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.thechc.org.

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

Updated: 2/19/2021

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@thechc.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

No Kid Goes Hungry
Enter your address to find free, healthy meals being served by organizations in your community. We do not use your information for any other purpose than to locate food assistance. You can also find these resources by texting the word **FOOD** to **877-877**. Data & message rates may apply. **En Español**

Lehigh Valley Food Policy Council
https://www.lvfpc.org/

Allentown Area School District:
Allentown School District is offering FREE meals this fall during our Virtual Campus. Meals will be available Monday through Friday when school is in session. The meal will include a breakfast and lunch. There is a choice of a cold meal or a meal you can reheat at home. All schools are open for meal puck-up. Any child 5-18 in the Allentown community is welcome to participate. Meal pick up times:
7:30-9:00 am
10:30 am – 1:30 pm
2:30 pm – 3:30 pm
If you have any questions, please call Child Nutrition Services at 484-765-4710

Bethlehem Area School District:
Breakfast and lunch meals will be available for pickup Mondays (meals for 2 days) and Wednesdays (meals for 3 days) starting Monday, June 8th unless otherwise noted at the following locations between 10:00am-11:30am:
- Moravian Village: 561 East Market Street
- Star of Bethlehem Lutheran (9am-10am): 514 3rd Avenue
- Lynfield Community Center: 1889 Lynfield Drive
- Northeast Community Center**:** 1161 Fritz Drive
- Bethlehem Public Library (South Side) (10:30am-11:30am): 400 West Webster Street
- Boys and Girls Club: 1430 Fritz Drive

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

Catasauqua Area School District:
Pease be aware that all meals at CASD buildings are **FREE** for the 20-21 School Year! In the interest of public safety, we have made some necessary changes to our options and style of service, but we are also providing meals **FREE OF CHARGE**. Breakfast is available for kids to take home each day, to be eaten the next morning. Meals are also available CURBSIDE at Sheckler, from 9:45-10:15 M-F, for those kids not attending in-person classes.
All FREE to CASD residents ages 0-18. *Contactless curbside pickup for school breakfast and lunch will begin on **9/8/20**, from 9:45 am – 10:15 am, in front of Sheckler Elementary School. Please arrive with a clean vehicle trunk. Beginning **after Labor Day**, we will provide this each weekday, and that schedule will be evaluated, based on popularity and is subject to change. This service is available for students of CASD only. Students need not be in the car during pick-up. Drivers will be asked to verify the names of their students. Walk –ups will also be accommodated.*

East Penn School District:
Grab-And-Go Meal Program / Monday, Wednesday and Friday / 12-1 PM
on Monday and Wednesday, lunch/breakfast will be provided along with lunch/breakfast for the following day. On Friday, lunch/breakfast will be provided along with lunch/breakfast for the weekend. For all East Penn Students. Locations: Lincoln Elementary, Alburtis Elementary and Lower Macungie Middle School

Easton Area School District:
The Easton Area School District is providing grab and go breakfast and lunch for any child during the hours of 9:00 a.m. through 11:00 a.m. at the following locations: Cheston Elementary School, Paxinosa Elementary, Easton Area Middle School, and Easton Area High School. Bagelsmith, located at 2443 Butler Street, is offering free grab and go breakfast to any EASD or WASD student on Mondays through Fridays from 7:00 a.m. through 11:00 a.m. Choose between pancakes or a bagel, and milk, chocolate milk, or OJ.

Easton Area Food Banks:
A list of area food banks can be found at the following website: https://www.eastonhungercoalition.org/find-food.html. Additionally, more detailed information can also be found on the COVID Resources page.

Nazareth Area School District:
The Nazareth Area School District has put a program in place that will help continue to feed K-12 students while they are in the virtual/hybrid model as well as all Cyber Academy students. We will be taking orders on each website for anyone who would choose to take out hot lunch meals for their student/students. If your family is free then there is no cost to you. If your family is at a reduced rate your student's lunch account will be charged $.40. And if your family is at a full pay status then your student's lunch account will be charged accordingly (Elementary - $2.85, Middle School - $3.10 and High School - $3.15). **NOTE:** Your student/students may

qualify for the free/reduced lunch program. Please go to the District website (www.nazarethasd.org) and click on the Food Services link. To the left you will see a list of options. Please choose the link for Free and Reduced Lunch Application Information for 2020-21 school year and then click on the link for the Free and Reduced Lunch Application. If you have a SNAP/TANF/Medicaid number, please add that in the space where it asks for a Case Number. K-12 students that are enrolled in the Nazareth Area School District qualify for this new Virtual/Hybrid/Cyber Academy lunch program. To order a lunch, please send an email that morning to the school your student attends, which will include your student's name, grade and choice for lunch. If you are ordering for two or more students and picking up at one site, you must follow that site's menu. You can find the lunch menu on our website, under the Food Service link. *Monday lunch – any student/parent requesting a Monday lunch will need to order the Friday prior by 9:30 a.m. and pick up at their respective school the same day.* All orders should be received by **9:30 a.m. daily**. The following is a list of the email accounts that will be receiving the orders:
Kenneth Butz Elementary – bepos@nazarethasd.org
Lower Nazareth Elementary – lnpos@nazarethasd.org
Shafer Elementary – sepos@nazarethasd.org
Intermediate School – ispos@nazarethasd.org
Middle School – mspos@nazarethasd.org
High School – hspos@nazarethasd.org
Tuesday and Thursday lunches for the A-K alphabet will be provided at school and the L-Z alphabet will be able to pick up at their school. Wednesday and Friday lunches for the L-Z alphabet will be provided at school and the A-K alphabet will be able to pick up at their school.
Pick up times will be: For ALL schools will be 12:45-1:30.
Pick Up Locations:
Kenneth Butz Elementary: **Door F**
Lower Nazareth Elementary: **Side Cafeteria Door**
Shafer Elementary: **Back Loading Dock**
Intermediate School: **Door H, Across From the Playground**
Middle School: **Gym Entrance by Track**
High School: **Front Door of District Offices**

Northampton Area School District:
The Free Meal Program has been continued thru December 31, 2020, or until funding runs out which can be as soon as October. For those parents who wish to pick up a lunch for their child(ren) while they are at home and not in the physical school structure during the day, lunch distribution will be consolidated into two (2) locations as of September 21, 2020. Pick-up times will remain the same between 10:00 a.m. and 11:00 a.m. Monday through Friday. Locations for Picking up Lunches for Those Not in Buildings During Face to Face Instruction:
• George Wolf (Underneath Canopy at the Gym entrance – Door #36 and #37)
• Bus loop between the High School and the Middle School (Door #14 outside concession stand facing the All Purpose Field)
Program Updates (for students in the building cafeterias):
• Hot lunches will begin on Tuesday, September 22, 2020, at all buildings K-12.
• A la carte items will also be available for purchase beginning Tuesday, September 22, 2020.

