



The Center for Humanistic Change COVID-19 Resource Guide

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

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

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

Dear Friends of the Center for Humanistic Change,

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

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

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

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

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

Student offerings include:

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

Faculty, staff, and parent offerings include:

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

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

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

Sincerely,

Arlene J. Lund

Updated: 3/27/2020

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FOOD RESOURCES FOR CHILDREN UNDER 18:

Allentown Area School District:

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

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

YMCA of Allentown offering dinner to children 18 and under from 4 p.m. to 5 p.m. Can pick up outside of the front doors to the YMCA. Dinner is to be taken home. Address is: 425 S 15th St, Allentown, Pennsylvania, 18102

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

Bangor Area School District:

Bangor High School. Grab and Go Meals will be offered for curbside pick-up. Families must pre-order by 5PM 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 10AM to 12noon at Bangor High School.

Bethlehem Area School District:

The Bethlehem Area School District is offering free bagged breakfast and lunch to all children in Bethlehem through age 18. Children must be present to get meals. Breakfast and lunch meals will be available between 10:00 a.m. to 1:00 p.m. from Monday to Friday at the following locations:

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

- **Lynfield Community Center:** 1889 Lynnfield Drive, Bethlehem, PA 18015 - *Main Entrance*

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

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

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

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

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

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

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

Nazareth Area School District:

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

Northampton Area School District

The Northampton Area School District will be providing available free bagged lunches to all children in the District through age 18. Meals will be available between 10:00 a.m. and 12 p.m. Monday to Friday at George Wolf Elementary (Bath, PA) and Siegfried Elementary (Northampton, PA).

Parkland School District

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

Pen Argyl School District:

Grab and Go Meals are offered for curbside pickup at Wind Gap Middle School from 11:30 a.m. to 1 p.m.

Saucon Valley School District:

Saucon Valley is providing grab and go lunches Monday to Thursday 12:15 p.m. to 1:30 p.m. in the Middle School bus loop. **Beginning 3/30 meals are only being offered to students who received free or reduced meals.** Thursday's pick up will include 2 breakfasts & 2 lunches to cover Friday. Child must be present in vehicle. No ID or student info required.

Southern Lehigh School District

Offering grab and go food until school resumes. Pick-up is located at the high school. The address is 5800 Main St # 1, Center Valley, PA 18034. Pick-up times are from 11 a.m. to 1 p.m.

Wilson School District:

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 & 1:00 pm from Monday to Friday.

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

FOOD RESOURCES FOR FAMILIES, ADULTS AND THE ELDERLY:

Burger King download the Burger King app and add the 2 Free Kids Meals coupon to your cart. It excludes toys. Pickup only, not available for delivery.

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 – Saturday 11 a.m. to 3 p.m. They are screening people by taking their temperature.
- **Lehigh Conferences of Churches** is located at 6th and Chew Street, Allentown, PA. Distribution of sandwiches at street level 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 breakfast meal from 7 a.m. to 8 a.m. Go to the back entrance of the church to receive your meal.
- **Allentown Ecumenical Food Bank** is located at 534 Chew Street, Allentown, PA 18102. Open Monday to Friday from 9:30 a.m. to 11:45 a.m. Must live in Lehigh County and only serving 65 people.
- **Salvation Army** is located at 114 North Eighth Street, Allentown, PA 18105. Open on the 2nd and 4th Wednesday from 10 a.m. to 12 p.m. Bring a valid ID and bag.

- ***Second Harvest Food Bank of Lehigh Valley & Northeast PA:*** Does not service Northampton County but can call them, give living zip code and they will attempt to locate a food pantry to service that person/family. Phone number is 610-434-0875.
- ***Turning Point of Lehigh Valley,*** is located at 444 E Susquehanna St, Allentown, PA 18103, the hotel is available but only for clients who are escorted by police and if there is availability. Counseling services are still available via phone. To contact them please call 610-737-0530.
- ***Allentown YMCA*** is located on 15th Street. They are offering a warming station for people experiencing homelessness. They are open from 7 p.m. to 7 a.m. The warming station is also serving meals for adults and at risk youths.

