

GALS Family Resource Guide

Resources to support families and students as we navigate the fall semester.



Questions or Support Needed?

GALS Counseling and Wellness Team Phone Number: 303-282-6437 x110

GALS Front Office Phone Number: 303-282-6437

Have resources to add?

Please email Anna at anna.valiante@galsdenver.org

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Food Benefits, Distribution, and Pickup

DPS Breakfast & Lunch Grab-and-Go Meal Pickup

Monday–Friday - 11 a.m.– 1:00 p.m.

Denver Public Schools is offering free weekday breakfast and lunch to students at Grab-and-Go and delivery sites throughout the city until circumstances change. Vegetarian options are available.

Curbside Pickup: Denver Public Schools is distributing DPS student breakfast and lunch meals at sites throughout the city this fall. **Sites are open Monday through Friday from 11 a.m. until 1 p.m.** You can view the fall list of curbside pickup locations [here](#).

Meal Delivery: DPS also provides weekday meal delivery service to schools and community locations across the city. Yellow school buses will stop at each site for 20 minutes to hand out DPS student breakfast and lunch meals. You can view the fall bus route schedule [here](#).

Adults may pick up meals for children without them present. Meals can be picked up at any site – students do not have to attend the school at which they pick up their meals.

Fall Updates: Breakfast and lunch meals are available at a small cost for adults (\$3.00 breakfast and \$4.50 lunch). Weekend meals are no longer available.

In addition, [Food for Thought Denver](#) is providing Powersacks at all DPS Grab-and-Go sites, every Friday until circumstances change. Each Powersack will contain enough non-perishable food for a family of four for two days. These sacks are available for anyone in need, not just for our DPS students.

For a list of food distribution and pick up locations visit: <https://bit.ly/36pGdC0>

DPS Dinner-Rec Center Meal Pickup Monday–Friday 3:30-5:30 p.m.

[Tasty Food](#) will be providing grab-and-go suppers for youth, ages 1 – 18, at select Denver recreation centers during the weekdays. No ID or registration required.

For a list of dinner meal pick-up locations visit: <https://bit.ly/2ZuFz4N>

Food Pantry/Bank Information

Call Hunger Hotline: 720-382-2920

Community Food Bank List for Metro Denver- <https://bit.ly/3ggL2lv>

Mobile Food Pantry Schedule

Castro Human Services Center 1200 Federal Blvd <https://bit.ly/3eiOhau>

Gathering Place Food Pantry (Betsy's Cupboard) 1535 High St, Denver, 80218. Families can receive 25 pounds of food every month in addition to toiletry and hygiene kits.

Salvation Army Food Banks and Services: call 303-295-3366 to reach the Salvation Army call center designed to connect people in need to immediate access to programs, services and community resources to overcome hunger, homelessness, addiction, and/or poverty.

SNAP requirements have changed, so families are encouraged to apply again if they have not qualified before. There may be additional benefits available to support families that are on free and reduced lunch. A document delivery service is now available if access to the internet is limited. Call 211 or 311, 740-944-4347 or follow this link to apply <https://bit.ly/36pejpM>

Heart and Hand Center Food & Essentials Pickup Every Wednesday from 4-6PM: Every WEDNESDAY from 4-6 PM, the Heart and Hand Center (2758 Welton Street) provides free fresh produce, hygiene items, canned food, and diapers.

Community Resources and Utility/Rent Assistance

If you or your loved ones are in need of resources such as food, clothing or emergency housing, you can reach the **United Way Help line** by dialing **2-1-1** from any local phone.

If your family needs **utility assistance** please call 303-295-3366 each Thursday for a utility appointment to see if assistance is available through the Salvation Army.

Denver Human Services Immigrant and Refugee Services

Services available in many languages- access to support with housing, cash, bills, utilities, advocacy. For more information about the different benefits or questions, visit: <https://denvergov.org/humanservices> or call (720) 944-4347.

City of Denver Temporary assistance If you are worried about paying rent and utilities during this time, the City of Denver funds temporary rent and utility assistance (TRUA), which is administered by different organizations according to zip code.

<https://bit.ly/2ys78jU>

Clothes to Kids - Parents and caregivers now have the opportunity to request a wardrobe for any student age 3 – 21 in need. Clothing will be thoughtfully selected and packaged for curbside pick-up.

