [here](#) practical guidance for relief for rent in Colorado. [Click here](#) for Spanish.

**Colorado Housing Connects:** [Click here](#) to see their website or call **844-926-6632** to ask for rent financial assistance.

## More Resources and Information

**Domestic Violence:** Sanctuary for Families is giving tips from survivors to survivors on how to create a safety plan to reduce the risk of harm in unsafe situations with an abuser or family member. [Click here](#) to learn more.

**Hotlines:** [Here](#) you can find a variety of hotlines. Print it and put it somewhere easy to find. Save it on your phone and computer. It's an important document to always have around. You can find more hotlines at the end of this document.

**LGBTQ+ Resources:** [This link](#) contains all the hotlines and resources for the LGBTQ+ Community.

**Moonshot edVentures:** Moonshot has created a great resource guide. They've received an abundance of resources from the Moonshot Network in the past few weeks, and in an effort to increase everyone's access to these tools, they created the [Moonshot Virtual Resource Hub](#), which they will continue to update.

**NPR Music:** [Find here](#) a list of live virtual concerts to watch during the coronavirus shutdown.

**The Daily:** Listen [here](#) to their podcast called "A Kids Guide to Coronavirus." They answer all the questions kids have about the virus and what is happening right now.

**The Social Distancing Festival:** Live stream music, performances and more. The Social Distancing Festival is a site celebrating art from all over the world. Check out their upcoming performances [here](#).

## Undocumented Residents and Immigrant Communities

### General Resource Guides

**All Are Welcome:** Colorado COVID-19 Resources for Undocumented Communities: [Click here](#) to have access to a master list of resources for undocumented folks. Here you can find statewide resources as well as resources in the main cities of Colorado, including Aurora.

**Immigrants Rising:** In [this link](#) you will find tangible support for immigrant communities during COVID-19.

#### **Center for Health Progress:**

- [COVID-19 Immigrant Resource Guide](#): This resource guide for the COVID-19 pandemic has been compiled with attention toward undocumented and mixed status households. [Click here](#) for the Spanish version of this guide.
- [Community Resources](#): In light of COVID-19, questions have arisen about how people can get assistance and support. The following list outlines a number of resources available for those in need.

**Colorado Center on Law and Policy:** Allison Neswood from CCLP [wrote a blog](#) that aims to clarify some of the complexity around immigrant eligibility for various safety net programs and what alternatives there are for groups facing eligibility restrictions:

**Colorado Immigrant Rights Coalition:** Find [here](#) a list of community resources in English and Spanish.

## Health Care for Undocumented People

Immigrants can continue to access services at community health centers, regardless of their immigration status, and at a reduced cost or free of charge depending on their income. Undocumented people are welcome and will not be turned away from free/low-cost clinics. However, people should call first to find out the availability of COVID-19 screening and testing. Health centers may do patient assessments over the phone or using telehealth. To find the nearest health center, [click here](#). You can also look for health centers in Colorado [here](#) or free clinics across the United States [here](#).

## Other Information and Resources

**Know Your Rights! Immigration Raid Protection Packet:** Some people who are not United States citizens have been arrested or detained by the U.S. government. Learn how to protect you and your family during immigration raids. See packets in [English](#) and [Spanish](#), and follow [this link](#) for more information from the Colorado Immigrants Rights Coalition.

### **Documents for Non-English Speakers:**

- For the police: Fill out the blank spaces in [this document](#) with your name, language, and the name and phone number of someone that speaks English. If you are stopped by a police officer, you can show them this. It explains that you are out of your house for essential tasks and you will be returning home when you are done. Created by Aurora Community Connection.
- Language ID Cards: A [language ID card](#) in the ten most spoken languages in Aurora. Please fill out the blanks and use it to request interpretation services from APS.

## Food Resources

### Hotlines

**Food Resource Hotline:** Call **855-855-4626**, Monday – Friday (8 am – 4:30 pm). The Food Resource Hotline keeps all information confidential and has bilingual staff ready to help Coloradans find food and nutrition resources in their community, as well as provide assistance for applying to federal nutrition programs such as SNAP.

**Food Resource Hotline Bilingual:** In addition, the statewide Food Resource Hotline is a bilingual toll-free number that connects Coloradans to needed food and nutrition resources. Call the bilingual Food Resource Hotline at **720-382-2920**. It is open Monday through Friday from 8 am to 4:30 pm. Messages left after-hours or on a weekend will be returned the next business day. If you are hearing impaired, call Relay Colorado at **711** or **800-659-2656**.

### Food Distribution Places

**Chalkbeat:** By clicking [here](#), you can find the food distribution site closest to you in the Denver Metro Area (including Aurora).

**Food Pantries:** [Here](#) is a list of food pantries in Colorado that are being updated in real-time with current hours of operation.

**Hunger Free Colorado:** [Apply here](#) if you are interested in receiving information about available food resources and nutrition programs in your community. Someone from Hunger Free Colorado will follow up within 2 business days. All information provided is free and confidential.

**Denver Metro Emergency Food Network:** Fill out [this form](#) to have access to food for your family that will be delivered to your door.

**Meal Distribution in Colorado:** [Here](#) you can find a list of all places providing food in Colorado.

**Secor Cares:** This is a free food market serving the community during the COVID-19 health crisis. They have moved to a drive-through model to minimize person to person contact. Enter at the Southwest entrance and follow the sign to the check-in area. Please make sure there is space in the back of your vehicle as they can't move any personal items. Note: they cannot put groceries in the backseat of vehicles due to the 6 feet recommendations. No appointment is necessary and no personal information needed at this time.

- What you will receive: non-perishables, perishables (meat and refrigerated items), bread, and produce (remember to wash your fruits and veggies)

- Days/Hours: Wed and Thu from 9 am to 4 pm, and Fri and Sat from 9 am to 1 pm.
- Location: 17151 Pine Lane Parker, 80134
- For more information visit their website or call **720-842-5621**.

