

UP-TO-DATE RESOURCE LIST

Available (and up-to-date) online with active links at www.ArrupeMail.org

Coping Strategies:

The Corona virus has been stressful on the world and on our community. Coping strategies are especially important during this time. **Here are a few tips to stay healthy and balanced** during this time at home:

- Have boundaries with news and stressful aspects of technology. Stay informed but then take breaks from news and social media. If you don't, you are keeping your brain on high alert and putting stress hormones into your body which can cause mood problems and difficulty sleeping. Basically, you are stressing yourself out!
- Move your body everyday!! Follow a guided workout on YouTube, a lot of fitness instructors are doing live workouts on Instagram, walk or run outside.
- Get outside! Sunshine and fresh air are great for your mood and for your health. There are lots of options: Skateboard, bike, hike, walk.
- Stay on a routine. Prioritize homework first then fun. Set goals each day on what homework you will accomplish before you get to play video games or watch a movie. Get caught up on homework if that is something that is needed. You don't want summer school.
- Stay on a sleep schedule. Try not to stay up much later than you normally would for school. Regular sleep is the #1 factor in keeping you healthy physically and emotionally.
- Eat healthy and drink lots of water!
- CONNECT with friends and family that you aren't able to see during this time, text, email, call, FaceTime. Social distancing does not mean social disconnection.

If you're bored....once you are finished with school work for the day...

~Create! Make something, bake something! Write something! Draw something!

~Learn something new

~Read a new book

~Listen to a podcast

~Engage in your hobbies or try a new one

~Tidy/organize/rearrange

~Listen to Free meditations, these can help relieve anxiety:

https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720

You can also connect with the Arrupe Jesuit community in several fun ways:

- "Arrupe Student Life" Google Classroom will have daily prayer, birthdays, announcements and updates, and other information
- You will be able to participate remotely in some clubs/activities on various platforms... stay tuned for more information!
- Stay involved with the community on social media: [Instagram](#), [Twitter](#) and [Facebook](#)!

FOOD

DPS will provide **FREE Breakfast and Lunch to ALL KIDS** in Denver, ages 1-18! This will begin 3/16 and will last through 4/6. (THIS WILL BE GRAB AND GO)

Breakfast is 8-9 — Lunch is 12-1

Here are the locations:

- SW: Lincoln High School
- SE: Place Bridge Academy and Joe Shoemaker
- NW: North High School
- CEN: DCIS Baker
- NE: Manual High School
- FNE: Montbello and Evie Dennis

Dinner: Select Denver recreation centers will be serving dinner to children 18 years old and younger, weekdays from Monday, March 16 through Friday, April 17. Dinner: 3:30-5:30 p.m.

Southwest

- [Athmar](#)
- [College View](#)
- [Harvey Park](#)
- [La Familia](#)

Southeast

- [Eisenhower](#)
- [Harvard Gulch](#)

Northwest

- [Ashland](#)
- [Aztlán](#)
- [Rude](#)

Central

- [Glenarm](#)
- [Johnson](#)
- [St. Charles](#)
- [Stapleton](#)
- [Swansea](#)

Northeast

- [Hiawatha](#)
- [Montclair](#)

Far Northeast

- [Montbello](#)
- [Green Valley Ranch](#)

Food Bank of the Rockies: <https://www.foodbankrockies.org/find-food/>, 877-460-8504 (toll-free)

Interactive map of food distribution centers in Denver metro:

<https://www.google.com/maps/d/u/0/viewer?mid=1hszum017jHHqPOESB7wvxVQrF40BAW-l&ll=39.85121251345305%2C-105.12239595&z=9>

WIFI ACCESS

One possible option for affordable internet that some of our families had success with:

Comcast Internet Essentials

\$9.95/month plus tax for those who qualify

<https://www.internetessentials.com/covid19>

Comcast Temporary Free Wifi:

Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser.

<https://wifi.xfinity.com/>

HEALTH

Tool for finding community health clinics: <https://cchn.org/map/>

Stride Community Health Center: <https://stridechc.org/>

Accepts patients without insurance (if they qualify for STRIDE discount everything will be at discounted price), Medicaid, Medicare, and private insurance.

For general questions about coronavirus, call the Colorado Help Line at (303) 389-1687 or visit denverpublichealth.org/coronavirus

MENTAL HEALTH

Colorado Crisis Support Line: [1-844-493-8255](tel:1-844-493-8255) The Colorado Crisis Support Line is staffed by Bilingual Mental Health Therapists, Counselors and Peer Specialists who are available 24 hours a day, 365 days a year for mental health emergencies. If you or your child are at imminent risk of harm please call 911.

If you are an Arrupe student in need of more support and already work with a counselor, email your counselor directly:

- Ms. Sara Alexander: salexander@arrupemail.org
- Ms. Danica Hemmann: dhemmann@arrupemail.org
- Ms. Melanie Holwerda: mholwerda@arrupemail.org
- Ms. Darci Polla: dpolla@arrupemail.org

If you are an Arrupe student in need of more support and do not currently have a counselor, email counseling@arrupemail.org

If you are a parent in need of resources for your family, please email:

For English: Danica Hemmann at dhemmann@arrupemail.org

Financial:

United Way, COVID 19 Economic Relief Fund

Bills, rent and food

Call 1-866-211-9966 and provide your zip code and they will give you a list of local resources

Utility Resources:

<https://www.denvergov.org/content/denvergov/en/housing-information/resident-resources/stay-in-your-home/rent-utility-help.html>

Employment Resources:

<https://www.colorado.gov/pacific/cdle/information-and-resources-coronavirus>

Adams County Resource List:

- <http://www.adcogov.org/coronavirus-community-resources>
- Community Reach Center: mental health services and counseling, 303-853-3500

Arapahoe County Resource List:

<https://www.arapahoe.gov/326/Community-Resources>

Jefferson County Resource List:

<https://www.jeffco.us/DocumentCenter/View/2007/Jefferson-County-Resource-List-PDF?bidId=>

Blog with additional resources:

https://cclponline.org/cclp_blog/resources-for-coloradans-facing-poverty-while-preparing-for-the-coronavirus/?fbclid=IwAR2lueV_EcLqFS7CTnIbEASInfm_3B9NrUuWgwZla934R8yoUi1SPGHRqe0