



The Center for Humanistic Change COVID-19 Resource Guide

The spread of COVID-19, social distancing, and school closures have disrupted our routines and sense of stability, forcing each of us to adapt to a new normal. CHC is devoted to providing you with resources as you find new ways for children and families to learn, feel safe, and be supported and connected. We have compiled this resource guide so that individuals know what resources are available to them amid this pandemic. As things progress, check back often for additional resources at www.thehc.org.

Address: 555 Union Boulevard, Suite #7
Allentown, PA 18109
Phone Number: 610-443-1595
Fax: 610-443-1598
Email: info@thehc.org

**Please note that these resources are changing daily. CHC is working diligently to update this guide on a daily basis to the best of our ability. Please check with resources directly if you have a question or need clarification.

Dear Friends of the Center for Humanistic Change,

The Center for Humanistic Change is prepared to help support you and our community during the COVID-19 crisis.

Our primary concerns, like yours, are the safety, health, and well-being of our dedicated staff, contractors, and those with whom we engage. For this reason, we are suspending the delivery of programs on-site and instead will offer those programs remotely, using virtual platforms. We also offer this Resource Guide which will be updated on an ‘as-needed basis.’

We’re able to do this thanks to the forward-thinking commitment and unfailing support of Lehigh and Northampton Counties, as well as other funders, who recognize the value of our services and who want to ensure that Lehigh Valley residents remain healthy emotionally, as well as physically.

Toward that end, we are offering selected courses to students, faculty, staff, and parents, ***remotely and at no cost to you.*** The courses, which are available to individuals or small groups, will be offered in 30-, 45, or 60-minute segments.

Our age-appropriate life skills instruction for children K-12 can help children stay engaged when schools are closed and learn ways of coping during these unusual times. Our courses for faculty, staff, and parents are designed to foster resiliency, reduce anxiety, and manage stress. Over time, based on the feedback received, we expect to offer more courses remotely.

Student offerings include:

- Building communication and coping skills
- Managing stress in unprecedented times
- Understanding and managing anger: warning signs and triggers
- Deciphering what is true in social media and the news
- Identifying personal values and risk factors regarding the use of drugs, alcohol, and vaping
- Current evidence-based programs such as Second Step, Too Good for Drugs, etc.

Faculty, staff, and parent offerings include:

- Managing emotions: techniques and resources to use during crisis situations
- Parenting through crisis: helping your child through these times
- Raising awareness about the trends in, and dangers of, social media
- Recognizing the signs of drug and alcohol use

To schedule a program, simply email preventioncoordinator@thehc.org or call 610-443-1595 to leave a voicemail message in the general mailbox. One of our prevention specialists or Student Assistance Program Liaisons will get back to you to discuss your needs and arrange a time to deliver the program to your students or members of your team. For single-session video options in English and Spanish, please click ***[COVID-19 Online Resources and Programs.](#)*** We will be posting them as they are recorded.

Please know that we’re here to support you during these unprecedented times. Brighter days are coming. Until then, be safe.

Sincerely,

Arlene J. Lund
Executive Director

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FOOD RESOURCES FOR CHILDREN UNDER 18:

To find a site offering free meals to all children 18 years old and under, regardless of household income. To find a site near you, text FOOD or COMIDA to 877-877

Allentown Area School District:

Allentown School District is providing grab and go meals between 11 a.m. and 1 p.m. on Monday and Wednesday ONLY. The student must be present at pick up. One meal per student per day. Students and families can visit the school nearest to them even if the child does not attend that school. The food contains one breakfast item, one lunch item, milk and a fruit or vegetable.

- Central Elementary, 829 West Turner Street - *Door 3 by the loading dock* from 10 a.m. to 2 p.m.
- Harrison-Morton Middle School, 137 North 2nd Street - *Door 3*
- Raub Middle School, 102 S. St. Cloud Street - *Door 4*
- South Mountain Middle School, 709 W. Emmaus Ave
- Trexler Middle School, 851 N. 15th Street
- Louis E. Dieruff High School, 815 N Irving Street - *Door 25 - Jerome Street Parking Lot*
- William Allen High School, 106 N 17th Street - *Door 40*

YMCA of Allentown offering grab and go meals to children 18 and under on Monday, they continue to provide dinner for school aged children, 18 and under. Serving from 4 p.m. to 5 p.m. as follows: Monday – dinner pick-up for Monday and Tuesday; Wednesday – dinner pick-up for Wednesday and Thursday; Friday – dinner pick-up for Friday, Saturday, and Sunday. An adult must bring the children the first time to get them registered; thereafter the adult alone may pick up food for the children. Can pick up outside of the front doors to the YMCA. Dinner is to be taken home. Address is: 425 S 15th St, Allentown, Pennsylvania, 18102

Lehigh Valley Reilly Children's Hospital Summer Meal Program is offering grab and go meals for the children of Allentown. Grab and Go meals can be picked up at the front steps of Lehigh Valley Hospital 17th Street School of nursing building. The address is 1628 W. Chew St., Allentown, PA. Meals are available Monday to Friday from 11:30 a.m. to 1:00 p.m. Children must be 18 years or younger and live in Allentown.

Salisbury School District is using Allentown School District's program.

Bangor Area School District:

Bangor High School. Grab and Go Meals will be offered two days a week for curbside pick-up. Meals are served on Mondays and Wednesdays between 10 a.m. and 12 p.m. at the High School. Families must pre-order by emailing meals@bangorsd.org by 5PM the day before pick up.

Bethlehem Area School District:

The Bethlehem Area School District is offering free bagged breakfast and lunch to all children in Bethlehem through age 18. Beginning Monday, April 6th they will **ONLY** be distributing meals on Mondays and Wednesdays from 10 a.m. to 1 p.m. On Mondays there will be a distribution of

meals for 2 days and on Wednesdays a distribution of meals for 3 days at the following locations:

- Broughal: 114 W Morton, Bethlehem, PA 18015 - *Community School Entrance*
- East Hills: 2005 Chester Road, Bethlehem, PA 18017 - *Main Entrance, Set of Doors on the Left*
- Nitschmann: 1002 West Union Boulevard, Bethlehem PA 18018 - *Bus Drop Off Line, If rain: Auditorium Entrance*
- Northeast: 1170 Fernwood Street, Bethlehem, PA 18018 - *7th Grade Entrance*
- Calypso: 1021 Calypso Avenue, Bethlehem, PA 18018 - *Main Entrance, If rain: Multipurpose Room*
- Fountain Hill: 1330 Church Street, Fountain Hill, PA 18015 - *Parking Lot, If rain: Community School Entrance*
- Marvine: 1425 Livingston Street, Bethlehem, PA 18017 - *Main Entrance*
- Lynfield Community Center: 1889 Lynnfield Drive, Bethlehem, PA 18015 - *Main Entrance*

If you are a part of the Backpack Pal's program, the bags will be available on Friday at the following middle schools: Broughal, East Hills and Northeast. If you live in or near Lynfield Community Center, you can pick up your bag at the Lynfield Community Center. They will be first come first served.

Charter and Parochial School Parents can also pick up meals for their children at the above places.

Bethlehem YMCA is offering grab and go dinner on Monday, Wednesday's and Friday from 4 p.m. to 5 p.m. Children under 18 can stop by the Y to pick up their dinner to take home. The address is: 403 E Broad St, Bethlehem, PA 18018.

- Grab and go dinner at Lynfield Community Center on Monday, Wednesday's and Friday from 4 p.m. to 5 p.m. The address is 1889 Lynfield Dr., Bethlehem, PA 18105
- Grab and go dinner at Fountain Hill Park on Monday, Wednesday's and Friday from 5 p.m. to 6 p.m. The address is 1301 Stanley Ave., Fountain Hill, PA 18015

Easton Area School District: -extended but unsure for how long

Meals will be distributed from 9 a.m. to 11 a.m. beginning March 16th, breakfast and lunch available.

- Cheston Elementary - *Meals will be distributed at the main entrance door.*
- Paxinosa Elementary - *Meals will be distributed at the main entrance door.*
- Easton Area Middle School - *Meals will be distributed at gym/cafeteria entrance.*
- Easton Area High School - *Meals will be distributed at the main entrance door.*

Bagelsmith at 2443 Butler St, Easton, PA 18042 will be offering school students in the Wilson and Easton School district free breakfast from the hours of 7 a.m. to 11 a.m. Monday thru Friday. The student must present their school ID while schools are closed. Students can choose between either pancakes OR a bagel with butter or cream cheese. They may also choose from white milk, chocolate milk, or orange juice.

Nazareth Area School District:

Nazareth Ministerium will be supplying brown bag lunches for school age children. Pick up at Nazareth Moravian Church between 12-1.

Northampton Area School District

The Northampton Area School District will be providing available free bagged lunches to all children in the District through age 18. Meals will be available between 10:00 a.m. and 12 p.m. Mondays and Wednesdays at George Wolf Elementary (Bath, PA) and Northampton Area High School (Northampton, PA). The program will continue until August 19, 2020.

Parkland School District

Has an automated email going out to students who are a part of their pantries in each school and others who have reached out about help. Parkland cares pantry is also helping the district's families with boxes of food and other items.

Pen Argyl School District:

Grab and Go Meals are offered to students 18 and under. Breakfast and lunches are served on Monday and Thursday. Monday's bag will contain food for the first three days of the school week and Thursdays bag will contain food for Thursday and Friday. Curbside pickup at Wind Gap Middle School bus loop from 11:30 a.m. to 1 p.m.

Saucon Valley School District:

ALL students enrolled in Saucon Valley School are now eligible to receive meals. Beginning the week of April 20th, meals will be distributed **ONLY** on Mondays (for Tuesdays as well) and Wednesdays (including Thursday and Friday) from 12:15 p.m. to 1:30 p.m. of each week until school resumes. Child must be present in vehicle. Distribution point is the loop drive at Saucon Valley Middle School.

Southern Lehigh School District

Grab and Go meals will be available Mondays 11:00 a.m. to 1 p.m. with enough food for three days.