Bath:

- ***Bath Food Pantry*** located at 206 East Main Street, Bath, PA 18014. Open on the 1st Saturday of every month. Next date is April 7th from 9:30 a.m. to 11 a.m. and from 6 p.m. to 7 p.m.

Bethlehem:

- ***Lehigh Valley Church of Christ*** is located at 3400 Brodhead Road, Bethlehem, PA 18020. Appointment only, call 610-691-1116 and speak with someone about setting up your appointment time.
- ***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 9 a.m. to 12 p.m. and the 2nd Wednesday of every month from 5:30 a.m. to 12 p.m. Can only go once a month servicing those who live in 18017 and 18020 zip codes. Bring an ID with you.
- ***Food Pantry*** is located at 621 Pembroke Road, Bethlehem, PA 18018. Proof of address is needed. Does not service South Side Bethlehem. Open from 9 a.m. to 12 p.m. Appointment is needed so please call 610-867-4681.
- ***Meals on Wheels of the Greater Lehigh Valley.*** Call 610-691-1030 to order meals or groceries. Case managers will determine the cost clients are able to pay based on income, assets, and living expenses.
- ***New Bethany Ministries*** is located at 333 4th Street, Bethlehem, PA 18015 will be providing curbside pickup for lunch from 12 p.m. to 1 p.m. The food pantry is open Monday to Friday from 10:30 a.m. to 11:30 a.m. Day shelter and dining room are closed until further notice. Showers are available but limited.
- ***Trinity Soup Kitchen*** is located at 44 E Market St, Bethlehem, PA 18018 and is serving curb side lunch out of the front window in take home bags from 12 p.m. to 1 p.m. Monday to Friday. There is a social worker on staff Monday to Friday from 11:30 a.m. to 1:30 p.m.
- ***Victory House*** is located at 314 Filmore Street, Bethlehem PA 18015 is only accepting veteran referrals and referrals for the transitional housing program. You can contact them at 610-691-3373.

Easton:

- ***Project of Easton, Inc. Food Pantry*** is located at St. Johns Church at 330 Ferry St. Easton, PA 18042 or at home deliveries. Photo ID and proof of Northampton County residency are required for each visit. Intended for low-income, at-risk adults, children, and seniors. Receive a 3 to 4-day supply of food once a month. Bring grocery bags. Only a limited number of people in the pantry at one time. Food will be bagged and given to clients Food Pantry: Please arrive 15 minutes before closing to ensure you get served: Mondays from 10 a.m. - 12:15 p.m. Thursdays from 10 a.m. - 12:15 p.m. & 1 p.m. - 3:15 p.m. If interested in at home deliveries, please contact 610-258-4361. At home deliveries: Tuesday & Thursday from 8:30am-4:30pm for donations, deliveries, and emergency food assistance
- ***Easton Area Neighborhood Center, Inc.*** is located at 902 Philadelphia Road, Easton, PA 18042. Every 2nd Friday from 9 a.m. to 12 p.m. and every 4th Wednesday from 4 p.m. to 6 p.m. Must be an Easton resident. *Due to current situation only 1 person is allowed in at a time. They are only giving out bags, you are not allowed to choose what you want.
- ***St. Paul's Lutheran Church*** is located at 610 Berwick, Easton, PA 18042. Phone number is 610-258-2612. Food available on Thursdays at 6 p.m.
- ***Easton Food Pantry*** is located at 1110 Northampton Street, Easton, PA 18042. Open Monday to Friday from 9:30 a.m. to 1 p.m. Monday, Wednesday, Thursday and Friday 1pm starts fruits and vegetables. (Not sure how long this service will last as they get donations from stores and not getting as much). Ring the doorbell, come in one at a time. Bag will be packed and given. Bring picture id. Closing around 1:30 everyday
- ***Safe Harbor Easton Trinity Episcopal Church*** is located at 536 Bushkill Drive (610-258-5540) and 234 Spring Garden Street (610-253-0792), Easton, PA 18042. Giving out bagged lunch to go from 11:45 a.m. to 12:30 p.m. *** If a family in specific need of something you can reach out to Casey, she is the day house manager and she will check their supplies. If she isn't available directly anyone who answers would be willing to look/check for specific requests. Formula they currently have: Nito, by Nestle for toddlers and Nutramigen, for infants and toddlers formula is hypoallergenic.

