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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 Black, Latino, Southeast Asian, immigrant, refugee families in the Aurora Community. Aurora Family & Student Leaders deserve access to the resources and support they need to safe and welcome, 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. Thank you!

RISE Colorado | www.RISE-Colorado.org | info@RISE-Colorado.org

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QUICK LINKS FOR TOP PRIORITY NEEDS & RESOURCES

Colorado State Emergency Operations Center (211 system): The 211 system is run by the state of Colorado. 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; Food; Education and Childcare; Transportation; Clothing/personal/household needs; Mental health and substance use disorders; Employment; Medical and dental clinics.

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.

Medical & Mental Health Support

[Here](#) you can find a list of safety net clinics across Metro Denver. It's a great resource for families who may need medical care. For mental health support reach out for free, confidential, bilingual, 24/7 support by calling [Colorado Crisis Services](#) at **844-493-8255** or text TALK to **38255**.

Aurora Public Schools

Click <https://www.aurorak12.org/services> to review the most updated guidance concerning health safety and transportation from APS.

Immigrant Families and Communities

Click <https://www.informedimmigrant.com/> to have access to resources in Colorado for immigrant families.

City of Aurora

[Homelessness Resources](#) you can see a list of all the resources like shelters, legal assistance, employment programs, bus tokens, housing help, and more.

GENERAL RESOURCES

BABY & FAMILY SUPPLIES

Baby supplies: [Click here](#) to find a list of locations that are distributing baby supplies. **Call first** to double check that supplies are still available.

Clothes to Kids Denver: For youth ages 3-21. Shopping at Clothes To Kids is as easy as 1-2-3!

1. Check to see if the student is eligible to shop. [See the "Basic Eligibility Guidelines."](#)
2. Make an appointment to shop by calling 720-379-4630 and following the menu prompts.
 - a. Phones are currently open Tuesday-Friday from 9:00 am – 5:00 pm and Saturdays from 9:00 am – 4:00 pm. Please leave a message if we do not answer.
 - b. Parents/guardians may call to make an appointment for their student(s), or someone else may set an appointment on behalf of a family.
3. Shop in person or pick up your clothes curbside

WeeCycle: Hosts community events around Denver to give away formula, food, wipes, and diapers. They list their event schedule on their [Facebook page](#) at the beginning of every month.

Women Infants and Children: Benefits for mothers, mothers-to-be, and children in need. Similar to SNAP but more involved; includes nutrition education, child care education, and baby supplies. [Click here](#) to learn more.

Remerg: Helps you restart and offers resources such as Essentials, health and treatment, housing, Job and training, shelter and safe housing/DV help and so much more . <https://remerg.com>

CHILD CARE & RESPITE CARE

Arapahoe County Low-Income Child Care Assistance Program: To qualify for CCAP, families must meet eligibility requirements and income limits and be involved in one of the following activities:

- Working or looking for a job
- Attending college or vocational school
- Enrolled in high school if under age 21
- Studying for a GED if under age 21

Parents must also pay a portion of the child care costs. [Resources for families and children \(Spanish\)](#)

Colorado Child Care Assistance Program: [The Colorado Child Care Assistance Program](#) (CCCAP) provides child care assistance to families who are working, searching for employment, or are in training, and families who are enrolled in the Colorado Works program and need child care services to support their efforts toward self-sufficiency. You may be [eligible](#) to participate in CCCAP if you:

- Reside in Colorado
- Are working, seeking employment, or are participating in training/education
- Have at least one child who is under 13 years old (or 19 years old if the child has special needs or a disability and requires child care)
- Have a family income of less than the defined maximum in your county of residence

Night Lights: Night Lights a 501c3 nonprofit organization that provides a break for parents while providing a fun and safe social environment for their children who have special needs and their neuro-typical siblings. One Friday night a month at each of our three locations, trained and background checked volunteers provide an evening of respite care and fun through pre-planned activities. [Click here](#) for more information.

CITY OF AURORA

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

Habitat for Humanity Resource Guide: [Click here](#) to find resources for housing, legal services, utilities, financial help and more.

Neighborhood Liaison Program: The City of Aurora 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. They work with neighborhood organizations, civic groups, schools, and other city departments to improve neighborhoods through connecting residents with resources in the city, getting solutions, 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.

Resources to Recover from Fire: [Click here](#) to find resources that could be helpful in case you are a victim of fire in your home. [Click here](#) for another resource from the American Red Cross .

CLIMATE CHANGE & SUSTAINABILITY

Community Gardens: Community gardens are a critical component of Aurora's sustainability vision. A community garden is a shared green space created and cultivated by volunteers to grow vegetables, fruits and herbs. [Locate a community garden near you.](#)

Emergency Cooling Stations: The public is welcome to stop by at [one of the following locations](#) to cool down and get hydrated during hot summer days (100 degrees and above). Individuals will receive seating, air conditioning and ice water. Case managers from partner organizations will be available during peak hours to provide resource information.