**The Weinberg Food Pantry:** They will be providing pre-packed boxes of food to anyone experiencing food insecurity with no documentation or sign-up needed. To limit face-to-face interactions and promote social distancing, boxes of food will be distributed through a pick-up system directly outside of the pantry.

- When: Tuesday – Friday from 10:00 am to 1:00 pm.
- Address: 3201 South Tamarac Drive, Denver, CO 80231
- Note 1: Drive up to the garage with the blue awning for pick up.
- Note 2: If you are ill or caring for someone who is ill, please send someone else for your food or call **720-248-4607** for assistance.

**Dayton Street Opportunity Center:** Aurora residents in need can pick up free food and supplies at the center, near the intersection of Havana Street and East Colfax Avenue.

- When: from 5 pm to 6 pm daily.
- Address: 1445 Dayton Street, Aurora, CO 80010.
- Note: Aurorans in need of a delivery order can call ahead to Maisha Fields' cell phone. That number is **303-547-0133**. Delivery is only available to residents aged 60 and above or immunocompromised people susceptible to the novel coronavirus.

**APS Free Meal Distribution:** During the extended school closure due to the coronavirus, APS will be distributing FREE breakfast, lunch and dinner daily at 16 locations to children 18 and under beginning Tuesday, March 17. Vegetarian options will be available. All three meals will be available together for pickup each day, Monday through Friday, at various locations and times throughout Aurora using a *Grab-and-Go* system. Designated drive-up/walkthrough schools:

- North: 10:25-10:50 am
- Crawford: 11:05-11:30 am
- Kenton: 11:45-12:10 pm
- Fulton: 12:25-12:50 pm
- Mosley: 10:25-10:50 am
- Laredo: 11:05-11:30 am
- Sable: 11:45-12:10 pm
- East: 12:25-12:50 pm
- Aurora Hills: 10:25-10:50 am
- Tierra Park: 11:05-11:30 am
- Dalton: 11:45 am-12:10 pm
- Wheel Park: 12:25-12:50 pm
- Aurora Mall (Foodcourt side): 10:25-10:50 am
- Hillcrest Village: 11:05-11:30 am
- Clyde Miller: 11:45 am-12:10 pm
- Vista Peak Preparatory: 12:50-1:15 pm

## Grocery Store Special Hours for Seniors

**King Soopers:** From 7 am to 8 am on Mondays, Wednesdays, and Fridays

**Whole Foods:** One hour before public opening

**Dollar General:** The first hour of the day

**Safeway and Albertsons:** From 7 am to 8 am on Tuesdays and Thursdays

**Target:** The first hour of shopping every Wednesday



## Medical Resources

### General Information

**Children's Hospital:** If you believe you may have been exposed to the coronavirus, call your doctor or CO-Help at **303-389-1687** or **877-462-2911**. Or call their free COVID-19 hotline at **720-777-2221**.

**Open Clinics:** [Here](#) you can find a list of safety net clinics across Metro Denver. These clinics are still open and operating (at some level). It's a great resource for families who may need medical care.

**STRIDE Community Health Center:** On Monday, March 23rd, they began offering drive-thru COVID-19 testing in coordination with state efforts at STRIDE CHC - Aurora Health & Wellness Plaza, 10680 Del Mar Parkway, Aurora, CO 80010. Hours of operation for drive-thru testing:

- 8 am – 12 pm Drive-Thru is open to healthcare workers and first responders.
  - Work ID is required.
  - Testing is limited, so please arrive early.
- 1 – 4 pm Drive-Thru is open to the general public.
  - You must have an ID card for registration.
  - If you have insurance, please bring your insurance card.
  - Individuals without insurance are also welcome.
  - Testing is limited, so please arrive early.

COVID-19 testing is also available at JeffCo Family Health Services Center, North Aurora Family Health Services, and South Aurora Family Health Services. For more information on testing and drive-thru testing, contact STRIDE Customer Care Center at **303-360-6276**, or [click here](#).

### Health Care Enrollment in Colorado

To help as many people as possible protect their health and safety during the COVID-19 outbreak, Connect for Health Colorado® announces a new Special Enrollment period that starts Friday, March 20, 2020 and ends Friday, April 3, 2020. Coloradans who are uninsured qualify to enroll in a health insurance plan for coverage that starts April 1, 2020. To sign up for coverage, Coloradans can complete an application and select a health insurance plan online [here](#) or over the phone at **855-752-6749**, Monday through Friday from 8 am to 6 pm.



Applicants should select the enrollment reason as, “Will lose or lost health insurance and/or have no other health coverage during the COVID-19 outbreak,” and input the application date as the qualifying life change event date. Residents who take these steps will not be asked by health insurance companies to provide documentation to verify their eligibility for the Special Enrollment period.

## Health Care for Undocumented Families

Immigrants can continue to access services at community health centers, regardless of their immigration status, and at a reduced cost or free of charge depending on their income. Undocumented people are welcome and will not be turned away from free/low-cost clinics. However, people should call first to find out the availability of COVID-19 screening and testing. Health centers may do patient assessments over the phone or using telehealth. To find the nearest health center, [click here](#). You can also look for health centers in Colorado [here](#) or free clinics across the United States [here](#).

## Mental Health Resources

**Colorado Crisis Service:** Reach out for free, confidential, 24/7 support by calling **844-493-8255** or text **TALK** to **38255**. You can also use this if your kid needs urgent counseling during this time.

**Virus Anxiety:** This website has resources to help you with anxiety and mental health.

**APS Resource for Students:** Starting March 30, families can contact their student’s school counselor, social worker, or psychologist on weekdays from 8 am to 4 pm. To find the name and phone number for your school’s mental health providers, please visit the Mental Health supports [page](#). The web page also contains other helpful resources and will be updated regularly. [Click here](#) for more information on mental health resources provided by APS.

**Mental Health Tool Kit:** The United We Dream UndocuHealth Project was started to facilitate the incorporation and daily practice for immigrants of self-love, community healing, and wellness when organizing in times of trouble, turbulence, and chaos. [Find the toolkit here](#).