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

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

Kunkletown:

- ***West End Food Pantry*** is located on 516 Kunkletown Road, Kunkletown PA 18058. They are open on the 1st and 3rd Saturday of the month from 9 a.m. to 12 p.m. Right now, everything is pre-packaged and given out. It is one car at a time, drive thru style. The Zip Codes they Service: Kunkletown 18058, Kresgeville 18333, Gilbert 18331, Saylorsburg 18353, Brodheadsville 18322, Effort 18330, Sciota 18354, Stroudsburg 18360, Long Pond 18334, Albrightsville 18210, Reeders 18352, Bartonsville 18321, Tannersville 18372, Aquashicola 18012, Palmerton 18071, Bowmanstown 18030, Parryville 18244, Lehighton 18235
There is also a blue box located at the front of the building which is always stocked with non-perishable goods if someone is in a serious emergency. **As of this past week, there are diaper sizes 1, 2 and 3. Typically have diapers but sizes may vary.

Kutztown:

- ***Friend, Inc.*** is located at 658 D Noble Street, Kutztown, PA 19530. Areas including Fleetwood, Brandywine and Kutztown School Districts, and Berks County. Pickup on every 3rd Thursday at 6:30 p.m. and every 3rd Friday at 11 a.m. Individuals can call but they can also just show up. Phone number is 610-683-7790

Nazareth:

- ***St. Johns UCC Food Bank*** is located at 183 S. Broad Street, Nazareth, PA 18064. Open on the 4th Saturday of each month. 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.

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. Limit 1 visit per month. 1st and 3rd Monday of every month from 9 a.m. to 11 a.m. and 1st Wednesday of every month from 6 p.m. to 7 p.m.

Pen Argyl:

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

Portland:

- ***Portland Upper Mountain Bethel Food Pantry*** is located at 100 Division Street, Portland, PA 18351. Hours of operation are Monday 10 a.m. to 11 a.m. and 6 p.m. to 7:30 p.m.

Wind Gap:

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

FOOD RESOURCES FOR HEALTHCARE WORKERS & TRUCK DRIVERS:

Healthcare Workers

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

Truck Drivers

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

WHERE TO GET TESTED FOR COVID-19

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

1. **LVHN COVID-19 Assess and Test–MacArthur Road**
2741 MacArthur Road, Whitehall, PA 18052
Daily: 8 a.m. to 8 p.m.
2. **LVHN COVID-19 Assess and Test–Stroudsburg**
1655 W. Main St., Stroudsburg, PA 18360
Monday-Friday: 8 a.m. to 5 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.
3. **LVHN COVID-19 Assess and Test–Palmerton**
528 Delaware Ave., Palmerton, PA 18071
Monday-Friday: 8 a.m. to 8 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.
4. **LVHN COVID-19 Assess and Test–Macungie**
6451 Village Lane, Macungie, PA 18062
Monday-Friday: 8 a.m. to 8 p.m.

Saturday-Sunday: 9 a.m. to 3 p.m.

5. LVHN COVID-19 Assess and Test-Richland Township

320 W. Pumping Station Road, Suite 3, Quakertown, PA 18951

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

Saturday-Sunday: 9 a.m. to 3 p.m.

6. LVHN COVID-19 Assess and Test-Hazleton

140 N Sherman Court, Hazleton, PA 18201

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

7. LVHN COVID-19 Assess and Test-Cressona

35 Sillyman Street, Cressona, PA 17929

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

8. LVHN COVID-19 Assess and Test-Nazareth

863 Nazareth Pike, Nazareth, PA 18064

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

Saturday-Sunday: 9 a.m. to 3 p.m.