- Southern Lehigh High School - *Meals will be distributed at the visitor lot in front of the high school near the flag pole.*
- Liberty Bell Elementary - *Meals will be distributed at the cafeteria entrance at the bus drop off lane.*
- Hopewell Elementary - *Meals will be distributed at the cafeteria entrance at the bus drop off lane.*

Wilson School District:

Grab and go meals will continue to be provided and can be picked up Monday, Wednesday, and Friday between 11:30 a.m. and 1 p.m. at Avona and Wilson Borough Elementary schools through August 7, 2020.

Bagelsmith at 2443 Butler St, Easton, PA 18042 will be offering school students in the Wilson and Easton School district free breakfast from the hours of 7 a.m. to 11 a.m. Monday thru Friday.

The student must present their school ID while schools are closed. Students can choose between either pancakes OR a bagel with butter or cream cheese. They may also choose from white milk, chocolate milk, or orange juice.

FOOD RESOURCES FOR FAMILIES, ADULTS AND THE ELDERLY:

Child Nutrition Program State by State COVID-19

<https://www.fns.usda.gov/disaster/pandemic/covid-19/cn-waivers-flexibilities>

Sheetz offering free bagged meals which include a turkey sandwich, chips, and a drink for kids. Families should ask at the register or through the drive-through and they will be offered one bag per child. An adult does not need to be present to obtain a meal. It is available at all 600 Sheetz locations and will be available all day. Meals will be available each day for the next two weeks, while supplies last. On May 1st the program will be reevaluated based on community need.

Panera is now offering grocery pickup. You can order the groceries online for rapid pick-up and contactless delivery. The groceries can also be delivered through Grubhub. Here is the website to order them from https://www.panerabread.com/en-us/panera-grocery.html?utm_medium=brand-site&utm_source=link&utm_campaign=homepage-c220&utm_content=grocery-lunch

Keystone Mission and the Weinberg Food Bank (CEO) are offering an Emergency Food Assistance program visit <https://www.keystonemission.org/emergencyfoodassistance/> for more information

Allentown:

- **Ripple Community Inc.** is located at 1335 West Linden St. Allentown, PA. Drop in center for community residents who are homeless. They are distributing sandwiches at their drop-in center which is open Tuesday – Thursday, 1 p.m. to 5 p.m. and Friday from 11 a.m. to 3 p.m. The center is open for anyone who is currently unsheltered, though others are still welcome to stop by for food and coffee (to go). They are screening people by taking their temperature.
- **Relevant Church of Allentown** located at 1080 Flexer Avenue, Allentown, PA. They have set up a relief table for those in need. They have free food and supplies and you can take what you need.
- **Lehigh Conferences of Churches** is located at 6th and Chew Street, Allentown, PA. Distribution of sandwiches through their downstairs door from on Tuesdays, Wednesdays, and Thursdays from 12 p.m. to 1 p.m.
- **Jubilee Breakfast Ministry** is located at 620 West Hamilton Street, Allentown, PA. Thursday – Saturday they are offering a grab and go chicken or sausage and egg sandwiches, fruit, snack and coffee from 7 a.m. to 8:30 a.m. Go to the back entrance of the church to receive your meal.
- **Grace Episcopal Food Bank** is located at 108 North 5th Street, Allentown. Open Fridays from 9 a.m. to 11 a.m. and the 3rd and 4th Saturdays of every month from 9 a.m. to 11 a.m.
- **Operation Address the Homeless** is located at 221 North 7th Street, Allentown. They are open Mondays, Wednesdays, and Fridays from 4 p.m. to 7 p.m. They are providing a hot

meal and bag to go. Sundays there is brunch at 12 p.m. and dinner at 6 p.m. Showers are also available, on a spaced basis to maintain safe distance. Haircuts are also available.

- **Christ Fellowship Church** is located at 12th and Chew Street, Allentown. They have dinner at the church on Thursdays and Fridays at 5 p.m.
- **Jackson Park** located at 9th and Jackson Street, Allentown. Serving dinner Saturdays and Sundays at 5 p.m.
- **Salvation Army** is located at 114 North Eighth Street, Allentown, PA 18105. Soup kitchen is open 2nd and 4th Sunday at 2 p.m. Mondays hot breakfast is served in to go cups from 9 a.m. to 10:30 a.m. Emergency food by appointment daily call 620-432-0129. Food bank distribution is on the 2nd and 4th Wednesday from 10 a.m. to 12 p.m. Bring a valid ID and bag. The shelter continues to accept clients from the 211 system.
- **Second Harvest Food Bank of Lehigh Valley & Northeast PA:** Does not service Northampton County but can call them, give living zip code and they will attempt to locate a food pantry to service that person/family. Phone number is 610-434-0875.
- **Turning Point of Lehigh Valley** is located at 444 E Susquehanna St, Allentown, PA 18103, the hotel is available but only for clients who are escorted by police and if there is availability. Counseling services are still available via phone. To contact them please call 610-737-0530.
- **Allentown YMCA** is located at 245 15th Street, Allentown. Although they have closed the Warming Station, they continue to provide dinner for school aged children, 18 and under. Serving from 4 p.m. to 5 p.m. as follows: Monday – dinner pick-up for Monday and Tuesday; Wednesday – dinner pick-up for Wednesday and Thursday; Friday – dinner pick-up for Friday, Saturday, and Sunday. An adult must bring the children the first time to get them registered; thereafter the adult alone may pick up food for the children. They are also open for showers for the homeless neighbors on Wednesday and Friday from 1 p.m. to 4 p.m. Pre-registration is required through Ripple Community.
- **Catholic Charities – Our Lady of Mt. Carmel** located at 179 W. Chew Street Allentown PA 18102. Emergency food boxes (canned & other non-perishable foods). Pickup is Fridays from 11:30 A.M. to 1:30 P.M. as supplies last.
- **Catholic Charities & TVB Partner for Soup Kitchen Helping Hands** Pickup at 2nd and Chew Street Community Center in Allentown. Pickup is every Friday until 1:30 p.m.

Bath:

- **Bath Food Pantry** located at 206 East Main Street, Bath, PA 18014. Open on the 1st Saturday of every month. You must bring one form of ID with your current address on it. **Next date** is July 14th from 9:30 a.m. to 11 a.m. and from 6 p.m. to 7 p.m.

Bethlehem:

- **Lehigh Valley Church of Christ** is located at 3400 Brodhead Road, Bethlehem, PA 18020. Appointment only, call 610-691-1116 and speak with someone about setting up your appointment time.
- **Calvary Baptist Church Food Pantry** is located at 111 Dewberry Ave. Bethlehem, 18018. Must live in Northampton County. Open on the first Monday and Thursday of every month from 9 a.m. to 11 a.m.

- **West Bethlehem Pantry** located at 514 3rd Ave, Bethlehem, 18018. They are open every Wednesday from 10 a.m. to 12 p.m. The last Wednesday of every month they are open from 6 p.m. to 8 p.m.
- **YMCA** located at 430 East Broad Street, Bethlehem, 18018. Offering grab and go meals for breakfast from 7 a.m. to 8 a.m. and dinner from 4 p.m. to 5 p.m.
- **Salvation Army** located at 521 Pembroke Road Bethlehem, 18018. Offering lunch every Sunday at 1 p.m. to love income and homeless people.
- **Northeast Ministry Food Bank** is located at 1161 Fritz Drive, Bethlehem, PA 18016. Open Tuesdays to Thursdays from 9:30 a.m. to 12 p.m. and the 2nd Wednesday of every month from 5:30 p.m. to 7 p.m.
- **Northeast Community Center** is located behind Just Borne off Pembroke. Open Tuesday's and Thursday's from 8 a.m. to 1 p.m. Serving all families regardless of their geographic location. Clients please remain and stay 6 feet apart as NECC Staff retrieve their food and bring it to them.
- **Meals on Wheels of the Greater Lehigh Valley.** Call 610-691-1030 to order meals or groceries. Case managers will determine the cost clients are able to pay based on income, assets, and living expenses.
- **New Bethany Ministries** is located at 333 4th Street, Bethlehem, PA 18015 will be providing curbside pickup for lunch from 12 p.m. to 1 p.m. The food pantry is open Monday to Friday from 10:30 a.m. to 11:30 a.m. Day shelter and dining room are closed until further notice. Hospitality Center services remain open. Public showers, laundry services, and retrieving mail.
- **Trinity Soup Kitchen** is located at 44 E Market St, Bethlehem, PA 18018 and is serving curb side lunch out of the front window in take home bags from 12 p.m. to 1 p.m. Monday to Friday. There is a social worker on staff Monday to Friday from 11:30 a.m. to 1:30 p.m.
- **Victory House** is located at 314 Filmore Street, Bethlehem PA 18015 is only accepting veteran referrals and referrals for the transitional housing program. You can contact them at 610-691-3373.

Easton:

- **Project of Easton, Inc. Food Pantry** is located at St. Johns Church at 330 Ferry St. Easton, PA 18042 or at home deliveries. Photo ID and proof of Northampton County residency are required for each visit. Intended for low-income, at-risk adults, children, and seniors. Receive a 3 to 4-day supply of food once a month. Bring grocery bags. Only a limited number of people in the pantry at one time. Food will be bagged and given to clients Food Pantry: Please arrive 15 minutes before closing to ensure you get served: Mondays from 10 a.m. - 12:15 p.m. Thursdays from 10 a.m. - 12:15 p.m. & 1 p.m. - 3:15 p.m. If interested in at home deliveries, please contact 610-258-4361. At home deliveries: Tuesday & Thursday from 8:30am-4:30pm for donations, deliveries, and emergency food assistance
- **Easton Area Neighborhood Center, Inc.** is located at 902 Philadelphia Road, Easton, PA 18042. Every 2nd Friday from 9 a.m. to 12 p.m. and every 4th Wednesday from 4 p.m. to 6 p.m. Must be an Easton resident. *Due to current situation only 1 person is allowed in at a time. They are only giving out bags, you are not allowed to choose what you want.