Keep Aurora Clean: It takes the whole community to help keep Aurora clean. If every person, every business and every organization got involved, it would make a world of difference in beautifying the whole city.

Benefits of a clean city:

- Improves the city's image
- Helps prevent disease
- Preserves the environment
- Protects our waterways
- Attracts business
- Makes every neighborhood a better place to live

[Take a look at the resources available](#) to find out better ways to dispose of your garbage. Get inspired by what others are doing in the community to help keep Aurora clean, or start your own project in your own neighborhood.

Low-income Water Efficiency Program: Aurora Water helps low-income households become more water-efficient by replacing old fixtures with new, high-efficiency ones. We've partnered with Mile High Youth Corps to replace up to **two toilets, two shower heads and three faucet aerators** with water-saving versions for income-qualified homes and nonprofit buildings. These devices will save water and money for the customers who need them the most.

To qualify for LIWEP:

- You must be an Aurora Water customer and own your home.
- Participants must have a household income 60% or less than the Aurora median income.

Learn more about water conservation: [Click here](#) to learn more about water conservation in Aurora. The Western United States is in a prolonged severe drought (water shortage). Help do your part to save water and money by learning more about water conservation. Aurora Water offers free, in-person and on-demand classes about efficient watering, water-wise landscapes, drought tolerant plants and more.

FOOD

Benefits In Action: Free food delivery within Adams, Arapahoe, Denver, and Jefferson counties. Food boxes are filled with non-perishables, household staples, fresh produce, dairy products, and meat products and are meant to last about one week. [Sign up here.](#)

Caring & Sharing Community Resources & Transformation Center: A Black-founded and operated nonprofit in North Aurora that provides walk-in basic needs services Monday-Friday, 9:30-3 p.m., including food, toiletries, clothing, hygienic products, and public assistance when they have funds. Housing, rental assistance, transportation/bus tickets (when available), substance abuse counseling, anger management, DUI support, support for homeless individuals, support for people coming out of prison, and youth services are available **by referral only** to ensure a good match between the client and Caring & Sharing.

- To arrange a referral, reach out to **Dara Goldsby** at **(720) 365-6353**.
- Address: 1550 Elmira St, Aurora, CO 80010

Farmer's Market: Some farmer's markets accept Double Up Food Bucks, which allows people on WIC and SNAP to double their produce purchases. So, if they have \$20 worth of SNAP, they can spend \$40. More information [here](#).

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): 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**.

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

Food Bank at the Rockies: [Click here](#) to find a location near you that is providing emergency food assistance.

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: [Click 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.

Kaizen Food Rescue: Kaizen Food Rescue aims to prevent food waste and improve food justice and health equity in the Denver metro area. [Visit this page](#) to view their monthly food share schedule.

Lifespan Local: This [interactive webpage](#) run by [Lifespan Local](#) connects community members to a myriad of resources in Denver—for food, legal assistance, mental health support, baby supplies, and more.

Market Place: A Drive-Up Food Bank free groceries and hot meal. [Click here](#) for more information.

- Every 1st and 3rd Thursday
- At 25511 E. Smoky Hill Rd. Aurora, CO
- From 4:00pm-6:00pm

Metro Caring: They provide nutritious groceries, and also offer comprehensive anti-hunger resources so that families can stop hunger at its root. Additionally, they provide ID assistance. For Colorado-state ID, driver's license, and birth certificate requests, vouchers are available at Metro Caring, Monday through Friday, 9:30 am-11:30 am and 12:30 pm - 3:00 pm, without an appointment. | [Website](#)

- Location: 1100 E. 18th Avenue, Denver 80218
- Program hours: Monday-Friday, 9:30am – 11:30am and 12:30pm - 3:00pm and Tuesday evenings, 6:00pm – 8:00pm

Project Worthmore: Location is at 1666 Elmira St. Aurora, CO 80010. Phone: 720-460-1393.

- The **Yu Meh Food Share** is a culturally-relevant food access program run by and for the refugee community. Foods distributed are organic fresh fruits and vegetables, proteins and milk. The program is resourced by local businesses, nonprofits, and our refugee training farm, also helping to reduce waste within the food supply chain. Eligible individuals must be refugees or asylees. Learn more [here](#) and review the referral form [here](#).
- Also, due to a partnership between Project Worthmore and Denver Urban Gardens, **DeLaney Community Farm** is a 5-acre farm that supports refugees through sustainable agriculture and community building. Learn more and get involved [here](#).