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

1. Anderson Campus

1872 St. Luke's Blvd, Easton, PA 18045

2. West End Medical Center (Cetronia Rd)

501 Cetronia Rd, Allentown, PA 18104

3. Quakertown Campus

1021 Park Ave, Quakertown, PA 18951

4. Broadheadsville Health Center

111 PA-715, Broadheadsville, PA 18322

5. West Penn Medical Center

2092 W Penn Pike, New Ringgold, PA 17960

6. Sacred Heart Campus (behind Central Catholic in their parking lot off of Gordon)

301 N 4th St. Allentown, PA 18102

DIAPER RESOURCES:

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

Lily's Hope giving out care packages to families that have pre-mature babies. A release of health information is needed. They are doing curbside pickup or looking into mailing. Contact jen@lilyshopefoundation.org. She will direct you to who you need to speak to.

Doctor's Office and Hospital doctor's officer and hospitals can get bombarded with free diaper samples. Company reps bring the diapers in. Doctor's offices can be eager to give away free diaper samples. This is because they often have limited space for storing the samples. In addition, you can ask for formula and other samples they receive. Ask when you're in the

hospital having your baby or call your doctor's office. You could also ask for coupons as well as some diaper company's give those to doctors and hospitals as well.

EDUCATION AND LEARNING FOR STUDENTS:

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

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

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

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



Online Resources:

- ***Khan Academy*** <https://www.khanacademy.org/>
- ***Scholastic*** <https://classroommagazines.scholastic.com/support/learnathome.html>
- ***Openstax*** <https://openstax.org/>
- ***Prodigy Math*** <https://www.prodigygame.com/>
- ***Mystery Science*** <https://mysteryscience.com/school-closure-planning>
- ***TED Ed*** <https://ed.ted.com/>
- ***BrainPop*** <https://www.brainpop.com/> You can get free access on the webpage
- ***YouTube*** – SciShow, SciShow Kids, CrashCourse, and CrashCourse Kids
- ***Wonderopolis and Camp Wonderopolis*** – explore the world around you
- ***PBS Parents Play and Learn App***
- ***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 updated regularly.
https://mcusercontent.com/4847d6bc77e63cda928cc0064/files/1ead95d1-d514-469d-81e0-8a1af1d156d5/SP_At_Home_Mindfulness_Guide_and_Resources_FINAL.pdf
- **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/>

RECOVERY AND MENTAL HEALTH:

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

Anyone Can Become Addicted. Anyone. Learn More. PAStop.org <small>Commonwealth Prevention Alliance Stop Opiate Abuse Campaign</small>		Anyone Can Become Addicted. Anyone. Learn More. PAStop.org <small>Commonwealth Prevention Alliance Stop Opiate Abuse Campaign</small>	
Possible Signs & Symptoms of Drug Abuse <ul style="list-style-type: none"> * tremors * loss of control * euphoria * dilated pupils * seizures * changes in behavior * pinned out pupils * drowsiness * sweating * panic attacks * irritability * difficulty focusing * lethargy * weight loss * anxiety * hallucinations * "nodding out" * confusion 	Northampton County Drug and Alcohol 610-829-HELP Northampton County Crisis 610-252-9060 Outpatient Programs Drug & Alcohol Assessments, Individual, Group & Family Counseling <ul style="list-style-type: none"> * New Directions Treatment Services - Methadone Maintenance 2442 Broadhead Rd., Bethlehem 610-758-8011 * Northeast Treatment Centers 44 E. Broad St., Suite 020, Bethlehem 610-868-0435 300 S. Seventh St., Easton 610-253-6760 * Recovery Revolution, Inc. 109 Broadway, Bangor 610-599-7700 * M.A.R.S., Inc. 826 Delaware Ave., Bethlehem 610-419-3101 * Pyramid Bartonville 3180 PA-611, Bartonville 570-420-7959 Recovery Oriented Systems Walk In Hours for Drug & Alcohol Assessments Available <ul style="list-style-type: none"> * Bethlehem Recovery Center 548 N. New St., Bethlehem 610-849-2209 * Change on 3rd 117 N. Third St., Easton 610-829-2770 * A Clean Slate (Slate Belt Recovery Center) 100 S. 1st St., Bangor 610-452-9348 * Change on Main 1830 Main St., Northampton 610-440-0581 * Oasis Community Center - nurturing families impacted by substance use 3410 Bath Pike Bethlehem 484-747-6825 	Possible Signs & Symptoms of Drug Abuse <ul style="list-style-type: none"> * tremors * loss of control * euphoria * dilated pupils * seizures * changes in behavior * pinned out pupils * drowsiness * sweating * panic attacks * irritability * difficulty focusing * lethargy * weight loss * anxiety * hallucinations * "nodding out" * confusion 	Lehigh County Drug and Alcohol 610-782-3200 Lehigh County Crisis 610-782-3127 LIFELINE for Suicide 1-800-273-TALK (8255) Get Help Now Hotline 1-800-662-HELP Drug Treatment Options <ul style="list-style-type: none"> * Confront 1130 Walnut St, Allentown 610-433-0148 * Hispanic American Organization 462 W. Walnut St, Allentown 610-435-5345 * M.A.R.S., Inc. 826 Delaware Ave, Bethlehem 610-419-3101 * Pyramid Healthcare 1605 N Cedar Crest Blvd, Allentown 610-434-1126 * Step-By-Step, Inc. 375 Linden St, Allentown 610-776-1224 * White Deer Run 1259 S Cedar Crest Blvd, Allentown 610-432-5561
For more copies contact: Center for Humanistic Change 610-443-1595 www.thechc.org 		For HELP for YOURSELF when dealing with an addicted loved one: LEHIGH VALLEY PARENT & FAMILY SUPPORT GROUP Thursdays, 7:00 PM, at First Presbyterian Church 3231 Tilghman St, Allentown • LVPFSG@gmail.com Al-anon www.al-anon.org Nar-anon www.nar-anon.org 	
LVDA Intake Unit offers Certified Recovery Specialists 610-849-2406 and Drug & Alcohol Assessments 610-923-0394			

Other Recovery and Mental Health Resources

- ***Kidlutions*** helps kids, teens, and the people who care for them handle their behavioral and emotional issues. Visit www.kidlutions.com/ for more information
- ***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/>
- ***Warmline*** is a telephone support service for Lehigh County adults who are faced with loneliness, confusion, and other mental health concerns. The Warmline number is 610-820-8451. Visit the website for more information: <https://pbfalv.org/programs/warmline/>
- ***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](https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone_Meetings)
- ***Adult Children of Alcoholics Online Meetings*** <https://adultchildren.org/resources/internet-meeting/>
- ***National Suicide Prevention Line*** English: 1-800-273-8255 Spanish: 1888-628-9454
- ***Crisis Text Line*** Text HOME to 741741
- ***Veterans Crisis Line*** 1-800-273-8255 and press 1 or text to 838255
- ***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.
- ***Get Help Now Hotline*** for individuals with substance use disorder. A 24 hours a day, 7 days a week, 365 days a year hotline staffed by trained professionals will stay on the phone with the caller until a treatment provider with an opening is identifier. 1-800-662-4357. In addition to the hotline, text and chat options are available. Text: 717-216-0905 and Chat: bit.ly/GHNchatline
- ***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/>
- ***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>
- **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/>

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!

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>

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

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

Loans

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

Scams: BEWARE!