- ***St. Paul's Lutheran Church*** is located at 610 Berwick, Easton, PA 18042. Phone number is 610-258-2612. Food available on Thursdays at 6 p.m.
- ***Easton Food Pantry*** is located at 1110 Northampton Street, Easton, PA 18042. Open Monday to Friday from 9:30 a.m. to 1 p.m. Monday, Wednesday, Thursday and Friday 1pm starts fruits and vegetables. (Not sure how long this service will last as they get donations from stores and not getting as much). Ring the doorbell, come in one at a time. Bag will be packed and given. Bring picture id. Closing around 1:30 everyday
- ***Safe Harbor Easton Trinity Episcopal Church*** is located at 536 Bushkill Drive (610-258-5540) and 234 Spring Garden Street (610-253-0792), Easton, PA 18042. Giving out bagged lunch to go from 11:45 a.m. to 12:30 p.m. *** If a family in specific need of something you can reach out to Casey, she is the day house manager and she will check their supplies. If she isn't available directly anyone who answers would be willing to look/check for specific requests. Formula they currently have: Nito, by Nestle for toddlers and Nutramigen, for infants and toddlers formula is hypoallergenic.

**If you have WIC please refer to the website for the most up to date information.

<https://www.mfhs.org/covid19/> **

Kunkletown:

- ***West End Food Pantry*** is located on 516 Kunkletown Road, Kunkletown PA 18058. They will be open on May 2nd and May 16th from 9 a.m. to 12 p.m. You must bring your Photo ID and current proof of residence for the sign-in system. You will not be allowed to pick-up food for anyone else no matter the circumstance unless you have a current proxy form in place. Do not come early as you will be turned out of the parking lot and directed to the end of the line. Do not have ANY animals in cars as we will be signing through your car window and placing bags in your car. If you have an animal in your car you will be turned away. Do not cross yellow tape or cones for ANY reason. If lines are full, you will be asked to come back, so we do not block Kunkletown Road. Right now, everything is pre-packaged and given out. It is one car at a time, drive thru style. The zip codes they service: Kunkletown 18058, Kresgeville 18333, Gilbert 18331, Saylorsburg 18353, Brodheadsville 18322, Effort 18330, Sciota 18354, Stroudsburg 18360, Long Pond 18334, Albrightsville 18210, Reeders 18352, Bartonsville 18321, Tannersville 18372, Aquashicola 18012, Palmerton 18071, Bowmanstown 18030, Parryville 18244, Lehighton 18235. There is also a blue box located at the front of the building which is always stocked with non-perishable goods if someone is in a serious emergency.

Kutztown:

- ***Friend, Inc.*** is located at 658 D Noble Street, Kutztown, PA 19530. Areas including Fleetwood, Brandywine and Kutztown School Districts, and Berks County. Their pantry is by appointment only and is run multiple times a month. The dates fluctuate but is usually during the 1st and 3rd weeks of the month. Contact them at 610-683-7790 for more information or visit <https://www.friendinc.org/services/food-pantry/> for more information.

Nazareth:

- **St. Johns UCC Food Bank** is located at 183 S. Broad Street, Nazareth, PA 18064. Next food pantry opportunity is unknown. Visit the website for more information on the next food pantry opening. Must be a Nazareth resident and ID is required. The soup kitchen is drive by style and no residency is required for the soup kitchen. Visit <http://www.sjuccnaz.com/> for more information.

Northampton:

- **Northampton Area Food Bank** is located on 1601 Canal Street, Northampton, PA 18067. Open on the 1st Wednesday of every month from 9:30 a.m. to 12 p.m., every 1st, 2nd, & 3rd Thursday of the month from 6:30 p.m. to 8 p.m., and every 2nd and 3rd Saturday of the month from 9:30 a.m. to 12 p.m. Must reside in Northampton School District. Must bring ID as well as names and birthdays of all individuals who reside in the home. **The 1st Wednesday of the month would be the day to check if they have baby food, formula, and diapers.

Orefield:

- **Food Pantry at Jordan Lutheran Church** is located at 5103 Snowdrift Road, Orefield, PA 18069. Must be in the Parkland School District. If you are in need of assistance, please call the church at 610-395-5912. They are providing the necessary services of grocery shopping, medication pick-up, meal pick-up/delivery, and check-ins via phone. At this time, the food pantry will continue to operate on its regular schedule of 1st and 3rd Monday of every month from 9 a.m. to 11 a.m. and 1st Wednesday of every month from 6 p.m. to 7 p.m.

Pen Argyl:

- **Benders Mennonite Church** is located at 975 Benders Church Road, Pen Argyl, PA 18072. Pick-up on the 3rd Saturday of every month from 9 a.m. to 11 a.m. Must live in Northampton County and should bring some form of id or something like a utility bill would also work. MUST have address on it to prove residence in Northampton County.
- **Food Bank** is located at 301 West Main Street, Pen Argyl, PA 18072. 1st Tuesday of every month 10 a.m. to 12 p.m. Please bring a valid ID.

Portland:

- **Portland Upper Mountain Bethel Food Pantry** is located at 100 Division Street, Portland, PA 18351. Hours of operation are Monday 10 a.m. to 11 a.m. and 6 p.m. to 7:30 p.m. They serve the Slate Belt of Northampton County from Portland to Wind Gap. Right now they are a drive thru service so please make sure your trunk is cleaned out so volunteers can put the food in your car.

Wind Gap:

- **St. Elizabeth/St. Joseph Food Bank** located on 260 North Lehigh Avenue, Wind Gap, PA 18091. Open the 2nd and 4th Saturday of every month. Must provide proof of Northampton County residency. Emergency arrangement can be made. Call 610-863-7542 if an individual or family is in need.

FOOD RESOURCES FOR HEALTHCARE WORKERS & TRUCK DRIVERS:

Healthcare Workers

- **Wawa** is offering one any size hot coffee per visit for all healthcare workers and first responders as a thank you for keeping our communities safe. Share with the cashier that you work in one of these fields: police officers, firefighters, paramedics, doctors, nurses, hospital, and medical staff and medical researchers.
- **McDonalds** is offering one free small McCafé hot drink or medium soft drink to any healthcare workers.
- **McDonalds** Show your medical ID in their Drive Thru or when placing a takeout order to receive a free Quarter Pounder with Cheese sandwich. Valid only at the following locations: Scranton, Dickson City, Mountain Top, Carbondale, Honesdale, Wyoming, Clarks Summit, Shavertown, Hanover Twp., Tunkhannock, Eynon, Old Forge, Lehigh St. (Allentown), and South Bethlehem, PA. One sandwich, per person, per day.
- **Chick-fil-A Whitehall** Beginning on Friday 3/20 until further notice, show your Medical ID in their Drive Thru and receive a free chicken sandwich.
- **Starbucks** is offering a free tall hot or ice coffee to all healthcare workers including police officers, firefighters, paramedics and other hospital or medical staffers are also eligible. This offer is available through May 3rd.
- **Krispy Kreme** is offering a dozen doughnuts on Mondays through May 11th to anyone who works in the medical sector who shows their employee badge. Medical workers can go back for more each week or even in the same day.
- **White Castle** once a day until Thursday April 30th, healthcare workers can go swing into a White Castle drive-thru to get a free meal. They'll be treated to a free meal (1-6 or a breakfast combo). All you have to do is flash your ID.

Truck Drivers

- **Texas Roadhouse** Pull your truck into the parking lot of any Texas Roadhouse. They will bring food out to you with a roll of silverware, a bag of peanuts, and some fresh baked bread.

WHERE TO GET TESTED FOR COVID-19

There are 8 coronavirus testing sites in Lehigh Valley through Lehigh Valley Health Network:

1. Pre-Screenings

If you think you have COVID-19 or may have been exposed Lehigh Valley Health Network provides free screenings by phone or online.

- **Complete an [E-Visit](#)** (detailed questionnaire visit submitted to a provider) by visiting [MyLVHN.org](https://www.mylvhn.org) or your MyLVHN app.
- Call the MyLVHN Nurse Information Line at 1-888-402-LVHN
- Complete an LVHN Video Visit by downloading the MyLVHN app.

2. LVHN COVID-19 Assess and Test–MacArthur Road

2741 MacArthur Road, Whitehall, PA 18052

Daily: 8 a.m. to 8 p.m.

3. LVHN COVID-19 Assess and Test–Stroudsburg

1655 W. Main St., Stroudsburg, PA 18360

Monday-Friday: 8 a.m. to 5 p.m.

- Saturday-Sunday: 9 a.m. to 3 p.m.
4. **LVHN COVID-19 Assess and Test–Palmerton**
528 Delaware Ave., Palmerton, PA 18071
Monday-Friday: 8 a.m. to 8 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.
 5. **LVHN COVID-19 Assess and Test–Macungie**
6451 Village Lane, Macungie, PA 18062
Monday-Friday: 8 a.m. to 8 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.
 6. **LVHN COVID-19 Assess and Test–Richland Township**
320 W. Pumping Station Road, Suite 3, Quakertown, PA 18951
Monday-Friday: 8 a.m. to 8 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.
 7. **LVHN COVID-19 Assess and Test–Hazleton**
140 N Sherman Court, Hazleton, PA 18201
Monday-Friday: 8 a.m. to 5 p.m.
 8. **LVHN COVID-19 Assess and Test–Cressona**
35 Sillyman Street, Cressona, PA 17929
Monday-Friday: 8 a.m. to 5 p.m.
 9. **LVHN COVID-19 Assess and Test–Nazareth**
863 Nazareth Pike, Nazareth, PA 18064
Monday-Friday: 8 a.m. to 5 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.

There are 6 coronavirus testing sites through St. Luke's:

1. **Anderson Campus**
1872 St. Luke's Blvd, Easton, PA 18045
2. **West End Medical Center (Cetronia Rd)**
501 Cetronia Rd, Allentown, PA 18104
3. **Quakertown Campus**
1021 Park Ave, Quakertown, PA 18951
4. **Broadheadsville Health Center**
111 PA-715, Broadheadsville, PA 18322
5. **West Penn Medical Center**
2092 W Penn Pike, New Ringgold, PA 17960
6. **Sacred Heart Campus (behind Central Catholic in their parking lot off of Gordon)**
301 N 4th St. Allentown, PA 18102

DIAPER RESOURCES:

Bright Hope still servicing families in need. They are taking phone calls and screening individuals. They will set up and appointment with you. They are lacking in newborn and sizes 5-6 currently. They will also help with formula. Call 610-821-4000

Lily's Hope giving out care packages to families that have pre-mature babies. A release of health information is needed. They are doing curbside pickup or looking into mailing. 1148 South Cedar Crest Boulevard, Lower Level, Allentown, PA 18103. Contact them at 267-776-4673 or at jen@lilyshopefoundation.org. She will direct you to who you need to speak to.

