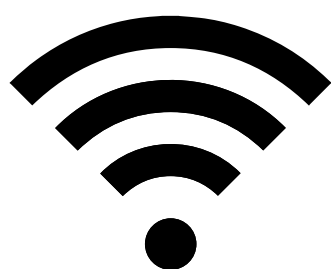


MONEY SAVING RESOURCES



1

INTERNET

Struggling to stay connected? Check out these deals for free or low cost internet:

Blue text is a clickable link!



[Charter/Spectrum Deal](#)

- for college students and those with K-12 students at home.
- To enroll in the program, call 1-844-488-8395. Installation fees will be waived for new student households.
- Limited service area, Wilsonville not included.

[Comcast Essentials Deal & Xfinity Hotspots](#)

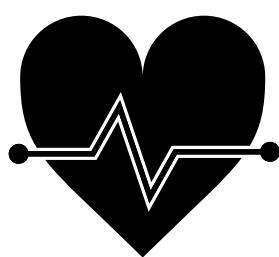
- \$9.95/month and the first two months free for new customers

[Frontier Lifeline Program](#)

- Free and discounted services available
- Services Wilsonville

[AT&T Access Deal](#)

- \$10/month for qualifying households



2

FITNESS CLASSES

Staying active is a must! Here are some resources for free fitness classes and ideas:

[Core Power Yoga](#)

- free yoga classes on demand

[Orange Theory Fitness](#)

- Daily workouts posted online

[Planet Fitness](#)

- Live steams guided workouts at 4pm PST every day and posts them for later too.

Check out others [here!!](#)

3

ENTERTAINMENT



Stay connected with us via the Oregon Tech App! Daily updates, tips, news, and activities!

[Stay in & Sling](#)

- Sling TV is offering a host of free shows and news cast

[Netflix Party](#)

- Free platform for watching your fav Netflix series or movies with your family or friends!

[Live at the Zoo!](#)

- Take tours of the [Cincinnati Zoo](#) and have live viewings of the different animals at the zoo.
- [Maryland Zoo](#) is offering live animal cams!

[Get Libby](#)

- Free audiobook and e-book app for all resources at local libraries.

[Class Central](#)

- Flex your brain a little with 450 free courses on so many different topics.

MONEY SAVING RESOURCES



4

FOOD

[Bird Feeder](#)

- We have a small food pantry on campus that is stocked with items if you are in need!
- No paperwork, no points, take what you need.
- Open by appointment- email portland@oit.edu

[Food Storage 101](#)

- Getting to the store less might mean buying more. These are some tips on how to keep your food fresher longer in between trips.

[SNAP benefits](#)

- Eligible individuals and households are receiving extra support at this time.
- SNAP now allows online grocery purchasing.



5

MENTAL HEALTH

We are in uncertain times which can cause feelings of being overwhelmed, anxious, or confused. Self-care is important and here are some free or low-cost resources to help:

[Stress Reduction & Mindfulness Apps](#)

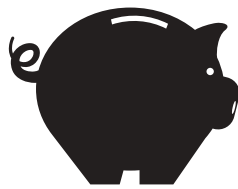
- [Calm](#) has a 30 day free trial.
- [Headspace](#) is a free meditation app
- [Colorfy](#) is a free digital coloring and mindfulness app
- [Digipill](#) is a free multi-purpose guided relaxation app

[Teletherapy- Oregon Tech](#)

- Make an appointment with our counseling staff at Oregon Tech over zoom. Appointments are free, but schedules will fill up quickly.

[Teletherapy- Non Oregon Tech](#)

- 7 Cups offers unlimited sessions for \$150/month
- Better Help offers unlimited messaging and weekly sessions starting at \$40.



6

OTHER WAYS TO SAVE

[Do your Taxes Early](#)

- Use TurboTax's free software to file your taxes earlier than later.
- If you are expecting a refund, the IRS has stated that these may take a little longer than usual to get back.
- If you end up owing, knowing earlier may help you prepare or help you with explanations for deferred rent or other bills.

[Emergency Loan for Oregon Tech](#)

- If the delay in financial aid disbursement is going to affect you you can apply for an emergency loan from Oregon Tech.

[Open Education Resources](#)

- Take a look at some of the free textbook resources available to you.
- Think about renting textbooks and ask your professors about the resources offered through the library and the KIC scanner to get your materials at no cost!

We will constantly be on the look out for more ways to connect you to resources.
If you hear of any, please share and we will get them out to our community!

