

Community Resources Document

Learning for Life continues to update this document regularly with resources that are being made available locally to community members during this Coronavirus (COVID-19) pandemic. Due to the evolving nature of the response to the Coronavirus, some of these agencies may be adjusting their hours of operation or the services they are able to offer to the community.

Please note that Learning for Life is still available to support students from 8:30am to 4:30pm, Monday – Friday.

Resources for Food Insecurity and Emergency Housing

Food Pantry List:

To receive food assistance, contact an agency in your area. This list is organized by town then zip code. We recommend that you contact the agency before you visit to confirm hours of operation and find out what information you need to bring with you. Also, some agencies only serve people in a specific area or zip code. This list is updated monthly. For the most current list, visit: https://rifoodbank.org/find-food/

Full list of pantries: https://2cyg1u24pr903unzk92wub21-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/FAL-March.pdf

Food sources for families (Breakfast and Lunch Grab and Goes)

https://health.ri.gov/diseases/ncov2019/about/foodsites/

https://www.wpri.com/health/coronavirus/providence-schools-offering-free-grab-and-go-lunches-to-students/

Access to Stop & Shop Gift Cards

Catholic Social Services of RI has been authorized to distribute Stop & Shop gift cards to individuals temporarily out of work due to COVID-19. Gift cards will range from \$25-\$50, and will be available beginning March 18. Contact the Woonsocket (401-762-2849), West Warwick (401-823-6211), or Wakefield (401-783-3149) satellite offices for more information.

For information on the state's Supplemental Nutrition Assistance Program (SNAP), please visit http://www.dhs.ri.gov/Programs/SNAPProgram.php Eligibility and benefit amounts are based on income, expenses, resources, and the number of individuals in a household. For more information on how to choose and prepare healthy foods and be physically active on a budget visit https://web.uri.edu/snaped/

Food Delivery Options from RI Delivers (programs/delivery services for grocery, market, restaurant, etc.) http://www.oha.ri.gov/deliveryoptions/

Donation-based grocery delivery for Providence residents (SNAP accepted): https://www.cartwheelri.org/

Street Sheets for Rhode Island (Updated July 2019):

These sheets have information on Housing / Shelters, Food pantry, Meal Sites, Mental Health, legal Support, Health Care, Community Action Agencies, Childcare, Veterans Services, Resource Centers, Drug Treatment Help, Clothing and Helplines

Providence:

https://docs.wixstatic.com/ugd/a5708c_f2b64d0573f44ae3967d7355f3ec248c.pdf

Northern RI/Blackstone Valley:

https://docs.wixstatic.com/ugd/a5708c_50e8f08ae6ed419681ec97e969183416.pdf

Southern RI/Kent/Washington:

https://docs.wixstatic.com/ugd/a5708c 99b6b4dc5b4c497b8c3d9e05cae57b94.pdf

Newport County:

https://docs.wixstatic.com/ugd/a5708c_47374093106b4d038db75118dc24764c.pdf

Housing and Basic Needs:

United Way 211

"Free and confidential resource for assistance with housing, food, childcare, and so much more. Call now to be connected with a team of specialists who are available 24 hours a day, 7 days a week, 365 days a year".

Phone number: 211

http://www.211.org/

Housing Programs in RI:

http://www.uwri.org/2-1-1/safe-harbor-housing-program/ Are you a tenant behind on your rent because of COVID-19? Or a landlord whose tenants need help getting back on their feet? Then you may be able to take advantage of the Safe Harbor Housing Program

https://www.housinghelpri.com/ Housing Help RI is a statewide homelessness prevention initiative to assist Rhode Islanders who are experiencing housing insecurity. The program provides emergency housing assistance to very low-income renters who have been impacted by the COVID-19 emergency and are at immediate risk of homelessness.

https://www.rihousing.com/emergency-rental-assistance/ RIHousing announces the availability of rental assistance funding to low-income households who have had a loss or reduction of income due to COVID-19. Assistance will be in the form of rental payments and/or security deposits. Assistance is available for households impacted between April 1, 2020 and December 31, 2020.