Secor Cares: This is a free food market, serving residents of the Arapahoe, Douglas, and Elbert Counties. | [Website](#)

- Location: 17151 Pine Lane Parker, 80134

We Don't Waste: We Don't Waste developed their Mobile Food Market initiative to reach further into the community, serving people with healthy, nutritious food, such as fresh fruit, vegetables, lean protein, and dairy. The Mobile Food Market is a monthly opportunity where everyone in need can come to shop for FREE food. Attendees are able to select the items that they want and need. We cannot guarantee specific food items ahead of time, but will have a selection of produce, dairy, proteins, bakery products, and shelf-stable products. [See the Mobile Food Market schedule and locations here.](#)

The Weinberg Food Pantry: Pick-up details included [here](#).

- When: Tuesday, Wednesday, & Friday from 10:00 am to 1:00 pm.
- Address: 3201 South Tamarac Drive, Denver, CO 80231

Village Exchange Center: The Village Pantry provides fresh and varied foods to supplement families' weekly groceries. VEC provides healthy and nutritious foods including fresh produce, dairy, and protein items that are part of our beneficiaries' existing dietary preferences. To be added to the list as a client, please sign-up at [this link](#).

Hope Communities at Hiddenbrook

- **When:** Every other Wednesday at **10:30 AM sharp**
- **What to Expect:**
 - Fresh food distribution
 - Free clothing
 - Mini resource fair with other community organizations

Downtown Denver Islamic Center

- **Pantry Hours:** Tuesdays, Thursdays, and Saturdays, **2:00 PM – 6:00 PM**
- **Open to All:** Walk-ins welcome; appointments available
- **Extra Support:**
 - **Delivery Program:** Every 2nd Saturday of the month
 - **Referrals Welcome:** Community partners can refer families
 - Each household receives around **60 lbs of food**—enough for 7–10 days

HOUSING & RENTAL ASSISTANCE

Adams & Arapahoe County: If you live in Arapahoe County or Adams County, here is how you can ask for housing assistance:

- Arapahoe County rental assistance: Call 303-738-7891 or email housingassistance@arapahoegov.com
- Adams County emergency rental assistance. Call 303-659-6199 or email info@almosthomeonline.org

Colfax Community Network: [CCN](#) works to end homelessness by inspiring hope and providing life-changing resources. They offer services and programs at their Family Resource Center to children and families experiencing homelessness or residing in low-income, transient housing along the Colfax corridor. These services include:

- Food pantry
- Drop-in services
- Case management
- Employment assistance
- Afterschool / summer programming for children in grades K-5
- Library

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

Colorado Emergency Rental Assistance Program (ERAP): Tenants who have been unable to pay rent may be eligible for rental assistance from their county or the State. The Colorado Emergency Rental Assistance Program (ERAP) can help. [Apply here.](#)

Utilities

Energy Outreach Colorado: They help individuals who need assistance paying energy bills. Check their website [here](#).

Xcel: They provide energy assistance options for low-income families who are struggling to pay their bills. Check out their discounted programs [here](#), or call them at 800-895-4999.

LEGAL

Immigration and Criminal Law

- Lawyer's name: Jorge Castañeda (speaks English and Spanish)
- Phone number: 303-386-7136
- Email address: jorge@lawyersazco.com

Criminal Defense, Appeals, and Postconviction

- Lawyer's name: Elisa Overall (speaks Spanish, Portuguese, and French)
- Phone number: 970-708-0313

- Email address: elisamarieoverall@gmail.com

Justice & Mercy Legal Aid Clinic (JAMLAC): They partner with other local service organizations to provide their clients with access to the holistic support and care they need to move forward with dignity. [Website](#). Areas of focus include:

- **Immigration**—Assistance for victims, juveniles, DACA and other relief
- **Family Law**—Custody, Marriage Dissolution, Protection Orders
- **Pro Bono Project**—Representation for Civil Matters through volunteer attorneys
- **Workshops & Clinic**—Legal information and advice

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**

Resources for Immigrant students and their families

- [Immigrant Preparedness Toolkit](#), Immigrant Legal Resource Center
- [El Plan de preparación de inmigración](#), Immigrant Legal Resource Center (Spanish)
- [Know your Rights - Immigrant's Rights Booklet](#), ACLU
- [Family Preparedness Plan](#), Immigrant Legal Resource Center
- [Plan de Preparación Familiar](#), Immigrant Legal Resource Center (Spanish)
- [Know Your Rights Handouts in eight languages](#), Immigrant Legal Resource Center
- [Know Your Rights videos in 8 languages](#), We Have Rights
- [List of Colorado non-profit organizations that provide Legal Services](#)

Citizenship Workshop

- Free Citizenship Application Assistance (Form N-400) and free waiver assistance
- Application review by an immigration attorney
- To Participate in the workshop you must:
 - Be able to read, write, and speak BASIC English
 - Be a permanent resident of for 5 years (or married to a US citizen for 3 years)
 - Have good moral character
- Workshop schedule

- Saturday, Feb 22, 2025 at 9:00am-3:00pm
- Address: 1537 Alton St. Aurora, CO 80010
- Contact
 - Phone (303) 617-2612
 - Email: Citizenship@AuroraMHR.org

MEDICAL & MENTAL HEALTH

COVID-19

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, [Staying Up to Date with COVID-19 Vaccines | COVID-19 | CDC](#). The guides are provided in multiple languages.

