

SUMMER RESOURCES

EAT HEALTHY

- **Free Summer Breakfast & Lunch from PSD Child Nutrition**
Starts June 3rd. Breakfast: 7:45- 8:30 a.m. and Lunch 11:30- 1 pm at 3 different locations:
Bauder Elementary: 2345 W Prospect Rd
Beattie Elementary: 3000 Meadowlark Ave
Harris Elementary: 501 E Elizabeth Street
- **Kids Feeding Kids Summer Family Breakfast Program**
FoCo Café will provide families and children with healthy breakfast all summer long. It will run from June 5th to August 2nd and take place each Wednesday, Thursday and Friday from 9-10:30 a.m.
FoCo Café: 225 Maple Street, Fort Collins, CO 80521
- **City Park Food Truck Rally:** Every Tuesday this summer at 5:30 pm- Dusk there will be food trucks lining the road through City Park. Have a picnic in the park and enjoy music and the outdoors.

GET MOVIN'

- **Teens Work out Free:** May 15th to Sept. 1st: Free summer gym membership at Planet Fitness in Loveland. Ages 15-18. See Flyer for details ----->
- **Fit Families FITPASS:** A program designed to keep families active in the summer. Fit Families receive a FITPASS and activity calendar for more than 300 discounted/free activities in FoCo, Loveland and Windsor. Activities run June 1-August 18 and include \$1 per person swimming at local pools, discounted laser tag, mini golf and bowling and free activities like yoga in the park. Online Registration at www.healthykidsclub.org.
- **City of Fort Collins Recreation:** variety of classes and activities. Register online at: <https://www.fcgov.com/recreator/>
Reduced Fee info: <https://www.fcgov.com/recreation/reducedfeeprogram.php>



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. Tour local businesses with CareerRise and see what different jobs are like. June 5th or June 11th. Lunch is provided. Register at: <https://www.larimer.org/ewd/roadtrips>

SUMMER RESOURCES

RELAX & CHILL

- **Movies:** discounted and free movies during the summer
 - Outdoor movie night in Old Town: starting at dusk, **Tuesdays** through August 15.
 - AMC Classic 10- Movies are \$5 on Tuesdays and \$4 every day before 4 pm: 3636 Manhattan Avenue
 - AMC 6- Movies are \$2.00 every day, all day- 2525 Worthington Circle
- **Free Outdoor Concerts:** All ages and open to the public
 - Noontime Notes: Every **Tuesday** at Noon at Oak Street Plaza in Old Town
 - Lagoon Concert Series at CSU: Every **Wednesday**: 5:30 to dusk starting mid June
 - Thursday** Night Live: 7 pm on Thursdays through August 3 in Old Town Square
 - Downtown Summer Concerts: Live music every **Friday** in Old Town square
 - Windsor Summer Concerts: starting in June; **Thursdays** 6:30-8:30 in Boardwalk Park, 100 N 5th Street
- **Other Entertainment:** there's always something going on! Check out something new...
 - First Friday Gallery Walk: on the first Friday of each month, the galleries in old town open their doors from 6 pm to 9 pm for a free tour of art.
 - Downtown Events: Check out what events are going on in Old Town at www.downtownfortcollins.com
 - Free trolley rides. Ride the historic trolley down Mountain Ave. on Friday or Saturday 12 pm -5 pm.
 - Poudre River Public Library: Check out a book, use the computers or participate in many activities including Minecraft, Art, coding, volunteering, dance, music, songwriting, etc.

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 24/7 crisis center at 1217 Riverside Avenue. Walk in or call 970-494-4200.
- **Summitstone Mental Health Services:** 114 Bristlecone Drive. Fort Collins. 970-494-4200. Walk in Hours on Mondays: 9-5 and Tues/Thurs: 8-5.
- **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