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

MISCELLANEOUS RESOURCES:

- ***The United Way*** has a COVID-19 Community Economic Relief Fund. They will help with bills, rent, and food. You can call 1-866-211-9966 and provide zip code and will be given a list of local agencies to provide assistance. <https://www.unitedwayglv.org/>
- ***6th Street Shelter*** in Allentown at 219 N 6th Street #4111 Allentown, PA 18102 is still accepting new CES referrals and clients for an Emergency Shelter. You can contact them at 610-433-3282 or by email at sixthstreetshelter@caclv.org
- ***Allentown Rescue Mission*** at 355 Hamilton Street Allentown, PA 18101 is still accepting veteran referrals and referrals to their housing program. You can contact them at 610-740-5500.
- ***Utility Companies:*** At this time, utility costumers including ***PPL Electric, Met-Ed, UGI, and Verizon*** will not shut off any electric, natural gas, water, wastewater, telecommunications, and steam utilities. This is part of an emergency order signed by the Pennsylvania Public Utility Chairwoman prohibiting companies from terminating consumers for unpaid bills or other reasons.
- ***Lehigh County Water Authority*** will not shut off water to customers with delinquent bills.
- ***Service Electric*** will not terminate service to any residential or small business due to inability to pay their bill, wave late fees, and open its Wi-Fi hotspots to everyone. Will also offer free broadband modems to qualifying costumers during the ongoing national emergency. For more information on modem access and 60-day financial grace period, contact representatives at: 1-800-232-9100
- ***Charter Communications/Spectrum:*** Offering free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription. Instillation fees will be waived for new student

households. Charter will also open its Wi-Fi hotspots across their footprint for public use. Spectrum does not have data caps or hidden fees. If you would like to enroll contact them at 1-844-488-8395.

- **Comcast:** is offering free Xfinity Wi-Fi to everyone with hotspots available to all. To access the service, look for the xfinity Wi-Fi network name in a list of hotspots. Also, if you are a customer and are unable to pay your bills during this time, you can contact Comcast for advice on flexible payment options. No disconnects or late fees will be applied if you contact customer service. 1-800-934-6489 Low income families who are in an area with Comcast service can sign up for Internet Essentials and as new customers, are eligible for 60 days of free service <https://www.internetessentials.com/>
- **RCN:** Lifeline Internet Program for Students (K-12) The first 60 days FREE of RCN Internet it includes the modem, router, and network access maintenance fee. There is no credit check, no activation fee, no installation fee, and no contract. An adult over the age of 18 living in the household must call and request enrollment in the Lifeline Internet Program. RCN cannot schedule installations called in by a minor. There is a specific hotline for the program and it is 866-926-6704. Normal business hours/phone line is open: Monday to Friday from 9 a.m. to 8 p.m. and Saturday 8:30 a.m. to 5 p.m. During non-business hours, callers may leave a message, which will be returned on the next business day. A non-customer may qualify if: they live in an area of the Lehigh Valley that RCN service is available, they have not subscribed to RCN services within the last 60 days, they have no outstanding debt to RCN that is less than one year old, and the name on the bill matches the name of the adult household member requesting enrollment in the Lifeline Internet program.
- **U-Haul:** College students who need to move out of their dorms or rental units and have no place to put their belongings. You must present a college ID and it is dependent on availability. This offer lasts 30 days of free self-storage. Find out more by visiting <https://www.uhaul.com/Storage/> or calling 1-800-468-4285
- **Sprint:** If you are a customer, they are providing unlimited data for 60 days with metered data plans and giving 20 GB of free mobile hotspot to customers with hotspot-capable devices.
- **AT&T:** No overage fees while people are at home using more data, open public Wi-Fi hotspots open for anyone to use, internet access for qualifying limited-income households at \$10/month through Access from AT&T program. They will not terminate service of any wireless, home phone, or broadband residential or small business customer due to an inability to pay their bill as a result of the coronavirus. They are also waiving late payment fees for those customers.
- **T-Mobile:** Will waive late fees, not cutoff service for lack of payments and open hotspots. Plus unlimited data to existing customers and, coming soon, will allow all handsets to enable hot-spots for 60 days at no extra charge.