



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 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 often. CHC is working diligently to update this guide on a regular basis to the best of our ability. Please check with resources directly if you have a question or need clarification.

Dear Friends of the Center for Humanistic Change,

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

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

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

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

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

Student offerings include:

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

Faculty, staff, and parent offerings include:

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

To schedule a program, simply email preventioncoordinator@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,
Kris Hettrick
Executive Director

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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 to 877-877

No Kids Go Hungry! En Español.

Lehigh Valley Food Policy Council

<https://www.lvfpcc.org/>

Lehigh School Districts

<https://www.lvfpcc.org/kids-eat-free-here/>

SCHOOL DISTRICT MEAL PROGRAMS

ALLENTOWN SCHOOL DISTRICT

Grab & Go meals offered Monday and Wednesday 11:00am-1:00pm. at these schools ONLY:

Central Elem-829 West Turner Street - Door 3 by the loading dock Trexler MS- 851 N. 15th Street

Raub MS- 102 S. St. Cloud Street - Door 4 Harrison Morton MS- 137 North 2nd Street - Door 3

South Mountain MS- 709 W. Emmaus Ave Allen HS- 106 N 17th Street - Door 40 Dieruff HS-

815 N Irving Street - Door 25 - Jerome Street Parking Lot

BANGOR AREA SCHOOL DISTRICT

Bangor High School. Grab and Go Meals will be offered for curbside pick-up. Families must pre-order by 5 PM the day before pick up. They should email meals@bangorsd.org with the number of meals they will pick up. Pick will be the following day from 10 to 12 noon at Bangor High School.

BETHLEHEM AREA SCHOOL DISTRICT

Monday and Wednesday- Breakfast and Lunch Monday you will receive food for 2 days

Wednesday you will receive food for 3 days **For all children in Bethlehem under the age of 18**

Child(ren) must be present Broughal: 114 W Morton, Bethlehem, PA 18015 • Community School

Entrance East Hills: 2005 Chester Road, Bethlehem, PA 18017 • Main Entrance, Set of Doors on

the Left Nitschmann: 1002 West Union Boulevard, Bethlehem PA 18018 • Bus Drop Off Line, If

rain: Auditorium Entrance Northeast: 1170 Fernwood Street, Bethlehem, PA 18018 • 7 th Grade

Entrance Calypso: 1021 Calypso Avenue, Bethlehem, PA 18018 • Main Entrance, If rain:

Multipurpose Room Fountain Hill: 1330 Church Street, Fountain Hill, PA 18015 • Parking Lot, If

rain: Community School Entrance Lynfield Community Center: 1889 Lynnfield Drive, Bethlehem,

PA 18015 • Main Entrance **If you are a part of the Backpack Pal's program, the bags will be

available on Wednesdays at the following middle schools: Broughal, East Hills and Northeast. If

you live in or near Lynfield Community Center, you can pick up your bag at the Lynfield

Community Center. First come first served.

CATASAUQUA AREA SCHOOL DISTRICT

PLEASE CHECK CATTYSD.ORG FOR DATES/TIMES Available to all CASD residents, age 0-

18. Proof of residency required. Walk-ups will be accommodated. Please arrive with a clean

vehicle trunk. If you are homebound, please contact c3p@cattysd.org or call 610 264 5571 and

leave a phone number and/or email address. Someone will respond to you in a timely manner

based on the time of your phone call or email. Schedule and days available are subject to change

and will be posted weekly on Sundays on CASD website, district and building, and social media.

EAST PENN SCHOOL DISTRICT

Monday, Wednesday and Friday, noon-1:00pm Lincoln Elementary School (Playground entrance) Alburtis Elementary School Lower Macungie Middle School Must have your child's name and ID# at pick up All meals are grab and go. On Monday and Wednesday you will receive meals (breakfast and lunch) for 2 days and on Fridays you will receive for 3 days. Free to all children regardless of enrollment or economic status.

EASTON AREA SCHOOL DISTRICT

Grab & Go breakfast and lunch for any child from 9-11:00 Cheston Elem Paxinosa Elem Easton Area Middle School Easton Area High School ALSO Bagelsmith at 2443 Butler St, Easton, PA 18042 will be offering school students in the Wilson and Easton School district free breakfast from the hours of 7 a.m. to 11 a.m. Monday thru Friday. The student must present their school ID while schools are closed. Students can choose between either pancakes OR a bagel with butter or cream cheese. They may also choose from white milk, chocolate milk, or orange juice.

Easton Area Food Banks: A list of area food banks can be found at the following website: <https://www.eastonhungercoalition.org/find-food.html>.

NAZARETH AREA SCHOOL DISTRICT

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

NORTHERN LEHIGH SCHOOL DISTRICT

Any student (public, private or charter school) in Northern Lehigh SD (In front of Northern Lehigh Middle School) Monday, Wednesday, and Friday, 11:00am-1:00pm 2 days of meals (both breakfast and lunch) will be given each day.

PEN ARGYL SCHOOL DISTRICT

Grab and Go Meals are offered for curbside pickup at Wind Gap Middle School from 11:30 am 1:00pm

SALISBURY SCHOOL DISTRICT

Mondays and Wednesdays 11:00-1:00pm. Any student in Salisbury School District can receive Grab-and-Go Meals at any of the Allentown School District sites: Central Elementary, Trexler MS, Raub MS, Harrison Morton MS, South Mountain MS, Allen HS and Dieruff HS. Monday you will get meals for 2 days and Wednesday you will get meals for 3 days. Student must be present at meal pick up. All grab and go bags will include breakfast items, milk, fruits and vegetables.

SAUCON VALLEY SCHOOL DISTRICT

Saucon Valley is providing breakfast & lunch Monday-Thursday 11:30am-1:30pm in the Middle School bus loop. Drive through only. Thursday's pick up will include 2 breakfasts & 2 lunches to cover Friday. Meals provided to any child. Child must be present in vehicle. No ID or student info required.

SOUTHERN LEHIGH SCHOOL DISTRICT

Monday, 11:00am-1:00pm; Enough food for 3 days Thursday, 11:00am-1:00pm; Enough food for 2 days Southern Lehigh High School (visitor lot in front of school by flag pole) Liberty Bell Elem (bus drop off lane) Hopewell Elem (bus drop off lane) Various lunch meat and cheese hoagies/sandwiches or PB+J, fruit, fresh vegetable and milk

WHITEHALL-COPLAY SCHOOL DISTRICT

Free breakfast and lunch distribution at the High School parent drop off area in front of the school. Monday and Wednesday from 10:00am-noon. Monday students will receive 2 days worth of meal and on Wednesday they will receive 3 days worth of meals. Questions? Contact Wayne Walp @ 610-782-0961 or walpw@whitehallcoplay.org WCSSD Snack Packs are being distributed EVERY Thursday from 11:00am-noon and 6-7:00pm. Curbside pick up at St. Johns Evangelical Lutheran Church 835 3rd St. Whitehall (Fullerton) and Redeemed Christian Church of God 5 N. 3rd St. Coplay In addition to Snack Packs each family will also receive an essential grocery bag with food staples ie. peanut butter, bread, canned goods. There are some toiletry items available as well as jarred baby food upon request.

WILSON SCHOOL DISTRICT

Bagelsmith at 2443 Butler St, Easton, PA 18042 will be offering school students in the Wilson and Easton School district free breakfast from the hours of 7-11:00 am. Monday thru Friday. The student must present their school ID while schools are closed. Students can choose between either pancakes OR a bagel with butter or cream cheese. They may also choose from white milk, chocolate milk, or orange juice. ALSO Grab and go breakfast and lunch will be provided every weekday during the duration of the closure at Avona Elementary & Wilson Borough Elementary Multi-Purpose room entrances. The meals will be available for pick up between 11:30 am-1:00pm.