Colorado COVID-19 Information: The Colorado Department of Health & Environment and the Colorado State Emergency Operations Center provide the most recent updates on Covid-19 vaccine availability, distribution, and eligibility. Visit their [main page](#). Resources are available in [Spanish](#), [Vietnamese](#), [Chinese](#), [Somali](#), [Arabic](#), and [Nepali](#).

Free Covid-19 Testing: Free COVID-19 testing provided by the City and County of Denver and Denver Health. Please check the [schedule here](#).

COVIDCheck Colorado: Learn more about free access to COVID-19 testing and vaccinations through COVIDCheck Colorado. [English](#) | [Spanish](#)

Ardas Clinic: Visit [Ardas Clinic](#) in Mango House to receive your vaccine. No appointments, walk-ins only.

No- and Low-Cost Vaccines: [Here](#) is a resource about free and affordable vaccines.

Colorado Alliance for Health Equity and Practice: Click [here](#) to find this clinic that offers a wide range of medical services, including primary care, dental cleanings, women's health, cancer screening, geriatrics, and chronic disease management. CAHEP's diverse team, fluent in over 40 languages, ensures accessible, inclusive care through interpretation services.

Dental

Ardas Clinic: Located in Mango House, this clinic is aimed at serving refugees and asylees. Hours are 10-6 Monday-Friday, 10-3 Saturday. Appointment is required—call 720-819-7194. [Click here](#) to learn more.

Project Worthmore Dental Clinic: The Worthmore Clinic is a dental clinic offering comprehensive restorative and preventative dental care to the refugee community. The Worthmore Clinic will be open from 9 AM to 6 PM Monday through Thursday. Please contact the clinic at 720-460-0995 to schedule an appointment. [Click here](#) to learn more.

Domestic Violence

Asian Pacific Development Center: APDC provides the community with culturally appropriate educational workshops on the prevention of domestic violence and other crimes; diversity and sensitivity training for professionals in various fields; and other victim service programs. Learn more [here](#).

The Initiative: The Initiative's is not an emergency service and they do not have a shelter, but they can connect people with shelters and safe houses in their area. They do not accept walk-ins, please contact them to make an appointment at (303)-839-5510, or by using our intake form linked [here](#).

During the first call, advocates will go through an intake form with the caller, which takes 15-30 minutes. After the intake is completed, an advocate will follow up with the caller within 24 business hours. Please note that for safety reasons, the Initiative's phone number does not come up when they call people. It will either say 0000000000, Private, Unknown, or Spam Likely.

The Initiative does not require any documentation of abuse, disability or citizenship. *No requerimos ninguna documentación de abuso, discapacidad o ciudadanía.*

Call: (303) 839 - 5510

Text: (720) 503 - 9580

Email: info@theinitiativeco.org

Sanctuary for Families: 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.

Safehouse Denver: SafeHouse Denver offers a range of services in both English and Spanish for survivors of domestic violence and their children. Their culturally competent programs empower clients to build safer, independent lives without isolation and abuse. Services are offered at their [Emergency Shelter](#), our non-residential [Counseling & Advocacy Center](#) and their [Extended Stay Program](#).

General

Red Cross: 1-800-417-0495.

Children's Hospital: 303-389-1687 or 877-462-2911.

Colorado Indigent Care Program (CICP): The [Colorado Indigent Care Program \(CICP\)](#) provides discounted health care services to low-income people and families. **CICP is not a health insurance**

program. Discounted health care services are provided by Colorado hospitals and clinics that participate in the CICP.

Emergency Medicaid: If you are experiencing an emergency, you may be eligible for Emergency Health First Colorado. The insurance only covers emergencies and cannot be used for routine care. [Access to Emergency Medicaid](#).

Every Child Pediatrics: They have 4 school-based clinics in Aurora public schools (open to all children with any sibling in an APS school - with the lowest rates for uninsured), as well as a clinic in Aurora, Lakewood, Denver and Thornton. [Click here](#) to find locations.

Free Medical Care through TELEHEALTH: They provide a medical home for uninsured and underinsured patients. [Enter here](#) for more information.