## Substance Abuse Resources

If you need mental health or substance use support during the pandemic, please contact the Colorado Crisis Services Hotline at **844-493-8255**.

## Aurora Public Schools Resources and Information

Aurora Public Schools is shifting to provide remote learning opportunities for students beginning on Tuesday, March 31. The goal is to provide students with online lessons, with teachers supporting and engaging remotely with students in a web-based learning environment. For more information about coronavirus and APS, [click here](#).

### Understanding Remote Learning

Remote learning is certainly not a direct substitute for in-person instruction, but it provides us with an opportunity to support learning while students are at home. Please know that teachers, counselors, principals, and other school staff will be reaching out to you and your students to provide support.

- **Grades Preschool-8:** Teachers will connect and engage with students regularly. Students will access online resources to continue learning. There will be no grading.
- **Grades 9-10:** Teachers will connect and engage with students regularly. Online coursework will help students continue to earn credits to keep them on track for graduation. Students will receive grades for their work.
- **Grades 11-12:** Teachers will connect and engage with students regularly. Students will focus on mastering course content online and earning credits to prepare for graduation and postsecondary opportunities. Students will receive grades for their work.

### Remote Learning Resources Website

On Monday, March 30, APS will officially launch their [Remote Learning Resources website](#). It will serve as the main hub for information, resources, and lesson access points for students in preschool through 12th grade. Parents, please click on the “Parents” link or scroll down and click on the sun icon. It will take you to the parent section. Students can click on the “Students” link or scroll down and click on the tree icon. Once on the student page, students will need to select their grade span. If you need the website translated into another language, please click on the “Translate Site” link and select your language in the dropdown menu for the To: section at the top of the website.

### Support for English Language Learners

It will be provided in coordination with remote learning opportunities. Please be assured that English language development teachers will continue to support their students as well.

## Setting Up Your Device for Remote Learning

Most of the interaction between your children and their teachers will happen online through the Google platform, which includes [Google Classroom](#), [Hangouts](#), and [Meet](#). Students in grades 6-12 may also use [Edgenuity](#) for online learning. Students in grades K-5 may also use [iReady](#). Preschool teachers will provide helpful tools for preschool students to use. Students can access all of the online tools they will need through [Clever](#). [Click here](#) to watch a video on how all students can sign in to Clever using their Google email and password. If children in grades K-5 struggle to remember their usernames and passwords, they will receive a “Clever Badge” from APS via email on Monday, March 30 that they can use to sign in to Clever. [Click here](#) to watch a video on how students in grades K-5 can sign in to Clever using the Clever Badge.

If you do not already have the Google platform on your device, please refer to the links below.

- [Download and install Google Chrome](#)
- [Sign in and turn sync ON in Google Chrome](#)
- [Video: Sync your Google Chrome bookmarks, passwords, etc. across devices](#)
- [Find your child’s Google username and password in Infinite Campus](#)

If you do not have a device for your student at home and you did not check out a device between March 25th and 27th, please reach out to your school’s principal.

## Maintaining a Routine

It is important for everyone to maintain a regular routine while learning at home. APS encourages you to try to keep normal meal and bed times, and start learning when school typically starts each day. Their [Remote Learning Resources website](#) lists additional tips that may be helpful.

## Exceptional Student Services

If your child receives special education or related services at school, please read through [this letter](#) thoroughly. The document addresses SPED academics, general curriculum, Individualized Education Program (IEP) services and meetings, evaluations, and more.

## Help Desk

The APS Help Desk is open to all families and staff for technical support on weekdays starting on Monday, March 30. If you need assistance, please email [helpdesk@aurorak12.org](mailto:helpdesk@aurorak12.org) from 7:30 am to 5 pm on weekdays.

## Tips for Parents and Guardians To Support Remote Learning

1. Establish a routine or schedule: During any big transition, consistency is key. Try to keep normal meal and bed times, and start learning when school typically starts each day.
2. Take time to check in with your child: If possible, pick a specific time each day to check in with your child. Questions you may want to ask include: What are you learning today? Are there materials you need? What did you enjoy about today? What was challenging?
3. Provide time for physical activity: Physical activity is important for everyone's wellbeing. There are many resources with great ideas for physical activity, play, and discovery.
4. Stay updated on communications from your child's teacher and school: School staff will provide virtual opportunities to engage and support students and families. Please do not hesitate to reach out if you have questions or concerns.

## Free Meal Distribution

During the extended school closure due to the coronavirus, APS will be distributing FREE breakfast, lunch and dinner daily at 16 locations to children 18 and under beginning Tuesday, March 17. Vegetarian options will be available. All three meals will be available together for pickup each day, Monday through Friday, at various locations and times throughout Aurora using a *Grab-and-Go* system. Designated drive-up/walkthrough schools:

- North: 10:25-10:50 am
- Crawford: 11:05-11:30 am
- Kenton: 11:45-12:10 pm
- Fulton: 12:25-12:50 pm
- Mosley: 10:25-10:50 am
- Laredo: 11:05-11:30 am
- Sable: 11:45-12:10 pm
- East: 12:25-12:50 pm
- Aurora Hills: 10:25-10:50 am
- Tierra Park: 11:05-11:30 am
- Dalton: 11:45 am-12:10 pm
- Wheel Park: 12:25-12:50 pm
- Aurora Mall (Foodcourt side): 10:25-10:50 am
- Hillcrest Village: 11:05-11:30 am
- Clyde Miller: 11:45 am-12:10 pm
- Vista Peak Preparatory: 12:50-1:15 pm

## Educational Resources

### Scheduling New Routines During COVID-19

If your school is closed, it is important that students maintain a schedule and some structure at home. Establishing a daily schedule during school closures will help families find a new routine that encourages continued educational progress. Schedules also are helpful in setting up expectations for the day and creating boundaries for children. Here are a couple examples on how your children's day can look like:

#### **Example 1**

1. Wake Up: Eat breakfast, make your bed, get dressed
2. Morning Walk: Family walk with dog, yoga if it's raining
3. Academic Time
4. Creative Time: Legos, drawing, crafting, play music, cooking
5. Lunch
6. Chore Time: Wash the dishes, sweep the floor, clean room
7. Quiet time: Reading, puzzles
8. Academic Time
9. Afternoon Fresh Air: Ride a bike, walk, play outside
10. Dinner
11. Screen Time: Watch TV, play video games, play on phone or tablet
12. Bedtime

#### **Example 2**

1. Wake Up: Breakfast, get dressed, brush teeth, make bed
2. Morning Walk: Walk the dog, family walk
3. Academic Time
4. Physical Education: Something that moves the body
5. Academic Time
6. Lunch
7. Quiet Time: Read a book, puzzles
8. Play time: Games, videogame, board games, sports
9. Academic Time
10. Creative Time: Legos, drawing, crafting, play music, cooking
11. Chores time: Wash the dishes, sweep the floor, clean room
12. Play time: Games, board games, sports
13. Dinner
14. Screen Time: Watch TV, play video games, play on phone or tablet
15. Bedtime

## Digital Learning Websites

[ABC Mouse](#): An website full of online activities for kids 2 to 8 years old.

[Amazing Educational Resources](#): A shareable document that contains information about hundreds of education companies that are offering free subscriptions due to school closings.

[Beanstalk](#): Experience interactive kids classes, from home. Free for the duration of the COVID-19 threat. For ages from 1.5 to 6 years old.

[Code Academy](#): Learn to code. They are offering free scholarships for students affected by the COVID-19.

[CommonLit](#): It is a nonprofit education technology organization dedicated to ensuring that all students, especially students in Title I schools, graduate with the reading, writing, communication, and problem-solving skills they need to be successful in college and beyond.

[Denver Museum of Nature and Science](#): Check out their Facebook page for past Scientists in Action videos.

[E-learning for kids](#): A non-profit organization providing free, fun, curriculum-based quality primary education to all children worldwide.

[Education](#): This website provides great material from Preschool to 5th grade. It's free but you have to create an account. To download some of the material you have to pay a membership but there is a lot of free content for your kids too.

[Eureka Math](#): Online resources for math, English language, and science broken out by grade level.

[Google Arts & Culture](#): Explore different works of art, famous places, and more in Google's interactive space online.

[Grammaropolis](#): It uses the parts of speech as animated characters starring in books, songs, videos, and interactive games. Their innovative, classroom-proven approach blends character-based content with more traditional quiz-based assessment and is designed to address students' varied learning styles.

[Khan Academy](#): Educational resources and guides that include daily live streams on Facebook, YouTube, and Twitter for students, parents, and teachers navigating school closures.

[Khan Academy in Spanish](#): Educational resources and guides that include daily live streams on Facebook, YouTube, and Twitter for students, parents, and teachers navigating school closures.

[Kidding Around](#): In this link you will find tons of different resources for online learning. They have educational websites, art resources, how to stay active at home, virtual storytimes, and virtual field trips.

[Learning by Subject](#): A list with online resources to study History, Geography, Math, Science, Reading, English, and even resources to prep for tests like the SATs and ACT.

[Mystery Science](#): A curated starter set of science lessons from the creator of the most popular science lessons in U.S. schools. Short mini-lessons are completely digital and full lessons include an activity. All of the activities are designed to use simple supplies a parent will likely already have at home.

[Nat Geo for Kids](#): Learn all about geography and fascinating animals.

[Nitro Type](#): Improve your typing skills while competing in fast-paced races with up to 5 typers from around the world.

[Open Culture](#): A list of 1,500 free online courses from the top universities.

[Play to Learn Pre School](#): Educational activities and resources for toddlers.

- Every weekday at 9 am (MT) you can have kids from 2 to 5 years old watch a [live class on Facebook](#) from Play to Learn Pre-school. Each day, there is a welcome song & dance, a mini-lesson or flannel board story about the topic of the day, a fingerplay, games, and a story. Parents can also download additional play and learning activities to go with each lesson.

[Pop Culture Classroom](#): A growing range of online and downloadable resources featuring comics, games, and other forms of pop culture that are as fun as they are educational.

[Ranger Rick](#): A website that will help your kid stay entertained and engaged with the natural world. The website is free to all visitors through the end of June.

[Read Theory](#): Improve your students' Reading Comprehension. Free personalized reading comprehension exercises for K-12 and ESL students.

[Scholastic](#): Day-by-day projects to keep kids reading, thinking, and growing. Select your child's grade to access their lessons.

[StarFall](#): Practice your phonics skills with these read-along stories.

[The Deep Sea](#): Scroll to the very bottom of the ocean with the help of this interactive visual about the deep sea.



[The Kid Should See This](#): An unprecedented collection of 4,300+ kid-friendly videos, curated for teachers and parents who want to share smarter, more meaningful media in the classroom and at home. It's free for everyone.

[Typing](#): Keyboarding practice.

[Typing Club](#): A free website for both individuals and schools. It is web-based and highly effective.

[Zearn](#): Online math lessons customized for K-5 grades - including 400 hours of digital lessons with on-screen teachers.

## Play and Learn

[ABC YA](#): Practice math and reading skills all while playing fun games.

[Fun Brain](#): Play games while practicing math and reading skills.

[Highlights Kids](#): Read, play games, and conduct cool science experiments.

[Into the Book](#): Go into the book to play games that practice reading strategies.

[PBS Kids](#): Hang out with your favorite characters all while learning.

[Seussville](#): Read, play games, and hang out with Dr. Seuss and his friends.

[Switch Zoo](#): Watch, listen, and play games to learn all about amazing animals.

## Educational YouTube Channels

[Crash Course](#): Tons of awesome courses that will teach you sociology, computer science, film history, teaching mythology, physics, philosophy, games, economics, U.S. government and politics, astronomy, anatomy & physiology, world history, biology, literature, ecology, chemistry, psychology, and U.S. history.

[Liberty's Kids](#): A narrative account of the American Revolution, spread over 40 episodes.

[Mark Rober](#): A former NASA engineer who comes up with fun and engaging ways to explore science and engineering.