Care Net of Carbon County located at 531 Mahoning Street, Lehigh, PA 18235 & 250 West Catawissa Street, Nesquehoning, PA 18240. The contact information for them is 610-379-0411.

Cay Galgon Life House located at 714 W Broad Street, Bethlehem, PA 18018. The contact information for them is 610-867-9546.

Casa Guadalupe is located at 218 North 2nd Street, Allentown, PA 18102. Contact either Dawn Bush at 610-435-5673 or 610-392-8062.

Family Promise – Carbon County located at 167 South 3rd Street, Lehigh, PA 18235. The contact information for them is 610-379-4757.

Hispanic Center located at 520 East 4th Street, Bethlehem, PA 18015. The contact information for them is Zulmaris Laboy at 610-868-7800 ext. 245. They have diapers from newborn – size 5 and wipes.

New Bethany Ministries located at 337 West 4th Street, Bethlehem, PA 18015. Contact them at 610-691-5602.

ProJeCt of Easton is located at 320 Ferry Street, Easton, PA, 18042. Their contact information is 610-258-4361.

Promise Neighborhoods of the Lehigh Valley is located at 1101 Hamilton Street, Allentown, PA 18101. Their contact information is 484-519-0357. They have formula, diapers, and wipes.

Doctor's Office and Hospital doctor's office and hospitals can get bombarded with free diaper samples. Company reps bring the diapers in. Doctor's offices can be eager to give away free diaper samples. This is because they often have limited space for storing the samples. In addition, you can ask for formula and other samples they receive. Ask when you're in the hospital having your baby or call your doctor's office. You could also ask for coupons as well as some diaper company's give those to doctors and hospitals as well.

EDUCATION AND LEARNING FOR STUDENTS:

Center for Humanistic Change Offering selected courses to students, faculty, staff, and parents, remotely and at no cost to you. The courses, which are available to individuals or small groups, will be offered in 30-, 45, or 60-minute segments. Age-appropriate life skills instruction for children K-12 can help children stay engaged when schools are closed and learn ways of coping during these unusual times. Courses for faculty, staff, and parents are designed to foster resiliency, reduce anxiety, and manage stress. For more information and to access online videos please visit <https://www.thechc.org/>.

PennState Extension Offering online courses and webinars. Visit <https://extension.psu.edu/shopby/online-courses> for more information on online courses. Visit <https://extension.psu.edu/shopby/webinars> for more information on webinars.

Allentown School District Materials are available by grade level with activities in Math, English, Language Arts, Science, and Social Studies online at <http://allentownsd.ss14.sharpschool.com/cms/One.aspx?portalId=521953&pageId=11762371>
If you do not have access to devices or internet at home, print materials can be picked up at the same location and times as the grab and go meals beginning Thursday, March 19 from 10 a.m. to 2 p.m.

Bethlehem Area School District moved to online learning effective Monday, March 30th. During this time, the district will make available hotspots to support student learning to those who do not have Wi-Fi access. The Foundation is committed to assisting the initiative with community support. You can adopt-a-family for \$85. This will allow a child who does not have access to the internet gain that access for them to be able to complete their school work. To learn more visit <https://basdwpweb.beth.k12.pa.us/thefoundation/adopt-a-family-basd-wifi-access-for-all/>

KidsPeace Teen Central This is a free web-based service for teens. It is confidential and anonymous and provides a range of information and encouragement to older kids and teens including the opportunity to submit questions and concerns and get an individualized response from clinical experts provided in a “safe space” for young people who may have reluctance to discuss such matters with parents or other adults. You can access this at www.teencentral.com.

Online Resources:

- **Free 10-minute workouts** Every morning Monday to Friday at 8 a.m. courtesy of Studio 2020 of Culture Shock in Hamburg. <https://facebook.com/Studio202Hamburg>
- **DIY in your Digs** A Bethlehem-based company is providing the materials to construct your own one-of-a-kind rustic home décor. They are currently offering a “DIY in Your Digs” package which includes a 12x12 unfinished board of your choice with a variety of spring and Easter-themed stencils. Order online and pick-up locally curbside!
<http://therusticwoodproject.com/>
- **Yoga 4 Kids Free** Daily Facebook Live Classes! Need we say more? Plop those tots in front of the tube for some calming fun. Parents joining in is also encouraged.
<https://facebook.com/events/648473029286755>
- **The Autism Helper** A great resource for families with children who have autism and needs guidance while being at home.
- **Lehigh Valley Reads** for access to a variety of educational resources and tools including games, worksheets and more for families and students <https://lehighvalleyreads.org/>
- **TypeTastic School Edition** More than 700 games and keyboarding activities. They are offering this free until the end of June. <https://edu.typetastic.com/free-keyboarding-resources.html>
- **Nikon** Offering free online photography classes for all of April.
<https://www.nikonevents.com/us/live/nikon-school-online>

- **Online Hogwarts Classes** J.K. Rowling now offering seven different classes fans of Harry Potter can sign-up for. Visit the website: www.harrypotterathome.com
- **Khan Academy** <https://www.khanacademy.org/>
- **Scholastic** <https://classroommagazines.scholastic.com/support/learnathome.html>
- **Openstax** <https://openstax.org/>
- **Prodigy Math** <https://www.prodigygame.com/>
- **Mystery Science** <https://mysteryscience.com/school-closure-planning>
- **TED Ed** <https://ed.ted.com/>
- **BrainPop** <https://www.brainpop.com/> You can get free access on the webpage
- **YouTube** – SciShow, SciShow Kids, CrashCourse, and CrashCourse Kids
- **Wonderopolis and Camp Wonderopolis** – explore the world around you
- **PBS Parents Play and Learn App**
- **Hasbro** www.bringhomethefun.com is offering parents and kids resources of things to do at home.
- **Osterhout Free Library Resources** <https://osterhout.info/tumblebooks/>
- **NASA** - <https://www.nasa.gov/multimedia/imagegallery/index.html>
- **San Diego Zoo** <https://kids.sandiegozoo.org/>
- **Monterey Bay Aquarium** <https://www.montereybayaquarium.org/animals/live-cams>
- **Discovery Education Field Trips**
<https://www.discoveryeducation.com/community/virtual-field-trips/>
- **Lunch Doodles** with Children’s Author Moe Willems at 1pm every weekday on his website <https://www.kennedy-center.org/education/mo-willems/>
- **Online Mindfulness Class!** Every Tuesday, Wednesday, and Thursday 1pm
<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>
- **Go Peer** allows families to connect with qualified college undergraduates who are available to tutor K-12 students. Right now they are offering two free lessons by using the code FREE120. Signing up is free. For more information go to <https://gopeer.org/>.
- **At-Home Mindfulness Guide and Resources by Shanthi Project** included in this guide, you'll find activities and resources to help you bring a little mindfulness each day. The activities are geared toward children but meant to be practiced together. Also look for them on YouTube, Facebook, and Instagram where they will be updated regularly.
https://mcusercontent.com/4847d6bc77e63cda928cc0064/files/1ead95d1-d514-469d-81e0-8a1af1d156d5/SP_At_Home_Mindfulness_Guide_and_Resources_FINAL.pdf. They have also assembled Mindfulness and Social Emotional Learning (SEL) lesson plans and resources for students, educators, and caregivers. Visit <https://sites.google.com/lehigh.edu/resilientlehighvalley/home/elementary-students?authuser=0> for the lesson plans and additional resources.
- **Duolingo** Learn 30+ languages online with lessons based on science. Download the app or visit <https://www.duolingo.com/>
- **Learner.org** hosts multimedia resources for teachers, students, and lifelong learners. Visit <https://learner.org/>
- **Free Courses** 1,500 Free Online Courses from Top Universities. Contains countless video lectures from courses offered by top universities. Some material can be useful for high school students and teachers. Visit <http://www.openculture.com/freeonlinecourses>

- **NeoK12** Provides educational videos, lessons, quizzes, and educational games for K-12 students in various subject areas, such as science, math, health, social studies and English. <https://www.neok12.com/>
- **100,000 Stars** is an interactive visualization of more than 100,000 stars created by Google using data from NASA and the European Space Agency. Visit here <http://stars.chromeexperiments.com/>
- **Penn State Extension** is offering Free Online Courses in many different topics. The deadline to register is April 30th. Register now here: <http://extension.psu.edu/onlinecourses>
- **Google Doodles** <https://www.google.com/doodles>
- **Song Maker** <https://musiclab.chromeexperiments.com/Song-Maker/>
- **Animal Cameras** <https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-might-as-well-enjoy-this-list-of-animal-cams/?fbclid=IwAR3aQCDsSp35XSQjHg4vjCvG3lN5wbXGIJBeHhrL-FAJZx5w3BZMQA-WxeY>
- **Virtual Museum Views** <https://artsandculture.google.com/project/streetviews>
- **Open Culture** 1,000's of movies for free including classics, film noir, documentaries, and more <http://www.openculture.com/freemoviesonline>

RECOVERY AND MENTAL HEALTH:

Outpatient Programs, Recovery Programs, and phone numbers to utilize if you or someone you know is dealing with drug and/or alcohol abuse.