Health coverage options if you lose your health insurance:

- [COBRA](#): you can continue your current employer-based plan, which likely provides robust benefits, but you pay the full cost of the plan (i.e. may not be affordable for everyone)
- [Medicaid](#): if you lose your income/job, you may qualify for Medicaid coverage (no premiums, very low out-of-pocket costs). [Log-In or Apply for Benefits | Colorado PEAK](#).
- Loss of coverage qualifies you for a special enrollment period of 60 days where you can select a plan through [Connect for Health Colorado](#) (depending on income, you may qualify for tax credits to lower your monthly premiums and lower deductibles/out-of-pocket costs)
- If you have a spouse/partner with employer-based insurance, you may be able to be added to their plan if their employer offers partner/dependent coverage.

Open Clinics: [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.

Planned Parenthood: Learn more about the benefits offered through the [Planned Parenthood Direct app](#). Access to birth control, sexual and reproductive health resources for youth and adults, and UTI treatments. No appointment necessary and it's fast, easy, and completely private.

Resources for the Uninsured: Center for Health Progress has created a resource list with important information for people without insurance. This list outlines many of the safety net health care clinics in Colorado, as well as information to access information, referrals, and testing. [Visit here](#).

STRIDE Community Health Center: They are a great safety net clinic resource with multiple locations. They also have an indigent plan for immigrant patients where if they qualify, they pay nothing AND get imaging and prescription discounts if needed. Click [here](#) to check their locations.

Colorado Alliance for Health Equity and Practice (CAHEP): [CAHEP](#)'s diverse team, fluent in over 40 languages, ensures accessible, inclusive care through interpretation services.

Health Care Enrollment in Colorado

To sign up for coverage through Connect for Health Colorado, 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.

Mental Health

Quick Access Websites & Phone Numbers for Crisis Situations

- [National Suicide Prevention Lifeline](#) (English and Spanish): 1-800-273-8255
- [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.
- [Crisis Text Line](#): Text "HOME" to 74174.
- [Safe2Tell](#): 1-877-542-7233
- [Trevor Project for LGBTQ Youth](#): 1-866-488-7386 or Text "START" to 678678.

APS Resource for Students: Families can contact their student's school counselor, social worker, or psychologist on weekdays from 8 am to 4 pm. You can [click here](#) for more information on mental health resources provided by APS.

Aurora Mental Health: It's a nonprofit community mental health organization serving people with a wide range of mental health needs at low cost. Call **303-617-2300** for services and care.

Center for Victims of Torture: They compiled [a list](#) of mental health resources, in multiple languages, on how to cope with the added stress and isolation.

Denver Indian Health and Family Services: DIFRC's mission is to strengthen vulnerable American Indian and Alaska Native (AI/AN) children and families through collaborative and culturally-responsive services. They provide services and community programs to families who self-identify as AI/AN in the Denver area. [Website](#) | 303-953-6600

El Centro de las Familias (a division of Mental Health Center of Denver): El Centro de las Familias is a multicultural clinic providing bilingual (Spanish and English) mental health services to adults, youth, children and families from the Latino/a/x and Hispanic community.

<https://www.wellpower.org/el-centro-de-las-familias-spanish/>
| 303-504-6500

Hazel Health: Aurora Public Schools has partnered with [Hazel Health](#) to offer a new, free mental health service to all APS high school students. Students can schedule short-term therapy visits at

school and at home from 7 a.m. to 7 p.m. There is no waitlist. Hazel's licensed therapists can help students address everything from stress, bullying, and relationship issues to anxiety, depression, grief and more. Students should contact their school counselor or visit hazel.co/mental-health to learn more. This service will be available to all APS students starting January 2022.

I Matter: As of October 2021, Colorado offers three free mental health sessions to every youth under age 18 in the state. The purpose of [I Matter](#) is to promote youth emotional and mental health. To begin, you will need to take a survey. Try to be as honest as possible: your answers are completely confidential and will help match you with a clinician who can best support you. No matter your responses, you will be eligible for 3 free counseling sessions. **For youth under age 11, a parent needs to fill out the survey, which can be found [here](#). For youth ages 12-18, you can get started [here](#).**

Jewish Family Service: Services offered include mental health, Russian mental health and refugee mental health. [Website](#) | 303-597-5000

Maria Droste Counseling Center: Maria Droste Counseling Center collaborates in healing Coloradans struggling with mental health—regardless of their ability to pay. [Website](#) | 303-756-9052.

Mental Health First Aid Low-Cost Resources: Check out [this list](#) of these resources in Colorado.

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](#).