[Patty Shukla Kids TV](#): Songs about animals, dancing, colors, counting, rhyming, sign language, textures, shapes, motor skills, math, jumping, story-telling, spinning, and much more.

[Queer Kid Stuff](#): Kid-friendly videos to learn more about the LGBTQ+ community.

[The Art Assignment](#): Explore art and history through the lens of things happening today.

## Learning Packets

[Education](#): This website provides great material from Preschool to 5th grade. It's free but you have to create an account. To download some of the material you have to pay a membership but there is a lot of free content for your kids too. If you don't want to create an account, here are the Independent study packets (ISP's) containing a week's worth of learning materials across reading, writing, math, and more tailored to your child's grade level. These ISP's were designed specifically for students working at home during the COVID-19 outbreak.

- Week 1:
  - [Kindergarten](#)
  - [1st grade](#)
  - [2nd grade](#)
  - [3rd grade](#)
  - [4th grade](#)
  - [5th grade](#)
- Week 2:
  - [Kindergarten](#)
  - [1st grade](#)
  - [2nd grade](#)
  - [3rd grade](#)
  - [4th grade](#)
  - [5th grade](#)

## Online Books

[Audible](#): Audible is offering some of their collection for free for as long as schools are closed. Stream audiobooks in six different languages.

[Books For Littles](#): Provides engaging children's picture books to discuss hard topics with the next generation of kind and brilliant leaders.

[Epic](#): Gives millions of families and classrooms instant, unlimited access to thousands of books, videos, and quizzes from leading publishers to help kids everywhere read, learn, and grow.

[Libby](#): An app that connects you to thousands of ebooks or audiobooks from your local library. Just download the app and you can look for your favorite books.

[Story Jumper](#): Instead of reading a book, create your own!

[Storyline Online](#): Streams videos featuring celebrated actors reading children’s books alongside creatively produced illustrations.

[Wordpress](#): Books relating to Politics, Economics, and Social Justice (great books for your high schoolers)

## Homeschooling Resources

How many hours your kids will spend studying depends on the age of the child and the amount of “bookwork” you as the parent require. Here is the amount of time that each kid should spend on academic activities:

- Kindergarten and 1st grade: 30-45 minutes
- 2nd to 4th grade: 1 and a half to 2 hours
- 5th to 6th grade: 2 to 4 hours
- 7th grade and up: 4 hours or more

The rest of the hours are filled in with life-learning activities like arts and crafts, physical activities, games, reading, cooking, exploring, and being creative. This information has been shared by Raising Arrows.

[African-American Homeschool Moms](#): This website has been created to serve as a place of encouragement and resources for Black homeschoolers.

[AtoZ Homeschooling](#): Find more information and resources for African-American families that chose to do homeschooling.

[National Black Home Educators](#): It’s a homeschooling organization created to help Black homeschooling families.

[Teaching Mama](#): This blog will give tips and prepare parents to do homeschooling effectively.

[The HomeSchool Mom](#): A guide to homeschool resources.

## Virtual Tours and Live Cameras

[30 Virtual Tours](#): Take your kids to explore new places virtually, from the San Diego Zoo to Mars.

[Cape May Zoo](#): Zoo employees will conduct a virtual tour every weekday, starting at 9:30 (MT time). Each tour features a short clip of a different animal and an education lesson about it.

[CNTraveler](#): Symphonies and Operas You Can Enjoy From Home.

[Duke Farms Eagle Cam](#): Take a look at the bald eagles at Duke Farms in Hillsborough, NJ.

[FarmFood 360](#): This Canadian site offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.

[Google Arts & Culture](#): Google has teamed up with over 500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.

[Jenkinson's Aquarium Penguin Cam](#): Check out how the penguins are doing at Jenkinson's Aquarium in Point Pleasant, NJ by viewing the livestream on their website.

[MetKids](#): The Metropolitan Museum of Art has a dedicated kids section on its website, complete with videos, an interactive map, and a "time machine" that brings the viewer to different art pieces in the museum.

[Smithsonian's National Zoo & Conservation Biology Institute](#): The National Zoo has live webcams of its lions, naked mole rats, giant pandas, and more.

[The Louvre](#): Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip.

[The Museum of the World](#): This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies.

## Arts, Crafts, and Cooking

[All Kids Network](#): Thousands of printables for kids, from color by number sheets and hidden pictures to mazes and coloring pages. It is free but you have to create an account.

[America's Test Kitchen](#): Recipes and activities are available for kids for free.

[Art Sology](#): Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art.

[Artistic Activities](#): A list of fun artistic activities that you can have your kid do. There are activities for all ages, some need parent involvement but others are just for kids. Click the name of the activity to find the information you need to start bringing out your family's artistic side.

[Club SciKidz](#): Daily free science or cooking experiment to do at home.

[Coloring Nature](#): Hundreds of nature printables, including animals, habitats, gardens, wildflowers, and more.

[Kids Think Design](#): Explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design.

[Kiwi Co](#): Quick & easy at-home projects for kids 2 and up.

[Latino Cultural Arts Center](#): A free downloadable activity book with coloring pages for people and children at home.

[Marker Stations](#): Three free weeks of Maker Stations to keep your children creating at home! Each challenge includes simple instructions using materials around the house, QR code video resources, and a student recording sheet.

[Nomster Chef](#): Illustrated recipes designed to help kids ages 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science.

[Scratch](#): You can program your own interactive stories, games, and animations — and share your creations with others in the online community.

[ScratchJr](#): Kids can create their own interactive stories and games.

## Language Learning

[Chalk Academy](#): Chinese learning activities.

[Conjuguemos](#): Vocabulary, grammar, listening activities, and games in different languages.

[Difusion](#): Resources for Spanish practice.

[Duolingo](#): Many languages including English.

[MemRise](#): 22 languages to learn including English.

[Rock a Lingua](#): Music Based Spanish Learning.

