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# NYC Coronavirus Family Resource Guide

Dear Green Beetz Community,

Many families throughout New York and the country are struggling to get the resources and help they need during the Coronavirus pandemic. Many others are trying to find ways they can support their neighbors. We at Green Beetz want to do our part to help the NYC community identify, access, and navigate the various resources available. While we are all practicing physical distancing and taking precautionary measures, we also encourage and champion social cooperation and collaboration. We are confident we can come together to support each other during these times of uncertainty and hope that the resources below will provide some guidance. As the landscape continues to evolve, follow us @greenbeetz for updates.



## Where Can I Get Support?

### Where can I access food?

- [The Food Education Fund](#) is a go-to resource for all things food in NYC.
- [The DOE Office of Food and Nutrition Services \(OFNS\)](#) staff are serving grab-and-go breakfast and lunch at school entrances from 7:30 am to 1:30 pm to anyone under 18. Students can pick up from any school; they do not need to go to the school at which they are enrolled. PLEASE NOTE: Signage may not be up yet. Students and parents should knock loudly on the school's front door if it is not obvious that the school is open.
- [Food Bank NYC](#) has a database of where to access food throughout the boroughs.
- [Expensify.org](#) will reimburse families in need during Coronavirus crisis.
- A map of restaurants donating meals across NYC can be found [here](#) and a tracker [here](#).
- [World Central Kitchen](#) is distributing meals in the Bronx and Queens.
- [Evelyn's Kitchen](#) in Harlem will offer healthy meals to kids at no-charge.
- [Greenpoint Community Kitchen](#) will give out takeaway meals on Saturdays from 12-2 pm at St. John's Lutheran Church at no-charge.
- [Citymeals](#) has packed and delivered 45,000 emergency meals for frail aged New Yorkers and are now packing an additional 200,000 emergency meals in case senior centers must close.
- [NY Common Pantry](#) will have takeaway meals Monday and Tuesday at 11 am, Wednesday, Thursday, and Friday 2:30 pm and brown bag lunches Saturday and Sunday from 4-5 pm.

### Where do I get medical help?

- Do not go to the emergency room unless you are severely ill. If you are moderately sick or ill, stay home. Going to the ER with moderate symptoms is jeopardizing the lives of others who are very sick. (Source: NYC Department of Health and Mental Hygiene).
- [The National Association of Community Health Centers \(NACHC\)](#) can help you find local health clinics for testing and other health needs.
- The following hospitals are providing telehealth urgent care platforms if you are unable to contact a doctor:
  - [NYU Langone](#)
  - [New York Presbyterian](#)
  - [Mount Sinai](#)

## What are services to help with mental health?

- [The Crisis Text Line](#) offers 24/7 service that's text only. Their website also has support numbers and additional information. Text HOME to 741741 to connect with a Crisis Counselor.
- [Lifehacker](#) has a list of the top 10 free and affordable services for mental health counseling.
- [NYC Well](#) offers free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages 24/7.
- [MIT Medical](#) recommends the following [Headspace](#), [Smiling Mind](#), [iMindfulness](#), and [Mindfulness Daily](#) to help reduce stress and preserve well-being. Most have free options or include 7-10 day free trials to get started.

## What financial resources and supplemental funds are available for me and my family?

- New York state will waive the [7-day waiting period for workers in shared work programs](#) to claim unemployment insurance for those that have been put out of work by Coronavirus.
- [One Fair Wage](#) is providing cash assistance to restaurant workers, car service drivers, delivery workers, personal service workers, and more who need the money they aren't getting to survive.
- [Hebrew Free Loan Society](#) has created The Coronavirus Financial Impact Loan Program, which provides interest-free loans of \$2,000-\$5,000 to residents of New York City's five boroughs, Westchester, or Long Island.
- [Robin Hood](#) will start a new Relief Fund which will include funds for some of their community partners to provide emergency grants to individuals facing hardship. More info on the website.
- Facebook has created a [Small Business Grants Program](#).