Call us at (720) 379-4630 and dial “0.”

Phones are open Monday – Friday from 9:00 am – 5:00 pm.

You can also request a wardrobe by emailing us at appointment@clothestokidsdenver.org

Visit for more information <https://bit.ly/2XjFCNS>

Housing and Utilities Resources

DPS Homeless Education Network

<https://childservices.dpsk12.org/about-us/>

The mission of Denver Public Schools Homeless Education Network is to assist DPS students experiencing homelessness through direct support and advocacy. HEN is a resource for DPS schools to provide guidance and the connection to Denver-area support services for families experiencing homelessness. For more information about eligibility and referral [click here](#).

COVID-19 Eviction Defense Project: Collaborative community legal project that provides comprehensive tenant resources and information related to evictions and legal help. Connect with attorneys for legal help.

Temporary Rent & Utility Assistance (TRUA): This program offers resources to Denver residents who are facing a housing crisis or hardship to help prevent eviction or displacement.

[Brothers Redevelopment Emergency Housing Assistance Program \(EHAP\)](#): Mortgage and rental assistance available to eligible Colorado homeowners and renters in need due to loss of income related to COVID-19. This is funded by state-level emergency funds from Governor Polis's March 20 Executive Order D2020 012 and is separate from Denver's TRUA program.

[Temporary Mortgage Help Due to COVID-19](#): Information for property owners on CARES Act provisions for federally backed mortgages, how to request a forbearance for federally backed mortgages—and what to do if yours is not federally backed.

[Xcel Energy COVID-19 Response](#): If you are having difficulty paying your bills, contact them at 800-895-4999 to set up a payment plan that works for you.

[Denver Water COVID-19 Response](#): Denver Water has suspended all water shut-offs due to delinquent payments. If you're concerned about being able to pay a bill, contact the Denver Water Customer Care team at 303-893-2444, Monday through Friday, 7:30 AM to 5:30 PM.

[Energy Resource Center - Colorado](#): Nonprofit construction company assisting income-qualified families through energy efficiency improvements. Work completed includes insulation, HVAC, hot water heaters, lighting, appliances, air sealing and more. These efforts can help save money on energy bills at a time when households need to reduce costs as much as possible.

[Property Tax and Rent Relief for Denver Residents](#): Provides a partial refund of property taxes paid, or the equivalent in rent, to qualifying Denver residents. Currently, the average refund is more than \$550.

Internet and Computer Access Support

Internet Essentials from Comcast

It's easy to get affordable high-speed Internet at home with Internet Essentials. New customers will receive two months of free service in response to the Coronavirus emergency, **if you apply and are approved by December 31, 2020**. You may qualify if you are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, and others.

Sign up at www.internetessentials.com or call 1-855-846-8376 for English and 1-855-765-6995 for Spanish.

Everyone On

An online tool to find low cost internet and computers in your area: <https://www.everyoneon.org/>

Health Resources

School Based Health Clinics

Coronavirus Update: School-based Health Centers Are Open

Denver Health's School-based Health Centers (SBHC) are currently open for in-person visits or telehealth appointments. Remember SBHC services are offered at NO COST to all Denver Public Schools (DPS) students!

As we adapt to meet our community needs during the COVID-19 response, we request that all patients call ahead to learn how to access care: 303-602-8958.

For more information on Denver Health's response to COVID-19, please visit [DenverHealth.org/Coronavirus](https://www.denverhealth.org/Coronavirus).

How to Register Your Child For School-Based Health Centers

Our services are conveniently located at 18 different sites all throughout Denver. If you would like your student to be able to use the SBHCs, please complete the E-Consent form (<https://www.denverhealth.org/services/school-based-health-centers>). If you prefer to complete the consent form in person, please visit one of 18 our sites.

SBHC services are available to any DPS student. If you do not see your student's school listed, please select the site that is most convenient for your family.

Note: Telehealth phone visits are now available for most appointments. CALL: 303-436-4949

<https://www.denverhealth.org/services/school-based-health-centers>

Nurse Tania is the GALS School Nurse

Nurse Tania's days at GALS are Mondays & Fridays, and she has virtual office hours.