Reach Out and Read Colorado: In partnership with the Mental Health Center of Denver and Colorín Colorado they started a project called Family FTW [For The Win], which is a text message-based service for clinics and families, delivering a new activity or resource for families. They are offering early literacy resources like storytime videos, whole family activities, and self-care resources for caregivers, in English and Spanish. At a time when everyone is being overwhelmed with information, they are committed to providing a single resource, twice a week, for families to utilize. You can sign up for these Family FTW resources by texting FAMILY to 720-900-0854, and a library of these resources will also be available on their [website](#).

Mental Health Center of Denver: Offered services include a 24-hour Walk-in Center, pharmacy fulfillment, primary care, co-responders, food box programs, and residential facilities that continue to operate in the community. [Website](#) | 303-504-6500

Second Wind Fund: When a child or teen, up to 19 years old, is at risk for suicide and faces a financial or social barrier to accessing mental health treatment, Second Wind Fund covers the cost of therapy. For families who are not facing a financial or social barrier and need help finding a quality provider, Second Wind Fund can provide navigation assistance. Please note that a school

psychologist, social worker, counselor, teacher or religious leader needs to call first to get a referral code. [Website](#) | 303-988-2645

Substance Abuse

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

Immigrants

Immigrants can continue to access services at community health centers, and at a reduced cost or free of charge depending on their income. Immigrants are welcome and will not be turned away from free/low-cost clinics. However, people should call first to find out their availability. 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](#).

Informed Immigrant: They've created a [guide](#) to providing mental health services to immigrants impacted by changes to DACA and the COVID-19 pandemic.

Arapahoe Libraries – Sheridan Branch

- **English Conversation Circles**
 - **When:** Every Tuesday at **1:30 PM**
 - Great for practicing English in a relaxed, friendly environment
 - Open to all community members

Rocky Mountain Welcome Center

- **Free Therapy Program:** No insurance required
- **Legal Info Blog:** Weekly posts with legal guidance for immigrants, backed by attorneys

UNEMPLOYMENT

Unemployment Claims and Loans

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](#).

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.

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:** Information on Amazon jobs can be [found here](#).
- **Children’s Hospital Colorado:** [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:** Details on applying [can be found here](#).
- **Dollar General:** Details about job openings [can be found here](#).
- **Domino’s Pizza:** The chain is looking to hire in stores and factories, including chefs, customer service representatives, and managers. [Information can be found here](#).
- **King Soopers:** Hiring information at stores statewide can be [found here](#).
- **Pizza Hut:** [Click here jobs in your area](#).
- **Safeway:** Information on job openings can be found [here](#).
- **UCHealth:** [Click here](#) to look at their opportunities.
- **Walgreens:** [Click here for information](#).
- **Windigo Logistics:** [Click here](#) to apply and for more information on the company.
- **Connecting Colorado:** [This website](#) can help you find a job during this time.

EDUCATIONAL RESOURCES

UNIVERSAL PRE-K IN COLORADO

Visit [Gary Community Ventures](#) to learn more about Universal Pre-K in Colorado and if your kid is eligible for up to 15 hours a week of free preschool.

AURORA PUBLIC SCHOOLS

Visit the [APS website](#) for the latest news on school closures, snow days, and more.

APS Help Desk

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

Support for English Language Learners

Review APS support for English Language Learners at [this website](#).

Exceptional Student Services

If your child receives special education or related services at school, visit this [page](#) on the APS website for parent resources.

Supporting Remote Learning

For an extensive list of additional resources, including work packets, homeschooling tools, and activities to do with your children during remote learning, [visit this page](#).

APS College & Career Centers

Get help filling out the FAFSA, applying for college, and preparing for your next steps after high school. [Click here](#) to find out more information.

COLLEGE & CAREER

AdvanceEDU: AdvanceEDU is debt-free for most students. With no fees and tuition set at \$6,400 per year, 85% of our graduates will earn a degree from a trusted, accredited and non-profit university with no debt. Learn more [here](#).

ENGLISH CLASSES

Asian Pacific Development Center (APDC) English Classes: All classes are FREE. Learn more [here](#)

- Specialized, pre-literacy level classes
- Fast-track beginning-level classes
- Beginning to advanced level classes

- Online learning account (Burlington English)
- Private tutoring available
- Family Literacy
- On-site babysitting
- Additional wrap-around services

APDC Online Classes Schedule:

Mornings: Monday-Thursday, 9:00-11:30 am

Afternoons: Monday- Thursday, 12:00- 2:30pm

Evenings: Monday-Thursday, 6:00-8:30pm

Community College of Aurora Community ESL Courses: The Community College of Aurora's [Center for Adult Education](#) will help you learn the necessary English language skills for work and day-to-day life in the United States. We cover speaking, listening, reading, and writing, along with vocabulary and grammar. We will prepare you for real-life experiences such as filling out forms, reading labels, preparing for college, and finding jobs. CCA's Community ESL program is a non-credit program.