Northwestern Area School District:

The Grab-n-Go Program meal program's offered until 12/31/2020 or until funding has expired. Families are encouraged to reach out to the Lowhill Food Pantry (https://www.lowhillfoodpantry.com) if additional assistance is needed.

Meal Pick-Up Day: Meal pick-up day for individuals participating in the grab n' go program will be on Wednesdays from 11:00 am - 12:30pm. Pick up your at the site you specified on the order form.

Who qualifies? All children under 18 years of age who live in the Northwestern Lehigh School District. NOTE: Your child(ren) may be eligible for free or reduced breakfasts and lunches after this program expires. Please complete an online meals application by going to https://www.compass.state.pa.us/ to determine your eligibility.

What does it cost? There is no cost.

How do I order a meal? ***NWLehighSD website****. Please select* ***Departments > Food Service > Grab-n-Go Program > Please click here to order your Grab-n-Go meals***

Notes: Your child's student ID is the number your child uses for lunch. Ask him/her what code they type in for lunch at school

How does pick-up work? Pick up will be on WEDNESDAYS effective 9/14/2020 from 11:00am - 12:30pm daily (No earlier or later).

Directions: (1) Come to the school you select in the form, either Weisenberg or Northwestern Elementary (2) Follow the traffic pattern as defined below (3) Once in the BLUE section, a NWLSD employee will come out, verify your name, and give you your meal(s) ****** DO NOT GET OUT OF YOUR CAR **** WE WILL COME TO YOUR CAR ******

Parkland School District:

Free Breakfast and Lunch for All Students through Dec. 31 Starting Monday, September 14, 2020, ALL Parkland students will be eligible to receive free breakfast and free lunch each instructional school day. The change in programming is the result of USDA announcing an extension to the US waivers, which allow all students to receive free meals during the pandemic. This change also applies to our "Meals to Go" program, which allows parents to sign up and pick up meals to go every Wednesday for the days their students are learning virtually (see order form here for this Wed's pick-up). Questions concerning the change in our program should be directed to 610-351-5670 or seierl1@parklandsd.org. Note: A la carte menu items still will be available for purchase and if you have money in your MySchoolBucks.com accounts, it will be able to be used for those items and meals in the new year when this program is scheduled to expire.

Pen Argyl School District:

FREE MEALS through the SSO program - PAASD students are eligible to receive free breakfast and lunch on every school day, as provided by the United States Department of Agriculture (USDA) until funds are exhausted. This program is available to all children 18 years old and younger. Food Bank - Pen Argyl – 301 West Main Street, Pen Argyl, PA 18072 610-863-6677 1st Tuesday 10am-noon. Valid ID. (Waiting to hear back about any residency requirements)

Saucon Valley School District:

Students receiving online instruction who are enrolled in the Saucon Valley SD, have the option to receive/purchase a breakfast and lunch meal to go. Meals are available for pick up at the middle school bus loop- Monday- Friday(in session school days only) at 11:00- 12 noon daily. Parents/Guardians are allowed to pick up meals. Just state the students full name and grade level. Meals will be charged to the student's account based on their meal eligibilty- Free, Reduced or Paid. According to breakfast and lunch meal pricing.

Southern Lehigh School District:

Beginning Monday, 9/14/20, the Southern Lehigh School District announces the availability of free meals for all students and children in the community, up to and including 18 years of age. All enrolled students in Kindergarten through 12th grade are qualified to receive a free standard lunch which includes the main or alternate entrée, fruit, vegetable, and milk or a bagged lunch in school; or a bagged lunch while learning virtually. Students should follow regular meal selection and go through the lunch lines as normal, but no student will be charged for the standard school lunch or bagged lunches for virtual learning. Students do NOT need to preorder lunch for consumption during in-school learning, only for bagged lunches during virtual learning. Any extra items and a la Carte purchases will be charged to student accounts. The opportunity to sign-up will be communicated prior to each upcoming week and is requested in order to help us prepare bagged meals each week. Any student who requests a lunch in school or bagged lunches for learning virtually will be provided one. Please have your bagged lunch orders in by 9:00 am the day the bagged lunch will be picked up or distributed in school to help ensure we have enough lunches on hand. Free meals for all students and children in the Southern Lehigh community will be until the federal funding for this program expires. Families are encouraged to register for free or reduced meals, if they meet qualification guidelines, to continue free or reduced-price meals once funding expires.

Meals will NOT be charged to the student's lunch account during the nationwide COVID waiver. If funding expires prior to12/23/20, the Southern Lehigh School District will communicate that prior to anyone being charged for lunches. **For K-6 students who are learning virtually full time or non-enrolled children in the SLSD community, please follow the High School bagged lunch distribution schedule and pick up your child/children's meals at the HS, order your child's bagged lunch as usual, but please indicate that you will be picking the lunches up at the HS. If families in the SLSD community cannot order their bagged meals online, they can still pick up bagged lunches at the scheduled times at the High School.**

Bagged Lunch Order Form and Information:
https://docs.google.com/forms/d/e/1FAIpQLSeQ1Z1mtllbsxN2uckS0KQVMlIaO_cVsF8NtykpZORM3ov5xw/viewform?usp=sf_link

We are providing meals at each school, for those students who are in-school learning. Please contact Mr. Greg Martin, Coordinator of Food Services, at marting@slsd.org or 610-282-3121 ext. 7330, with any questions.

Wilson School District:

We are pleased to inform you the United States Department of Agriculture (USDA), has extended the program allowing all students to receive FREE (no application is necessary) meals until funding to support the program runs out. This will be effective Monday, September 14th for the Wilson Area School District community. The following guidelines apply to the program:

*Parents/guardians may pick up the meals on behalf of their children without the children being present
*Students are entitled to one breakfast and one lunch per instructional day
*The program applies to all meals whether your student is enrolled in the hybrid or 100% online instructional program
*The program is available to all children 18 years old and younger

The ordering process will remain the same for all buildings. The designated days for meal pickup are Monday and Wednesday between 10:00 a.m. and 10:30 a.m. at Avona, Williams Township and Wilson Borough Elementary Schools.