Virtual Office Hours: Monday & Friday

10:00 am - 2:00 pm

<https://meet.google.com/zkx-nppi-hpz>

Nurse Tania can be reached by email Tania_GarrettGuy@dpsk12.org or phone at 720-598-2536.

Google Classroom Code: roetqo6

<https://classroom.google.com/c/NzAwOTA4NTUxNzRa?cjc=roetqo6>

Children's Hospital Colorado ParentSmart Healthline

No insurance needed, open to all. Anyone can call 24/7.
720-777-0123 or 855-543-4636

National Nurse Hotline

Call: 1-800-224-0336

Text: 1-800-368-4424

Healthcare Resource Guide for the Uninsured

The following list outlines many of the safety net health care clinics in Colorado that serve a high percentage of patients without access to insurance. These clinics may have income-based sliding scale and discount programs for patients without insurance to get screening and referrals related to COVID-19.

<https://docs.google.com/document/d/1T0XOB5qGImloA2kPW1YnoMgaLoubuangSvADrXOCosk/edit?usp=sharing>

Sexual Health Resources

Bc4u.org

In person clinics and online support to provide free birth control solutions, educational resources, and other reproductive health services to men and women, under the age of 25, in Colorado.

Bc4u.org

School Based Health Centers:

SBHCs provide reproductive health services including pregnancy testing and birth control evaluation, dispensing and management and testing and treatment for sexually transmitted infections in addition to their many other services. Call: 303-602-8958

Birth Control and Family Planning Clinic at Denver Health:

Birth control, emergency contraceptives, and family planning resources.

<https://www.denverpublichealth.org/clinics-services/birth-control-family-planning>

650 Bannock St

303-602-3540

Mental Health & Crisis Resources 2020

Compiled by GALS Denver Counseling & Wellness

Resources For Immediate Response-National

Disaster Distress Helpline

Call [1-800-985-5990](tel:1-800-985-5990) or text **TalkWithUs** to **66746**. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

National Suicide Prevention Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals at [1-800-273-8255](tel:1-800-273-8255).

Crisis Text Line

Text **MHA** to **741741** and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

The Trevor Project

Call [1-866-488-7386](tel:1-866-488-7386) or text **START** to **678678**. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

Trans Lifeline

Dial [1-877-565-8860](tel:1-877-565-8860). Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

Dial 2-1-1

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial **211** to speak to someone who can help. Run by the United Way.

National Domestic Violence Hotline

For any victims and survivors who need support, call [1-800-799-7233](tel:1-800-799-7233) or [1-800-799-7233](tel:1-800-799-7233) for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text **LOVEIS** to **22522**.

[The National Sexual Assault Telephone Hotline](#)

Call [1-800-656-HOPE](tel:1-800-656-HOPE) (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

[Caregiver Help Desk](#)

Contact Caregiver Action Network's Care Support Team by dialing [1-855-227-3640](tel:1-855-227-3640). Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 a.m. – 7:00 p.m. ET (M-F).

[The Partnership for Drug-free Kids Helpline](#)

Call [1-855-378-4373](tel:1-855-378-4373) if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9:00 a.m.- midnight ET weekdays and noon - 5:00 p.m.

[Internet Crimes Against Children CyberTipline](#)

<https://www.missingkids.org/gethelpnow/cybertipline>

1-800-THE-LOST

24/7 Tipline for reporting your concerns that a child is being exploited on line.

[Free and Low Cost Online Therapy for Front line workers during Covid-19](#)

<https://www.coronavirisonlinetherapy.org>

Healthcare professionals, first responders, grocery store and warehouse employees and all those working to serve us during the pandemic may sign up for short-term, free or reduced fee therapy online.

[National Queer and Trans Therapists of Color Network](#)

<https://www.nqttcn.com/>

NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). We work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces. Our overall goal is to increase access to healing justice resources for QTPoC.

[Therapy for Black Girls](#)

<https://therapyforblackgirls.com/>

An online space dedicated to encouraging the mental wellness of Black women and girls. Search page for sliding scale therapists in your area.

[Therapy for LatinX](#)

<https://www.therapyforlatinx.com/>

Therapy for Latinx was created to make the search process for mental health providers as easy as possible. Search our listings to find therapists that honor who you are, provide services with dignity, and can code switch like the best of them.