FOOD BANKS AND MORE

- **ALLENTOWN**

ALLENTOWN AREA ECUMENICAL BANK

534 Chew St. Allentown Reopened Monday, May 4th following CDC guidelines. Bags of food distributed at rear entrance.

ALLENTOWN WEST SEVENTH DAY ADVENTIST

2140 W. Tilghman St. Allentown 610-435-6335 Food pantry 3rd Wednesday of the month, 4-6:00 p.m.

ALLENTOWN SALVATION ARMY

144 N. 8th St. Allentown 610-432-0129 Soup kitchen is open 2nd and 4th Sunday at 2 p.m. Monday hot breakfast served in to-go cups 9:30-10:30am. Emergency food by appointment daily (call 620-432-0129). Food bank distribution the 2nd & 4th Wednesday of the month 10:00-noon.

ALLENTOWN TRANSIT CENTER

603 W Linden St. Allentown Union Baptist Church and Ripple Community are partnering to serve a meal every day at 11:00am at the Transit Center.

BREAD FROM HEAVEN

The Caring Place 931 Hamilton St. Allentown Handing out food outside Tuesday & Thursday, 12-1:00pm. CASA JEANETTE 705 N. 8th St. Allentown 484-860-0303 Monday, 2-4:00pm.

CATHOLIC CHARITIES SOUP KITCHEN

179 Chew St Allentown 610-390-5638 Offers to-go lunches Monday-Friday 12:30-1:30pm.

CEDAR CREST BIBLE

1151 S. Cedar Crest Blvd. Allentown 610-432-2200 Food bank 1st and 3rd Thursdays, 6:30-8:00pm and by appointment.

CHRIST FELLOWSHIP CHURCH

12th and Chew Sts Allentown Dinner served in front of church Thursday and Friday, 5:00.

CHRISTIAN EV ARABIC

338 E. Walnut St. Allentown 610432-7067 Wednesday at 1:00pm, call first.

CITY LIMITS ASSEMBLY OF GOD

302 Ridge Ave. Allentown 610-776-8656 Food bank on Thursday, 9-11:00am.

EVANGELICAL WESLEYAN CHURCH

728 N. Irving St. Allentown 610-433-6160 3rd Saturday of each month, 10 am-noon.

FIRST CORINTIOS 13, IGLESIA

938 S. 11th St. Allentown 484-942-4683 3rd Saturday of the month, 10:00am-noon.

GRACE EPISCOPAL FOOD BANK

108 North 5th St. Allentown Open Friday 9-11:00 am and the 3rd & 4th Saturday, 9-11:00 am

NOTE: other Second Harvest supplied food banks are listed at their web page, but it does not appear to be updated with closings so you will have to call to verify status.

<http://shfblv.org/find-a-food-pantry/>

JACKSON PARK

9th & Jackson Sts. Allentown Dinner served Saturday and Sunday, 5:00pm.

LEHIGH CONFERENCE OF CHURCH'S SOUP KITCHEN

Alliance Hall, 9th and Jackson Sts Allentown 605-220-9160 Tuesday, Wednesday and Thursday, noon-1:00pm. They are offering grab and go lunches.

LEHIGH VALLEY CHURCH OF CHRIST

3400 Brodhead Road, Bethlehem 610-691-1116 *Appointment only. Just need to call phone number and will speak with someone about Setting up appointment.

MOSSER VILLAGE

614 S. Carlisle St. Allentown 610-820-4067 *By appointment only.

OPERATION ADDRESS THE HOMELESS

221 N 7th St. Allentown Open Monday, Wednesday, and Friday, 4-7:00pm providing a hot meal and a bag to go. Sunday brunch at noon and dinner at 6pm. Showers also available, on a spaced basis to maintain safe distance. Haircuts also available.

OUR LADY OF MOUNT CARMEL PARISH

179 Chew St. Allentown 610-866-8660 Boxed lunches (canned & other non-perishable foods), Monday-Friday 12:30 - 1:30 pm.

PENNSYLVANIA AVENUE PANTRY @ ST. ANDREWS EPISCOPAL CHURCH

1900 Pennsylvania Ave. Allentown 610-694-9670 1st and 3rd Wednesday, 6-8:00pm.

RIPPLE COMMUNITY

1335 Linden St. Allentown Community Center continues to be open during normal hours (Tuesday -Thursday, 1-5 pm and Friday 11 - 3 pm). Has snacks and sandwiches. On Saturdays, they will be open 11:00-1:00 serving to-go lunches.

SALEM UNITED CHURCH

1401 W. Linden St. Allentown 610-432-2577 1st and 3rd Saturday of the month, 9-11:30am.

SECOND HARVEST FOD BANK OF LEHIGH VALLEY AND 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.

ST MARKS LUTHERAN CHURCH

201 E. Juniata St. Allentown, 18109 610-797-6440 2nd Tuesday, 10:00AM-noon and the 4th Thursday, 4-6:00pm.

ST. PAUL EVANGELICAL LUTHERAN CHURCH

36 S. 8th St. Allentown 610-435-9065 Lunch is noon-1pm Tuesday, Wednesday/Thursday.

SYRIAN ARAB AMERICAN

608 ½ N. 2nd St. Allentown 610-432-8001 3rd Wednesday of the month, 10:00am-2:00pm.

UPPER ROOM TABERNACLE

514 Poplar St. Allentown 1st and 3rd Friday, 5-7:00pm. YMCA 425 15th St. Allentown Although they have closed the Warming Station, they continue to provide dinner for school age

children, 18 and under. Serving from 4-5:00pm as follows: Monday - dinner pick-up for Monday and Tuesday; Wednesday - dinner pick-up for Wednesday and Thursday; Friday – dinner pick up for Friday, Saturday and Sunday. An adult must bring the children the first time to get them registered; thereafter the adult alone may pick up food for the children.

ZION REFORMED UCC

620 W. Hamilton St. Allentown 610-435-2412 Thursday-Saturday, 7-9:00am.

- **BETHLEHEM**

BETHLEHEM FOOD PANTRY

621 Pembroke Road Bethlehem, PA 18018 Proof of address is needed. Does not service South Side Bethlehem. Open from 9am-noon *Appointment is needed so please call 610-867-4681.

BETHLEHEM YMCA

430 E Broad St. Bethlehem PA 18018 Grab and go Meals. Breakfast 7:30-8:30am, Dinner 4-5:00pm with extra meal distribution Fridays. Free for all members ages 18 and under.

CALVARY BAPTIST FOOD

111 Dewberry Ave. Bethlehem 610-365-5300 Monday-Tuesdays *First full week, 9-11:00 am.

EBENEZER NEW REFORMED

3221 Bingen Rd. Bethlehem 610-838-0924 Tuesdays, 6-7:00 pm and plus emergencies daily.

GENERAL ASSEMBLY OF GOD

1300 Eaton Ave. Bethlehem 610-865-0577 Call for details.

HISPANIC CENTER OF LEHIGH VALLEY

520 E. 4th St. Bethlehem 610-868-7800 X245 *Emergencies only, please call.

HOLY BETHEL PENTECOSTAL

1224 E. 4th St. Bethlehem 610-691-1244 1st and 2nd Saturday, 9:00am-1:00pm.

LEHIGH VALLEY CHURCH OF CHRIST

3400 Brodhead Road Bethlehem Appointment only, call 610-691-1116 and speak with someone about setting up your appointment time.

NEW BETHANY PANTRY

337 West 4th St. Bethlehem 610-691-5602 Curbside pickup for lunch from noon-1:00pm. The food pantry is open Monday to Friday from 10:30-11:30am. Day shelter and dining room are closed until further notice. Showers are available but limited.