YMCA Free Grab and Go Meals

(For kids 18 years and younger) Effective 9/8
Allentown Branch / 425 South 15th St. Allentown / M,W,F – 4-5 PM
Bethlehem / 439 E. Broad St. / M, W, F – 4-5:30 PM
Easton / 1225 W. Lafayette St. / Monday to Friday – 12 PM to 12:30 PM
Children of Joy Christian Academy / 934 Hanover Ave. Allentown / M, W, F – 4-6 PM
Paxinosa Elementary / 1221 Northampton St. Easton / Tuesday 3:45-5:45 PM
Dutchtown Park / Locust and Walnut Sts, Easton / M, W, F – 11 AM to 12 PM
Vanderveer Park / 12th and Spring Garden St., Easton / M, W, F – 12:30 PM – 1:30 PM
10th and Pine Park / 10th and Pine Sts, Easton / Thursday 5:30-7 PM
**Items marked in red also provide FREE Adult Meals*

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

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.
- ***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.
- ***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 call 610-737-0530.
- ***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.
- ***Allentown Area Ecumenical Food Bank*** located at Alliance Hall, 534 Chew St., Allentown PA 18102. Open Monday-Friday 9:30-11:45 AM.
- ***Parkland CARES Food Pantry*** **-** Please continue to monitor the home page of our website and our social media pages for updates. Please bring an ID and proof of residence. Paperwork must be filed in order to have someone else shop for you. Drive Thru Food Distributions: All Drive thru Food Distributions take place at Kernsville Elementary School, 5051 Kernsville Rd, Orefield, PA 18069, from 5:00 PM - 6:00 PM. Please check the home page of our website or our social media pages for dates. All dates and times are subject to change. The parking lot opens at 4:00 PM. You will NOT BE PERMITTED to enter the parking lot until 4:00 PM. All cars must enter off of Kernsville Road and follow instructions on where to proceed. We ask that each family drives carefully and is aware of people and

cars around them. Families must stay in their cars at all times. Do not exit your vehicle for any reason. When you arrive, you will be asked to open your trunk so that volunteers can put bags directly inside. Please make space available in your trunk for the bags BEFORE you arrive. We will be distributing food based upon availability as supplies last. NO SMOKING is permitted on the property.

Bath:

- ***Bath Food Pantry*** located at 206 East Main Street, Bath, PA 18014. Open second Tuesday of every month (9:30-11:00 am and 6:00-8:00 pm). For more information please call at: 610-837-1061. You must bring one form of ID with your current address on it.

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 Tuesday of the first full week of every month from 9 a.m. to 11 a.m. Call for changes to schedule at: 610-365-5300.
- ***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 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. Bring your Photo ID and current proof of residence. You will not be allowed to pick-up food for anyone else no matter the circumstance unless you have a current proxy form. Do not come early. 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. 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, Parryille 18244, Lehighton 18235. There is 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 SECURITY

https://www.agriculture.pa.gov/Food_Security/Pages/default.aspx
Our department of agriculture page on the state government website has a ton of resources for food security.

FOOD RESOURCES FOR HEALTHCARE WORKERS, GROCERY WORKERS & TRUCK DRIVERS:

Grocery Workers Relief Fund

Through it all, grocery workers have been frontline heroes, risking their health and safety to keep the shelves stocked with essential food and supplies. To show appreciation to grocery workers for their contributions during this health crisis, Kendall-Jackson has partnered with United Way Worldwide, pledging $2 million through August 2030 to create the Grocery Worker's Relief Fund. The fund is administered by United Way Worldwide and provides emergency support to grocery workers to ease their financial challenges. Beginning October 1, 2020, eligible grocery workers in the United States can apply to receive up to $250 in the form of a cash card. https://www.unitedway.org/our-partners/partner-with-us/cause-marketing/grocery-workers-relief-fund?utm_source=facebook&utm_medium=social&utm_campaign=groceryrelief&utm_content=learnmore#

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.

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
Coordinated Health Sites:

1. **Coordinated Health Assess and Test—1503 N. Cedar Crest**

1503 N Cedar Crest Blvd / Allentown, PA 18104-2310 / 610-402-3900

2. **Coordinated Health Assess and Test—222 Red School Lane**

(908) 777-5340

3. **Coordinated Health Assess and Test–Hazle Township**

26 Station Circle / Hazleton, PA 18202-9726 / 570-861-8710

4. **Coordinated Health Assess and Test—Highland Avenue**

2300 Highland Avenue / Bethlehem, PA 18020-8920 / 610-849-0691

5. **Coordinated Health Assess and Test—Wind Gap**

1411 Jacobsburg Road / Wind Gap, PA 18091-9788 / 484-273-4241

6. **Coordinated Health Bethlehem–3100 Emrick Blvd.**

Drive-thru COVID-19 Testing
3100 Emrick Blvd / Bethlehem, PA 18020-8037 / 610-861-8080
This location offers drive-thru COVID-19 testing. Click through to learn more.

7. **Coordinated Health Care on Demand—511 VNA Road**

511 VNA Road / East Stroudsburg, PA 18301-8502 / (570) 369-5001

LVHN Sites:

1. **LVHN COVID-19 Assess and Test–Airport Road**

1791 Airport Road / Allentown, PA 18109-9528 / 484-658-3010

2. **LVHN COVID-19 Assess and Test–Bangor**

1337 Blue Valley Drive / Pen Argyl, PA 18072-1815 / 610-654-1200

3. **LVHN COVID-19 Assess and Test–Bartonsville**

292 Frantz Road / Suite 102 / Stroudsburg, PA 18360-6205

4. **LVHN COVID-19 Assess and Test–Bethlehem Township**

2101 Emrick Blvd / Suite 101 C / Bethlehem, PA 18020 / 610-868-0609

5. **LVHN COVID-19 Assess and Test–Cedar Crest**

1101 S Cedar Crest Blvd / Allentown, PA 18103-7937 / 484-240-4073

6. **LVHN COVID-19 Assess and Test–Fogelsville**

1431 Nursery Street / Suite 101 / Fogelsville, PA 18051-1612 / 484-273-4343

7. **LVHN COVID-19 Assess and Test–MacArthur Road**

2741 MacArthur Road / Whitehall, PA 18052-3632 / 610-403-6000

8. **LVHN COVID-19 Assess and Test–Macungie**

6451 Village Lane / Macungie, PA 18062 / 610-967-2772

9. **LVHN COVID-19 Assess and Test–Moselem Springs**

Routes 222 and 662 / Fleetwood, PA 19522 / 610-944-8800

10. LVHN COVID-19 Assess and Test–Muhlenberg

2649 Schoenersville Road / Suite 100 / Bethlehem, PA 18017-7326 / 484-884-8146

11. LVHN COVID-19 Assess and Test–Palmer Township

3701 Corriere Road / Suite 14 / Palmer Township, PA 18045-7991 / 484-591-7010

12. LVHN COVID-19 Assess and Test–Palmerton

528 Delaware Avenue / Palmerton, PA 18071-1911 / 610-900-4950

13. LVHN COVID-19 Assess and Test–Pocono

200 E Brown Street / East Stroudsburg, PA 18301-3006 / 570-476-3700

14. LVHN COVID-19 Assess and Test–Richland Township

320 W Pumping Station Road / Suite 3 / Quakertown, PA 18951-2345 / 215-529-4300

15. LVHN COVID-19 Assess and Test–Schuylkill Medical Plaza

200 Schuylkill Medical Plaza / Pottsville, PA 17901-3660 / 570-621-9200

16. LVHN COVID-19 Assess and Test–Sherman Court

140 N Sherman Ct. / Hazleton, PA 18201-5852 / 570-501-7400

17. LVHN COVID-19 Assess and Test–Tilghman

4825 W. Allentown, PA 18104-9374 / 610-402-3900

18. LVHN COVID-19 Assess and Test–Tobyhanna

100 Community Drive, Suite 102 / Tobyhanna, PA 18466 / 570-839-1400

19. LVHN COVID-19 Assess and Test–West End

120 rrus Blvd / Brodheadsville, PA 18322 / 570-992-7777

20. Other LV – American Family Care – Urgent Care

780 North Krocks Rd, Allentown, PA / 610-816-0355 / afcurgentcare.com/lower-macungie

St. Luke's Sites:

1. **St. Luke's Anderson Campus - Specialty Pavilion**
   1872 St. Luke's Boulevard / Easton, PA 18045
   Hours: Monday – Friday, 8 am – 5 pm; Saturday, 8 am – 1 pm
2. **St. Luke's West End Medical Center**
   501 Cetronia Road / Allentown, PA 18104
   Hours: Monday – Friday, 8 am – 5 pm; Saturday, 8 am – 1 pm
3. **St. Luke's Quakertown Campus**
   1020 Park Avenue / Quakertown, Pa 18951
   Hours: Monday – Friday, 8 am – 5 pm
4. **St. Luke's Health Center – Brodheadsville**
   111 Route 715 / Brodheadsville, PA 18322
   Hours: Monday – Friday, 8 am – 5 pm; Saturday, 8 am – 1 pm

5. **St. Luke's Lehighton Campus**
   211 North 12th Street / Lehighton, PA 18235
   Hours: Monday – Friday, 8 am – 5 pm

FREE COVID-19 TESTING AVAILABLE

The Walmart Supercenter in Whitehall is offering free COVID-19 testing Mondays, Wednesdays and Fridays from **7 to 9 a.m.** Patients must register for an appointment **HERE** and arrive no earlier than 10 minutes before their appointment time. All CVS Minute Clinics are now testing and will be providing free testing to those without insurance. Appointments required.

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

FLU VACCINES

There is still time for flu shots. No appointment necessary. Check out their websites first:
Rite Aid
Walgreens
Wegmans Pharmacy

DIAPER RESOURCES:

United Way: https://www.unitedwayglv.org/take-action/covid-19-resources/get-help/baby-and-infant-essentials

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, Lehighton, 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, Lehighton, 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 officer 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.

Project Silk Lehigh Valley PSLV is a youth drop-in center for LGBTQ+ youth of color and their allies between the ages of 14-21. Our services also extend to age 29, though the drop in Center is closed to clients that are 22+. The Center is currently open Mondays-Fridays from 3:00pm - 6:00pm. There is a link here and in the bio of our Instagram for youth to sign up to come to the Center for the day (this is because we are only able to have 7-8 youth in the Center at this time due to our limited capacity during the COVID-19 pandemic). The address for our Center is 29 Bayard Rustin Way, Allentown PA 18101 (we are located in the basement of the Bradbury-Sullivan LGBT Community Center)

- **Project Silk services:** PSLV provides free HIV/STI and pregnancy testing for ages 14-29, free short term therapy (8-12 weeks), a free emergency supplies closet (includes essentials like tampons, shampoo, etc.), gender and sexuality counseling, healthy relationship counseling, birth control and pregnancy counseling, connections for

unsheltered or at-risk youth and social services. We are also beginning a grant with SAMHSA to provide substance abuse/mental health counseling. Additionally, we have a school outreach program where we will meet with individual youth, attend club meetings to make connections and be role models for youth. We also conduct presentations and activities on LGBTQ+ issues for clubs. We have also worked with community organizations and teachers to help them better provide LGBTQ+ inclusive services for their clients.

- **PSLV staff:** Our staff includes several Peer Mentors and Case Managers who provide daily groups and programming in our space as well as case management services. When possible we will also assist youth in transportation to and from appointments for HIV/STI care, transgender health care and more. Our program is a partnership between Valley Youth House and Bradbury-Sullivan LGBT Community Center. A majority of our staff are LGBTQ+ ourselves, providing a unique space for youth to come and feel accepted.
- **Project Silk's Instagram:** Our Instagram (@projectsilkpride) is our most active social media platform where youth and the rest of the community can engage with us and our services. Youth are encouraged to reach out to us via our Instagram DMs if they need something. Since the beginning of the COVID-19 pandemic, PSLV has been going live on Instagram Live each day. We are currently going live at 2:30pm each day before opening the Center. There we talk about sexual health, healthy relationships, LGBTQ+ issues and more.
- **Lehigh Valley Youth Support Solidarity Collective:** This group is led by Kylin, our GSA Coordinator and Case Manager and several other professionals in the area. The LV Youth Support Solidarity Collective is a peer-led group of professionals, teachers, community members and advocates who work with youth in the Lehigh Valley area. We are committed to equality for BIPOC, LGBTQ+, disabled, poor and marginalized people and work together to make inclusive and supportive spaces for those youth. We strive to help each other avoid burnout and serve all of the youth in the Lehigh Valley better. We meet once a month on Zoom and every meeting is open and welcome to newcomers.