Denver Metro Area

Colorado Crisis Services

<https://coloradocrisiservices.org>

Call 1-844-493-TALK or Text "Talk" to 38255 or walk in for in-person support for mental health, substance use or emotional crisis help, information and referral for immediate care.

Mental Health Resources in Colorado-Access according to insurance type

bit.ly/3egFrK9

bit.ly/3e

This guide will help you find mental health resources that match your insurance plan.

Safe2tell

<https://safe2tell.org/home>

1-877-542-7233

Report concerns about friends, family or community anonymously.

The Eating Disorder Foundation-Denver

<https://www.eatingdisorderfoundation.org>

A list of virtual support groups for those with disordered eating, their family and friends. Also self-care activities, playlists and community resources.

Natural Highs

<https://www.naturalhighs.org>

Natural Highs-Healthy Alternatives to Drugs and Alcohol is an interactive strengths-based prevention/intervention peer mentor program to empower teens and their communities around healthy lifestyle choices. Offering the Natural Highs Academy FREE for all teens and adults during the COVID-19 pandemic. This includes daily online materials (worksheets, exercises, journal prompts, resources) and online live meetings.

Second Wind Fund

<https://www.thesecondwindfund.org>

Second Wind Fund offers treatment services to at-risk children and youth. Matches children and youth ages 19 and younger, who are at risk of suicide, with a licensed therapist in their local community. Referrals are typically made by school mental health staff and if the referred youth is at risk for suicide and does not have adequate insurance or the means to pay for the necessary mental health treatment, the cost of therapy is paid for by Second Wind Fund.

[Judi's House](#)

<https://www.judishouse.org/covid19-updates>

Judi's House is the only free-standing organization in the Metro Denver area **devoted solely to providing research-based care to grieving children and their families.** Telehealth services in Spanish and English available during pandemic.

[Denver Counselors](#)

<https://www.denvercounselors.org>

Current listing of counselors in Denver Metro Area, their specialities and contact information

[Psychology Today](#)

bit.ly/2Xtcwf9

bit.ly/2Xtcwf9

This website is good for finding a mental health professional in your area. You can sort by insurance type, language and race/ethnicity of provider.

[YouthSeen](#)

Provides mental health support for LGBTQI youth.

[The Center on Colfax](#)

Support groups, counseling, and resources for Colorado's lesbian, gay, bisexual, transgender, and queer (LGBTQ) community

Resources From Mental Health America Website

Mental Health America (MHA) is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting overall mental health. Their website has resources specifically pertaining to: Parents, Caregivers, Financial Support, Tools and Info on Anxiety, Tools to Connect with Others, Suicide Prevention/Immediate Response, Domestic Violence Survivors Info,

LGBTQ+ Individuals, Veterans, and Older Adults. They also have free webinars, live events, and workshops available.

<https://mhanational.org/covid19>

COVID-19 FAQs, Testing Sites, and Important Resources

Please reference these sites for up to date and accurate information. Information is available in many languages:

Safer At Home information: <https://covid19.colorado.gov/safer-at-home>

General Information from the [Colorado Department of Public Health & Environment](https://covid19.colorado.gov) :
<https://covid19.colorado.gov>

Testing Information from the [Colorado Department of Public Health & Environment](https://bit.ly/3d3sC5F) :
<https://bit.ly/3d3sC5F>

[Testing Information from the City and County of Denver](https://bit.ly/2DUZUb4): including drive-up testing for anyone experiencing symptoms or who has been exposed to someone who has tested positive, as well as a mobile testing unit for people who are homebound. Click through for full details.
<https://bit.ly/2DUZUb4>

General Information regarding COVID-19 from [Children's Hospital](https://bit.ly/2ztd3Ww) : <https://bit.ly/2ztd3Ww>

For more information you can also call City & County of Denver Help Center by dialing 3-1-1 or United Way by dialing 2-1-1

[Denver Public Schools COVID-19 Response and Resources](https://www.dpsk12.org/coronavirus/covid-conditions/):
<https://www.dpsk12.org/coronavirus/covid-conditions/>

Employment and Workers Resources

[Free Learning Centers for Students in DPS](#)