Anyone Can Become Addicted. Anyone.
Learn More: PASTop.org

Northampton County Drug and Alcohol
Northampton County Crisis 610-839-4819
610-257-9088

Possible Signs & Symptoms of Drug Abuse

- tremors
- loss of control
- euphoria
- dilated pupils
- seizures
- changes in behavior
- pinpoint or pupils
- dehydration
- sweating
- panic attacks
- irritability
- difficulty focusing
- lethargy
- anxiety
- hallucinations
- "nodding out"
- confusion

Outpatient Programs
Drug & Alcohol Assessments, Individual, Group & Family Counseling
New Directions Treatment Services - Methadone Maintenance 610-788-8511
3402 Broadhead Rd., Bethlehem

• **Northampton Treatment Centers**
44 E. Broad St., Suite 200, Bethlehem 610-866-0633
200 S. Second St., Canton 610-257-0700

• **M.A.R.S., Inc.**
826 Delaware Ave., Bethlehem 610-433-4301
2100 PA-611, Bensalem 215-420-7929

• **Pyramid Healthcare**
1605 N Cedar Crest Blvd, Allentown 610-434-1126

Recovery Oriented Systems:
Walk-In Hours for Drug & Alcohol Assessments Available

- **Bethlehem Recovery Center**
442 N. New St., Bethlehem 610-840-1208
- **Change on 3rd**
117 N. Third St., Easton 610-829-2770
- **A Clean Start (State Bank Recovery Center)**
530 S. 3rd St., Bangor 610-452-9348
- **Change on Main**
1830 Main St., Northampton 610-440-0981
- **Oriskany Community Center -** nurturing services impacted by substance use
3433 Sun View Bethlehem 610-461-4615

For more copies contact:
Center for Humanistic Change
610-443-1595
www.chcnc.org

CHC

LEVA Intake Unit offers Certified Recovery Specialists 610-869-2806
and Drug & Alcohol Assessments 610-823-0294

Anyone Can Become Addicted. Anyone.
Learn More: PASTop.org

Lehigh County Drug and Alcohol
Lehigh County Crisis 610-782-3209
LIFELINE for Suicide 610-782-3127
Get Help Now Hotline 1-800-273-TALK (8255)
1-800-662-HELP

Possible Signs & Symptoms of Drug Abuse

- tremors
- loss of control
- euphoria
- dilated pupils
- seizures
- changes in behavior
- pinpoint or pupils
- dehydration
- sweating
- panic attacks
- irritability
- difficulty focusing
- lethargy
- weight loss
- anxiety
- hallucinations
- "nodding out"
- confusion

Drug Treatment Options

- **Confront**
1130 Walnut St, Allentown 610-433-0148
- **Hispanic American Organization**
462 W. Walnut St, Allentown 610-435-5345
- **M.A.R.S., Inc.**
826 Delaware Ave, Bethlehem 610-419-3101
- **Pyramid Healthcare**
1605 N Cedar Crest Blvd, Allentown 610-434-1126
- **Step-By-Step, Inc.**
373 Linden St, Allentown 610-776-1224
- **White Deer Run**
1259 S Cedar Crest Blvd, Allentown 610-432-5561

For HELP for YOURSELF when dealing with an addicted loved one:
LEHIGH VALLEY PARENT & FAMILY SUPPORT GROUP
Thursdays, 7:00 PM, at First Presbyterian Church
3233 Highview St, Allentown • LVPFSG@gmail.com
All-anon www.all-anon.org Nar-anon www.nar-anon.org

For more copies contact:
Center for Humanistic Change
610-443-1595 www.chcnc.org

CHC

Other Recovery and Mental Health Resources

- **United Way of Pennsylvania:** Text your zip code to 898-211 for resources and information in your community.
- **Get Help Now Hotline** for individuals with substance use disorder. A 24 hours a day, 7 days a week, 365 days a year hotline staffed by trained professionals will stay on the phone with the caller until a treatment provider with an opening is identified. 1-800-662-4357. In addition to the hotline, text and chat options are available. Text: 717-216-0905 and Chat: bit.ly/GHNchatline

- ***Psychologytoday.com*** allows you to search for mental health professionals in your area and includes filters to identify providers who accept a particular insurance or specialize in certain areas like anxiety or substance abuse.
- ***Lehigh County Crisis Intervention Line:*** 610-782-3127 (24 hours)
- ***Northampton County Crisis Line*** 24 hour/7-day hotline available for anyone in a social service crisis: 610-252-9060
- ***Northampton County Peer Line:*** 855-727-3377 (24 hours)
- ***PennState Extension Family Resiliency*** articles, publications, news, videos, and webinars. Information on children and families, including resiliency, diversity, family meals, family activities, understanding adolescence and parents as role models. Visit <https://extension.psu.edu/youth-family-and-health/children-and-families/family-resiliency> for more information.
- ***National Suicide Prevention Line:*** 1-800-273-8255
- ***Nacional de Prevención del Suicidio:*** 1-888-628-9454
- ***Crisis Text Line*** Text “PA” to 741741 or “Help” to 741741
- ***Veterans Crisis Line*** 1-800-273-8255 and press 1 or text to 838255
- ***PA Mental Health Support Line*** can be reached toll-free, 24/7 at 1-855-284-2494, or for TTY, dial 724-631-5600
- ***2-1-1 – Pennsylvania 211 East*** is a free, confidential, non-emergency, 24-hour information and referral service that connects Lehigh, Northampton, Carbon, Lancaster, Berks, Lebanon, & Schuylkill County residents with health and human services.
 - Dial 2-1-1, text your ZIP CODE to 898211, or visit www.pa211east.org.
- ***Lehigh Valley Drug and Alcohol*** is temporarily conducting all evaluations via phone effective 3/23: Contact the Intake Unit during regular business hours M-F from 8:30 a.m. to 4:30 p.m. The evaluations will take approximately one hour to complete. Call 610-923-0394 for an evaluation.
- ***Bethlehem Recovery Center of Northampton County:*** The social aspects of the agency are mostly shut down at this time. Individuals seeking virtual meetings are being directed to their Facebook page which offers a listing of meetings with no cost to the individual. If the individual is in crisis, they can contact the office and staff will help them connect to the appropriate resources. An individual can call the Intake Unit to arrange evaluation at 610-923-0394.
- ***National Suicide Prevention Lifeline*** If COVID-19 is making you feel isolated, stressed out or anxious, you are not alone and it’s okay to ask for help. Call 1-800-273-8255 or connect with the Crisis Text Line: Text PA to 741-741.
- ***The Department of Human Services Mental Health Support Line*** can be reached toll-free, 24/7 at 1-855-284-2494.
- ***Northeast Treatment Centers***
 - **Bethlehem:** The physical office is closed. Counselors will be calling their clients and doing individual sessions over the phone. There are no groups at this time. They are taking referrals and doing intakes over the phone. They accept Magellan, Northampton County funding and self-pay. Call them at 610-868-0435.
 - **Easton:** The physical office is closed. Counselors will be calling their clients and doing individual sessions over the phone. There are no groups at this time. They are taking referrals and doing intakes over the phone. They accept Magellan, Northampton County funding and self-pay. They primarily work with drug and

alcohol diagnoses but also work with co-occurring diagnoses as well. Call them at 610-253-6760.

- **Lehigh County WARM line** is a telephone support service for Lehigh County adults who are faced with loneliness, confusion, and other mental health concerns. The WARM line number is 610-820-8451. Visit the website for more information:
<https://pbfalv.org/programs/warmline/>
- **NAMI Keystone PA Helpline:** 888-264-7972 (M-F, 9 a.m. to 5 p.m.)
- **NAMI LV Online Support Groups**
 - General Support Group Tuesdays from 1 p.m. to 2:30 p.m. Offering practical tips for coping and provide an opportunity to blow off steam in supportive, laughter-filled setting. <https://zoom.us/j/310503489> to join with audio and video. 646 558 8656, meeting ID 310 503 489 to call in, audio-only.
 - Family Members Support Group Wednesdays from 2 p.m. to 3:30 p.m. <https://zoom.us/j/849897305> to join with audio and video 646 558 8656, meeting ID 849 897 305 to call in, audio-only.
 - Individuals/Peers Support Group Thursdays 6 p.m. to 7:30 p.m. <https://zoom.us/j/984334883> to join with audio and video 646 558 8656, meeting ID 984 334 883 to call in, audio-only.
 - Peer to Peer Online Education Course. 8 Week course on Mondays from 6:30 p.m. to 8:30 p.m. This starts April 20th. For more info click on the link: <http://www.nami-lv.org/education-programs/peer-to-peer-education-program/>
- **Disaster Distress Helpline:** 1-800-985-5990
- **Recovery Revolution Teletherapy** is being offered for individual sessions. Groups are continuing to run face-to-face at the office. They are currently accepting new clients. This agency is strictly outpatient. Their phone number is 610-599-7700.
- **Step by Step:** Outpatient services are being offered via tele therapy. This includes the intake, counseling and psychiatry. They encourage the individual to call and if they can be seen right away, they will go on a waitlist. Visit their website: <http://www.stepbystepusa.com/>. Their phone number is 610-776-1224 and their intake line is 610-867-0688.
- **Treatment Trends Center of Excellence for Opioid Use Disorder** is providing assistance for individuals needing information and access to treatment, including care management and recovery support provided by CRS. Please call 610-432-7693.
 - Treatment Trends Outpatient Program Confront is providing assessments and treatment by telehealth. Please call 610-433-0148.
 - Treatment Trends Halfway Home of the Lehigh Valley is providing residential non-hospital treatment. Please call 610-439-0218.
 - Treatment Trends Keenan House is providing residential non-hospital treatment. Please call 610-439-8479.
- **OASIS Virtual Support Groups**
 - Daily Connection weekdays at 11 a.m. Join Zoom Meeting: <https://zoom.us/j/833323691>, One tap mobile: +9294362866,,833323691#, Dial In: 1-929-436-2866 / Meeting ID: 833 323 691 [no password required]