EDUCATION AND LEARNING FOR STUDENTS:

The Salvation Army
PHONE# 610.432.0129 / **PHYSICAL ADDRESS:** 144 North 8th Street Allentown, PA 18101
EMAIL: Keila.Sotomayor@use.salvationarmy.org
Homework Assistance and Counseling The Salvation Army's high-quality after-school programs serve children and youth of all ages. Provide one-on-one assistance with homework and school assignments, as well as the teaching and advancement of literacy and study skills. Many of the facilities also include computer labs to help children with their homework. The lab provides academic support to kids who otherwise have no access to computers.

The Neighborhood Center
PHONE#: 610.434.5799 / **PHYSICAL ADDRESS:** 344 N. 7th St. / Allentown, PA 18102
In the Trexler Child Development Center at the Salvation Army
EMAIL: kberard@theneighborhood-center.org

Pre-K News
Morning Class 9:00—11:30
Afternoon Class 12:30—3:00

Elementary School Program
Monday - Friday 8:30 am - 3:30 pm
(Time changes will be indicated on Calendar)
For children in Kindergarten through 5th grade living in the Jordan Heights Area.

Teen Program
Monday - Friday 4:00pm - 6:00 pm
(Time changes will be indicated on Calendar)
For children in 6th grade through high school living in the Jordan Heights Area.

Link to Application (fee: $35): https://e94ec191-4b1b-4812-9dff-b8817348ad93.filesusr.com/ugd/f74592_b202a05b1d9349e689bfd7e7d343b021.pdf

The YMCA
PHONE#: 610.351.9622 / **PHYSICAL ADDRESS:** 425 South 15th St / Allentown, PA 18102
Edu- Childcare Program (Allentown Branch)
In this program, children in Kindergarten through age twelve complete their remote lessons in a safe, well-equipped classroom with supervision and support. In addition, Edu-Childcare provides opportunities for socialization, physical education, art, music, STEM and literacy activities. Nutritious daily meals are included.
Link to Registration: https://www.gv-ymca.org/template/upload_files/Allentown%20_2020%202021%20School%20Age%20Registration%20v0912.pdf

The Hub
CHURCH OFFICE PHONE # 610.398.1711 / **CHURCH EMAIL** info@trinitywes.church
MAILING ADDRESS 6735 Cetronia Rd. / Allentown, PA 18106
How does it work? **Trinity provides a safe, controlled environment for students to participate in virtual learning 7:30am – 5:00pm Monday – Friday**.

-free high-speed wireless internet and educational assistance when needed.

Do you provide supplies or computers?
No. Students must bring their own school supplies and laptop/chromebook computers
Please Note: A donation of $10/day or $125/monthly (max $175/mo. per family) is suggested but not required. (Masks are required to enter/exit the building.)
While meals are not provided or available for purchase, there is limited refrigerator space available.
** Limited registrations are available. **

Casa Guadalupe Center
PHONE# 610.435.9902, ext 2 / **PHYSICAL ADDRESS** 218 N. 2nd St., Allentown, PA 18102
EMAIL: nancy.ruiz@casalv.org
The Pa'Lante Afterschool Program provides a safe and encouraging environment in which students can learn and grow. Provinding programs for Elementary, Middle School and a High School all of which provide help with homework, strengthen basic academic skills in all of the core subjects, and provide a snack when they arrive and dinner before they leave.
Elementary Program- projects and hands-on activities help strengthen universal skills, social interaction, and provide enriched learning opportunities.
Middle School Program- focus on Science, Math, Engineering, Technology, and Entrepreneurship. Students participate in enrichment programs provided by the Da Vinci Science Center, Wildlands Conservancy, and Wells Fargo.
High School Program- These students receive enriched learning opportunities in a relaxed and independent setting, with an experienced high school teacher. Topics range from current events to advanced math, as well as community service and responsibility.
Sign your child up for the Pa'Lante Education Program for free!
Link to website: http://casalv.org/services/education-services/

21st Century
EMAIL: (Harrison Morton Middle School) **Jessica Hudak** hudakje@allentownsd.org
(Harrison Morton, Dieruff High School)
Nadya Krause krausen@allentownsd.org
Days & Hours of Learning: Monday- Thursday 3:30-6:30pm
The 21st Century Community Learning Centers program offers educational activities that are designed to help students with homework and to improve their reading and math skills. Enrichment activities such as art, music, physical education, and science are offered daily. The 21st Century program is funded through a grant from the Pennsylvania Department of Education and *will be no cost to you.*

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 ad 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-keybarding - resources.html
- ***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. 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 learned. Visit https://learner.org/
- ***Free Courses*** 1,500 Free Online Courses from Top Universities. Contains countless video lectures from course 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, heath, 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
- ***Animal Cameras*** https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-might-as-well-enjoy-this-list-of-animal-cams/?fbclid=IwAR3aQCDsSp35XSOjHg4vjCvG3lN5wbXGIJBeHhrL-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.

Other Recovery and Mental Health Resources

PA Releases Mental Health Resources Guide - On August 19, 2020, the Wolf Administration released a **Mental Health Resources Guide** intended to provide Pennsylvanians with a full complement of resources available to help everyone with their mental health needs. https://www.pa.gov/guides/mental-health/

- ***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 identifier. 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/
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- ***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/UnityRCOmtgs
- ***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 Scared Hearth 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 610442-8490. 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-TIBZIqgo-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 to 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.
- ***Northampton County Virtual Recovery*** https://www.northamptoncounty.org/HS/DRGALC/Pages/default.aspx
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YouTube videos to manage stress, anxiety, etc.

Parenting Tips

From Unicef, here are some articles/videos on the following topics:

1. Parenting Tips for Helping Kids with Coronavirus Anxiety
2. Ask the Experts on Comforting Children During the Pandemic
3. How to talk to your children about the novel coronavirus
4. How to know if your child is experiencing stress and anxiety

https://www.unicefusa.org/stories/coronavirus-anxiety-parenting-tips-help-children/37267

Emotional Wellness Checklist
https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist.pdf

- ***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 patters using videos and setting goals. (available for iPhone and Googly Play) Free premium access through the COVID-19 crisis

Mental Health

People who experience feelings of anxiety or depression may experience more distress during the holiday season than during non-holiday times. Given the challenges we are all currently facing, all Pennsylvanians should take extra care to be mindful of their mental health and tend to their overall health and wellness during this time. Check in with yourself, be honest about how you are feeling to yourself and your support network, and if you need someone to talk to or a little extra support, help is available.

