The CARE program connects and refers employees to local health and social services resources.
Core Values:

Caring – We take time to understand the employee’s needs and concerns.

Communication – We offer good listening skills to facilitate communication.

Competence – We are knowledgeable of resources in Northern Colorado.

Collaboration – We focus on building working relationships.

Confidentiality – We offer confidential and accessible settings to help employees feel comfortable sharing personal information.
Goals:

• Build effective working relationships with employees and community agencies to help foster connections between needs and resources.

• Help employees navigate work-life challenges, to achieve greater work engagement and successful personal lives.

• Increase awareness of programs/resources available to employees in Northern Colorado, and coordinate access to those resources.

• Be an advocate for employees among various on-campus and off-campus groups and committees to support fair access to quality resources for all.
How can we help:

The CARE program provides employees with information about, and referrals to, agencies and organizations in Northern Colorado who provide low-cost or no-cost services in the areas of:

- Physical and mental healthcare
- Food, clothing and other household necessities
- Dependent care and elder care
- Services for individuals with disabilities
- Housing, including emergency food and shelter
- Education
- Transportation
- Pets
- Other support services
Examples:
- **Chronic health conditions** (navigate the health system)
- **Nutrition classes or programs**
- **Housing assistance** (agencies that offer emergency rent assistance)
- **Dependent care** (child care options/elder or disabled individuals programs)
- **Legal questions and/or assistance**
- **Discounted programs and activities**
How to contact the CARE Program

Visit the website:

www.care.colostate.edu

Schedule an appointment:

emma.chavez@colostate.edu

Refer someone for assistance:

Fill out the referral form, found on the CARE website
Contact Information

Monday, Wednesday, Friday
General Services 316
Phone: (970) 491-4839
Office Hours: 8 a.m. – 4:00 p.m.

Tuesday, Thursday
Palmer Center 217
Phone: (970) 658-6158
Office Hours: 8 a.m. – 4:30 p.m.
Question?