NEW JERUSALEM LUTHERAN

3233 Appleschurch Rd. Bethlehem 610-838-2180 3rd and 4th Saturday, 9-11:00am.

NORTHEAST MINISTRY

1161 Fritz Dr. Bethlehem 610-691-3355 Tuesdays & Thursdays, 9:30am-noon.

SALVATION ARMY BETHLEHEM

521 Pembroke Road, Bethlehem 610-867-4681 Proof of address. Does not service south side Bethlehem. 9am-noon, Monday-Friday. *APPOINTMENT NEEDED

SECOND BAPTIST CHURCH

616 Frankford St. Bethlehem 610-691-9783 2nd and 4th Saturday, 9-11:00am.

SS SIMON AND JUDE

730 W. Broad St. Bethlehem 610-866-5582 3rd Saturday, 9-11:00am.

TRINITY UNITED CHURCH OF CHRIST

81 East North St. Bethlehem 610-691-8200 2nd Wednesday of month, 11am - 12:30pm 3rd Wednesday of month, 5-6:30pm 4th Wednesday of month, 11am - 12:30pm 5th Wednesday of month, 11am - 12:30pm *Must be resident of Northampton County

ZION'S UNITED CHURCH OF CHRIST

620 W Hamilton St. Allentown Serving to-go breakfast Thursday, Friday and Saturday mornings between 7-9 am.

COOPERSBURG BETTY LOU'S PANTRY

333 Oxford St. Coopersburg 610-282-2838 2nd and 4th Saturdays, 9-11:00 am.

- **EASTON**

EASTON AREA NEIGHBORHOOD CENTER

902 Philadelphia Rd. Easton 610-253-4253 Every Friday 9am-noon AND every 2nd & 4th Wednesday 4-7pm. Easton residency. *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. They are asking people to have patience as they are seeing a higher volume than normal. *They also have a Gas Program, 610.253.4253, 902 Philadelphia Rd Easton PA 18042. Photo ID needed.

EASTON FOOD PANTRY

1110 Northampton St. Easton Open Monday to Friday from 9:30am-1pm. Monday, Wednesday, Thursday and Friday, 1:00pm 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 every day.

THE FATHER'S HOUSE

1650 Lehigh St. Easton 610-253-1651 2nd and 4th Wednesday, 11:00am-2:00pm.

HOLY TEMPLE OF EASTON

824 Ferry St. Easton 610-250-9460 3rd, 4th, 5th Thursday, 5-7:00pm.

LINC FAMILY CENTER

2400 Firmstone St. Easton 484-373-6200 Mondays 11:00am, drive-thru.

PROJECT OF EASTON, INC. FOOD PANTRY

St. Johns Church 330 Ferry St. Easton 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: Monday from 10:00am-12:15 pm. Thursday from 10am-12:15pm & 1-3:15pm. If interested in at home deliveries, please contact 610-258-4361. At home deliveries: Tuesday & Thursday from 8:30am-4:30 pm for donations, deliveries, and emergency food assistance.

ST. PAUL'S LUTHERAN CHURCH

610 Berwick St. Easton 610-258-2612 Food is available Thursdays, 6-7:30pm.

SAFE HARBOR

536 Bushkill Drive Easton 610-258-5540 Breakfast and lunch Monday-Friday, 9:00am-3:00pm. SALVATION ARMY EASTON 1110 Northampton Street Easton 610-258-9531 Monday, Wednesday, Thursday, Friday, 10:00am-3:00pm.

SHILO FOOD PANTRY

201 Thomas Bright Ave Easton 610-252-5640 1st and 3rd Friday, 3-5:00pm.

SOUL WINNERS

1913 Freemansburg Ave. Easton 484-542-8202 2nd Saturday, noon-2:00pm.

EMMAUS BETHEL BIBLE FELLOWSHIP

418 Elm St. Emmaus 610-965-2682 1st and 3rd Tuesday 10-11:30am and 1st and 3rd Wednesday noon-1:30pm.

- **NEW TRIPOLI**

CHRIST'S CHURCH AT LOWHILL

4695 LOWHILL CHURCH RD NEW TRIPOLI 610-298-2054 1st Saturday 9-11:00am, 3rd Thursday 4-6:30pm, 3rd Wednesday 10:00am-noon.

- **OREFIELD**

JORDAN LUTHERAN CHURCH 5103 Snowdrift Road, Orefield 610-395-5912 **Must be in Parkland School District- 1st and 3rd Monday of every month 9:30-11:30am and 1st Wednesday 6:30-7:30pm. Limit 1 per month.

KINGDOM LIFE FAMILY CENTER

4333 Lime Kiln Rd. Orefield 610-398-0111 2nd Thursday 1-3:00pm, 1st and 3rd Saturdays 10:00am-noon.

PARKLAND C.A.R.E.S. FOOD PANTRY

5074 Kernsville Road, Unit #4, Orefield 484-707-1133 Email: katrina@parklandcaresfp.org
DAYS/HOURS VARY DURING COVID-19 PANDEMIC. Check their website for updates.
<https://www.parklandcaresfp.org/>

- **PEN ARGYL**

BENDERS MENNONITE CHURCH

975 Benders Church Rd. Pen Argyl 610-863-9114 3rd Saturday of every month. 9-11:00am.
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.

SALVATION ARMY

301 West Main St. Pen Argyl 610-863-6677 1st Tuesday 4-6:00pm. Valid ID. (Waiting to hear back about any residency requirements)

- **TREXLERTOWN**

ST. PAUL'S UNITED CHURCH OF CHRIST

1249 Trexlertown Rd. Trexlertown, PA 18087 610-395-4571 Opening May 5th, Tuesdays 10:00am-noon.

- **WHITEHALL/CATASAUQUA**

CATASAUQUA AREA FOOD BANK

527 Front St. Catasauqua 610-264-8366 Wednesday and Friday, 3-4:00pm.

ST. STEPHEN'S PANTRY

3900 Mechanicsville Rd. Whitehall 484-246-5715 Mondays 6-8:00pm by appointment only

- **MISC. FOOD RESOURCES**

Kremmer's Community Kitchen Allentown 610-797-4901 Free delivery of hot meals to kids and families who need them during this time of quarantine for a very low price (\$20 for 5 days of breakfast and lunch).

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.

RESTAURANTS/STORES OFFERING MEALS BURGER KING

Offering 2 Free kids meals with a regular purchase through the app.

- **Do You Need Help With Groceries?**

FOOD STAMPS can provide you and your family with extra money each month to purchase food. If you are approved, you will receive a plastic ACCESS card. Call 1-866-203-3323. Se habla Español. Compass.org

WIC provides nutritious foods, nutrition education, counseling, screening, and referrals to pregnant women, breastfeeding women up to infant's 1st birthday, postpartum women up to 6 months, infants and children up to their 5th birthday. Call 800-WIC-WINS (800-942-9467). Se habla Español.

If you need emergency food assistance, call **SECOND HARVEST FOOD BANK** at 610-434-0875. They will refer you to the nearest emergency food pantry. shfbv.org

If you need any other kind of assistance, call **PA GET CONNECTED**. Dial 211 to get contact information for help with food, housing, utilities and other needs. pa211.org

Local Food Pantries

- **Allentown Ecumenical Food Bank**

610-821-1332 / 534 Chew St., Allentown PA 18102

Monday to Friday 9:30 to 11:45 am, food available every day for pick up

- **Bethel Bible Fellowship Church**

610-965-2682 / bethelbfc.com / 418 Elm St., Emmaus, PA 18049

Groceries PLUS is available on Tuesday / 10:00 to 11:30 am and Wednesday 12:00 noon to 1:30 pm. Please call 9:00 am to 4:00 pm / at 610-965-2682 for an appointment. In emergencies they will provide food on any day.

- **Cedar Crest Bible Church**

610-432-2200 / cedarcrest.church / 1151 S. Cedar Crest Blvd, Allentown PA 18103

First and third Thursday, call Monday for appointment

- **Grace Lutheran Church Macungie**

610-966-3325 / gracemacungie.org / 28 West Main St., Macungie PA 18062 / Last Tuesday and Friday of the month from 2:30 to 4:00 pm, also free meal once a month

- **Kingdom Life Center**

610-398-0111 / klfc.org / 4333 Lime Kiln Rd., Orefield PA 18069 / Please call the office or check Facebook for current schedule.

