

Resources

Recommended by LAs



Academic Resources

Free Tutoring

[The Institute for Learning and Teaching \(TILT\)](#)

Free drop-in tutoring support for a variety of courses. Located on the 2nd floor of the TILT building.

[Calculus Center](#)

Free drop-in tutoring support for students enrolled in Calculus courses. Located on the 2nd floor of TILT.

[Academic Advancement Center \(AAC\)](#)

Resources and support for students involved in McNair, TRIO SSS, and CAMP programs.

[Adult Learner and Veteran Services \(ALVS\)](#)

Collection of support resources for adult learners, veterans, and student parents – including tutoring, peer mentoring, veteran services, and free childcare at the [Ram Kidz Village](#).

[Eagle Feather Tutoring Program @ NACC](#)

Free in-person tutoring open to all CSU students.

[Engineering Success Center](#)

Connect with tutors specializing in different types of engineering to get help in your engineering courses.

[Mechanical Engineering Student Ambassadors \(MESA\)](#)

Free individual and small group tutoring for all courses in the MECH curriculum.

Academic Support

[Academic Coaching](#)

Free support service to strengthen skills and strategies for academic success. Addresses broad academic challenges through personalized guidance on effective study techniques, time management, organization skills, goal setting, and navigating university resources.

[Student Disability Center \(SDC\)](#)

All CSU students are welcome to engage with this office to explore accommodations and support for learning and academic success.

[Library](#)

Course materials, research help, [study rooms](#), printing, [technology available to borrow](#), and more.

[Writing Center](#)

Free consultations – whether face-to-face, synchronous online, or written responses - and feedback on drafts to all writers at the university, along with other resources for writing.

Adulting Resources

Navigation Support

[The Hub](#)

Offers consolidated student support for financial aid, registration, billing, and can address questions about housing applications and dining at CSU. Available in person, by phone or email, or through their virtual assistant CamBot. A great “one stop shop” for navigating college expenses and logistics.

Career Center

Serves all currently enrolled CSU students (and alumni up to one-year post-graduation) by providing career advising, workshops, events and career fairs. A great resource to use when you are job searching – they can help with finding jobs, writing resumes and cover letters, practicing for interviews, and more.

Student Case Management

Case managers are available for in-person or virtual appointments to offer guidance on the next best steps when navigating complex situations. They can help you connect to relevant resources across campus and in the community & can even help you apply for benefit assistance if you need it (SNAP and Medicaid).

Off-Campus Life

Helps students navigate finding housing in the community & hosts events throughout the year to help with matching roommates. Offers [locker rentals](#), the [RamRide app](#) and resources that can help you learn about the city codes in Fort Collins.

Basic Needs

Rams Against Hunger Food Pantry

The RAH pantry is a no-cost grocery store available to all of the CSU community. Also offers a meal swipe program and pocket pantries to support access to food throughout campus. Using the pantry and/or signing up for the Ram Food Recovery text alerts helps to lower grocery costs for students and is aligned with CSU's goal of limiting food waste as part of being a sustainable campus.

Ram Kidz Village (Morgan Library 201a)

Free educational childcare services. See website for details and application process.

Health & Wellbeing Resources

Physical Health

CSU Health Network

Offers **general medical services** (primary care, pharmacy, immunization) and **specialty medical services** (allergy & asthma care, [nutrition consultation](#), physical therapy, [LGBTQ+ care](#), reproductive health, dental).

Campus Recreation

Offers recreation facilities, personal training, group classes, swim lessons, intramural sports, sports clubs, outdoor programs and massage therapy.

Mental Health

CSU Health Network

Offers a range of **mental health services** (brief individual counseling, therapy groups, skill-building workshops, multi-cultural counseling, substance use support, crisis intervention, and post-hospitalization support), and **educational resources** ([You@CSU](#)).

Psychological Services Center (PSC)

Community mental health agency affiliated with the Psychology Department at CSU. Offers therapy and neuropsychological services for children, adolescents, adults, couples, and families.

CSU Trauma and Resilience Assessment Center

Provides resilience-based trauma assessments and offers recommendations for healing from trauma.

Engagement & Involvement Resources

Clubs

Student Leadership, Involvement & Community Engagement (SLICE)

Involvement advising to help students get involved and connected. Use the [RamLink](#) portal to find student orgs, events, and other involvement opportunities.

