

SUMMER RESOURCES- 2020

EAT HEALTHY

- These reliable sites are helping our community stay healthy. Resources are updated regularly.
- **Food Bank for Larimer County:** Emergency food for low-income families and individuals and provides hunger relief and nutrition programs. <http://www.foodbanklarimer.org/>
- **FoCo Café:** This is an incredible place on the north side of Old Town that offers meals on a "by donation/pay what you can" basis. It also offers people in need an opportunity to work (volunteer) to cover the cost of your meal...AND this place offers ONLY high-quality, clean, healthy food. <https://www.fococafe.org/>
- **No Kid Hungry:** For educators and families to find information on summer food resources. <https://www.nokidhungry.org/find-meal-sites>
- **Larimer County United Way:** A one-stop place to find resources: <https://uwaylc.org/>

GET MOVIN'

- Regular exercise balances cortisol and stress hormones and improves sleep. Low-contact, outdoor activities, like walking, hiking and bike riding are great ways to enjoy the outdoors.
- There are a ton of online workout options. Here are just a few:
- <https://www.shape.com/fitness/trends/free-online-workouts-coronavirus>
- CrossFit - <https://youtu.be/zzFJ69q6m74>
- Hip Hop - <https://youtu.be/ZWk19OVon2k>
- Core - <https://youtu.be/N5ViYeGJOCA>
- Yoga - <https://youtu.be/7kgZnJqzNaU>
- Facebook groups: YogaPod Fort Collins and Genesis Health Clubs

GET GOOD ZZZ'S

- Maintain an evening sleep routine.
- Build in a relaxation practice: Whether it is mindfulness, journaling, before bed stretching, or listening to music, a consistent practice is a signal that it's time to rest. This helps with falling asleep faster and also the quality of NREM and REM sleep throughout the night.
- Avoid screens at least 1 hour before bed: Studies suggest screens (iPads, phones, computers, tv's) delay the release of melatonin, our body's hormonal sleep signal.

BE HELPFUL

- **Summer Job Opportunities:** Larimer County Workforce Center:
- <http://larimerworkforce.org/young-adults/summer-opportunities>
- **Volunteer!** Check out <https://uwaylc.org> for current volunteer opportunities.
- **Summer Work Exploration:** Ages 14-24. Check out CareerRise and see what different jobs are like. <https://www.larimer.org/ewd/careerrise/covid19>

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RELAX & CHILL

- **Downtown Events:** Check out what events are going on in Old Town at www.downtownfortcollins.com
- **Poudre River Public Library:** Check out their mobile app and beginning May 20th there is curbside pickup of hold items at Old Town and Council Tree Libraries. <https://www.poudrelibraries.org>
- **Check out museums around our world:** <https://artsandculture.google.com/partner?hl=en!>

USE YOUR WORDS (MENTAL HEALTH RESOURCES)

- **Walk In Crisis Center:** If you are in crisis or need immediate help, call 911 or come to the crisis center, open every day of the week from 8 a.m. to midnight, at 1217 Riverside Avenue. Walk in or call 970-494-4200.
- **Summitstone Mental Health Services:** Virtual and telehealth available. Call: 970-494-4200. 114 Bristlecone Drive. Fort Collins.
- **Colorado Crisis Services:** Text "TALK" to 38255. Or Call 1-844-493-8255.
- **Crisis TextLine:** Text a trained crisis counselor 24/7 anytime about any type of crisis. Text "CONNECT" to the number **741741**.
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **LGBT National Youth Talkline:** 1-800-246-7743
- **Safe2Tell:** Concerned about someone or yourself? Anonymously report a concern at safe2tell.org
- **SAVA:** Sexual Assault Victim Advocacy Center. Get connected or support. 24-hour rape crisis hotline: 970-472-4200. SAVA phone number: 970-472-4204. Office at 4812 South College. Fort Collins.
- **CAYAC:** Child, Adolescent and Young Adult Connections. 1302 S. Shields St. A1-3. 970-221-3308. Provides mental health, counseling and addiction support. www.healthdistrict.org/cayac