## Resources for Educators and Families to Connect

**Connect with Schools and Teachers in your own language:** Talking Points is a way for you and your family to connect with teachers and school without the language barriers. [Click here](#) to create your account. How it works:

- All you need is a mobile phone or a mobile app.
- Receive updates in your own language (and English), and reply back in your own language.
- No charge from TalkingPoints, whether on text messages or mobile apps.

**Digital Home Visits:** [Click here](#) to access a guide to digital home visits.

## City of Aurora Resources and Information

### General Guides and Resources

**Adams County:** Find community resources in Adams County [here](#).

**Arapahoe County:** Find community resources in Arapahoe County [here](#).

**Community Resources:** [Here](#) you can see a list of all the resources like shelters, legal assistance, employment programs, bus tokens, housing help, and more that you can find in Aurora. Created by the Colfax Community Network.

**Closures, Cancellations, and Postponements:** In the interest of the Aurora community's health and safety, find [here](#) the city of Aurora closures, cancelations, and postponements.

**General Resources and Information:** [Click here](#) to have access to resources in Aurora like medical care, food security, financial help, educational opportunities, and more.

**Neighborhood Liaison Program:** The City of Aurora also provides residents and businesses with information and access to services through its Neighborhood Liaison Program. There are three neighborhood liaisons in Aurora, each responsible for an area that matches the city's code enforcement boundaries. The liaisons work with neighborhood organizations, civic groups, schools, and other city departments to improve neighborhoods through connecting residents with resources in the city, getting solutions to their questions, connecting them with grant programs, referral services, and facilitation at neighborhood meetings. [Click here](#) to contact your neighborhood liaison.

**Police Area Representatives:** PAR (Police Area Representatives) officers are the most visible component of APD's community policing program and are responsible for working with community members to identify and solve problems in specific geographic areas. PAR officers are given flexibility to work with citizens to develop unique solutions to problems within their community, including creating and implementing new community policing strategies. In [this map](#) you can find the contact information of the PAR officer that patrols the area you live in.

### Community Centers in Aurora

**Asian Pacific Development Center:** A mental health clinic providing culturally and linguistically responsive assistance. Information:

- Address: 1537 Alton St, Aurora, CO 80010
- Phone number: **303-923-2920**

- [Website](#)
- Updates during the COVID-19 outbreak:
  - They will be open for business but will be delivering their services through phone and video for the time being.
  - Contact them at **303-923-2920** to leave a general message and they will respond to you right away.

**Aurora Community Connection:** Addresses a gap in services for low-income, Spanish-speaking families in North Aurora. They aim to increase access to health and access to education for all local families. Information:

- Address: 9801 E Colfax Ave #200, Aurora, CO 80010
- Phone number: **720-975-0147**
- [Website](#)

**Colfax Community Network:** They advocate for and work on behalf of families residing in low-income, transient housing (primarily residential motels) along Colfax Avenue by providing information, services, and programs to strengthen and improve family and community life.

- Address: 1585 Kingston St, Aurora, CO 80010
- Phone number: **303-360-9175**
- [Website](#)

**Mango House:** A place for immigrants and refugees to go for medical, dental, and educational services. Information:

- Address: 10180 E Colfax Ave, Aurora, CO 80010
- Phone number: **303-900-8639**
- Website: Visit their [Facebook](#) page for more information.
- Updates during the COVID-19 outbreak:
  - The play area is closed.
  - Medical (Ardas) is open, but they are doing most medical visits by phone. They can handle most things by phone, just call or text them at **303-900-8639**.
  - Dental is closed for a few weeks, including for emergencies.

**Village Exchange Center:** A non-profit organization formed to serve immigrants and refugees in the Aurora/Denver metro area. Through organic and collocated programs, informational services, and cultural activities, the center is a “one stop shop” supporting integration, engagement, and empowerment of newly arrived residents. Information:

- Address: 1609 Havana St, Aurora, CO 80010
- Phone number: **720-668-9968**
- [Website](#)
- Updates during the COVID-19 outbreak: Public access is restricted during the COVID-19 pandemic. A mobile food pantry will continue once a week. For more information please call 720-668-9968, and follow instructions, if you would like to receive food, volunteer, or donate.



## Unemployment Information and Resources

### Unemployment Claims and Loans

**Unemployment Claim in Colorado:** According to the state Department of Labor and Employment, workers who have a reduction in hours or wages or lost their jobs may file an unemployment claim [here](#). If you want to know more about how to apply, [watch this video](#).

- **IMPORTANT NOTICE:** Because of the high volume of claims, they are asking that you help us help you and our greater community.
  - If you need to file an unemployment claim and your last name begins with the letter A - M, file a claim on Sunday, Tuesday, Thursday, or after 12 noon on Saturday.
  - If you need to file an unemployment claim and your last name begins with the letter N - Z, file a claim on Monday, Wednesday, Friday or before 12 noon on Saturday.
  - Other tips: While filing the claim, click the Save & Finish Later button often, and click File a Claim to return to the last page you saved.
  - File during non-peak hours (evenings after 8 p.m., late nights, early mornings). It may improve your experience.
  - You must provide information about the reason you are no longer working for all employers from the last 18 months. If you have a lot of information to include, it is best if you type up this information before you start, then copy/paste at the appropriate time.
  - Once finished, click Submit one time. When the claim is successfully submitted, you will receive a confirmation page and number.
  - The application to file a claim will be unavailable daily from 6 to 8 pm for maintenance.

**Help with Interpretation:** For interpretation for filing unemployment, call **303-318-9000** or **800-388-5515**.

**Unemployment Claim in Colorado for non-citizens:** Some non-citizens are eligible to [apply for unemployment benefits](#) from the Colorado Department of Labor and Employment. Essentially, if you have work authorization or a form of lawful presence, you can apply for unemployment.

The Colorado Employment Security Act includes the following categories of eligible people:

- Lawful Permanent Residents (known as LPRs or green card holders)
- People with work authorization
- DACA recipients and others who have been granted deferred action
- Refugees, conditional entrant refugees, refugee-parolees, and people granted asylum
- VAWA recipients
- Agricultural workers

- Note: Does Receiving Unemployment Benefits Make Me a Public Charge? No. According to the U.S. Citizenship and Immigration Services policy manual, USCIS does not consider unemployment benefits “in the public charge inadmissibility determination as they are considered earned benefits.” The Meyer Law Office has more detailed materials about public charge, which generally applies to people applying for Lawful Permanent Resident status.

