

COVID-19 COMMUNITY RESOURCES
1 May 2020

For official Fort Carson updates (closures, special shopping hours, town halls, Child Development Centers, etc.) please visit: https://www.carson.army.mil/ No US Army/ Fort Carson endorsement implied. Information listed is subject to change. See links provided for updated details and dates for events listed. The "Pass It On" is available online at: https://carson.armymwr.com/programs/pass-it-on

ADVOCACY

- Colorado Child Abuse and Neglect Hotline: 1-844-CO-4-Kids (1-844-264-5437)
- Fort Carson 24/7 Victim Advocacy Hotline (Call or text): 719-243-7907
- Fort Carson Legal Assistance Office
- TESSA 24/7 Domestic Violence Hotline: 719-633-3819

CHILDCARE

- Colorado Emergency Child Care Collaborative: Full tuition credit for all essential workers identified in Updated Public Health Order 20-24 issued by the Colorado Department of Public Health and Environment.
- YMCA Critical Child Care: Critical child care services for first responders, scholarships available.

COUNTY/STATE/NATIONAL RESOURCE AND REFERRAL SOURCES

- Colorado Program Eligibility and Application Kit (PEAK): Public Assistance Programs online applications and benefits management (SNAP, WIC, Medicaid, etc.)
- COVID-19 Colorado State Resources: Nurse lines, public health orders, prevention testing info and telehealth.
- COVID-19 Department of Defense Updates
- COVID-19 El Paso County Public Health Community Resources: Local resources and referrals for food, housing, utilities, childcare, unemployment, eviction protection, local and immediate volunteer needs, etc.
- El Paso County Child Support Enforcement: Available to answer questions. May also call 719-457-6331.
- Essential Baby Supplies: Essential baby supplies, including formula, diapers and baby wipes, are being distributed to local Family Resource Centers and food banks throughout Colorado.
- IRS: Federal income tax return filing and payment relief for individuals and business owners, form numbers and tax scams/consumer reports.
- Stay at Home CO: This page includes resources for basic needs of all Coloradans. Whether you are looking for help with rent control, understanding the stay at home order, or healthcare coverage, you can begin here.

- U.S. Citizenship and Immigration Services: Appointments and rescheduling, asylum, extensions, oath ceremonies and special situations.
- Volunteer Opportunities: The state of Colorado will waive the cost of two FEMA courses for interested volunteers. Accepting medical and non-medical volunteers.

EDUCATION -FUN

- Audible Stories: Students from Pre-K to 12th grade can stream audio books for free in 6 different languages until schools reopen.
- Adult Ivy League Courses: Free online courses in computer science, programming, business, social sciences, engineering, education, personal development and much more.
- Army – MWR Library: Free online access to books, magazines, consumer reports, test prep, tutoring adult education and more! (Library card needed)
- Army National Guard Child & Youth Programs At-Home Activities and Resources for Youth and Families
- Daily 30 minute P.E. Class for kids
- Denver Broncos Bookworms
- Kennedy Space Center Science Lessons
- Khan Academy: : Daily schedules for students ages 2-18 to keep them learning.
- Military Child Coalition Parent to Parent Webinars: Topics include, academic planning, resiliency, organization for kids, special needs, growth mindset and anxiety management. (CEU's available)
- MLB Summer Slugger Math & Literacy Skills Program
- Museum of Modern Art: A series of five free courses with corresponding readings and exercises.
- Onward to Opportunity: Free career training, entrepreneurship programs and certification prep for military veterans and their spouses.
- Penn State Extension: Penn State Extension library of online courses offered at no cost through April. Penn State Extension offers more than 55 online courses that can help individuals, families and businesses. Some courses offer certificates, while others provide continuing education credits.
- Pikes Peak Library District: Free online access to arts, learning resources, books, professional support and development and science resources. (No library card needed)
- Professional Photographers of America FREE online photography courses
- Rosetta Stone: Free access to materials for students for three months.
- SAT & PSAT: College Board updates on dates of test administration.
- Scholastic Learn at Home Resources
- Thrive Parenting Education Program: Programs for parents and caregivers to learn and practice effective strategies for raising healthy children from 0-18 years old.
- Time Magazine – Free Time for Kids
- TypeTastic!: Free typing instruction and activities for all ages.

- Virtual 4-H Space Camp: Each Monday at 10 am CT we will be releasing a new experiment for the next 4 weeks. We will explore the wonders of Space through easy at home experiments and provide weekly short educational YouTube and experiment videos.
- Virtual Museum Tours

EFMP FAMILIES

- TRICARE Extends Temporary Telehealth Support for Applied Behavior Analysis Services
- National Association of State Directors of Developmental Disabilities Resource List
- Department of Education FAQ on Providing Services to Children with Disabilities During the COVID-19 Outbreak

EMPLOYMENT/CAREER SERVICES

- Army Community Service Employment Readiness Program: Listings of critical hiring needs (Hot Jobs), workshops, resume assistance and telephone/virtual consultations.
- CARES Act Unemployment Applications: (Coronavirus Aid, Relief, and Economic Security Act), paying the additional $600 per week in unemployment benefits and launch other new points of access for unemployed workers to obtain information.
- Colorado Department of Labor and Employment: COVID-19 unemployment resources for workers and employers.
- Disabled American Veterans: Service-connected veterans that have lost employment as a direct result of the corona virus are eligible. This includes veterans that are self-employed as contractors or small business owners. Approved applicants will receive a $250 grant. DAV will provide a minimum of 2500 grants that will be dispersed on a first come first serve basis.
- Pikes Peak Workforce Center: Career transitions, guidance, development, education and training. Hiring event and job fair information.
- OnwardCO: One-stop resource for the people of Colorado impacted by job loss during the COVID-19 Pandemic
- USAJOBS.gov: The Federal Government is hiring across a wide range of career fields to help respond to the COVID-19 national emergency. These mission-critical jobs will have a direct impact on the American people and the government's response to COVID-19.