• **St. Paul's UCC, Trexlertown**

610-395-4571 • trexucc.org / 1249 Trexlertown Rd., Trexlertown, PA 18087 / Pantry open Tuesdays 10:00 am to 12:00 noon.

• **Salvation Army Food Pantry/Social Services**

Allentown / 610-432-0129 / 144 N. 8th St., Allentown PA 18101

• **Zionsville Church Food Pantry**

610-966-3834 / zelcoz.org / 5901 Kings Highway South, Old Zionsville, PA 18068 / Pantry open the second Monday of the month and Wednesday and Saturday of that same week. Open Monday and Wednesday 4:00 to 6:00 pm, Saturday 10:00 am to 12:00 noon

FOOD RESOURCES FOR FAMILIES, ADULTS AND THE ELDERLY:

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*** 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. 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.

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. 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 6-7 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.

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 BANKS

Allentown Area Ecumenical Food Bank 610-821-1332 245 North 6th St. Allentown
www.allentownfoodbank.org

Bethel Bible Fellowship 610-965-2682 418 Elm St. Emmaus www.bethelbfc.com

Bread from Heaven 610-433-9165 or 610-433-5683 931 Hamilton St. Allentown
www.breadfromheavenfoodpantry.com

Catasauqua Food Bank 610-264-8366 527 Front St. Catasauqua www.shfbly.org

Casa Jeanette Food Pantry 705 N. 8th St. Allentown
<https://www.facebook.com/CasaJeanetteInc.org/>

Central Moravian Food Pantry 610- 866-5661 73 West Church St. Bethlehem
www.centralmoravianchurch.org

Coplay Food Pantry 610-262-0928

Ebenezer New Reformed Church 610-530-0864 3221 Bingen Rd. Bethlehem
<https://www.foodpantries.org/li/ebenezer-new-reformed-church-food-pantry>

Emergency Food Assistance Program 717-772-2695 or 1-800-468-2433
https://www.agriculture.pa.gov/Food/food_assistance/The%20Emergency%20Food%20Assistance%20Program/Documents/COUNTY%20LEAD%20AGENCY%20DIRECTORY.pdf
Provides Self Declaration of Need forms for food bank orders.

Everlasting Life Ministries 610-776-4009 224 North 6th St. Allentown
https://www.elmallentown.org/?fbclid=IwAR3keFEETf9p_R1sliySxELfjKjm8dqsYWNcQ4BJZ3pE2UOjCKHnHvdAbdw

Faith Evangelical Free Church 610-395-4731 6528 Hamilton Blvd. Allentown
<https://www.faithchurchlv.com>

Grace Episcopal Church 610-435-7245 108 North 5th St. Allentown www.graceallentown.org

Groceries Plus 610-965-2682 418 Elm St. Emmaus
<https://www.foodpantries.org/li/groceries-plus>

Jewish Family Services 610-821-8722 2004 West Allen St. Allentown <https://www.jfslv.org>

Jordan Evangelical Lutheran Church 610-395-5912 5103 Snowdrift Rd. Orefield
<https://www.jordanlutheran.org>

Kingdom Life Family Center 610-398-0111 4333 Lime Kiln Rd. Orefield

<https://klfc.org/food-bank/>

Life Church 610-820-9927 38 South 8th St. Allentown <https://www.lifechurchlv.org>

A bi-lingual call-in number and site for Angel Food Ministries for monthly grocery delivery.

Meals on Wheels 610-691-1030 4240 Fritch Dr. Bethlehem www.mowglv.org

New Bethany Ministries 610-691-5602 333 West 4th St. Bethlehem

<https://www.newbethanyministries.org>

Northeast Ministry 610-691-3355 1161 Fritz Dr. Bethlehem <https://neccbethlehem.org>

Northern Lehigh 610-767-9525 7884 Center St. Emerald

<https://www.foodbanks.net/organization/1406/northern-lehigh-food-bank>

Parkland CARES Food Pantry 484-707-1133 5074 Kernsville Rd. Unit 4 Orefield

<https://parklandcaresfp.org>

Salem United Methodist Church 610-432-2577

Salvation Army Allentown 610-432-0129 114 North 8th St. Allentown www.salvationarmyusa.org

Second Harvest Food Bank 610-434-0875 2045 Harvest Way Allentown <https://shfblv.org>

Provides a comprehensive list of food banks and pantries in neighborhoods by entering a zip code.

South Bethlehem Neighborhood Center 610-865-2791 700 Evan St. Bethlehem www.sbnc.org

Southside Ministries 610-867-6764 321 Wyandotte St. Bethlehem

www.nonprofitfacts.com/PA/Southside-Ministries.html

St. Andrews Episcopal Church 610-865-3603 1900 Pennsylvania Ave. Allentown

<https://www.standrewsbethlehem.org/news-events>

St. John's United Church of Christ 610-759-0893 36 South 6th St. Allentown

www.stjohnsuccallentown.org

St. Paul's Lutheran Blue Church Betty Lou's Pantry 610-866-3500 333 East Oxford St.

Coopersburg www.stpaulscoopersburg.com

St. Simon and Jude Church 610-866-5582 730 West Broad St. Bethlehem

<https://www.simonandjudepa.org>

St. Stephen Episcopal Church 610-435-3901 3900 Mechanicsville Rd. Whitehall
<https://www.saintste.com>

Wesley United Methodist Church 610-865-5715 2540 Center St. Bethlehem
www.wesleychurch.com

West Bethlehem Emergency Food Pantry 610- 865-8216 514 3rd Ave. Bethlehem
<https://www.foodbanks.net/organization/1356/west-bethlehem-food-bank>

Whitehall Food Pantry 484-246-5715

WHERE TO FIND A LOCATION FOR COVID-19 VACCINE

<https://www.vaccines.gov/>

There are many places to get tested as well as receive the COVID-19 vaccine and booster. This website is the best resource to finding the closest location in your area, whether it is for a test, vaccine or booster shot. You can also decide what type of vaccine you would like Pfizer, Johnson & Johnson or Moderna.

COVID-19 Free Crisis Counseling Services in PA

With the stresses, challenges, and uncertainty faced by so many in our communities, we know there is a significant need and demand for mental health services and crisis counseling. The Department of Human Services' Persevere PA Program offers 24/7/365 over-the-phone crisis counseling services to Pennsylvania residents which is free and confidential. The program helps Pennsylvanians recover and rebuild their lives and can offer counseling assistance focusing on helping individuals with:

- Understanding their current situation and reactions
- Reducing stress and providing emotional support
- Reviewing their recovery options
- Promoting the use or development of coping strategies
- Connecting with other people and agencies who can help them in their recovery process

The Persevere PA Support and Referral Helpline can be reached at 1-855-284-2484 (TTY:724-631-5600) and is available in English and Spanish.

FLU VACCINES

There is still time for flu shots. No appointment necessary. Check out their websites first:

Rite Aid

Walgreens

Wegmans Pharmacy

Google "Flu shots near me" to find a location near your home.