- ACA “Trust, Feel, Talk” Mondays at 7:15 p.m. Join Zoom Meeting: <https://zoom.us/j/804634002>, One tap mobile: +19294362866,,804634002#, Dial In: 1-929-436-2866 / Meeting ID: 804 634 002 [no password required]
- CoDA “Sharing Experience, Strength, & Hope” Tuesdays at 12 p.m. Join Zoom Meeting: <https://zoom.us/j/681670963>, One tap mobile: +19294362866,,681670963#, Dial In: 1-929-436-2866 / Meeting ID: 681 670 963 [no password required]
- Al-Anon “Roots of Hope” Tuesdays at 7 p.m. Join Zoom Meeting: <https://zoom.us/j/253105066>, One tap mobile: +19294362866,,253105066#, Dial In: 1-929-436-2866 / Meeting ID: 253 105 066 [no password required]
- **Kidlutions** helps kids, teens, and the people who care for them handle their behavioral and emotional issues. Visit www.kidlutions.com/ for more information.
- **American Foundation for Suicide Prevention** Find support. Bringing hope to those affected by suicide. <https://afsp.org/find-support/>
- **Recovery Partnership** is offering a virtual drop-in center beginning April 1st from 2 p.m. to 4 p.m. daily. The virtual drop-in center is a safe place for individuals from Northampton County, who are in recovery from mental illness, to connect socially and safely with their peers. Link to drop-in through their website www.recoverypartnership.us or Enter: <https://zoom.us/j/3923670514> into your internet browser. For telephone access please call 610-861-2741 for assistance.
- **In the Rooms** is a free online recovery tool that offer 130 weekly online meetings for those recovering from addiction and related issues. They use multiple pathways to recovery including 12 Step, Non-12 Step, and Wellness and Mental Health modalities. <https://www.intherooms.com/home/>
- **Online AA Meetings:** <http://aa-intergroup.org/directory.php>
- **Al-Anon Electronic Phone Meetings** https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone_Meetings
- **Adult Children of Alcoholics Online Meetings** <https://adultchildren.org/resources/internet-meeting/>
- **Pyramid Healthcare Detoxification Services** They are accepting new clients in their network of residential detox centers. Pyramids admissions is 24 hours a day, 7 days a week. They offer free door-to-door transportation and 1,300 beds system wide. They all accept all funding sources including PA and NJ Medicaid. They have locations in Dallas, PA, East Stroudsburg, Langhorne, Altoona, Pittsburgh, and Hammonton, NJ.
- **Pyramid Healthcare Telehealth Services for Outpatient Care** Offering outpatient telehealth videoconferencing. Patients would have access to group, individual, family, and medication management sessions. These services will be available for partial hospitalization/partial care, intensive outpatient, and outpatient levels of care. For any questions or to schedule an initial assessment call 1-888-694-9996 or visit pyramidhealthcarepa.com.
- **MARS Achieving Recovery, Creating Hope** If you are in need of drug & alcohol treatment, MARS can help you from intake to assessment to treatment. Call 610-419-3101 X227 or email jnivar@marscare.com.
- **Confront** Assessments and intake will be conducted face to face. Teletherapy is offered for individual and groups. Screenings are being done when coming to the office to check for any medical concerns. A medical clearance will be needed if experiencing certain

symptoms. Walk in hours are 830-130 Monday through Friday. Their phone number is 610-443-0148.

- **List of Online Recovery Meetings from Pro-A** bit.ly/2w9Ufdr
- **Eight Daily Meetings from Unity Recovery** bit.ly/UnityRCOMtgts
- **Narcotics Anonymous Online Meetings** bit.ly/2IWqVd4
- **Cocaine Anonymous Online Meetings** <https://www.ca-online.org/>
- **Marijuana Anonymous – District 13** <https://ma-online.org/>
- **Chronic Pain Anonymous** There are zoom meetings daily on various topics and a daily gratitude meeting. Click the link to learn more <https://chronicpainanonymous.org/find-meetings/video-chat-meetings/>
- **RecoveryLink** Daily recovery meetings, physical activities, meditations, and more via smartphone or computer. <https://myrecoverylink.com/digital-recovery-support/>
- **Connections Mobile App** Addiction Policy Forum's app will help connect you with trained counselors and peers, access e-therapy, & more. <https://www.addictionpolicy.org/connections-app>
- **WEconnect App** Helps with scheduling routines to stay active in recovery. <https://www.weconnectrecovery.com/>
- **We Connect Recovery** offers online recovery support groups daily. They help anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome. <https://www.weconnectrecovery.com/free-online-support-meetings>
- **Shatterproof Blog** provides helpful suggestions to keep your recovery a priority during social distancing. <https://www.shatterproof.org/blog/how-im-coping-covid-19-and-physical-distancing-person-long-term-recovery>
- **KidsPeace** All outpatient locations in Lehigh County will continue to offer free walk-in mental health assessment by clinically trained professionals – no appointment needed. The assessments allow for fast evaluation of mental health condition and if needed crisis intervention. The service is available during business hours at these locations: 801 E Green Street, Allentown, PA (across from Dieruff High School); 610-799-8910, 451 W Chew Street, Suite #105 Allentown, PA (St. Luke's Sacred Heart Hospital Campus); 610-776-5465, and KidsPeace Broadway Campus Family Center 1620 Broadway, Bethlehem; 610-799-8600. Check out www.kidspeace.org for more information about their outpatient services.
- **Overdose Grief Supports:** Lehigh Valley GRASP Chapter. First Presbyterian Church, Allentown N Cedar Crest & Tilghman St. Rm 18. Call to pre-register at 484-863-4324, 484-788-9440, or 610-442-8490. You can also email nancyhowe@ymail.com.
- **Youth MOVE PA** Hosting Youth Virtual Drop-In that is all about getting social interaction. These will be taking place every Monday and Friday from 1 p.m. to 2 p.m. via Zoom. Meeting ID: 410-999-098, Meeting Link: <https://zoom.us/j/410999098>
- **PHMCA** Adult Virtual Drop-In is a topic-driven, social gathering hour scheduled on Tuesday and Thursday from 1 p.m. to 2 p.m. via Zoom. These are NOT clinical or therapeutic groups. Meeting ID: 131-337-859, Meeting Link: <https://zoom.us/j/131337859>
- **Center for Motivation and Change Free Podcast The Beyond Addiction Show** <https://motivationandchange.com/the-beyond-addiction-show/>

- **Hazelden Betty Ford Let's Talk: Addiction and Recovery Free Podcast**
<https://www.hazeldenbettyford.org/professionals/resources/podcasts/>
- **LifeRing Secular Recovery** is an organization of people who share practical experiences and sobriety support. Visit <https://www.lifering.org/online-meetings> to learn more.
- **The Phoenix** is a Recovery Community Organization offering live stream CrossFit, Yoga, and Meditation daily every two hours.
https://thephoenix.org/covid19/?fbclid=IwAR1H1bQBF-TIBZlqgo-ZW0o_jpjo2i6BXDPvbrGxx7Asii7wRYZ4KUwdis0
- **Reddit Recovery** this is a place for Redditors in recovery to hang out, share experiences, and support each other. Everyone is welcome.
<https://www.reddit.com/r/REDDITORSINRECOVERY/>
- **Refuge Recovery** is grounded in the belief of Buddhist principles and practice which create a strong foundation for a path to freedom from addiction. Link to online support <https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>
- **SMART Recovery** Self-Management and Recovery Training is a global community of mutual-support groups. They offer online support and forums including a chat room and message board. <https://www.smartrecovery.org/community/>
- **Soberocity** an online community that occasionally has live events across the country.
<https://www.soberocity.com/>
- **Sobergrid** is a platform to help anyone get sober and stay sober. Each free download, post, and connection create an opportunity to stay sober while helping others do the same.
<https://www.sobergrid.com/>
- **Soberistas** is an International Online Recovery Community which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other stay sober. <https://soberistas.com/>
- **Sober Recovery** offers forums for people with Substance Use Disorder to find assistance and helpful information. <https://www.soberrecovery.com/forums/>
- **My Child & Addiction Parent to Parent Podcast**
<https://podcasts.apple.com/us/podcast/my-child-addiction/id1233772510>
- **Pennsylvania Public Media - Battling Opioids Podcast**
<https://battlingopioids.org/podcasts/>
- **SobrieTea Party – Recovery Rocks Podcast** <https://www.stitcher.com/podcast/recovery-rocks>
- **Magellan Healthcare Resources** <https://www.magellanofpa.com/media/5467/covid-19-update-april-1.pdf>
- **Magellan Healthcare Restore Digital CBT** one of Magellan Healthcare's educational digital cognitive behavioral therapy programs, is a private, confidential online program that may help individuals who are experiencing insomnia and other sleep difficulties. Available anytime. Anywhere at no cost to U.S. residents, the short, easy session teach skills, techniques and practice to help improve your sleep and sleep quality. Visit <https://ontobetterhealth.com/restore> for more information.

YouTube videos to manage stress, anxiety, etc.

- **Progressive Muscle Relaxation** This technique involves tensing and releasing your muscles and can be incorporated with imagery and sound. Commonly used in Cognitive-

Behavioral Stress Management programs, it can help release tension, relieve anxiety, manage panic attacks and help manage insomnia.

<https://www.youtube.com/watch?v=86HUcX8ZtAk&t=840s>

- **Deep Breathing** This video will guide you through the deep breathing technique which can help reduce stress and anxiety and can be practiced anywhere.

<https://www.youtube.com/watch?v=EYQsRBNYdPk>

- **Mindfulness Meditation** This video will guide you through mindfulness meditating which can help reduce stress, anxiety, depression, and negative emotions. Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR) has been efficient in reducing anxiety and depression symptoms.

https://www.youtube.com/watch?v=6p_yaNFSYao

Apps to manage Stress, Anxiety, etc.

- **Breathe2Relax** This app provides different breathing techniques to manage stress as well as reading materials and a personal progress chart. (available for iPhone, Apple products)
- **Mindshift** This app is targeted to help adolescents, teens, and young adults gain insight and basic skills to manage symptoms of anxiety disorders by demonstrating different coping strategies. (available for iPhone and Android)
- **Sanvello** This app guides deep breathing, behavioral exercises, and identifying negative thinking patterns using videos and setting goals. (available for iPhone and Google Play) Free premium access through the COVID-19 crisis

Agencies that are currently accepting new clients during COVID-19

- **LVCCFD**
1005 Brookside Rd.
Suite 80
Allentown, PA 18106
484-268-2399
- **H&L Psychological Services**
2132 S. 12th St.
Suite 402
Allentown PA 18103
484-350-3001
*individual therapist numbers available on the website – hlpsych.com under contact
*email HLPsych2132@gmail.com to schedule appointment, you will then be matched with a therapist
- **Children's Integrated Center for Success**
1247 S. Cedar Crest Blvd.
Suite 100
Allentown, PA 18103
610-770-1800
*Clinicians have availability; Psychiatric nurse practitioners available

- ***Progressions***
881 Marcon Blvd.
Allentown, PA 18109
610-266-2656
- ***Summit View Counseling***
Little Lehigh Medical Building
1275 S. Cedar Crest Blvd. Suite 3A
Allentown, PA 18103
610-351-3477
- ***Bethlehem Counseling Associates***
2045 Westgate Drive
Suite 304
Gateway Professional Building
Bethlehem, PA 18017
610-865-8177
- ***Concern***
90 South Commerce Way
Suite 300
Bethlehem, PA 18017
610-691-8401
- ***Lehigh Valley Counseling***
51 E. Elizabeth Ave.
Bethlehem, PA 18018
610-360-7526
- ***Pathway to Healing***
31 West First St.
Unit 1
Wind Gap, PA 18091
610-881-4545
- ***VirtualCounselor.com***
*offers virtual counseling year round K-12
*accepts commercial insurances