ENTERTAINMENT

- Asmodee: Free print & play versions of popular family games.
- AT&T and Charter: Free access to Showtime during COVID-19 outbreak.
- Digital Escape Rooms: Check out our collection of Digital Escape Rooms created by librarians all around the world. These Digital Escape Room rooms are designed for children of different ages, or for families to work on together.
- Netflix: Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows
- NFL Game Pass: Free access until 31 May 2020.
- Sling TV: Free access to local and cable network channels.
- Wizarding World – Harry Potter at Home

FINANCIAL

- American Red Cross
- CenturyLink: Late fees will be waived and service will not terminate residential or small business customer's service for the next 60 days due to financial circumstances associated with COVID-19.
- Colorado PEAK - Public assistance programs
- Colorado Springs Utilities: Will not disconnect water, sewer, or natural gas services over the inability to pay bills during the COVID-19 pandemic. Contact Colorado Springs Utilities customer service to be placed on payment plan (719-448-4800) or visit www.csu.org to make payments or request support)
- Comcast: Will provide 60 days of free internet to new families
- Consumer Finance Protection Bureau: Options for mortgage and rent relief, student loan repayment, credit card and auto loan payments, banks and credit unions, loss of income and debt collectors.
- Economic Impact Payments: Stimulus updates for individuals and businesses.
- Families First Coronavirus Response Act: Employer paid leave requirements.
- Federal Communications Commission: List of companies and associations who have pledged not to terminate services, waive late fees and open Wifi hotspots.
- Fort Carson Army Emergency Relief: Services have moved to secure online submission. Accredited Financial Counselors are also available for consultations.
- Hardship Pay for Troops in Quarantine
- IRS - Coronavirus Tax Relief
- Military Saves Resources for Military Families
- Mission 22 Financial Resources for Veterans
- Operation Home Front: Critical financial assistance applications available. Also can be reached at 877-264-3968
- Pikes Peak United Way Emergency Relief Fund
- Wounded Warrior Project Emergency Financial Assistance

FOOD/NUTRITION

- Army Emergency Relief Food Vouchers: Please call 719-526-4590 to make an appointment.
- Department of Education Free Feeding Sites Map: Locations of free feeding sites for any student between the ages of 0-18.
- Food Distribution Locations: You can text FOOD or COMIDA to 877-877 to receive food distribution locations for kids 18 and under.
- Food Resource Hotline: 855-855-4626 (Mon – Fri. 8 a.m. – 4:30 p.m.) 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.
- Hunger Free Colorado Food Resources: Food banks and pantries, SNAP info, WIC remote enrollment, appointments and nutrition guidance. (English and Spanish)
- WIC enrollment: 719-578-3199, Option 6

HOUSING

- 4ID & Fort Carson FAQs (Including Stop Move Updates)
- Army Travel Assistance Center (ATAC): The Army Travel Assistance Center (ATAC) is responsible for providing guidance, command and control, administrative and logistical emergency support for Soldiers in a Permanent Change of Station (PCS) status and family members traveling on official orders.
- Human Resources Command (HRC) 24/7 Army Service Center: 1-800-582-5552

MEDICAL & PHYSICAL HEALTH

- Centers for Disease Control and Prevention (CDC): Prevention, symptoms and guidance.
- Cosmic Kids! Yoga
- EACH COVID-19 Nurse Hotline: 719-524-2684
- EACH OB-GYN Hotline: 719-526-8279, 8 a.m. to 4:30 p.m. For assistance after hours and on weekends please call Labor and Delivery: 719-526-7092.
- Evans Community Army Hospital: Learn what Evans is doing to provide care at Fort Carson.
- Tricare: Testing, telemedicine and pharmacy updates.
- YMCA 360: Free on-demand fitness classes.

MENTAL HEALTH

- Alcohol Anonymous: Virtual meetings.
- Colorado Crisis Services (Free, confidential, professional, 24/7 support): 1-844-493-8255
- Department of Veteran Affairs: Mental health COVID-19 Resources.
- Give an Hour: Staying mentally healthy during Coronavirus. Self-care for adults and children.
- Helping Homebound Children During the COVID-19 Outbreak
- Military Family Life Counselors (MFLCs): Telephonic and video non-medical counseling provided by embedded MFLCs.
- Military OneSource (free, non-medical counseling, 24/7): 1-800-342-9647
- Military OneSource Wellness Apps
- National Suicide Prevention Lifeline (24/7 free and confidential support): 1-800-273-8255
- Mt. Carmel Veterans Service Center (donation-based counseling services)

OUR LIST IS NOT INDICATIVE OF THE MANY COVID-19 RELIEF RESOURCES AVAILABLE. PLEASE VISIT THE RESOURCE GUIDES LISTED BELOW FOR MORE INFORMATION ABOUT SERVICES AVAILABLE IN THE COMMUNITY.

AUSA COVID-19 Resources
Emerson Collective Resources for Remote Learning
Joining Community Forces Colorado
Military OneSource
Pikes Peak Area Agency on Aging
Pikes Peak Library COVID-19 Emergency Aid and Resources
Pikes Peak United Way
Silver Key Senior Services