PA RESOURCES

• **2-1-1 United Way**, PA Get Connected / dial 2-1-1 / pa211.org / Help with food, housing and other needs

• **PA Coronavirus Health Website**

health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx

• **Unemployment Benefits**

uc.pa.gov/Pages/covid19.aspx

• **Food Stamps/SNAP Benefits/COMPASS**

800-692-7462 • compass.state.pa.us/compass.web/Public/CMPHome

LOCAL AGENCIES

• **Alliance for Building Communities**

610-439-7007 / housing-abc.org / Affordable housing

• **American Red Cross, Lehigh Valley**

610-865-4400

DISASTER RESPONSE

• **Catholic Charities**

610-435-1541 / catholiccharitiesad.org / Offers a variety of social services

• **CASA Guadalupe**

610-435-9902 / casalv.org / Support in health, education and social services

• **Community Action Committee of the Lehigh Valley**

610-691-5620 / caclv.org / Provides multiple services to assist families

• **Hispanic American Organization**

610-435-5334 / hao-lv.org Variety of community services offered in both

SPANISH AND ENGLISH

• **Lehigh County Assistance Office**

Department of Public Welfare / 610-821-6509 / Medical assistance, food stamps, cash grants, employment and training resources

• **Lehigh County Housing Authority**

610-421-8526 / lehighcountyha.org / Affordable housing

• **Neighborhood Housing of Lehigh Valley**

610-437-4571 / nhslv.org / Home financing assistance

- **Pathways Program / The Lehigh Conference of Churches**

610-439-8653 / lehighchurches.org / Helps people avoid eviction and obtain housing

- **Salvation Army Allentown**

610-432-0129 / Spanish spoken / pa.salvationarmy.org/lehigh-valley / Emergency shelter 344 N. 7th Street, Allentown

- **Valley Youth House**

610-691-1200 / valleyyouthhouse.org / Helps young people between the ages of 18-21, who are homeless or near homeless, find housing and other resources

FOR VETERANS

maketheconnection.net

Veterans and their loved ones talk about their experiences, challenges, and recovery. Signs and symptoms, treatments and support and resources.

UTILITY ASSISTANCE

- **LIHEAP**

Low Income Home Energy Assistance Program / 866-857-7095 / dhs.pa.gov/Services/Assistance/pages/LIHEAP.aspx

- **Pennsylvania Utility Law Project**

717-236-9486 / rhls.org/utilities/pulp

Information, assistance, and advice on low income residential utility and energy matters

- **PPL On Track Utility Program**

800-342-5775 / pplelectric.com/ontrack

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, Lehigh, PA 18235 & 250 West Catawissa Street, Nesquehoning, PA 18240. The contact information for them is 610-379-0411.

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

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

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

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

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

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

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

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

EDUCATION AND LEARNING FOR STUDENTS:

Center for Humanistic Change Offering selected courses to students, faculty, staff, and parents, remotely and at no cost to you. The courses, which are available to individuals or small groups, will be offered in 30-, 45, or 60-minute segments. Age-appropriate life skills instruction for children K-12 can help children stay engaged when schools are closed and learn ways of coping during these unusual times. Courses for faculty 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/>.

Penn State 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.

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.

The Salvation Army

610.432.0129 / 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 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 include computer labs to help children with their homework which 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

610.351.9622 / 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](https://www.gv-ymca.org/template/upload_files/Allentown%202020%202021%20School%20Age%20Registration%20v0912.pdf)

Casa Guadalupe Center

610.435.9902, ext 2 / 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. Providing programs for Elementary through 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** judakje@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:

- ***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](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/> Students practice at their own pace, first filling in gaps in their understanding and then accelerating their learning. We're a nonprofit with the mission to provide a free, world-class education for anyone, anywhere.
- ***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 learners. Visit <https://learner.org/>
- **Free Courses** 1,500 Free Online Courses from Top Universities. Contains countless video lectures from courses offered by top universities. Some material can be useful for high school students and teachers. Visit <http://www.openculture.com/freeonlinecourses>
- **NeoK12** Provides educational videos, lessons, quizzes, and educational games for K-12 students in various subject areas, such as science, math, health, social studies and English. <https://www.neok12.com/>
- **100,000 Stars** is an interactive visualization of more than 100,000 stars created by Google using data from NASA and the European Space Agency. Visit here <http://stars.chromeexperiments.com/>
- **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=IwAR3aQCDsSp35XS0jHg4vjCvG3IN5wbXGIJBeHhrL-FAJZx5w3BZMQA-WxeY>
- **Virtual Museum Views** <https://artsandculture.google.com/project/streetviews>

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.

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**

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 identified. 1-800-662-4357. In addition to the hotline, text and chat options are available. Text: 717-216-0905 and Chat: bit.ly/GHNchatline
- ***Psychologytoday.com*** allows you to search for mental health professionals in your area and includes filters to identify providers who accept a particular insurance or specialize in certain areas like anxiety or substance abuse.
- ***Lehigh County Crisis Intervention Line:*** 610-782-3127 (24 hours)
- ***Northampton County Crisis Line*** 24 hour/7-day hotline available for anyone in a social service crisis: 610-252-9060
- ***Northampton County Peer Line:*** 855-727-3377 (24 hours)
- ***PennState Extension Family Resiliency*** articles, publications, news, videos, and webinars. Information on children and families, including resiliency, diversity, family meals, family activities, understanding adolescence and parents as role models. Visit <https://extension.psu.edu/youth-family-and-health/children-and-families/family-resiliency> for more information.
- ***National Suicide Prevention Line:*** 1-800-273-8255
- ***Nacional de Prevención del Suicidio:*** 1-888-628-9454
- ***Crisis Text Line*** Text “PA” to 741741 or “Help” to 741741
- ***Veterans Crisis Line*** 1-800-273-8255 and press 1 or text to 838255
- ***PA Mental Health Support Line*** can be reached toll-free, 24/7 at 1-855-284-2494, or for TTY, dial 724-631-5600
- ***2-1-1 – Pennsylvania 211 East*** is a free, confidential, non-emergency, 24-hour information and referral service that connects Lehigh, Northampton, Carbon, Lancaster, Berks, Lebanon, & Schuylkill County residents with health and human services.
- Dial 2-1-1, text your ZIP CODE to 898211, or visit www.pa211east.org.

- ***Lehigh Valley Drug and Alcohol*** is temporarily conducting all evaluations via phone effective 3/23: Contact the Intake Unit during regular business hours M-F from 8:30 a.m. to 4:30 p.m. The evaluations will take approximately one hour to complete. Call 610-923-0394 for an evaluation.
- ***Bethlehem Recovery Center of Northampton County***: The social aspects of the agency are mostly shut down at this time. Individuals seeking virtual meetings are being directed to their Facebook page which offers a listing of meetings with no cost to the individual. If the individual is in crisis, they can contact the office and staff will help them connect to the appropriate resources. An individual can call the Intake Unit to arrange evaluation at 610-923-0394.
- ***National Suicide Prevention Lifeline*** If COVID-19 is making you feel isolated, stressed out or anxious, you are not alone and it's okay to ask for help. Call 1-800-273-8255 or connect with the Crisis Text Line: Text PA to 741-741.
- ***The Department of Human Services Mental Health Support Line*** can be reached toll-free, 24/7 at 1-855-284-2494.
- ***Northeast Treatment Centers***
 - **Bethlehem**: They accept Magellan, Northampton County funding and self-pay. Call them at 610-868-0435.
 - **Easton**: They accept Magellan, Northampton County funding and self-pay. They primarily work with drug and alcohol diagnoses but also work with co-occurring diagnoses as well. Call them at 610-253-6760.
- ***Lehigh County WARM line*** is a telephone support service for Lehigh County adults who are faced with loneliness, confusion, and other mental health concerns. The WARM line number is 610-820-8451. Visit the website for more information:
<https://pbfalv.org/programs/warmline/>
- ***NAMI Keystone PA Helpline***: 888-264-7972 (M-F, 9 a.m. to 5 p.m.)
- ***NAMI LV Online Support Groups***
 - General Support Group Tuesdays from 1 p.m. to 2:30 p.m. Offering practical tips for coping and provide an opportunity to blow off steam in supportive, laughter-filled setting. <https://zoom.us/j/310503489> to join with audio and video. 646 558 8656, meeting ID 310 503 489 to call in, audio-only.
 - Family Members Support Group Wednesdays from 2 p.m. to 3:30 p.m. <https://zoom.us/j/849897305> to join with audio and video 646 558 8656, meeting ID 849 897 305 to call in, audio-only.
 - Individuals/Peers Support Group Thursdays 6 p.m. to 7:30 p.m. <https://zoom.us/j/984334883> to join with audio and video 646 558 8656, meeting ID 984 334 883 to call in, audio-only.
 - Peer to Peer Online Education Course. 8 Week course on Mondays from 6:30 p.m. to 8:30 p.m. This starts April 20th. For more info click on the link:
<http://www.nami-lv.org/education-programs/peer-to-peer-education-program/>
- ***Disaster Distress Helpline***: 1-800-985-5990
- ***Recovery Revolution Teletherapy*** is being offered for individual sessions. Groups are continuing to run face-to-face at the office. They are currently accepting new clients. This agency is strictly outpatient. Their phone number is 610-599-7700.