Available at four Denver recreation centers to provide your child with a safe and supportive place to get help with their online schoolwork while you're at work. Breakfast, lunch and snack are all included! 8:00AM - 4:00PM | Ages 6-12! Click here for more information and to submit an interest form: <https://bit.ly/3hn6zZd>

[Families First Coronavirus Response Act \(FFCRA\): Employee Paid Leave Rights](#)

The FFCRA requires certain employers to provide employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19, including up to an additional 10 weeks of leave at 2/3 pay for the care of children whose schools and child care centers are closed. These provisions will apply from the effective date through December 31, 2020, and they apply to certain public employers (including the City of Denver) and private employers with fewer than 500 employees.

[Colorado Child Care Assistance Program](#)

CCCAP helps families that are homeless, working, searching for work or in school find low-income child care assistance. Families that are enrolled in the Colorado Works Program can also use CCCAP services.

[Onward Colorado](#)

This is the state of Colorado's one-stop resource for those impacted by job loss during the COVID-19 pandemic.

[Colorado Department of Labor & Employment's Resources for Workers](#)

Includes information on when and how to file unemployment insurance (UI) and Pandemic Unemployment Assistance (PUA) claims, paid sick leave eligibility, and employment opportunities.

[Denver Workforce Services](#)

In person and virtual services for Denver residents looking for jobs. Get help with the job search process, resume and interview skills, and job leads and hiring events!

[Fact Sheet on Unemployment Benefits by the Meyer Law Firm](#)

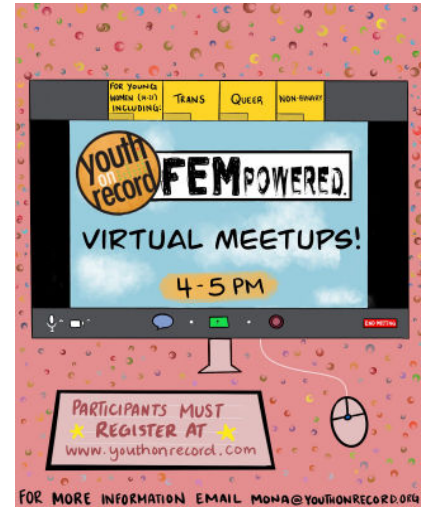
This fact sheet, in English and Spanish, explains that: (1) you are generally eligible for unemployment if you are legally present or have work authorization, and (2) the government will NOT count unemployment benefits against you in the public charge analysis.

Have a question about whether a business or activity is considered essential or critical under Denver's stay-at-home order? Send an email to caoresponseteam@denvergov.org.

Fall 2020 After School and Community Activities

Youth on Record

FEMPowered: This young women's music and community-building group seeks to empower teens ages 14 to 21 who identify as women to shape, create, and embolden their artistic talents by working with their peers and a network of professional artists who are committed to advancing the roles of women in the music and entertainment industry. FEMpowered has virtual meetups bi-weekly on Wednesdays from 4-5PM and other in person opportunities this semester. Sign up [here](#) for more information!



Project VOYCE:

Project VOYCE offers three distinct programs: MY VOYCE, YOUR VOYCE, and OUR VOYCE. All three programs benefit from intentional partnerships with community partners such as other community-based organizations, national youth-serving organizations, high schools, and universities. There are no fees for participation and transportation assistance provided if possible. Programs are offered during the summer months and as after-school program during the academic year. Sign up [here](#) for more information! <https://www.projectvoyce.org/2020registration>



Safe Zones

In response to the ongoing youth violence some community partners have initiated a series of pop-up Safe Zone events with the support of City leadership. The Safe Zones will be a safe space for youth to engage in activities, Peace Circles, talk time, some non contact sports, and video games with no judgement and meeting them where they are. For more information, see the flyer linked [HERE](#).

YouthSpeaks Online Writing Workshop

Open to Teens! 13 – 19-year-olds only

Wednesdays 3:30pm-5:30pm PST

Fridays 11:30am-1:30pm PST

Beginning September 23rd

Our Online Writing & Performance Workshops start back up soon.

Stay tuned for the semester schedule and signup list. There are no wrong answers. The standard is yourself. Come as you are. Meet friends, mentors. Create art and community.