**Loans for Small Business:** Small business owners in all U.S. states and territories are currently eligible to apply for a low-interest loan due to coronavirus (COVID-19). Applicants are encouraged to [apply online](#) for a disaster loan. If you do not have access to a computer or smartphone, please call **800-659-2955** for assistance.

**National Domestic Workers Alliance:** The Coronavirus Care Fund (CCF) provides \$400 in emergency assistance for qualifying home care workers, nannies, and house cleaners who are experiencing financial hardship due to the coronavirus pandemic. Assistance from the Fund is to help you stay home and stay safe during the pandemic. [Click here](#) to apply.

## Employment Opportunities

**Ace Distribution Center:** They are hiring for regular and seasonal positions. You can apply online by [clicking here](#) and then scrolling down and choosing the distribution tab.

**Amazon:** They are hiring 100,000 full and part-time workers nationwide at their fulfillment centers and for delivery to help with what they are calling an "unprecedented" need for labor. The company says online sales have surged well beyond what is normal for this time of year. Information on Amazon jobs can be [found here](#).

**Children’s Hospital Colorado:** They have different opportunities for jobs, [check it out here](#).

**CU Medicine:** Using their [career center](#), you will be able to quickly search all available positions at CU Medicine (formerly University Physicians, Inc.), set up a profile to receive future job alerts, and apply online when you find an opportunity that is right for you.

**CVS Health:** They are hiring up to 50,000 workers for full-time, part-time, and temporary jobs, including store positions, home delivery drivers, distribution workers, and customer service representatives. The company is hoping to fill these positions immediately. Details on applying [can be found here](#).

**Dollar General:** They are looking to fill up to 50,000 positions nationwide by the end of April. The company says many of the positions will be temporary, but that they do anticipate long-term career growth for some of the new hires. Details about job openings [can be found here](#).

**Domino's Pizza:** They say they are hiring 10,000 workers to meet the huge increase in pizza orders. The chain is looking to hire in stores and factories, including chefs, customer service representatives, and managers. [Information can be found here.](#)

**King Soopers:** They are looking to hire people to help restock shelves, bag groceries, unload trucks, and more at its stores statewide. Hiring information at stores statewide can be [found here.](#)

**Pizza Hut:** They are hiring 30,000 workers nationwide. The company says it's expanding their workforce to include "contactless" delivery, carryout, and curbside pickup. [Click here jobs in your area.](#)

**Safeway:** They announced March 16 they are hiring 1,000 new employees in Colorado, Wyoming, South Dakota, Nebraska, and New Mexico. Open jobs include in-store employees, delivery drivers, and distribution center employees. Information on job openings can be found [here.](#)

**UCHealth:** They are looking for people to fill lots of positions, [click here](#) to look at their opportunities.

**Walgreens:** They are hiring more than 9,500 people for positions including customer service associates, pharmacy technicians, and shift leads. The company is hiring for full-time, part-time, and temporary positions. [Click here for information.](#)

**Windigo Logistics:** Based out of Fountain, Windigo is looking to hire about 50 employees. [Click here](#) to apply and for more information on the company.

**More Employment Opportunities:** [Click here](#) to find more opportunities around Aurora.

**Connecting Colorado:** [This website](#) can help you find a job during this time.

## Physical Activity Resources

### Kids

[BOKS](#): Free online physical fitness program for kids

[Cosmic Kids Yoga](#): This YouTube channel has yoga videos for kids three years old and older.

[Fluency and Fitness](#): Educational brain breaks to help students review essential literacy and math skills, while getting in some exercise. Find over 900 videos to help your child keep learning at home and burn off some extra energy. It's best used for ages 4 to 8 years old and it's free for the first 21 days.

[GoNoodle](#): Free movement and mindfulness videos created for kids.

[Little Twister Yoga](#): Free at-home kids yoga lesson plans.

[SworKit](#): Kid-friendly workouts. Choose from strength, agility, flexibility and balance, warm-up, cooldown, stand up and move, or create your own custom kid workout.

### Adults

[Core Power](#): they are offering free online yoga classes.

YouTube channels with online classes:

- [Alo Yoga](#): Yoga classes.
- [Kayla Itsines](#): Personal trainer.
- [Mad Fit](#): Workout classes.
- [Pamela Reif](#): Workout classes.
- [Popsugar Fitness](#): Workout classes.
- [Tone It Up](#): Workout classes.
- [Yoga with Adriene](#): Yoga classes.

### All Ages

[Online Physical Education Network](#): You can register for free and have access to different types of physical activities for all ages.

## Census 2020 Information

### Your Invitation To Respond

The time is now. Help shape your future, and your community's future, by responding to the 2020 Census. Homes will begin receiving their invitation to respond to the 2020 Census between March 12-20. These official Census Bureau mailings will include detailed information and a Census ID for completing the Census online.

During this time frame, some homes will receive a paper questionnaire (sometimes known as the census form). Please complete your form online, by phone, or by mail when your invitation to respond arrives. Visit [this link](#) to begin.

### How To Respond

The 2020 Census will ask a few simple questions about you and everyone who is or will be living with you on April 1, 2020. For the first time, you can choose to complete the census online, by phone, or by mail. Find out more about each of these methods below:

- [Online Response Guide](#)
- [Phone Response Guide](#)
- [Paper \(Mail\) Response Guide](#)

Please note that if you are responding online, you must complete the census in one sitting, as you don't have the ability to save your progress. See the questions the census asks [here](#).

If you do not receive an invitation to respond from the Census Bureau, you may respond online or visit their Contact Us page to call their phone line.

### Who Should Respond

The 2020 Census counts everyone living in the United States and its five territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands).

One person should respond for each home. That person must be at least 15 years old. They should live in the home or place of residence themselves and know general information about each person living there. For more information, visit [Questions Asked](#).