- **Step by Step:** Outpatient services are being offered via tele therapy. This includes the intake, counseling and psychiatry. They encourage the individual to call and if they can be seen right away, they will go on a waitlist. Visit their website: <http://www.stepbystepusa.com/>. Their phone number is 610-776-1224 and their intake line is 610-867-0688.
- **Treatment Trends Center of Excellence for Opioid Use Disorder** is providing assistance for individuals needing information and access to treatment, including care management and recovery support provided by CRS. Please call 610-432-7693.
 - Treatment Trends Outpatient Program Confront is providing assessments and treatment by telehealth. Please call 610-433-0148.
 - Treatment Trends Halfway Home of the Lehigh Valley is providing residential non-hospital treatment. Please call 610-439-0218.
 - Treatment Trends Keenan House is providing residential non-hospital treatment. Please call 610-439-8479.
- **OASIS Virtual Support Groups**
 - Daily Connection weekdays at 11 a.m. Join Zoom Meeting: <https://zoom.us/j/833323691>, One tap mobile: +9294362866,,833323691#, Dial In: 1-929-436-2866 / Meeting ID: 833 323 691 [no password required]
 - ACA “Trust, Feel, Talk” Mondays at 7:15 p.m. Join Zoom Meeting: <https://zoom.us/j/804634002>, One tap mobile: +19294362866,,804634002#, Dial In: 1-929-436-2866 / Meeting ID: 804 634 002 [no password required]
 - CoDA “Sharing Experience, Strength, & Hope” Tuesdays at 12 p.m. Join Zoom Meeting: <https://zoom.us/j/681670963>, One tap mobile: +19294362866,,681670963#, Dial In: 1-929-436-2866 / Meeting ID: 681 670 963 [no password required]
 - Al-Anon “Roots of Hope” Tuesdays at 7 p.m. Join Zoom Meeting: <https://zoom.us/j/253105066>, One tap mobile: +19294362866,,253105066#, Dial In: 1-929-436-2866 / Meeting ID: 253 105 066 [no password required]
- **Kidlutions** helps kids, teens, and the people who care for them handle their behavioral and emotional issues. Visit www.kidlutions.com/ for more information.
- **American Foundation for Suicide Prevention** Find support. Bringing hope to those affected by suicide. <https://afsp.org/find-support/>
- **Recovery Partnership** is offering a virtual drop-in center beginning April 1st from 2 p.m. to 4 p.m. daily. The virtual drop-in center is a safe place for individuals from Northampton County, who are in recovery from mental illness, to connect socially and safely with their peers. Link to drop-in through their website
 - www.recoverypartnership.us or Enter: <https://zoom.us/j/3923670514> into your internet browser. For telephone access please call 610-861-2741 for assistance.
- **In the Rooms** is a free online recovery tool that offer 130 weekly online meetings for those recovering from addiction and related issues. They use multiple pathways to recovery including 12 Step, Non-12 Step, and Wellness and Mental Health modalities. <https://www.intherooms.com/home/>
- **Online AA Meetings:** <http://aa-intergroup.org/directory.php>
- **Al-Anon Electronic Phone Meetings** https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone_Meetings

- **Adult Children of Alcoholics Online Meetings** <https://adultchildren.org/resources/internet-meeting/>
- **Pyramid Healthcare Detoxification Services** They are accepting new clients in their network of residential detox centers. Pyramids admissions is 24 hours a day, 7 days a week. They offer free door-to-door transportation and 1,300 beds system wide. They all accept all funding sources including PA and NJ Medicaid. They have locations in Dallas, PA, East Stroudsburg, Langhorne, Altoona, Pittsburgh, and Hammonton, NJ.
- **Pyramid Healthcare Telehealth Services for Outpatient Care** Offering outpatient telehealth videoconferencing. Patients would have access to group, individual, family, and medication management sessions. These services will be available for partial hospitalization/partial care, intensive outpatient, and outpatient levels of care. For any questions or to schedule an initial assessment call 1-888-694-9996 or visit pyramidhealthcarepa.com.
- **MARS Achieving Recovery, Creating Hope** If you are in need of drug & alcohol treatment, MARS can help you from intake to assessment to treatment. Call 610-419-3101 X227 or email jnivar@marscare.com.
- **Confront** Assessments and intake will be conducted face to face. Teletherapy is offered for individual and groups. Screenings are being done when coming to the office to check for any medical concerns. A medical clearance will be needed if experiencing certain symptoms. Walk in hours are 8:30-1:30 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 Sacred Heart Hospital Campus); 610-776-5465, and KidsPeace Broadway Campus Family Center 1620 Broadway, Bethlehem; 610-799-8600. Check out www.kidspeace.org for more information about their outpatient services.

- ***Overdose Grief Supports***: Lehigh Valley GRASP Chapter. First Presbyterian Church, Allentown N Cedar Crest & Tilghman St. Rm 18. Call to pre-register at 484-863-4324, 484-788-9440, or 610-442-8490. You can also email nancyhowe@ymail.com.
- ***Youth MOVE PA*** Hosting Youth Virtual Drop-In that is all about getting social interaction. These will be taking place every Monday and Friday from 1 p.m. to 2 p.m. via Zoom. Meeting ID: 410-999-098, Meeting Link: <https://zoom.us/j/410999098>
- ***PHMCA*** Adult Virtual Drop-In is a topic-driven, social gathering hour scheduled on Tuesday and Thursday from 1 p.m. to 2 p.m. via Zoom. These are NOT clinical or therapeutic groups. Meeting ID: 131-337-859, Meeting Link: <https://zoom.us/j/131337859>
- ***Center for Motivation and Change Free Podcast The Beyond Addiction Show*** <https://motivationandchange.com/the-beyond-addiction-show/>
- ***Hazelden Betty Ford Let's Talk: Addiction and Recovery Free Podcast*** <https://www.hazeldenbettyford.org/professionals/resources/podcasts/>
- ***LifeRing Secular Recovery*** is an organization of people who share practical experiences and sobriety support. Visit <https://www.lifering.org/online-meetings> to learn more.
- ***The Phoenix*** is a Recovery Community Organization offering live stream CrossFit, Yoga, and Meditation daily every two hours. https://thephoenix.org/covid19/?fbclid=IwAR1H1bQBF-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>

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>

Safe to Say

<https://www.safe2saypa.org/>

Hot Chocolate Talk – Resources for parents – Child Sexual Abuse

https://www.cfchildren.org/resources/child-abuse-prevention/?utm_source=hct-client-launch-email&utm_medium=referral&utm_campaign=hct&mkt_tok=NzYzLVdWWi0zOTMAAAGDdIman4rmSsD-BApLmahYB1LQruJunX1ngx7RYIfL6MROyAAef9NEMknuPEcSlbwRnw-xm90fsHbYkycdZquvBXX1Wtf5_xd7RiD0nEDT

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_vaNFSYao

Apps to manage Stress, Anxiety, etc.

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

For Grandparents and Extended Family Members

Kinship Families

For 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 compassionate, knowledgeable social service professionals prepared to help families locate, understand, and access resources that may be able to help them. Call 1-866-546-2111 or online at www.kinconnector.org.