## What about my utility bills?

- [Charter Communications/Spectrum](#) will offer 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 and at any service level up to 100 Mbps. To enroll, call 1-844-488-8395. Installation fees will be waived for new student households.
- [Comcast](#) is offering new customers 60 days of complimentary Internet Essentials service. Visit [www.internetessentials.com](http://www.internetessentials.com), which also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.
- [ConEd](#) is temporarily suspending any electric and gas service shutoffs involving customers having payment difficulties.
- [National Grid](#) temporarily suspending collections-related activities, including service disconnections, to lessen any financial hardship the Coronavirus pandemic may have on our customers. These policies are effective immediately and will be in place through the end of April.

## How Can I Support My Kids In Learning?

### Where can I access ideas and resources for at-home schooling and education?

- Read some tips for teaching kids at home: [Daily Schedule for Kids](#) and [Teaching Kids at Home due to Coronavirus? Homeschooling Moms Share their Tips](#)
- Julia Turshen is offering a [free online food writing course](#) for kids and adults every weekday at 2 pm EST/11 am PST for the next few weeks.
- Beloved children's author, Oliver Jeffers, is reading his books live on [Instagram](#).



- Access free resources for online learning (entire list [here](#)):
  - [PBS Kids](#) (Ages 2-8)
  - [Starfall](#) (PreK-3)
  - [National Geographic Kids](#) (All Ages)
  - [ABC Mouse](#) (Ages 2-8)
  - [Scholastic Learn at Home](#) (PreK-9)
  - [Play Prodigy Game](#) (Grades 1-8)
  - [Khan Academy](#) (Grades K-8)
  - [Typing Club](#) (Ages 7+)
  - [Squiggle Park](#) (Ages 3-15+)
  - [Mystery Doug](#) (Grades K-5)
  - [KiwiCo](#) (Ages 2-12+)
  - [Somerville Early Education](#) (Ages 2-4)
  - [Bean Stalk](#) (PreK)
- [Duolingo](#) provides fun, game-like lessons to keep students motivated and excited about learning languages.
- Listen and watch virtual concerts from around the world through [NPR's website](#).

## How do I keep my kids active and physically healthy during this time?

- Check out [GoNoodle](#), which offers free movement and mindfulness videos created by child development experts.
- Read Make Your Body Work's list of [50 Best Free Online Workout Resources](#).
- Review and add to [a list of enriching activities](#) compiled by parents. This list can be sorted by age, degree of parent involvement, and other criteria such as indoor/outdoor, screens/no screens, cost, and educational benefit.

## How do I talk to my kids about the pandemic?

- Read [Coronavirus: How To Talk to Your Child](#) by Kids Health.
- Read [Talking to Children About Coronavirus: A Parent Resource](#) by the NASP.
- Check out [this](#) interactive, kid-friendly educational guide all about Coronavirus.

## How Can I Help?



### How can I support my community?

- Donate to [Food Bank](#) and [No Kid Left Hungry](#) -- both organizations are working around the clock to get food into the hands of those who need it most.
- Donate to [Coronavirus Care Fund](#) for the Domestic Workers Alliance.
- Donate to [Women in Need \(WIN\)](#) to give children a safe place to spend their time.
- Read and use [Eater's guide](#) to help people in the food and beverage industry.
- Call, text, and FaceTime your friends and family while physically distancing or self-quarantining.
- Read this resource about how to [Get Your Community and Faith-Based Organizations Ready for Coronavirus Disease](#) from the CDC.
- Submit ideas and work to [The Social Distancing Festival](#), which is celebrating artists and the work that has been canceled, delayed, and disrupted.
- Support organizations like [Community Change](#), [National Domestic Workers Alliance](#), [Faith in Action](#), [Movement Voter Project](#), and [Working Families Party](#) who are all working to support grassroots groups that employ the local, trusted messengers who will be an essential part of the public health response.
- Check on your neighbors and offer grocery and pharmacy runs. See this crowd-sourced guide called ["No Neighbors in Need"](#) for various ways you can help your NYC community.