CHILDCARE RESOURCES

- ***Department of Human Services*** created this interactive geotag where individuals who are required to still work can enter their location and find what childcare services have been waived to still provide care for parents who work in essential businesses.
<https://www.dhs.pa.gov/providers/Providers/Pages/Coronavirus-Child-Care.aspx>
- ***YMCA*** Providing childcare services at their Allentown, Bethlehem, Easton/Phillipsburg and Nazareth branches through a new program called “Here For You”. The program will provide childcare options for Emergency Responders and Medical Personnel.
<https://www.gv-ymca.org/news/20/gvy-to-run-here-for-you-program-providing-child-care-options-for-emergency-responders-and-medical->

staff.html?fbclid=IwAR2Go3XUXjCIyFIopaqAq_LRsWX0-K_Ca3hCksbDi8RELJ5OTel3n-GrPMU

- **Lehigh Valley Children's Centers** <https://lvcconline.org/>; LVCC on Union Blvd., Allentown: (610) 820-5304, LVCC at Monocacy Manor, Bethlehem: (484) 821-0465, LVCC on Park Ave., Neffs: (610) 760-8661

GENERAL TIPS:

This is a stressful time. Be aware of how you are feeling. Social distancing does not mean social isolation. You should still call your loved ones, friends, and family. If you have the means to you can FaceTime, Skype, or Zoom them as well.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to the news including social media.
- Take care of your body.
- Take deep breaths, a relaxing shower or bath, stretch, eat well-balanced meals, and exercise.
- Avoid alcohol or drug use and get plenty of sleep.
- Make time to unwind.
- Start a new hobby, finish a project that has been sitting around for a while, or do some other activity you enjoy.
- If you can, sit on your front steps or back porch. Vitamin D produced by the sun is very good for you. It is a natural antibiotic so is the air outside. Spend 10 minutes a day outside but distance yourself to people.
- Wash your hands and don't touch your face!
- Keep a 6-foot distance between you and others if you travel outside.
- Stay home! If you don't need to go out don't!
- Disinfect frequently touched surfaces often, every day.

FINANCIAL RESOURCES:

Lehigh Valley Area Banks Offering Free Stimulus Check Cashing

Allentown:

Wells Fargo – need two forms of ID located at 702 N. 7th Street, Allentown, PA 18102

Fulton Bank – drive-through but they do allow people to walk up to drive-through. Need one form of ID. Limit is \$3,000. Located at 1928 Hamilton Street, Allentown, PA 18104

BB&T – need two forms of ID. If two people are named on the stimulus check (i.e., if it's a joint check) both people need to be present. Multiple locations: 1139 Hamilton St., Allentown, PA, 18101; 835 Hamilton St., Allentown, PA 18101; and 645 Hamilton St., Allentown, PA 18101.

Bethlehem:

Wells Fargo – drive through only. Can only utilize with vehicle. Need two forms of valid ID. Located at 301 Broadway, Bethlehem, PA 18015

Fulton Bank – drive through but they do allow people to walk up to the drive-through. One form of primary (state-issued) ID OR two forms of secondary ID (EG, Medicare, Social Security card) located at One East Broad Street and New Street One East Broad Building, Bethlehem, PA 18018.

BB&T – one form of ID required. Located at 44 East Broad Street, Bethlehem, PA 18018

PNC Bank – drive through but they do allow people to walk up to drive-through (use caution). Two forms of ID are required. Located at 901 Evans Street, Bethlehem, PA 18105

Easton:

PNC – drive-through – it is recommended having a vehicle for safety purposes, but some people have been walking through. Two forms of ID are required. Located at 61 North 3rd Street, Easton, PA 18042

BB&T – drive-through but they do allow people to walk up to drive-through. Must bring current phot ID (primary/state-issued) and secondary ID (EG, Medicaid, student ID). Located at 101 South 3rd Street, Easton, PA 18402.

The Lifeline Program is a federal government benefit that provides eligible low-income consumers a monthly discount on their phone or internet bill. The benefit can be used for telephone, Broadband internet access or a combined telephone/internet service. Go to <https://www.lifelinesupport.org/> for more information.

Financial Institutions

If you need to access your financial institution, complete transactions using online or mobile banking, drive thru, or ATM's.

Make use of services available 24/7 on your financial institutions website or app including balance inquires, transfers, loan payments, mobile check deposits, and transaction inquires.

You should contact your financial institution for any concerns with credit, automatic bill payments, or debt obligations like credit card and mortgage payments.

Unemployment

If you are unable to work because of COVID-19, you may be eligible for unemployment benefits. Learn more here: <https://www.uc.pa.gov/Pages/covid19.aspx> or call (1-888-313-7284). For any additional questions visit <https://www.uc.pa.gov/faq/Pages/default.aspx>

Taxes

Get tax answers here: <http://revenue-pa.custhelp.com>

Credit Cards

If you are struggling to make your credit card or loan payments due to the loss of income from COVID-19, contact your lender right away. Regulatory institutions have encouraged financial institutions to work with customers impacted by the coronavirus. Learn more here: <https://www.consumerfinance.gov/ask-cfpb/what-should-i-do-if-i-cant-pay-my-credit-card-bills-en-1697/>

Rent and Mortgage

Allentown City Offering Rental Assistance Program. Rent assistance application will be open on May 1st and closed on May 10th. It is a 10 day very short window. To apply please go to the following link: <http://www.allentownpa.gov/covidrentalassistance>. For more information and to find out if you qualify go here: <https://www.allentownpa.gov/Home/News-Archive/ID/1363/City-Offering-Rental-Assistance-Program> Scroll down to the bottom of the page for the information. The application is also offered in Spanish.

If you are having trouble paying rent or mortgage, contact your lender or landlord immediately. Do not wait until you're behind on payments. Some lenders may work out an agreement to waive late fees, set up a repayment plan or offer loan forbearance. For mortgage information visit: <https://www.consumerfinance.gov/ask-cfpb/if-i-cant-pay-my-mortgage-loan-what-are-my-options-en-268/> For rental assistance visit: https://www.hud.gov/topics/rental_assistance

Wells Fargo Home Mortgage Customers If you are unable to make your payment due to COVID-19 related hardships, they're offering a 90-day payments suspension. To request assistance, sign on to your online banking and email them through their secure message center. They will respond within 3 to 5 days. If you set up automatic payments with Wells Fargo or another bank you need to manually stop those payments. <https://connect.secure.wellsfargo.com/auth/login/present?origin=cob&LOB=CONS>

Loans

Consider your options before taking out a high cost short term loan. This should be a last resort option. Speak to your creditors and negotiate more time to pay bills or borrow from friends and family before exploring loans offered by banks, credit unions, or licensed small loan companies that you may not be able to repay. Borrow only what you can afford to pay back.

Scams: BEWARE!

Financial scams are at an all-time high right now. If you have received an unsolicited phone call, when in doubt, hang up. Never provide credit card or other financial information or personal information as part of an unsolicited phone call and think twice if you're pressured to act now. Anyone can contact DoBS at 1-800-PA-BANKS or 1-800-722-2657 to ask questions or file complaints about financial transactions, companies, or products.

MISCELLANEOUS RESOURCES:

- **The United Way** has a COVID-19 Community Economic Relief Fund. They will help with bills, rent, and food. You can call 1-866-211-9966 and provide zip code and will be given a list of local agencies to provide assistance. <https://www.unitedwayglv.org/>

- **Child Protective Services** is still fully operational during this time and nothing has changed regarding the requirement to report suspected abuse or neglect to Childline. They are still going to homes to see children and monitor their safety however it is limited. Mandated reporters are encouraged to use the self-service portal on the Keep kids safe website, to avoid long hotline wait times.
<https://www.compass.state.pa.us/cwis/public/home>
- **Incidents of child abuse** or neglect can be reported to ChildLine 24 hours a day, 7 days a week at 1-800-932-0313 and online at pa.gov.
- **Pennsylvania Sexual Assault Helpline** – victims of domestic violence and sexual assault can receive crisis services by calling 1-888-772-7227 or visiting <https://pcar.org>. Victims who are unable to speak safely can also log onto <https://www.thehotline.org/> or text LOVEIS to 22522.
- **National Domestic Violence Helpline** – 1-800-799-7233
- **Tips about abuse or neglect of adults with disabilities** can still be reported to Adult Protective Services by calling to 1-800-490-8505.
- **Any person who believes that an older adult is being abused, neglected, exploited or abandoned** can contact the Elder Abuse Hotline at 1-800-490-8505.
- **Apply for SNAP (Food Stamps)** <http://on.pa.gov/compass>
- **Apply for Medicaid** <http://on.pa.gov/compass>
- **Apply for Wic** call 1-800-942-9467
- **Giant Prescription Pick-up or Delivery** Call your local Giant pharmacy to arrange pickup or delivery of your prescription. Payment must be made in advance by phone with a credit card. For pick-up: park in a GIANT Direct parking space, call the pharmacy and let them know you have arrived, then a team member will bring your prescription out to you. For delivery: your prescription will arrive in 2-3 business days via USPS. There is no shipping charge at this time.
- **Pennsylvania Health Access Network (PHAN) Helpline (Statewide):** 877-570-3642
- **Public Citizens for Children and Youth (PCCY) Helpline (Southeast PA):** 215-563-5848
- **Learn about school closures** <http://education.pa.gov/covid19>
- **Access driver services** <http://dmv.pa.gov/online-services>
- **Find professional license services** <https://www.pals.pa.gov/>
- **Receive text alerts in pa** <http://on.pa.gov/alertpa>
- **Aunt Bertha Resource Link** search by zip code for assistance with housing, food, etc.
<http://www.auntbertha.com/>
- **6th Street Shelter** in Allentown at 219 N 6th Street #4111 Allentown, PA 18102 is still accepting new CES referrals and clients for an Emergency Shelter. You can contact them at 610-433-3282 or by email at sixthstreetshelter@caclv.org
- **Allentown Rescue Mission** at 355 Hamilton Street Allentown, PA 18101 is still accepting veteran referrals and referrals to their housing program. You can contact them at 610-740-5500.
- **Utility Companies:** At this time, utility costumers including **PPL Electric, Met-Ed, and UGI**, will not shut off any electric, natural gas, water, wastewater, telecommunications, and steam utilities. This is part of an emergency order signed by the Pennsylvania Public Utility Chairwoman prohibiting companies from terminating consumers for unpaid bills or other reasons.