West Elmwood Housing COVID Relief Fund Information https://westelmwoodhdc.org/ and application:

https://docs.google.com/forms/d/1UAVtGOVIS0eDwNibv_KUKZ1Kb_glT8WJLAFlO55eSP8/viewform?edit_requested=true

House of Hope: https://thehouseofhopecdc.org/

Homeless:

Coordinated entry system for RI: https://www.rihomeless.org/coordinated-entry

Anyone looking to stay in a shelter who is experiencing homelessness will need to meet with a member of the Coordinated Entry team (401) 277-4316 and they will facilitate diversion, assessment, and triage.

The only shelter in Rhode Island you can stay in without going through Coordinated Entry is the **Providence Rescue Mission (401) 274-8861,** a faith-based shelter that allows individuals to stay for 30 days. People seeking shelter need to arrive at 4:30 in person at 627 Cranston St. in Providence.

Shelters:

AMOS HOUSE Bus line 20, 22, R-Line 272 – 0220 https://www.amoshouse.com/

DOMESTIC VOILENCE PROGRAM of CROSSROADS RI 861 - 2760 Domestic violence victims; homeless women & children 24/7

https://www.crossroadsri.org/housing-services/programs-services/domestic-violence-program

BLACKSTONE VALLEY ADVOCACY CENTER 723 - 3057 Domestic violence victims & homeless women & children. Staffed 24 hours; all meals provided; prescreening required https://bvadvocacycenter.org/en/

EBC HOUSE 738 - 1700 Domestic violence & sexual assault victims; women & children. Staffed 24 hours; prescreening; all meals provided https://www.ebccenter.org/

HARRINGTON HALL - Cranston 21, 22 462 - 0724 30 Howard Ave. Building #58 Men Only Summer: Opens at 6 pm daily and closes at 7 am daily; Winter: opens at 5 pm daily and closes at 7 am daily; Dinner Provided

CROSSROADS RI FAMILY SHELTER 461-1755 Open 24 hours - all meals provided; ALL Crossroads intakes at 160 Broad Street, Bus 20, 22, R-Line https://www.crossroadsri.org/

CROSSROADS RI WOMEN'S SHELTER 521-2255 Dinner provided, women's only shelter

https://www.dontgetkickedout.com/

Utilities

In response to the COVID-19 emergency, the Public Utilities Commission has directed all electric, gas, water, and wastewater utilities regulated by the Public Utilities Commission "to cease certain collections activities, including service terminations for nonpayment." This moratorium extends to 4/15/2020 for residential customers and to 3/31/2020 for other classes. In each case, the Commission will revisit the temporary moratorium prior to its expiration.

National Grid is temporarily suspending collections-related activities, including service disconnections. These policies are effective immediately and will be in place through the end of April. Please note that regular billing will continue for all customers.

Health Home Community Resource Guide (updated March 2020) - comprehensive listing of health and human service resources (basic needs, domestic violence services/shelters, education, employment, health insurance, health services, housing, legal services, and more)

https://files.constantcontact.com/56cfe18b001/03cc849b-5a1c-431e-9f74-6e1fc3fe00ad.pdf

Resources for People with Disabilities

The Rhode Island Governor's Commission on Disabilities (RIGCD) has created the following resource guide to assist our community during the COVID-19 pandemic. Contained is information about accessing community resources, including those available for families with children, small business owners and employees, and individuals that fall within a high-risk population. https://health.ri.gov/publications/guides/RIGCD-Resource-Guide-COVID-19.pdf

Tenant Legal Support

https://centerforjustice.org/covid-19-and-tenant-legal-support/

COVID-19 RI Fact Sheet on Evictions for Renters

https://drive.google.com/file/d/1s1-f2iCLIj9UE_FEg7jwvfgCjw0UYu1Q/view

COVID-19: Hoja Informativa Sobre Los Desalojos Para Inquilinos https://drive.google.com/file/d/1IP-wQIKT3oABCSFXCmnte7tfisvET1YU/view

Evictions without a court order are still illegal. If your landlord threatens to evict you without going to court first, contact RILS immediately.