"This year has challenged all of us in ways that we could not have anticipated, and whether you normally deal with feelings of depression or anxiety or you are experiencing these for the first time, your feelings are valid," said Department of Human Services (DHS) Secretary Teresa Miller. "The holiday season and our family traditions will look different this year because it's what we must do to keep each other safe, but there can be a grief that comes from that. No matter what you are feeling this year, please know that you do not have to endure it alone. Talk to your loved ones, talk to your support network, and don't be afraid to make a call to resources that exist to help."

DHS' mental health support & referral helpline, Persevere PA, is available 24/7 and is a free resource staffed by skilled and compassionate caseworkers available to counsel Pennsylvanians struggling with anxiety and other challenging emotions. The helpline caseworkers can refer callers to community-based resources that can further help to meet individual needs. Pennsylvanians can contact Persevere PA at 1-855-284-2494. For TTY, dial 724-631-5600.

If you or someone you love is in crisis, the National Suicide Prevention Lifeline is available by calling 1-800-273-8255. The hotline is staffed 24/7 by trained counselors who can offer free, confidential support. Spanish speakers who need immediate assistance can call 1-888-628-9454. Help can also be accessed through the Crisis Text Line by texting "PA" to 741-741.

The Office of Advocacy and Reform (OAR) was established as part of Governor Wolf's Reach Out PA initiative in July 2019. To date, OAR has established a plan to build a trauma-informed Pennsylvania by gathering a team of cutting-edge thinkers and practitioners in the field of trauma and how the brain heals from its effects to form a think tank. This volunteer group focused exclusively on setting guidelines and benchmarks for trauma-informed care across the commonwealth. Trauma-informed care needs to be included in the narrative about comprehensive mental wellness services and supports. OAR also hired the state's first Child Advocate whose role is to help protect the state's most vulnerable – another goal of the Reach Out PA initiative.

Substance Use Disorder The holidays may also be difficult for individuals with a substance use disorder or people in recovery, especially if they become stressed by changes to their schedule or daily routine, are not able to see their support network in-person, have strained or non-existent relationships with family members, or are faced with potential triggers. According to the Centers

for Disease Control and Prevention, the most dangerous time of the year for substance use and alcohol-related deaths are around the holiday months.

"We understand how difficult it is not being together with our loved ones during the holidays. However, it is essential that we stop all gatherings, even small gatherings, to prevent the spread of COVID-19," said Ray Barishansky, deputy secretary for health preparedness and community protection at the Pennsylvania Department of Health. "We must not lose sight, however, of the opioid epidemic that still rages on in our communities. This is the time to enhance prevention and rescue strategies to be sure this trend does not continue. Together, we can all help each other."

The Department of Drug and Alcohol Programs also maintains a toll-free helpline that connects callers looking for treatment options for themselves or a loved one to resources in their community. You can reach the Get Help Now helpline at 1-800-662-HELP (4357). The helpline is available 24/7 – including on Thanksgiving Day. An anonymous chat service offering the same information to individuals who may not be comfortable speaking on the phone is also available at www.ddap.pa.gov.

Naloxone is still available to all Pennsylvanians through Secretary of Health Dr. Rachel Levine's standing order, and carrying this on-hand at all times can be a life-saving action. The Wolf Administration encourages all Pennsylvanians to take advantage of the standing order to obtain Naloxone over the holidays. Learn more about how to obtain naloxone at www.pa.gov/opioids.

Older Pennsylvanians

Because the risk of COVID-19 is more acute among older Pennsylvanians, we must be diligent about protecting our older loved ones from potential exposure to the virus. This distance undoubtedly creates difficulties, but regular communication can help families stay connected while they are not able to be together in person.

The Pennsylvania Department of Aging's Council on Aging (PCoA) recently released an interactive guide with information and resources to help older adults cultivate a healthy mind, body and spirit amidst the challenges of the COVID-19 pandemic. The guide, titled "SOLO: Strengthening Older Lives Online," was produced by PCoA's Risk Reduction Committee, which is made up of older adults and was formed in response to the council's State of Older Adults Report released in May 2020. The committee is an extension of the Social Isolation Task Force formed in 2019 to help mitigate social isolation among seniors.

"According to the Kaiser Family Foundation, from May to October of 2020, there was a 15 percent increase in the number of older adults who stated that their mental health has been negatively affected by COVID-19, with 25 percent of older adults stating that they feel anxiety or depression due to the pandemic," said PCoA Executive Director Faith Haeussler. "The PCoA's own survey of older adults during the pandemic told us they are looking for community connection and open to using more communication technology. SOLO was designed to empower older adults to address and manage the multiple stressors of COVID-19 affecting mental and

physical well-being. The SOLO guide is a user-friendly self-empowering tool for older adults to access resources according to their own preferences and at their own pace."

The SOLO guide is designed to go beyond some of the physical safety reminders during the COVID-19 pandemic. Using bold, color graphics, the guide incorporates ways for aging adults to combat some of the pervasive stressors exacerbated by the pandemic while helping them live their best lives.

Tools available in the guide include:

Activities and videos to help stay mentally, spiritually, and physically fit;

Resources available to assist with those three areas; and,

Short questionnaires to build active health plans.

The interactive health and wellness guide is available in English here and in Spanish here.

Kinship Families

The Wolf Administration also wants grandparents and aunts, uncles, and cousins who are finding themselves caring for children who lost parents or whose parents are not able to be their primary caregiver to know that help is available via the KinConnector helpline. The helpline is staffed by Kinship Navigators – compassionate, knowledgeable social service professionals prepared to help families locate, understand, and access resources that may be able to help them during the holiday season. It can be reached by calling 1-866-KIN-2111 (1-866-546-2111) or online at www.kinconnector.org.

Agencies that are currently accepting new clients during COVID-19

- ***LVCCFD***
  1005 Brookside Rd.
  Suite 80
  Allentown, PA 18106
  484-268-2399
  https://www.lvccfd.com/
  Ages 5 and up.
- ***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@gmailc.om 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
  everychildeverytime.com
  *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
  Age starting at 5 and up.
- ***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
- **Lehigh Psychological Services**
  5920 Hamilton Blvd., Suite 103
  Allentown, PA 18106
  610-395-5188
  https://www.lehighpsych.com/
  Ages 5 and up.