[All classes](#) will be online during the Winter 2021 term. We will use Zoom and Google Classroom to conduct the online classes. And the best part is the classes will be recorded so you can review them at any time!

- Community ESL Levels 1 through 6: \$160
- Citizenship Classes: \$30

For advanced students:

- Grammar and Writing Bridge 1 or 2: \$160
- Speaking and Pronunciation Bridge 1 or 2: \$160

If you need more information about ESL classes in the Community ESL Program, please call the Info Line: 303-340-7079. Or you can contact:

- Jackie Zvejnieks, Program Director: 720-314-8213 or Jaclyn.Zvejnieks@ccaurora.edu
- Keenan Sweigart, Program Coordinator: 719-626-1391 or Keenan.Sweigart@ccaurora.edu
- Rebecca Pickett, Program Assistant: 719-257-3842 or Rebecca.Pickett@ccaurora.edu

Project Worthmore: PW's English language program, in partnership with Emily Griffith Technical College, is tailored to the unique needs, interests and questions of students, allowing them to acquire deeper cultural understanding while learning a new language. Classes are FREE. Find the schedule [here](#).

Rocky Mountain Welcome Center: [Learn more](#) about the following classes:

- **English as a Second Language (ESL):** Designed for refugees who have been in the US for less than 5 years.
- **Learning English Through Story Listening:** This innovative method is ideal for people in beginners to intermediate levels. All members of the family can participate, including children. Acquire English through listening to interesting stories. This can also be a complementary class to the traditional methods.
- **Inglés de Verdad:** This class is designed specifically for Hispanic adults who would like to learn English through an alternative method using multi-sensory activities.

STUDENT LOANS

Student Loans: [Click here](#) to learn the most up-to-date information about federal student loans.

TUTORING & YOUTH PROGRAMMING

Aurora Community Connection: Offered year-round, [this program](#) supports elementary school and middle school students in developing their reading and writing skills, using the Learning A-Z curriculum. Homework help is also available and a healthy snack is provided. Students may attend twice per week (MW or TR), for an hour each day (3:30 – 4:30pm or 4:30 – 5:30pm) during the school year. Cost: \$10 for 8 weeks.

Children's Literacy Center: Children's Literacy Center, a 501(c) 3 non-profit community organization, provides individual assistance to students who are reading below their grade level. **Our phonics based curriculum is appropriate for children who have completed the fall semester of first grade and are reading between the first and sixth grade levels.** *The Peak Reader® Program is not appropriate for children who have been diagnosed with Dyslexia, have an Individual Education Plan (IEP), or do not speak English fluently.*

- Cost: Enrollment is available at no cost to families.
- Our tutors are community volunteers who undergo an application and background screening process and are trained to use the Peak Reader® Program. A qualified site coordinator is present during all tutoring sessions.
- To begin free tutoring, two forms must be completed.
 - 1. [Parent Form](#)
 - 2. [Teacher Form](#)

Girls Rock Denver: We empower girls and gender expansive youth through music education, creation, performance and community, working to put instruments in their hands to unveil what they already possess in their feet, fingertips, vocal cords, hearts and minds. [Learn more here.](#)

Rocky Mountain Welcome Center: Offering the following classes. [Remote Learning Lessons | RMWC - 2024](#)

Kindergarten Prep: This program is designed for immigrant and refugee children between the ages of 3 and 5, that are not attending any early childhood education program, to prepare them for kindergarten. Cost: Free.

- **Rocky Mountain Readers:** RMS is a reading program for immigrant and refugee children in primary school who are one or more years behind to grade level in reading. Cost: Free.
- **[Girls Rule the World:](#)** GRW is a program for immigrant, refugee, and first-generation young women, between the ages of 15 and 20, that explores identity, how to manage biculturalism, expectations of society in country of origin vs. USA, holistic health and healthy peer relations. Cost: Free.

SOCIAL JUSTICE RESOURCES

ANTI-RACISM

Review this [curated list](#) of articles, suggested reading lists, resources, and tools for the Asian and Black communities, as well as a section dedicated to action steps for allies.

LGBTQIA+

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

LGBT Aging Center: Find [here](#) a planning guidance for LGBTQIA+ Elders living with HIV.

Them: LGBTQIA+ people can get help and resources [here](#).

IMMIGRANT FAMILIES

DACA: If you need to renew your DACA this year, check [this link](#) to know how to do it.

All Are Welcome: Colorado COVID-19 Resources for Immigrant Communities: [Click here](#) to have access to a master list of resources for immigrants. 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.

Casa de Paz: They put together [a guide](#) with many resources. Many of them are specific for the immigrant and refugee communities. Some are nationwide and others only for Colorado.