Cultural Resource Centers

Asian Pacific American Cultural Center (A/PACC)

APACC welcomes all students to engage with educational and volunteer programs to spread awareness of Asian Pacific Islander Desi American (APIDA), Southwest Asian and North African (SWANA), multiracial, and adoptee cultures and connect students with one another.

Black/African American Cultural Center (BAACC)

BAACC welcomes all students to engage in cultural celebration and education - including developing a deeper understanding of the intersectionality within the global African diaspora. Promotes an inclusive and positive learning environment for all students & advocates for students navigating the college experience.

El Centro

Offers educational programs and services to all students wanting to connect with the Latinx/é, Afro-Latinx/é, Chicax/é, and Hispanic communities - at CSU and in Fort Collins - by encouraging engagement, academic success, cultural pride, empowerment, and volunteer/leadership opportunities.

Native American Cultural Center (NACC)

Provides support and services related to recruitment, retention, graduation, and community outreach. Offers educational opportunities and programming to all who are interested in connecting with the traditions and cultures of Native American peoples.

Pride Resource Center

Open to all students and community members interested in connecting with the LGBTQIA+ community. Provides programs and services to support students through community building, advocacy and leadership, resources, educational programs, and community outreach.

Survivor Advocacy and Foundational Education (SAFE) Center

Free service for CSU students, faculty and staff offering [advocacy and survivor support resources](#) and educational programs.

Off-Campus Resources

Food

Vindeket Foods

No cost food market open to the community

FoCo Cafe

Volunteer or pay-what-you-can market (gluten-free and vegan options available)

Food Bank for Larimer County

Free groceries and essentials at no-cost market & free lunches for kids during school breaks

Food Pantries in Surrounding Communities

A collection of locations that provide access to food in surrounding communities

Housing

The Murphy Center

Hub of services for individuals & families navigating homelessness or the possibility of becoming homeless.

The Matthews House

Supports children, youth, and families facing housing instability, parenting stress, family conflict, financial challenges, mental health challenges, feeling disconnected, or navigating complex systems.

Healthcare

[The Iris Center](#)

Nonprofit primary care medical clinic in Fort Collins using community sustained care. (Does not bill insurance for office visits so that the clinic can remain centered on patients.)

[Fort Collins Health Center](#)

In person and telehealth appointments – insurance not required. Prescriptions available.

[SummitStone Health Partners](#)

Low-cost mental health and addiction support.

[Yarrow Collective](#)

Free peer support in navigating challenges with mental health, substances, trauma, houselessness, chronic illness or disabilities. Offers in-person and online support groups and harm reduction groups.

Parenting Support

[Project Self-Sufficiency](#)

A community organization focused on empowering single parents to achieve economic independence through a college education, workforce training, and apprenticeships, while supporting families.

[WomenGive – United Way of Larimer County](#)

Provides childcare scholarships, emergency financial assistance and direct cash assistance to single mothers pursuing higher education.

Personal Support

[BIPOC Alliance](#)

Community organization supporting Black, Indigenous, and People of Color taking action.

[Colorado Immigrant Rights Coalition \(CIRC\)](#)

Statewide coalition of immigrant, faith, labor, youth, community, business, and ally organizations focused on improving the lives of immigrants and refugees by making CO more welcoming and immigrant-friendly.

[Rocky Mountain Equality](#)

A nonprofit organization that supports communities across Colorado through programming, services, and advocating for policies that ensure LGBTQ+ people, families, and communities thrive.

[SPLASH Youth of Northern Colorado](#)

Serves LGBTQIA+ youth ages 5-24, their families, schools, and community connections by providing support, referrals, social belongingness and special events in Larimer and Weld Counties.

[People and Animal Companions Together \(P.A.C.T.\)](#)

Supportive pet care for owners struggling to care for their pets. Foster and house call programs available.

Public Resources

[Poudre Libraries](#)

Books, resources, study spaces, computers, WiFi, printing, copying, scanning, technology support & more.

[Toy, Game & Puzzle Library](#)

Lends out high-quality toys, games, and puzzles while providing welcoming spaces for people of all ages and backgrounds to connect through the joy of play. Also offers play spaces and community events.