- **Thriveworks**
  2227 Linden Street, Suite 100
  Bethlehem PA 18017
  484-241-2848
  thriveworks.com
  Ages starting at 4 and up.
  Children's Clinic at Lehigh Valley Hospital–17th Street
  17th & Chew
  Children's Clinic
  Allentown, PA 18105-7017
  610-969-4300
  lvhn.org/locations/vhp-childrens-clinic-lehigh-valley-hospital
  Age: newborn and up.

- **Lehigh Valley Hospital – Muhlenberg**
  2545 Schoenersville Rd.
  Bethlehem, PA 18017
  610-402-8000
  For adults and teens

Disability Services

The Pennsylvania Office of Vocational Rehabilitation, or OVR, provides vocational rehabilitation services to help persons with disabilities prepare for, obtain, or maintain employment. OVR provides services to eligible individuals with disabilities, both directly and through a network of approved vendors. Services are provided on an individualized basis.
https://www.dli.pa.gov/Individuals/Disability-Services/Pages/Disability-Services.aspx

Childmind Institute

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most. **Childmind.org**

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

The Greater Valley YMCA and Lehigh Valley Children's Centers (LVCC) have partnered to provide a Valley-wide Edu-Childcare Program this fall for working parents and families. Questions? Please contact David Fagerstrom or Charles Dinofrio.

- ***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.

- Make sure to wear a mask in public and wear it correctly covering your nose and mouth. The cotton or fabric masks should be washed after use. Disposable masks should be replaced after use.

LEGAL AID FOR EVICTIONS:
https://www.northpennlegal.org/

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 last of income from COVID-19, contact your lender right away. Regulatory institutions have encouraged financial institutions to work with costumers 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
Rental Assistance and Eviction Prevention
Go to:
https://www.northamptoncounty.org/CMTYECDV/Pages/default.aspx

CARES Rent Relief Program (RRP)
The CARES Rental Relief Program (RRP) will begin to accept applications for housing aid starting July 6th. The $175 million dollar program is an extension of the Federal Coronavirus Aid, Relief and Economic Security Act (CARES), and will provide financial assistance for struggling renters. Deadline to apply is Sept. 30th.

- **Instructions on How To Apply**

Lehigh County CARES Rent Assistance Program
In addition to the CARES Rent Relief Program, Lehigh County residents can seek assistance with rent repayment by contacting the following agencies:

- **New Bethany Ministries** -610.691.5602 x213
- **Catholic Charities** - Contact Tom Miller at 610.435.1541, **Tmiller@allentowndiocese.org** (Catholic Charities also administers the CARES Rent Relief Program)

- For low- to moderate-income households who feel that they are being illegally evicted or foreclosed upon, please contact **North Penn Legal Services** at (610) 317-8757 for free advice, referrals, and advocacy.
- For residents who are **14 days or less away** from losing their residence and have either a **Notice to Quit** or a **Lockout Order/Notice**, or are **currently homeless** ,call 211 to be connected to the Coordinated Entry Referral System; or visit Lehigh Conference of Churches:
  - 1031 West Linden Street, Allentown, Monday to Thursday 9-11 am and 1-3 pm
740 East Fourth Street, First Floor, Bethlehem, call for hours at 610.419.8282

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 Costumers 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
- ***Sesame Street – Mental Health Resources, trauma and much more*** https://sesamestreetincommunities.org/topics/health-emergencies/?activity=staying-connected-bundle
- ***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 companies 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.
- ***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

- ***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.

- **TAKE ACTION WITH THE 2020 CENUS**
  Here's your chance to keep our Lehigh Valley community strong, healthy and resilient. It only takes a few minutes to take action and be counted in the 2020 Census. United we count.

Northampton and Lehigh County free assistance programs.

CHARITABLE ASSISTANCE

Church of the Mediator 610-434-0155 http://www.episcopalmediator.org/index.htm

- Provides holiday assistance and gifts and school supplies to underprivileged children.

City Limits Assembly of God 610-776-8656

- Provides non-perishable food items including canned goods.

Closet of Hope 610-966-2382 http://www.findglocal.com/US/Macungie/195019710522016/The-Closet-of-Hope

- Provides free clothing and household items.

Everlasting Life Ministries, Inc. 610-776-4009

- Provides clothing.

Grace Community Foundation 610-866-3442

- Provides non-perishable food items along with baby items such as diapers, toys and clothing for both children and women ages 20-50.

Holy Trinity Lutheran Church Thrift Shop 610-826-2524

Lehigh Valley Church of Christ Soup Kitchen 610-691-1116

Lehigh Valley Outreach Depot 610-861-7373

- Provides donated clothes and furniture

Life Church Angel Food Ministries 610-820-9927

New Bethany Ministries 610-691-5602 www.newbethanyministries.org

- Provides clothing vouchers.

Northern Lehigh Pastoral Association 610-767-9525

- Provides vouchers to the Second Chance Thrift Shop. Must be a Northern Lehigh School District resident.

Perfect Fit for Working Women – YMCA 610-871-5060

- Provides used clothing for women with low income and who are in need of work clothing.

Project of Easton 610-258-4361

- Provides clothing.

Promise Neighborhoods of the Lehigh Valley 484-519-0357

- Provides clothing.

Rejoice 610-439-1990

- Provides toys, children's clothing and items suitable for teens.

Salvation Army Allentown 610-432-0129 or Bethlehem 610-867-4681
http://fp.enter.net/~salvation

- Provides clothing, furniture, household items, emergency fuel assistance and transportation assistance based on specific guidelines.

Second Chance Shoppe (St. John's Lutheran Church) 610-767-6661

Seventh Day Adventist Church 610-435-8573

- Provides clothing.

South Bethlehem Neighborhood Center 610-865-2791

- Provides a holiday giving program.

St. John's Caring Closet 484-226-9881

- Provides clothes and personal hygiene products to the homeless.

Twice Blessed (Bethany United Methodist Church) 610-395-3613

Victory House 610-691-3373 www.victoryhouselv.org

- Provides emergency clothing vouchers for homeless adult males.

FINANCIAL ASSISTANCE PROGRAMS

(cash, utilities, food stamps…)

ommunity Action Committee of the Lehigh Valley (CACLV) 610-691-5260 www.caclv.org

- CACLV provides information and assistance for food, housing, utilities and small business entrepreneurship.