Housing Law Bullet COVID-19 Updates

https://myemail.constantcontact.com/Housing-Law-Bulletin.html?soid=1102605794689&aid=GjE9o63mbiI

https://www.dontgetkickedout.com/

Technology Resources

Laptops

If you are a RIC student in need of a laptop, please email helpdesk@ric.edu for more information.

PCs for People provides low-cost devices (average \$150 laptops) for residents who are either at 200% poverty level or below or who qualify for federal assistance. They are currently running a 20% off for new customers discount. https://www.pcsforpeople.org/eligibility/

There are also sites like https://www.woot.com/ (an amazon company) that have discounted/refurbished computers as well. It's worth remembering that desktops are still cheaper than laptops and might be a better option for some students.

Internet Access

WiFi: To ensure that all Rhode Island students have access to WiFi necessary for distance learning at home, the Governor today announced that all households that have a smart phone with a WiFi hot spot feature and have cell phone service from the four most common providers in our state – Verizon, AT&T, T-Mobile, and Sprint – will be able to activate the hot spot feature for free. There will be no activation fee, no usage fee, and no overage fee. This policy will last until at least May 13.

https://www.ride.ri.gov/InsideRIDE/AdditionalInformation/COVID-19TechnologyInformation.aspx

Cox Communications is offering one month of free internet to those who qualify. Cox/connect2compete or call 1-800-234-3993

Don't qualify for Connect2Compete but still need to stay connected? See Cox's Emergency Response Offer for a discounted rate:

https://www.cox.com/residential/internet/connect2compete.html

Verizon is offering new affordable internet plans for low-income households. Qualified customers can purchase Fios 200/200Mbps home internet service for just \$19.99/month with a free year of Disney+ and no router rental charges for two months.

Many public libraries loan out mobile hot spots for patrons use. A mobile hotspot can be used anywhere and will usually allow several devices to connect to the internet. It can be a short-term solution for needed home internet access for special projects or a job search. Visit link for more information: https://www.innovate.ri.gov/digital-equity-resources

Internet and other technical resources for students who live in Boston: https://www.boston.gov/news/internet-connectivity-and-technology-supports-during-covid-19-response.

Coronavirus and the RIC Library https://library.ric.edu/distance-library-resources-and-services/ill Utilize the Reference Chat to speak to a library representative for additional info.

High Demand for Digital Library Services in Rhode Island

https://www.oslri.org/high-demand-for-digital-library-services-in-rhode-island/

Out of Work Financial Resources

For more information on the Federal Government's Coronavirus Relief Package and how it impacts Unemployment benefits visit https://www.nbcnews.com/politics/congress/coronavirus-unemployment-benefits-here-s-who-qualifies-how-much-they-n1169846

How to Ensure You Get the 13-week Unemployment Extension https://www.wpri.com/target-12/12-responds-how-to-ensure-you-get-the-13-week-unemployment-extension/

Who's Hiring Right Now in Rhode Island: https://skillsforri.com/uncategorized/whos-hiring-right-now-in-rhode-

island?fbclid=IwAR0lCVaKIPanNJLQWfJVhn4clkKyXJaFFyDtyuI0pd1vFzvsQx0R3wpRxjQ

Companies that have full-time/part-time employment opportunities http://www.jobsinprovidence.com/

Per the DLT of RI, COVID-related UI claims are processed faster and can be more generous than TDI/TCI if you are out of work due to COVID-19 http://www.dlt.ri.gov/tdi/

Back to Work During COVID-19 http://www.economicprogressri.org/wp-content/uploads/2020/07/ENG-Back-to-Work-During-COVID-19.pdf

Temporary Disability Insurance (TDI)

- If you are unable to work but your place of business remains open, you may be eligible for TDI
- For COVID-19 related claims, DLT will waive the seven-day minimum amount of time that claimants must be out of work to qualify for TDI/TCI benefits

• For individuals under quarantine, DLT will waive the required medical certification, and instead will allow them to temporarily qualify via self-certification that they were under quarantine due to COVID-19.