## Everyone Counts

The Census Bureau has specific operations and processes in place to count everyone, including those in group-living situations such as college dorms, nursing homes, military barracks, and prisons.

## Who Should Be Counted and Where

You should be counted where you are living and sleeping most of the time as of April 1, 2020. If you are responding for your home, count everyone who lives and sleeps there most of the time as of April 1, 2020. This includes young children, foster children, roommates, and any family members or friends who are living with you, even temporarily.

People in some living situations—including students, service members, and people in health care facilities—may have questions about how to respond or where they should count themselves. You may also have questions if you are moving, have multiple residences, or have no permanent address. For more information, please visit [Who to Count](#).

## Language Support

You can complete the census online or by phone in 13 different languages: English, Spanish, Chinese, Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese, and Japanese.

In addition, bilingual invitations and paper questionnaires in English and Spanish will be sent to select areas of the country.

To help you respond, the Census Bureau also offers webpages and guides in 59 non-English languages, including American Sign Language, as well as guides in Braille and large print. Visit [Language Support](#) to access the guides.

## Changes on the Census 2020 Timeline

As multiple census operations have been pushed back a couple of weeks, everyone is now able to respond to the census online, on the phone, or by paper until August 14th, 2020.

- The Non-Response Follow Up (Door-knocking) has been pushed back to May 27th - August 14th, 2020.

- Service Based Enumeration (homeless count) will now occur April 29th, 30th, and May 1st.
- Households will continue to receive mailings from the Census Bureau throughout this month and next month.

## Completing the Census by Phone

The 2020 Census can be completed by phone in the following languages, and phone lines are open every day from 7am to 2am Eastern Time.

- English: **844-330-2020**
- Spanish: **844-468-2020**
- Chinese (Mandarin): **844-391-2020**
- Chinese (Cantonese): **844-398-2020**
- Vietnamese: **844-461-2020**
- Korean: **844-392-2020**
- Russian: **844-417-2020**
- Arabic: **844-416-2020**
- Tagalog: **844-478-2020**
- Polish: **844-479-2020**
- French: **844-494-2020**
- Haitian Creole: **844-477-2020**
- Portuguese: **844-474-2020**
- Japanese: **844-460-2020**
- English (for Puerto Rico residents): **844-418-2020**
- Spanish (for Puerto Rico residents): **844-426-2020**
- TDD (Telephone Display Device): **844-467-2020**

## Hotlines

### AIDS

[CDC AIDS Information website](#)

AIDS Info: Treatment, Prevention and Research

**800-448-0440**

### Alcohol

Al-Anon for Families of Alcoholics

Automated meeting information

**800-344-2666**

Families Anonymous – 12-step program similar to Al-Anon, meeting information only

**800-736-9805**

SAMHSA National Helpline

**800-662-4357**

### Child Abuse

[The Childhelp National Child Abuse Hotline](#)

**800-422-4453**

Covenant House – Help for runaways

**800-999-9999**

### Crisis & Suicide

Girls & Boys Town National Hotline

**800-448-3000**

[International Suicide Hotlines](#)

National Suicide Prevention Lifeline – For youth and adults

**800-273-8255**



## COVID-19 Crisis

### [Crisis Text Line](#)

Text **SHARE** to **741741** to reach a crisis counselor, 24/7, for free, confidential support. Crisis Text Line counselors are available to connect about anxiety related to the novel coronavirus, isolation, students' concerns about school, financial stress, and other concerns.

## Domestic Violence

### [National Domestic Violence Hotline](#)

**800-799-7233** or TTY **800-787-3224** or CHAT at <http://thehotline.org>.

### [Rape, Sexual Assault, Abuse, and Incest National Network \(RAINN\)](#)

**800-656-4673**

## General Resources

### [Front Range Mutual Aid](#)

General form for those who need help to connect with resources.

### [Mile High United Way](#)

Call **211**

Free hotline for health and human services information and referrals. Calls are confidential. Most call centers have Spanish-speaking referral specialists. Provides daily updates on availability of emergency shelter.

### [DRCOG \(60+ and 18+ with a disability\)](#)

**303-480-6700**. Be sure to leave a message.

## Housing

### [Colorado Housing Connects](#)

**844-926-6632**

Colorado Housing Connects provides statewide housing assistance regarding affordable housing, housing assistance, tenant rights, and more, by connecting Coloradans with local services. Call to speak with a housing counselor who will connect you with resources.

## Medical

American Association of Poison Control Centers  
**800-222-1222**

Medicaid Nurse Line  
**800-283-3221**. Push 1 for English and request interpreter line.  
For Medicaid clients who are not feeling well and are unsure if they need to go to the doctor.

## Pregnancy

Planned Parenthood Hotline (Rape & Sexual Assault)  
**800-230-7526**

[Rape, Sexual Assault, Abuse, and Incest National Network](#) (RAINN)  
**800-656-4673**

[National Domestic Violence Hotline](#) (Child Abuse & Sexual Abuse)  
**800-799-7233**

## Running Away

National Runaway Safeline  
**800-786-2929**

National Center for Missing & Exploited Children  
**800-843-5678**

Child Find of America Helpline  
**800-426-5678**

## Substance Abuse

SAMHSA's National Helpline  
**800-662-4357**

Poison Control  
**800-222-1222**

National Institute on Drug Abuse Hotline

**800-662-4357**

[Cocaine Anonymous](#)

**800-347-8998**

## Other

Disaster Distress Hotline (SAMHSA)

**800-985-5990**

National [Eating Disorders](#) Center Helpline

**800-931-2237**

Open M-F, 9-9 pm

[Shoplifters Anonymous](#)

**800-848-9595**

Open M-F, 9-5 pm; otherwise use their website

Veteran's Crisis Line

**800-273-8255**

[YouthLine](#)

**877-968-8491**

Text **TEEN2TEEN** to **839863**

**We intend to make this a living document. Please send additional resources that we should include to [info@rise-colorado.org](mailto:info@rise-colorado.org). Thank you!**