Center for Health Progress:

- [COVID-19 Immigrant Resource Guide](#): This resource guide has been compiled with attention toward immigrants. [Click here](#) for the Spanish version of this guide.
- [Community Resources](#): The following list outlines a number of resources available for those in need.

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

One Fair Wage: They are able to provide cash assistance to temporary residents and immigrants, [click here](#) to learn more.

Know Your Rights

Know Your Rights!: Follow [this link](#) to learn more about your rights as an immigrant and find legal services.

Documents for Non-English Speakers:

- 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.

SELF, FAMILY, AND COMMUNITY CARE RESOURCES

COMMUNITY & CRISIS CENTERS

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**
- [Asian Pacific Development Center \(APDC\) – Asian Resource Hub](#)
- 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.

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. Schedule an appointment on their website to talk to them. Information:

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

Latina SafeHouse: Latina SafeHouse works to provide bilingual and culturally sensitive services to Latina survivors of domestic violence and their families. [Click here](#) to learn more.

Mango House: A place for immigrants and refugees to go for medical, dental, shopping, and food access. Information:

- Address: 10180 E Colfax Ave, Aurora, CO 80010
- Phone number: **303-900-8639**

Mi Casa Resource Center: They sought a safe and supportive environment where women could complete their education and acquire new employment skills while their children received help and encouragement in school. [Click here](#) to learn more.

Mile High Behavioral Health Care—Aurora Day Resource Center: Located at the same address as Comitis Crisis Center and only open during the day. ADRC offers housing assistance, employment services, financial literacy, and other resources; computer lab and clothing; hygiene items, showers, laundry, and sleeping bays; breakfast and lunch; mail, document retention, and medication storage; dental, medical and behavioral healthcare services; and job readiness training program.

- Address: 13387 E. 19th Pl., Aurora

- Phone number: **303-343-7808**
- Hours: 7:30am – 4:30pm

Mile High Behavioral Health Care—Comitis Crisis Center: Offering housing assistance, employment services, financial literacy, and other resources; Clarity Card ID Daily Center; Computer lab and clothing; Hygiene items, showers, laundry, and sleeping bags; Breakfast and lunch; Mail, document retention, and medication storage; Dental, medical and behavioral healthcare services; Job readiness training program.

- Address: 13387 E. 19th Pl., Aurora
- Phone number: **303-343-7808**
- [Website](#)

Mile High Behavioral Health Care—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](#)

Servicios de la Raza: They provide and advocate for culturally responsive, essential human services and opportunities to our community. As an organization founded by those MOST impacted by social and economic challenges plaguing our communities, Servicios de La Raza embraces and welcomes ALL with open arms. [Click here](#) to learn more.

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](#)

FAMILY TIPS & TOOLS

Early Milestones: [Click here](#) to find a list of great resources for families.

National Wildlife Federation: These include COVID strategies for [child care providers](#) (available in [Spanish](#)), considerations for child care [regulators](#), and a general [case for getting young children outside](#) during the pandemic and beyond (also in [Spanish](#)).

No Screen Time Ideas: Find [here](#) 45 things you can do at home that don't involve a screen.

Resources for Online Learning: In [this document](#) families can find great resources to help their kids during online learning.

The Salvation Army: They can be an amazing resource for clothes, school supplies, and after school programs. [Click here](#) to learn more.

Tools to Help Parents Cope: Dr. Bruce Perry, child psychologist and trauma expert, has a helpful [guide](#) for parents looking for answers. His research on handling stress and staying regulated can inform us as we're faced with challenges ahead.

PHYSICAL ACTIVITY

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.

Cooperative Fitness Challenge: Need some ideas for fun fitness challenges at home?! Click the link to get involved in PE Central Cooperative Fitness Challenge!

Fluency and Fitness: 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.

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

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.

SELF-CARE

What is your self-care today? Take a break, write a journal, drink your water, move your body, go easy on yourself, get creative, rest and relax, forgive yourself, let yourself cry, focus on your needs, contact a friend, breathe, get cozy.

El País: How to manage stress and try to have a positive perspective to increase resilience, available in Spanish [here](#).

Live Calls with Claire Bidwell Smith: Claire Bidwell Smith is an internationally renowned author, speaker, and grief expert. Claire is holding [free weekly webinars](#) open to anyone who wants to join featuring special guests discussing collective grief, anxiety, and coping tools.

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> or text LOVEIS to 22522.

[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

Suicide

[Colorado Crisis Service](#)

1-844-493-8255

Text TALK to **38255**

They also provide walk in services at:

Anschutz Medical Campus

2206 Victor St. Aurora CO, 80045

8am to 11 pm

[National Suicide Hotline](#)

1 800 273 8255

Includes a chat option

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 83986

We intend to make this a living document. Please send additional resources that we should include to info@rise-colorado.org. Thank you!