

Resource	Link	Notes
Free Internet	https://www.internetessentials.com/covid19	
Wicked-Free Wifi:	https://www.boston.gov/department/innovation-and-technology/how-wicked-free-wi-fi-works	This is for qualifying low-income families
The Child Mind Institute	Talking to Kids About the Coronavirus 7 science-based strategies to cope with coronavirus anxiety	Tips for Parents to talk to their children about the fears of the Coronavirus
Centers for Disease Control	Mental Health and Coping During COVID-19	Keeping stress fear and anxiety low
Common Sense Media	Help Your Family De-Stress During Coronavirus Uncertainty	Managing family stress during times of uncertainty
Healthy Children.org	Stay Informed: COVID:19	What is COVID-19? Causes & Symptoms
Financial assistance and support	bit.ly/UCBCOVID19Fund	UCB is fundraising for families in need of financial help during Coronavirus crisis
Financial assistance and support	https://docs.google.com/forms/d/e/1FAIpQLScolROjCAZrjNOxacVg0CBAfKSMpQ7wY2eVZsA9QmB8_zTlg/viewform	UCB signed up for any family in the City of Boston requesting assistance.
Food resources for school age children	https://www.boston.gov/.../food.../map-meal-sites-boston-students_	Meal sites for school-aged children and youth in light of school closures beginning on Tuesday, March 17
Virtual Field Trips	https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR2E1c40r5hpJ1Kv_1OFzva_gG4dYgww-K3NZnuQms-wXJkufPEFW5-fCcZk	San Diego Zoo, Yellowstone National Park, Mars, Animal Cameras and Virtual Farm Tour
Free virtual museum tours	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0KAqp4Rnk9og_UsZf2Wd0FX2O3-TdPvzs9F7OovDMxzH5HsLowwK_UwPKg	Explore local and international museums from your computer, phone, or tablet!

Food resources	www.projectbread.org/gethelp 1800-645-8333	Project Bread offers free food assistance for all Massachusetts residents.
East Boston Food Resources	<u>Grace Federated Church</u> 760 Saratoga Street Tel: (617)569-5668 Every Saturday from 10:00 -12:00 pm <u>Crossroad Family Center</u> 56 Havre Street, East Boston Sundays and Wednesdays 3:00 - 4:00 pm <u>Outreach Van Project</u> Central Square Park 197 Central square. Thursdays 7:00- 9:00 pm For more food resources call Project Bread to 1800-645-8333	Free bags of food
Food for free	https://foodforfree.org/	Free food for MA residents
Latest information of the coronavirus	mass.gov/covid19/ mass.gov/coronavirus Call 211	Most updated information of the coronavirus outbreak
Crossroads Family Shelter and Food Pantry	<u>56 Havre Street, East Boston, MA 02128</u> <u>(617) 567-5926 ext.10</u> ebcrossroads.org info@ebcrossroads.org	Shelter housing for families, food bags to local families. Also provides emergency assistance in addition to longer term support.
East Boston Neighborhood Health Center	<u>10 Gove Street East Boston, MA 02128</u> <u>(617) 569-5800</u> www.ebnhc.org	Pre-natal to geriatric care. Pharmacy.
"Extra Help" Homework Hotline	<u>"Extra Help" Homework Hotline</u>	Weekly, live, homework hotline television series providing help to Boston students. Students in all grades can watch the show and call or email ExtraHelp teachers to receive help with their homework, clarify a problem they may be having in a particular subject or prepare for MCAS and SAT tests.
Parental Stress Hotline	<u>1-800-632-8188</u> https://www.parentshelpingparents.org	Help and resource information for MA residents. Anonymous and confidential 24/7 help for parents or guardians with problems relating to their children. Offers free support groups.

The Refugee and Immigrant Assistance Center	253 Roxbury Street, Boston, MA 02119 (617) 238-2430 <u>If you need to reach the clinic after hours, please call</u> (617) 261-2034 Email: riac@riacboston.org http://www.riacboston.org	Provides refugee resettlement services and citizenship programs as well as community counseling and a community support program.
Family Guide to coronavirus with children	Family Guide to Coronavirus with Children- English Guía familiar de coronavirus con niños - español	While it is best to limit time in groups, it is also important to create a sense of normalcy with children
Boston Public schools coronavirus website	<u>BPS website.</u>	Coronavirus website from Boston Public schools to all Boston Families.
Centers for Youth & Families	617-635-4920 https://www.boston.gov/departments/boston-centers-youth-families	
<u>Heating</u>	Dial #311 or https://www.boston.gov/departments/311/home-heating-help-tenants	Heating help for families
Online Resources for students from K1 to 6th grade.	https://docs.google.com/document/d/1iGo1xk7D-7uWWwHE_tqXnI9_DjGKFBXQgMk8U-BEOAg/edit?usp=sharing	
Scholastic	https://classroommagazines.scholastic.com/support/learnathome.html	Scholastic is offering free online courses so your kids can keep learning while schools are closed
Khan Academy	https://docs.google.com/document/d/1wB8a2Hz5oIGI7Rks0GB3BHHmEAZ9TYyUZelTRMhfFoM/edit?fbclid=IwAR0DYQPZYIxo6Gcwj3_IdOwE5gP9otF4x7w6VojQrjHnEmdRfhlqEdi17UA	Khan Academy student resources for school closure
Kids activities blog	https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR32tknImTuBbXzeNSiv8pkJ8ybOa7e6GP1u4vaHHPSeIFv20DtnVKcpsTM	Free activities for families
Learning At Home	https://classroommagazines.scholastic.com/support/learnathome.html	Create a free profile to access books and curriculum for all grades!

Free literacy resources for kids	https://www.storylineonline.net/	Free meditations websites for families!
COVID-19 Multi-language fact sheet	https://www.mass.gov/info-details/covid-19-printable-fact-sheets?fbclid=IwAR1im-8eQYKiHaYMz0fxd3-dmT3wZzwaaxhxUHH1pPLVrkXTPw37_uMdGdU	

<https://alliancefordecisioneducation.org/teach/programs/mindful-choices>

[Meditation for Kids - Headspace](https://www.headspace.com)

www.headspace.com › meditation › kid

<https://bitsofpositivity.com/free-guided-meditations-for-kids-mindfulness-resources/>

Stay Active at home!

<https://www.everydayhealth.com/fitness-pictures/ways-to-stay-active-all-day.aspx>

Daily Schedule for families

https://docs.google.com/document/d/1RMGtT8wJabgdjr_REbxUBEAfSr6LWexx28pDjArcOao/edit?usp=sharing

Food Distribution Plan w/ Map (click hyperlink for more details)

- 16 sites open across the city, including East Boston High School and the Ashley Street YMCA (see map linked above for details)
- Up to 70 places can be opened based on-demand

Family Van: The family van will not provide in person services:

Here is some information of how to get in call services from our Family Van

Call-in hours schedule:

Mondays 9:00 - 11:00

Languages represented: English and Spanish

Zoom link: <https://harvard.zoom.us/j/648881397>

Or to call in: dial 1-929-436-2866 and enter meeting ID 648881397

Wednesdays 1:00 - 3:00

Languages represented: English, Spanish, and Portuguese

Zoom link: <https://harvard.zoom.us/j/384821236>

Or to call in: dial 1-929-436-2866 and enter meeting ID 384821236

Fridays 10:00 - 12:00

Languages represented: English, Spanish, Portuguese, and Haitian Creole

Zoom link: <https://harvard.zoom.us/j/909601291>

Or to call in: dial 1-929-436-2866 and enter meeting ID 909601291

Comic for kids about the CoronaVirus(Really good resource for our little ones)

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>