Pinebrook Family Answers

Second Time Around Group – Online weekly support for grandparents, guardians, non-parental care givers taking care of their grandchildren or other family member. Understanding your new role, refining parenting skills, building relationships and more. Every Friday at 1 pm. To register or get more information, please feel free to contact us! GRANDPARENTS@PBFALV.ORG
484-228-1900

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>

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_LR5WX0-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

COUNSELING PROGRAMS FOR UNINSURED

A New Dawn Psychotherapy Associates 610-861-8779 www.anewdawnpa.com
308 East Broad Street Bethlehem PA 18018

- Provides counseling for ages 8+ and accepts self-pay.

Bet El Counseling Services 484-221-9270 www.betelcs.com
512 Hamilton Street Suite 200 Allentown PA 18101

- Provides counseling services for 5+ based on a sliding scale per household income and self-pay option.

Catholic Charities 610-435-1541 www.allentowndiocese.org
900 South Woodward Street Allentown, PA 18103

- Provides counseling services to uninsured adults based on a sliding fee scale per household income with a minimum fee of \$30.

Children's Integrated Center for Success 610-770-1800 www.everychildeverytime.com
1247 South Cedar Crest Blvd Suite 107 Allentown PA 18103

- Provides a wide array of counseling services for youth and families and accepts self-pay.

***Community Voices Clinic* <https://ed.lehigh.edu>**

Broughal Middle School 610-866-5041 ext. 40817

Freedom High School 610-849-9158

- Provides free mental health outpatient training services through the Lehigh University Counseling and Psychology program which is staffed by graduate students. Services includes individual, group, family and training for children, adults and families who resides in the Bethlehem School District area.

***Concern* 610-691-840 www.concern4kids.org**

90 South Commerce Way Bethlehem PA 18017

- Provides counseling for ages 3+ through self-pay.

***Haven House* 610-433-6181 www.havenhouse.com**

1411 Union Blvd Allentown PA 18109

- Provides counseling for 14+ and accepts self-pay.

***Healing Works* 610-432-2168 www.healingworksallentown.com**

1644 West Walnut Street Allentown PA 18102

- Provides psychotherapy using traditional talk therapy, expressive therapies and spiritual focus to children, teens, adults and families. Groups, workshops and retreats are included. Self-pay only at \$80 an hour of \$30 for groups.

***Hispanic American Organization* 610-351-2292 www.hao-lv.org**

462 West Walnut Street Allentown PA 18102

- Provides counseling for 6+ via private pay.

***Holcomb* 610-435-4151 www.chimes.org**

1245 South Cedar Crest Blvd. Suite 303 Allentown PA 18104

- Provides counseling services for all ages based on a sliding scale fee or self-pay.

***IU 21* 610-769-4111 www.cliu.org**

4210 Independence Drive Schnecksville PA 18078

- Provides counseling services for youth ages 3 to 21 via self-pay.

***Kidspace Broadway Clinic* 610-799-8600 www.kidspace.org**

1620 Broadway Bethlehem PA 18015

- Provides counseling and medication management for children ages 5 to 18 years old and accepts self-pay.

***Kidspace Green St. Clinic* 610-799-8910 www.kidspace.org**

801 East Green Street Allentown PA 18109

- Provides counseling and medication management for all ages. Accepts self-pay.

Kidspeace Orchard Behavioral Health 610-799-7100 www.kidspeace.org

451 West Chew St. Suite 105 Allentown PA 18102

- Provides counseling services and medication management to ages 3+ and accepts self-pay.

LVHN Valley Health Partners Community Health Center 610-969-4200

www.valleyhealthpartners.org

- Offers health and wellness services as well as street medicine to individuals of all ages with health care providers as well as a team of professionals to provide care coordination, education, information and support by partnering with you and your health care provider. Sliding scale payments are offered.

Nikida Allen, LSCW 267-354-0767 www.psychologytoday.com

1414 Pennsylvania Avenue Bethlehem PA 18018

- Certified Clinical Trauma and Compassion Fatigued Professional that offers outpatient services. Accepts sliding scale fees based on household income and self-pay.

Olivewood Counseling 610-417-0463 www.olivewoodcounseling.com

510 Delaware Ave. Bethlehem PA 18015

- Provides counseling services for ages 3+ based on a sliding scale fee or self-pay.

OMNI Health Services 484-221-8296 www.omhs1.com

546 Hamilton Street Suite 100 Allentown PA 18102

- Provides counseling for 6+ based on self-pay.

Preventive Measures 484-225-4323 www.preventativemeasuresinc.com

515 Linden Street Allentown PA 18101

- Provides counseling for ages 5+ based on a sliding scale fee and accepts self-pay.

Pyramid Outpatient Treatment Program 610-434-1126 www.pyramidhealthcarepa.com

1605 North Cedar Crest Blvd Suite 1602 Allentown PA 18104

- Provides counseling services for children and adults based on a slide scale fee and self-pay.

Summit-View Counseling 610-351-3477 www.summitviewcounseling.com

1275 South Cedar Crest Blvd Suite 3A Allentown PA 18103

- Provides co-parenting classes and counseling for 10+ at reasonable rates and self-pay.

West End Counseling and Wellness 610-569-0252 www.westendwell.com

1011 Brookside Road Suite 122 Allentown

- Provides counseling services for children and families and accepts self-pay.

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/>

COVID-19 Resources for Kinship Family and Grandfamily Caregivers

Audience: Caregivers of children and teens

ARCH National Respite Network

Visit the [National Respite Locator](#) for a list of respite resources for parents and family caregivers your state or community.

Center for Parent Information and Resources

The [Coping with COVID-19 for Adults and for Children](#) webpage includes regularly updated resources to support children with disabilities and their families during the pandemic covering such topics as distance learning, attending virtual IEP meetings, and providing behavioral support at home.

Child Welfare Information Gateway

The COVID-19 State [Child Welfare and Related Health Resources](#) webpage contains a list of

websites, organized by state, that provide local guidelines and responses to the COVID-19 emergency.

Consumer Financial Protection Bureau (CFPB)

The CFPB's [coronavirus landing page](#) has links to information on mortgage and housing assistance, economic impact payments, managing finances, and scams. With resources from across the federal government, the [Preparing, recovering, and rebuilding after disasters and emergencies webpage](#) can help you safeguard your finances. The CFPB explains new retirement withdrawal and repayment rules under the CARES Act in considering an early retirement withdrawal, CARES Act rules and what you should know.

The Conversation Project (advance care planning)

The [Being Prepared in the Time of COVID resource](#) offer instructions for advance planning during the COVID-19 pandemic. The resource includes a worksheet on page 2 with specific questions to assist individuals in creating their own advance care plan.

COVID-19 Child Welfare and Related Health Resources by State

The Child Welfare Information Gateway provides a [list of websites that focus on State-specific guidelines and responses](#) to the COVID-19 emergency.

Eldercare Locator

This is a public service of the U.S. Administration on Aging (AoA) that connects older adults and their families to services and resources. Visit the [Eldercare Locator](#) webpage and type in the name of the city or ZIP code.

Generations United

The [COVID-19 Resource webpage](#) on the Grandfamilies website provides an up-to-date list of information, webinars and tools to assist Kinship Families and Grandfamilies during the COVID-19 pandemic.

National Indian Health Board

The COVID-19 Tribal Resource Center's [Community Health Tools webpage](#) provides a number of COVID-19 resources, including fact sheets on such topics as:

- Talking about COVID-19
- How to Talk to Youth About COVID-19
- COVID-19 Testing in Indian Country
- Differences Between Social Distancing, Isolation, and Quarantine 5
- Securing Food and Nutrition
- COVID-19 and Housing
- Vulnerable Populations

U.S. Food and Drug Administration (FDA)

The FDA provides various [Consumer Articles](#) and guidance on [Shopping for Food During the COVID-19 Pandemic](#). The [COVID-19 Resource page](#) also contains additional resources such as fact sheets, videos, podcasts, toolkits and articles

HOMELESS LODGES AND SHELTERS

Alburtis Lodge 610-928-1070 www.alburtistavern.com / 106 South Main St. Alburtis 18011
Provides 12 affordable short term, furnished suites. Flexible weekly & monthly leases.