Unemployment

- If you are out of work and not being compensated, you may be eligible for unemployment benefits.
- DLT will waive the seven-day waiting period for UI claims related to COVID-19.

If you have to stay home to care for a loved one you may be eligible for Temporary Caregiver's Insurance (TCI). http://www.dlt.ri.gov/tdi/

If you have lost work or have to stay home because your workplace has shut down due to COVID-19:

The state may be able to help you get Unemployment Insurance:

 $\underline{http://www.dlt.state.ri.us/.../COVID-19\%20Workplace\%20Fact\%20...}$

http://www.economicprogressri.org/wp-content/uploads/2020/03/COVID-19_-Rhode-Island-Resources.pdf

If you are out of work because you are quarantined with COVID:

You can apply for <u>Temporary Disability Insurance (TDI)</u>. The 7-day waiting period has been suspended by the governor. Benefits may also be available for you to care for yourself or a family member that has been impacted through <u>Temporary Caregiver Insurance (TCI)</u>. Note: There is now a separate line, specifically for being out of work due to COVID-19 reasons. It's generalized— meaning, even if you are perfectly healthy, as long as there is a reason you had to be out of work for >7 days, you qualify.

https://dltweb.dlt.ri.gov/TDIReserve/Home?fbclid=IwAR1J7Pnw5XllhAwA2LbwcYI-Cv701fluEGlZIXuPboxislYolOU-l29HOcQ

<u>COVID-19 Freelance Artist Resources</u>: Aggregated list of FREE resources, opportunities, and financial relief options available to artists of all disciplines

COVID-19 Emergency Funding and Artist Resources: List of emergency funding sources for artists

Guide for Managing Your Finances and Protecting Your Credit During the Coronavirus Pandemic

https://www.creditsesame.com/blog/updates/manage-finances-covid-19/?fbclid=IwA.../

If you are a bartender, bar back, or cocktail server who needs financial support you can apply to the <u>USBG National Charity Foundations' Bartender Emergency Assistance Program</u>. USBG Membership is not required to receive funds.

FAQs about Filing a New Claim/Refiling a Claim for Unemployment Benefits:

https://dlt.ri.gov/ui/faq/

If you own a small business and need assistance because of COVID:

RI Commerce Corporation says to call: Small Business Hotline (401) 521-HELP during business hours or e-mail <u>info@commerceri.com</u> any time. You can also visit https://commerceri.com/covid-19/ for more information.

COVID-19 Economic Injury Disaster Loans are also available from the Small Business Administration. Find out more information and apply at https://disasterloan.sba.gov/ela/

For more information from DLT, please review the RI DLT COVID-19 Worksheet at http://www.dlt.ri.gov/pdfs/COVID-19%20Workplace%20Fact%20Sheet.pdf

Small Business Relief Grant (deadline to apply is April 28, 2020) https://www.lisc.org/covid-19/small-business-assistance/small-business-relief-grants/

Additional Resources for Small Businesses:

https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources

https://ri.score.org/blog/covid-19-coronavirus-small-business-relief-programs

RI Commerce Corporation: COVID-19 Resources

RI Alliance For Business Resilience Resources

CDC: Coronavirus (COVID-19) Information

CDC: Interim Guidance for Businesses & Employers

U.S. Small Business Administration: Coronavirus (COVID-19) Disaster Assistance

OSHA (Occupational Safety & Health Administration): COVID-19 Guide

Guidance for 7(a) Lenders During the COVID-19 Emergency

Facebook For Business Resource Hub

Google For Small Business: Resource Page

RI Small Business Development Center

Small Business Owner's Guide to the CARES Act

RICommerce Corporation: Emergency Grants and Funding

Executive Orders From RI Governor Gina Raimondo

Mental Health and Wellness Resources

RIC HOPELINE

Do you feel distressed? Do you wish to speak with someone? Please call the 24/7 Rhode Island College HOPE line: 401-456-HOPE (4673).