- **FamilyWize** provides discounts to lower the cost of prescription medications. Whether you're insured or uninsured. Visit <https://familywize.org/> for more information.
- **Medicare Telehealth** Call the hotline at 1-888-392-8889 if you cannot reach your doctor and are concerned that you may have Coronavirus. They are open from 7 a.m. to 7 p.m. daily.
- **Lehigh County Water Authority** will not shut off water to customers with delinquent bills.
- **Service Electric** will not terminate service to any residential or small business due to inability to pay their bill, wave late fees, and open its Wi-Fi hotspots to everyone. Will also offer free broadband modems to qualifying customers during the ongoing national emergency. For more information on modem access and 60-day financial grace period, contact representatives at: 1-800-232-9100
- **Charter Communications/Spectrum**: Offering free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription. Installation fees will be waived for new student households. Charter will also open its Wi-Fi hotspots across their footprint for public use. Spectrum does not have data caps or hidden fees. If you would like to enroll contact them at 1-844-488-8395.
- **Comcast**: is offering free Xfinity Wi-Fi to everyone with hotspots available to all. To access the service, look for the xfinity Wi-Fi network name in a list of hotspots. Also, if you are a customer and are unable to pay your bills during this time, you can contact Comcast for advice on flexible payment options. No disconnects or late fees will be applied if you contact customer service. 1-800-934-6489 Low income families who are in an area with Comcast service can sign up for Internet Essentials and as new customers, are eligible for 60 days of free service <https://www.internetessentials.com/>
- **RCN**: Lifeline Internet Program for Students (K-12) The first 60 days FREE of RCN Internet it includes the modem, router, and network access maintenance fee. There is no credit check, no activation fee, no installation fee, and no contract. It is then \$10 a month after the first 60 days. An adult over the age of 18 living in the household must call and request enrollment in the Lifeline Internet Program. RCN cannot schedule installations called in by a minor. There is a specific hotline for the program and it is 866-926-6704. Normal business hours/phone line is open: Monday to Friday from 9 a.m. to 8 p.m. and Saturday 8:30 a.m. to 5 p.m. During non-business hours, callers may leave a message, which will be returned on the next business day. A non-customer may qualify if: they live in an area of the Lehigh Valley that RCN service is available, they have not subscribed to RCN services within the last 60 days, they have no outstanding debt to RCN that is less than one year old, and the name on the bill matches the name of the adult household member requesting enrollment in the Lifeline Internet program. You can also visit www.internetfirst.com for more information.
- **U-Haul**: College students who need to move out of their dorms or rental units and have no place to put their belongings. You must present a college ID and it is dependent on availability. This offer lasts 30 days of free self-storage. Find out more by visiting <https://www.uhaul.com/Storage/> or calling 1-800-468-4285
- **U.S. Cellular** Eliminated overage charges for those of you on legacy plans, including Shared Connect and other postpaid and prepaid plans with data limits, so you can use the data you need without worrying about your bill. To further enhance your experience, if

you are currently on a limited 2GB or 6GB plan, your plan will not be throttled to 2G speeds at those thresholds. Additionally, extra data provided beyond your plan will be delivered at speeds that are suitable for standard definition video quality. If you're on an Unlimited Everyday or Even Better plan, we've provided you an extra 15GB of hotspot data to adjust to any shifting and varying work arrangements. No action is needed from the customer to receive these enhancements.

- **Sprint:** If you are a customer, they are providing unlimited data for 60 days with metered data plans and giving 20 GB of free mobile hotspot to customers with hotspot-capable devices. Waiving per-minute toll charges for international long-distance calls from the U.S. to CDC- defined Level 3 countries (effective 3/17). All orders on sprint.com will get free next-day shipping and waived activation fees.
- **AT&T:** No overage fees while people are at home using more data, open public Wi-Fi hotspots open for anyone to use, internet access for qualifying limited-income households at \$10/month through Access from AT&T program. They will not terminate service of any wireless, home phone, or broadband residential or small business customer due to an inability to pay their bill as a result of the coronavirus. They are also waiving late payment fees for those customers.
- **T-Mobile:** Will waive late fees, not cutoff service for lack of payments and open hotspots. All T-Mobile customers as of March 13, 2020 who have plans with data will have **unlimited smartphone data** for the next 60 days (excluding roaming). T-Mobile customers on plans with smartphone mobile hotspot can add **20GB of smartphone mobile hotspot** (10GB per bill cycle for the next 60 days) via myT-Mobile.com or the myT-Mobile app by adding the COVID-19 Response High Speed Smartphone Mobile HotSpot feature for each voice line. (T-Mobile Connect excluded) They're working with their **Lifeline partners to provide customers extra free data up to 5GB per month** through May 13, 2020. They're increasing the data allowance for free to schools and students using our **EmpowerED** digital learning program to ensure each participant has access to at least **20GB of data per month** through May 13, 2020
- **Verizon** is automatically adding 15 GB of data across nearly all of our plans, to be used between 03/25/2020 and 04/30/2020. Please note that you will not see the additional allowance in your My Verizon account online, in the Verizon App, or on your bill. To be eligible, you must be on a qualifying postpaid (unlimited or shared), Jetpack or prepaid plan:
 - **For Unlimited Data Plans:** 15 GB of 4G LTE data will be added to your plan's existing 4G LTE Mobile Hotspot allotment (most unlimited plans include 15GB or 20GB of 4G LTE Mobile Hotspot data standard). Eligible plans include: The Verizon Plan Unlimited, Go/Beyond/Above Unlimited Plans, Start/Play More/Do More/Get More Unlimited Plans
 - **For Shared Data Plans:** 15 GB of 4G LTE shared data will be added (can be used for Mobile Hotspot, or any other connected device using the shared data plan). Eligible plans include: More Everything Plans, Verizon Plans 1.0 and 2.0 (e.g., S, M, L, XL, XXL), Just Kids
 - **For Jetpack - Unlimited or Metered Plans:** 15 GB of 4G LTE data will be added

- **For Prepaid:** All monthly plans with a data allowance: 15 GB of 4G LTE data will be added to monthly metered Smartphone (can be used for Mobile Hotspot), Jetpack and Tablet device plans

Note: If you're on a shared or account level plan, all lines on the account will share the data. If each line on your account has its own plan, each will receive its own data.

To view or change your plan, visit My Verizon.

➤ **COX**

- Effective Monday, March 16, we are providing:
- Limited-time, first two months free of Connect2Compete service, \$9.95/month thereafter
- Until May 15, 2020, we are providing phone and remote desktop support through Cox Complete Care at no charge to provide peace of mind and ease for technology needs
- Resources for discounted, refurbished equipment through our association with PCs for People
- A Learn from Home toolkit for schools, including instructions on how to fast-track eligible students without internet access:

➤ **StraightTalk** Is adding GB. Text COVID to 611611 and the data will be added:

<https://www.straighttalk.com/covid/>

➤ **SafeLink** Will provide unlimited talk/text and an extra 5G of data through April 28th:

<https://media.tracfone.com/wps/wcm/connect/phones/safelink/covid>

➤ **Q Link** Is increasing data to 8G & providing unlimited talk/text through April 30th.

Click on the Learn More green ribbon at the top: https://qlinkwireless.com/signup/g-6-717/?B=209&A=209&SubAffiliateID=8673213001&kw=lifeline+cell+phone&mt=e&ca=8673213001&ag=88729269764&ad=407319436238&device=c&dm=&po=&lo=9006177&lp=https%3a%2f%2fqlinkwireless.com%2fsignup%2fs-6-717%2f&gclid=EAIaIQobChMI8YvSy8bJ6AIVvoVaBR2Z4gLAEAAAYAiAAEgILwfD_BwE

➤ If someone has a **Lifeline** phone on another carrier, please check that carrier's website.

➤ **Home heating help** <http://on.pa.gov/liheap>

➤ **Vote by mail ballot** <http://votespa.com/applymailballot>

➤ **Report price gouging** pricegouging@attorneygeneral.gov

➤ **CONNECT 5: Find the NicoTEEN** (available as an APP or Google Play), Audience: Ages 13-18. This program has 5 series and each series has multiple episodes to complete. The individual completes 1 module each week, after they complete a module the next one will not be available until the following week. The individual will create their own personal plan for success throughout the program by creating small goals each week to help them reach their ultimate goal. After the 5 weeks, they receive a certificate of completion which can also assist them if they need to go to court or if they are on probation. The app also offers different tools to cope with stress such as meditations, poems, and links to other resources online.

➤ **PREP: Prevention Resources & Education for Parents/Caregivers** (available online) Audience: Parents/Caregivers. This course has 5 modules that can be completed one after another. This program also provides information that can reduce the chances that young people will engage in substance use such as: Definition of addiction and how it affects

the brain, Risk factors for developing a SUD, Ways to protect teenagers from additional risk factors, Types of substances and trends and the Importance of talking early and often with your children.

PROTECTING YOURSELF FROM CORONAVIRUS SCAMS AND FRAUD

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do **NOT** give out your Medicare number, Social Security number, bank account or other personal information in response to unsolicited calls, texts, or emails.
- Be suspicious of anyone going door-to door to offer free coronavirus or COVID-19 testing, supplies, or treatments. These are SCAMS.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- While the Center for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will **NOT** need to ask you for insurance or financial information.
- The federal government will be mailing or direct-depositing economic impact payments for most Pennsylvanians. Do **NOT** provide any banking information to anyone who contacts you on the phone, through email or text messages, or on social media. Ignore solicitations that offer to get you this payment early or get you "more" money. Just hang up or delete the email.
- For free, confidential help, call the PA Senior Medicare Patrol (PA-SMP) toll free: 1-800-356-3606 or visit www.carie.org