Allentown Pennsylvania Shelter List <https://www.shelterlist.com/city/pa-allentown>

Allentown Rescue Mission 610-740-5500 or 610-740-5503 www.allentownrescuemission.org
355 South Hamilton St. Allentown 18101 / Provides emergency homeless shelter, clothing and personal care items for residents as well as Drug and Alcohol treatment for adult makes 18+ including GED preparation classes.

Bethlehem Emergency Shelter 484-379-6694

<http://www.bethlehememergencysheltering.org/about-us.html> / 75 East Market St. Bethlehem 18018 / Provides overnight shelter for homeless adults from November through April.

Cay Galgon Life House (previously known as Mary's Shelter) 610-867-9546

<https://www.caygalgonlifehouse.org/> / 714 West Broad St. Bethlehem 18018 / Provides temporary housing for pregnant women.

Lehigh Conference of Churches 610-433-6421 www.lehighchurches.org / 457 West Allen St. Allentown 18102 / Provides the Pathways Housing services which finds shelters and funding for those facing homelessness, the HOPE provides an 18-month Intensive Case Management service that assists in finding housing and the Lazarus House which offers shared housing for adults re-entering the community after incarceration.

New Bethany Ministries Transitional Housing Program 610-691-5602

www.newbethanyministries.org / 33 West 4th St. Bethlehem 18015 / A three months housing program for homeless families with a goal to find permanent housing. Residents can earn an additional three months stay if needed to continue with their action plan identified with a case manager.

Safe Harbor Easton Emergency Winter Shelter 610-258-5540

<https://www.safeharboreaston.com/> / 536 Bushkill Dr. Easton PA 18042 / Provides shelter for homeless adults as well as meals, showers and clothing.

Salvation Army Allentown 610-432-0128 <https://pa.salvationarmy.org/lehigh-valley/Housing>

344 North 7th St. Allentown 18101 / Provides 45 days of shelter for homeless children and women including food and showers. Families work with case workers and can require a longer stay to work on education, housing and employment goals.

Sixth Street Shelter / Turner St. Apartments 610-435-1490 <https://sixthstreetshelter.caclv.org/>

219 North 6th St. Allentown 18102 / Provides shelter for the homeless and a 2-year transitional housing program at Turner St. apartments for families pursuing educational and vocational goals.

Third Street Alliance for Women and Children 610-258-6271 www.thirdstreetalliance.org
41 North 3rd St. Easton 18042 / Provides emergency shelter and transitional housing for women and children.

Turning Point of the Lehigh Valley 610-437-3369 www.tplv.org / Provides a safe house emergency shelter within a communal living environment for women and children who are victims of domestic violence.

Valley Youth House Shelter 610-691-1200 / 539 8th Avenue Bethlehem 18018
<https://www.valleyyouthhouse.org/programs/emergency-shelter/lv-shelter/> Provides emergency shelter for youth ages 12-17 while providing an individualized brief counseling and crisis intervention model with case managers and clinicians on staff.

Victory House Homeless Shelter 610- 691-3373 www.victoryhouselv.org
314 Filmore St. Bethlehem 18015 / Provides temporary housing for men ages 16 to 65 who voluntarily join the program who are recovering from drug and alcohol abuse or who have recently been incarcerated.

YMCA Allentown Warming Station 610-351-9622 <https://www.gv-ymca.org/location/allentown>
425 South 15th St. Allentown 18102. Provides emergency shelter for adults during winter months.

FINANCIAL RESOURCES:

Financial Institutions

If you need to access your financial institution, complete transactions using online or mobile banking, drive thru, or ATM's. Make use of services available 24/7 on your financial institutions website or app including balance inquires, transfers, loan payments, mobile check deposits, and transaction inquires. You should contact your financial institution for any concerns with credit, automatic bill payments, or debt obligations like credit card and mortgage payments.

Unemployment

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

Taxes

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

Credit Cards

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

Rent and Mortgage

Emergency Rental

Are you struggling to pay rent or utilities due to the pandemic? If you need help paying your rent and/or your utility bills, you may be able to get money to pay for those expenses through the Emergency Rental Assistance Program (ERAP). Assistance is available for unpaid bills owed on or after March 13, 2020. ERAP can help eligible households pay rent and other bills that keep families in their home with working utilities. ERAP can help pay for:

- Current rent
- Past-due rent (arrears)
- Current balances and arrears for utilities such as:
 - Electricity
 - Gas
 - Water
 - Sewer
 - Trash removal
 - Energy costs (i.e. fuel oil)
- Rental fees
- Late fees

Any person responsible for paying rent can apply for ERAP. Your landlord does not have to participate for you to get help.

Visit www.COMPASS.state.pa.us. You will be able to submit your application through COMPASS or, if your county is not participating in the COMPASS application, you will be automatically directed to your county's application process.

For more information about the program including income limits, how to apply, and local county contacts, or to access a printable application, visit the [DHS ERAP webpage](#).

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

Loans

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

Scams: BEWARE!

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

Northampton and Lehigh County free assistance programs.

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...)

Community 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 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). Also provides assistance with landlord-tenant related utility issues as well as weatherization and consumer issues in electric and natural gas restructuring.

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 service.

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

Provides information regarding the food stamp program and rural development.

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 prescriptions). MA applications can be completed online or 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

LGBTQ Resources

LGBTQ National Hotlines – For LGBTQ Youth: 800-246-7743

The Trevor Project

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

Bradbury Sullivan Center

<https://www.bradburysullivancenter.org/>

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 is 29 Bayard Rustin Way, Allentown PA 18101 (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.

- **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>

AUTISM SERVICES

Merakey has Autism Specific case managers that go into the home

<https://www.merakey.org/locations?state=PA&services=autism&zip=18080&radius=25#search-results>

ABA Support Service 610-365-8373 / 224 Nazareth Pike in the Trolley Station Mall / Bethlehem, PA 18020 <https://abasupportservices.com/>

Access Services Inc. 3975 Township Lie Rd / Bethlehem, PA 18020 / 877-379-0067

Concern 90 S Commerce Way # 300 / Bethlehem, PA 18017 / (610) 691-8401
<https://www.concern4kids.org/bhs/types-of-counseling-services/>

Holcombs 1245 South Cedar Crest Blvd., Suite 303 / Allentown, PA 18103 / 610-435-4151
<https://chimes.org/about/chimes-family/holcomb-behavioral-health-systems/>

Lehigh Autism Services <https://ed.lehigh.edu/center-for-promoting-research-to-practice/autism-services-clinic> 111 Research Drive, Suite L101 / Bethlehem, PA 18015 / 610-758-2441
Dr. Lee Kern – Director / Email: lek6@Lehigh.edu

Autism Society of America-Lehigh Valley Chapter
<http://pafamiliesinc.org/resources/view/autism-society-of-america-lehigh-valley-chapter>

Autism Society <https://www.asalehighvalley.org/>

ADHD RESOURCES

1. ADDitude is a magazine you can buy on ADHD <https://www.additudemag.com/>
2. <https://time.com/growing-up-with-adhd/> Times article on ADHD
3. <https://chadd.org/get-attention-magazine/> Attention Magazine for ADHD
4. <https://www.additudemag.com/category/parenting-adhd-kids/webinar-parents/>
Other webinars on ADHD
5. https://m.youtube.com/watch?v=uyMYNRHvyzo&feature=emb_title
ADHD: Family Strategies for School Success

MISCELLANEOUS RESOURCES

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

Pennsylvania Health Access Network (PHAN) Helpline (Statewide): 877-570-3642

Public Citizens for Children and Youth (PCCY) Helpline (Southeast PA): 215-563-5848

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/>

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.

FamilyWize provides discounts to lower the cost of prescription medications. Whether you're insured or uninsured. Visit <https://familywize.org/> for more information.

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.