CDC

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

NAMI Resource Guide

https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US

American Foundation of Suicide Prevention

https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/

Coping with the COVID crisis - mental health info sheets

https://emergency.cdc.gov/coping/selfcare.asp

https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html

https://www.unr.edu/.../mental-health-and-coping-associated-w...

https://www.who.int/.../cor.../mental-health-considerations.pdf...

8 Tips for Combating Coronavirus Anxiety When You Still Have to Do Your Job Every

Day <a href="https://www.themuse.com/advice/combat-coronavirus-anxiety-stress-still-do-your-job?sc_src=email_309611&sc_lid=19008759&sc_uid=A2chjTwaBT&sc_llid=47574&sc_eh=c3_38df43277236c31&utm_source=emarsys&utm_medium=email&utm_campaign=daily_2020040_1_spon_309611&utm_content=sponsored&utm_term=Articles_pos1&sc_customer=careerdevelopment%40ric.edu

Free prescription delivery

https://www.cvs.com/content/delivery/faq?icid=rxdelivery-tab-faq

If you're in recovery and need a virtual AA meeting: http://aa-intergroup.org/directory.php

Narcan & Fentanyl Test Strip Delivery (additional information)

https://ffa4eb64-2564-454b-a2b8-

d099ddd81790.filesusr.com/ugd/bd8412_943e2d32106d4d0bb02a4fa3898a364f.pdf

If you or a family member are struggling with a gambling problem:

https://www.problemgamblingservices.com/

Coping skills/tools: www.calm.com

YouTube Meditation: https://www.youtube.com/results?search_query=meditaion

Headspace: https://www.headspace.com/

Mindfulness: https://www.mindful.org/audio-resources-for-mindfulness-meditation/

If you feel overwhelmed or are unable to cope with your stress, you can also contact the Disaster Distress Helpline at 1-800-985-5590 or text TalkWithUs to 66746.

FREE Educational Online Resources for Children During School Closures

<u>https://www.prodigygame.com/</u> - Prodigy is no-cost math game where kids can earn prizes, go on quests and play with friends — all while learning math. For students in 1st to 8th grade.

<u>https://classroommagazines.scholastic.com/support/learnathome.html</u> - Daily courses for students from Pre-kindergarten to grades 6 and higher.

https://www.readworks.org/ - FREE content, curriculum, and tools to power teaching and learning from Kindergarten to 12th Grade.

https://www.123homeschool4me.com/ - Educational activities are organized by subject and grade.

<u>https://www.ck12.org/student/</u> - Age-appropriate lessons in all subjects for different grades.

https://www.storylineonline.net/ - Videos of famous people reading children's books

https://www.coolmathgames.com - Math games for kids.

https://www.historyforkids.net/ - Cool games, videos, and worksheets on many historical events

https://mysteryscience.com/ - Free K-5 science curriculum (mini-lessons and full lessons).

https://pbskids.org/games/ - Nearly 200 educational games that can be downloaded for offline play

https://www.youtube.com/channel/UCGYeWtdm9GXYcdgkLph9Rcw - Mindfulness for Kids

https://www.rimonthly.com/indoor-activities-to-keep-the-kiddos-busy-during-the-coronavirus/-indoor activities

A newly expanded **RI Distance Learning Helpline** is now open to parents and guardians who have questions on how best to support students during their distance learning experience. The Helpline was previously only available to teachers.

Teachers, parents, and guardians can call the Helpline at 904-414-4927 or fill out the online form at http://highlanderinstitute.org/distance-learning-helpline/ to get their distance learning questions answered.