Government Benefits https://www.usa.gov/benefits

- Get information on government programs that may help you pay for food, housing, health care and other basic living expenses. Find out about eligibility requirements for programs like food stamps, welfare, Medicaid and how to apply for them.

Lehigh Conference of Churches 610-439-8653 https://lehighchurches.org/

- Provides a full spectrum of housing services for those who are homeless, about to be homeless or in an unstable housing situation through the Pathways program, as well as the Lazarus Housing Project for people returning from jail or prison, pharmaceutical assistance for qualifying prescriptions, representative payee services for those receiving Social Security income or disability (SSI and SSD), benefit enrollment assistance for the uninsured and guidance in securing identification and helps with day-to-day needs, such as diapers, baby wipes, bus passes and utility assistance.

Lehigh County Assistance Office 610-821-6135 or 610-821-6595 or 610-821-6509
https://www.financialhelpresources.com/details/lehigh_county_assistance_office.html

- Provides cash assistance, Medical Assistance insurance, food stamps, Low-Income Home Energy Assistance Program (LIHEAP), job training programs, SSI advocacy, Helpline for welfare benefits information 1-800-692-7462, Helpline for medical assistance information 1-800-842-2020 and the Medical Assistance for Workers with Disabilities (MAWD) program 1-800-692-7462 which allows individuals with disabilities to be employed and earn more money while still keeping their medical assistance coverage. Must meet eligibility guidelines specific to each program.

Lifeline Office of Consumer Advocates 1-800-234-9473 https://www.oca.nh.gov/Lifeline.htm
https://www.lifelinesupport.org/

- The Lifeline program is a federally funded program that is designed to give qualified residential telephone customers a monthly reduction on their local telephone bill and internet. Eligible customers will get up to $9.25 toward their bill. You can only use Lifeline for either phone or internet but not both.

Link Up America www.utilitychoice.com

- Provides discounted prices for new telephone service or transferring telephone services as well as providing affordable payment plans. Customers must meet income eligibility limit or be a Public Assistance or SSI benefits recipient. Some telephone companies are not affiliated with this program.

Money Management International 1-866-889-9347
https://www.moneymanagement.org/welcome/merger

- Provides budget consulting, debt repayment programs and pre-housing counseling.

Neighborhood Health Center 484-408-0755

Pennsylvania Utility Law Project 717-236-9486
https://www.palawhelp.org/organization/pennsylvania-utility-law-project/consumer/utilities?ref=gq6T9

- Provides energy payment arrangements for low-income individuals through the Low-Income Usage Reduction Programs (LIURP), Low-Income Home Energy Assistance Program (LIHEAP), Lifeline, Link-Up America and Universal Telephone Assistance Program (UTAP). In addition, they provide assistance with landlord-tenant related utility issues as well as weatherization and consumer issues in electric and natural gas restructuring. Must meet income eligibility guidelines.

PPL Electric Utilities Corp. Inc. 1(800) 342-5775 www.pplelectric.com

- Provides customers with installation of energy saving features and energy efficient appliances, budget billing, payment agreements, agreed upon payment schedule, financial assistance grants, special needs billing and low-income usage reduction programs. Customers must meet income eligibility limits and be payment-troubled (made payment agreement with PPL).

Salvation Army Allentown 610-432-0129 or Bethlehem 610-867-4681
https://www.salvationarmyusa.org/usn/the-greatest-need/

- Provides disaster relief, homeless shelters, food pantry, life skills, job training, veteran training and aging services.

Social Security Administration 1-800-772-1213 www.ssa.gov

Allentown 610-433-3237 ***Bethlehem 610-691-2451***

- Provides eligible low income or disabled people with Supplemental Security Income (SSI), Social Security Disability (SSD), monthly cash payments, work incentive programs, benefits planning and can assign or replace social security cards or numbers.

UGI Utilities Inc. 1-800-340-5394 www.ugi.com

- Provides budget billing, agreed payment schedules, low-income self-help programs, special needs billing, financial assistance, grant programs and low-income usage reduction programs. Customers must meet income eligibility limits and be payment troubled.

Universal Telecommunications Assistance Program (UTAP) www.utilitychoice.com

- Assists Verizon customers in paying their overdue bills, avoid shut off or restore telephone service.

U.S. Department of Agriculture (USDA) www.usda.gov

- Provides information regarding the food stamp program and rural development.

TERROR / TRAUMA EXPOSURE ASSISTANCE

Visit these sites for help.

https://www.apa.org/helpcenter/terror-exposure.aspx

https://www.nctsn.org/resources/community-violence-reactions-and-actions-dangerous-times

LGBTQ Resources

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth. This is a great resource. It even has a Coming Out booklet.

https://www.thetrevorproject.org/resources/

Medical Assistance for People without Health Insurance

https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx

How to Apply for Medical Assistance

You can apply for Medical Assistance (MA) in many ways in Pennsylvania. The PH-95 Category is one way. The PH-95 category is for children (under 18 years old) with disabilities. Family income does not affect PH-95 eligibility. Even if you earn income above the MA limit, your child can still qualify in the PH-95 category. This is also known as a "loophole." MA can help with payment for services not fully covered by private (self) pay or primary plans. You can keep your primary plan and receive all the benefits of MA (such as help with copays for specialists and prescription medication). MA applications can be completed online or by paper.

For more information about the MA application process, visit www.compass.state.pa.us OR call 1-866-550-4355.

Be sure to have the following for your application:

- Proof of identity/where you live
- Proof of your child's identity
- Proof of child's disability
- Financial information
- Proof of SSI (SSI application summary letter or letter of denial based on income)

Next steps after submitting an MA application:

1. Eligibility notice should be sent within 30 days—the timeframe can be shortened if there is an "urgent medical need," which would need to be noted by your treatment provider.
2. You will receive your MA card.
3. You will receive a PA HealthChoices welcome letter from Magellan.
4. If you are denied MA, you have the right to appeal.

Contact your local County Assistance Office (CAO) if you have any questions:

Lehigh County Assistance Office Northampton County Assistance Office
555 Union Boulevard, Suite 3 201 Larry Holmes Drive, P.O. Box 10
Allentown, PA 18109 Easton, PA 18044
Toll-free: 1-800-842-2020 Toll-free: 1-800-349-5122

Learn more:

- Center for Humanistic Change: www.thechc.org
- Magellan Behavioral Health of Pennsylvania: www.Magellanofpa.com
- PA HealthChoices: www.healthchoices.pa.gov