Education Companies Offering Free Subscriptions due to School Closings

http://www.amazingeducationalresources.com/

Talking to children about the coronavirus

The Yucky Bug by Julia Cook (video)

Just For Kids: A Comic Exploring The New Coronavirus

<u>Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease</u>
Outbreaks

A story: https://theautismeducator.ie/.../The-Corona-Virus-Free-Printa...

https://www.nasponline.org/.../talking-to-children-about-covi...

Includes a video: https://childmind.org/.../talking-to-kids-about-the-coronavi.../

Same as above, in Spanish: https://childmind.org/.../como-hablar-con-los-ninos-sobre-el.../

Parents and caregivers: Is your child having severe worries during the COVID-19 outbreak? Feeling depressed or angry? Call the Kids' Link RI Hotline at 1-855-543-5465 for help. This hotline, supported by Gateway Healthcare, Lifespan, Hasbro Children's Hospital, and Bradley Hospital is free, confidential and open 24 hours a day.

https://www.lifespan.org/centers-services/kids-link-ri

Childcare

Effective March 30th, the state is suspending all childcare licenses until April 4. Rhode Island has partnered with Care.com to increase childcare access to Rhode Islanders. In addition to providing 90 days of free, premium access to their website, Care.com has created portals specifically for frontline workers and caregivers in Rhode Island. Frontline workers looking for childcare can visit www.care.com/rineed to find a local caregiver. Rhode Island residents interested in becoming caregivers can visit www.care.com/rigive to register. Potential caregivers are subject to Care.com's extensive background and safety checks. While childcare services are not typically free of charge, the Rhode Island portal gives residents the ability to waive their fees and volunteer as caregivers, providing additional support to frontline workers.

Physical Health Supports

Maintain training, keep moving!

"Viruses tend to affect people who are weaker. If you are fit and training, your body is stronger and better able to fight a virus," says Santiak Serrano,

senior personal trainer at Pure Fitness. Here are a few ways to help you!

Calisthenics

https://biostrap.com/.../the-ultimate-beginners-7-day-guide-.../

Yoga

https://greatist.com/move/free-yoga-videos

https://www.doyogawithme.com/

Other Exercise

https://www.nhs.uk/live-well/exercise/gym-free-workouts/

Per the Rhode Island Governor's Commission on Disabilities website, the YMCA and Planet Fitness will be streaming free online fitness classes daily.

Resources for Undocumented Individuals

COVID-19: Resources for Undocumented Immigrants (ENGLISH)

COVID-19: Resources for Undocumented Immigrants (SPANISH)

COVID-19: Resources for DACA, TPS, and DED holders (ENGLISH)

COVID-19: Resources for DACA, TPS, and DED holders (SPANISH)

 $\underline{https://docs.google.com/spreadsheets/d/18p9OSlLpSYanIoUC-}$

gEbhVbRMYVUfw4wyrixa9ekGdc/edit?fbclid=IwAR26iJnYE5eD_1ptzXeeEVa2dxMB_RAxbhGkmTy1zRbR94gVsvmyWxOLM9g#gid=0

Additional information from the Economic Progress Institute about SNAP, WIC, Federal & State Paid Leave and Unemployment Benefits, and Resources for Undocumented Immigrants, DACA, TPS, and DED holders can be found on the Institute's new COVID-19 page.

Scholarships Open to Undocumented Students:

https://mydocumentedlife.org/2016/09/12/scholarships-open-to-undocumented-students/

Other Resources

Coronavirus and Forbearance Info for Students, Borrowers, and Parents

https://studentaid.gov/announcements-events/coronavirus

Volunteer and Donation Opportunities

Providence Emergency Management Agency

http://www.icontactarchive.com/archive?c=184633&f=9009&s=12781&m=515216&t=e15471990d613c05268bcda 6e0822a8245b7f3e4b31a17ca9ae14500f8da294c **Scholarship Opportunities Relief Fund for Students Affected by Coronavirus** Student Loan Hero \$5K Scholarship https://studentloanhero.com/scholarships Siemen Scholarship in the Visual Arts www.yarmouthlibraries.org Faith Community and Spiritual Support Resources www.interfaithri.org