

JERSEY CITY COMMUNITY SCHOOLS

PS 15
Whitney M. Young, Jr. Community School

PS 23
Mahatma M. K. Gandhi Community School

PS 34
President Barack Obama Community School

COVID-19 Resource Guide

Spring 2020
(updated 4/28/20)






COVID-19 Resource Guide

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The Jersey City Community Schools (Whitney M. Young, Jr./PS 15, Mahatma M.K. Gandhi/PS 23, and President Barack Obama/PS 34) have compiled a variety of resources for families to utilize during this time of transition in our country. This resource guide functions as a centralized information hub for families. We hope you find the information useful for any social supports you may need during this time. Navigate this guide with this question in mind: *What if I need?*

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Is there a resource that is not listed?
Email Aixa Acevedo at acevedo@supportiveschools.org

Health Resources

Health Services

Health services included below are public services that provide health support to individuals in Hudson County. The Jersey City Department of Health and Human Services is continuously updating their web [page with COVID-19](#) information.

List of all New Jersey Hospitals

<https://www.nj.gov/health/healthfacilities/findhospital.shtml>

Answers to general questions about COVID-19

- Call: [2-1-1](#)
- Call (24/7): [1-800-962-1253](#)
- Text: NJCOVID to 898-211
- Visit nj.gov/health for additional information

COVID-19 Testing Centers

[Covid-19 Testing Centers](#)

Hudson County Social Services

<http://www.hudsoncountynj.org/department-of-family-services/>

Key Websites for Health Service Assistance:

- [Dispatch Health](#): medical care in the comfort of your home
- [Every Child Matters New Jersey](#): an outpatient/private office that offers telehealth counseling services to children, adults and couples.
- [Aunt Bertha Social Care](#): a social care network that connects people and programs — making it easy for people to find social services in their communities. Free or reduced cost services by zip code.
- [Community House Call Providers](#): assists aging and homebound individuals.
- Visit with a board-certified physician on your phone, your tablet or your computer. No need to leave your house and risk further exposure. Hackensack-Meridians is offering [\\$20 telehealth visits](#) to any NJ resident regardless of insurance status.

Mental Health Services

Mental health services include public services that provide psychological and emotional well-being support.

[Hudson County Mobile Response and Stabilization Services](#) – assists children and youth who are experiencing emotional or behavioral crises. Services are being done using telehealth.

New Jersey Children’s System of Care - PerformCare [Behavioral Health Resources for Families](#)

Virtual Mental Health Support

Provided by Rutgers Graduate School for Professional Psychology
https://rutgers.ca1.qualtrics.com/jfe/form/SV_d5WHSccxMZUO8Nn

Helpline: New Jersey Mental Health Cares

Counseling, emotional support, information, and assistance. Call **1-866-202-HELP (4357)**

Virtual Support Groups

[Mental Health Association in NJ](#) offers support groups: self-help, wellness, managing stress, individual, and spirituality.

Youth Support

Let off steam and get some emotional space from a parent or sibling. [2NDFLOOR](#) is a confidential and anonymous helpline for New Jersey's youth and young adults between ages 10 and 24 who live in New Jersey and need to talk about an issue or problem they are facing. Call or text **888-222-2228** ANYTIME.

Mental Health for Front Line Workers/COVID Workers

Health care professionals and essential workers are showing up on the frontlines during the coronavirus pandemic—risking their health every day to help other people. They need fast, free, crisis counseling 24/7. Text **FRONTLINE** for free crisis counseling. [For the Frontlines](#)

The National Suicide Prevention Hotline

Offers 24/7, confidential support for folks in distress: **1-800-273-8255**. There is a relationship between social isolation, anxiety, depression, and suicidal ideation.

Grief Counseling

[Good Grief](#) provides unlimited and free support to children, teens, young adults, and families after the death of a mother, father, sister, or brother. **908-522-1999**

Key Hotline Lines

- [NJ Hope Line](#) (suicide prevention) **855-654-6735**
- [ReachNJ](#) connects individuals who need counseling to trained addiction experts 24/7. **844-732-2465**
- [Addictions Access Center](#) assistance for those with drug or alcohol problems. **844-276-2777**
- [NJ Connect for Recovery](#) assistance for friends and families of those with substance abuse issues. **855-652-3737**
- **Youth Support** - If you just need to vent, call **1-888-222-2228**
- [Prevention During Pandemic - Guide for Parents](#) - Very helpful guide to parenting during these times.

Employment

[State of New Jersey COVID-19 Jobs and Hiring Portal](#)

Child Care Assistance for Essential Workers

<https://www.childcarenj.gov/emergency>

[Google IT Professional Certificates](#) - Gain the job-ready skills you need to start or advance your IT career for FREE

[Perscholas](#) – Provides free IT job training to Americans in cities where it is needed most.

[Job Corp](#) helps eligible young people ages 16 through 24 complete their high school education, trains them for meaningful careers, and assists them with obtaining employment. Hudson, Bergen, and Passaic counties, call Amy Persico at 732-489-3760, or by email persico.Amy@jobcorps.org. These individuals do not need to have a high school diploma in order to qualify for the Job Corps program. They are able to work on this while working on their trade.

Virtual workshops by Indeed that prepare you for work:

<https://www.indeed.com/career-advice/job-cast>

Self-Care

Self-care can be activities that individuals do deliberately in order to take **care** of their mental, emotional, and physical health.

[Free Broadway Living Room Concerts](#): Audiences around the world can view famous

Broadway artists perform songs and scenes from popular Broadway shows.

[Plays and Musicals to Watch From Your Couch](#)

[Netflix party](#) where you can watch Netflix programming simultaneously with multiple people and a group chat.

[House party](#) is an app for small groups to meet and play games together! Play a virtual board game with friends or family like Settlers of Catan, Monopoly, etc.”

[Audible Books](#) is an e-reading platform that provides children everywhere with the ability to instantly stream an incredible collection of stories, including titles across six different languages. All stories are free to stream on your desktop, laptop, phone, or tablet.

[Kanopy](#) Enjoy thoughtful entertainment. Stream thousands of films for free, thanks to the generous support of your public library or university

[Journal Your Feelings](#): A free 30-day guided journey. You will get a daily email with a reflection prompt or journaling exercise to help you navigate emotions and locate inner calm.

Creative Writing Workshops: <https://www.dominicanwriters.com/writing-workshops>

[Cirque du Soleil](#) invites you to watch awe-inspiring shows now available on their website! Check out cirque fit workouts, behind the curtain specials, and learn how to recreate the makeup with step-by-step instructions.

Wellness Apps

- [Thrive Inside with Smiling Mind](#) is a special app to help you stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind. In addition, it helps equip young people with the integral skills they need to thrive in life.
- Encourage kids to [Stop, Breathe & Think](#) with this fun and easy to use app—designed to help kids discover the superpowers of quiet, focus, and more peaceful sleep.
- [UCLA Mindful](#) - Mindfulness is the practice of training the mind to be present through moment-to-moment awareness of our thoughts, feelings, body sensations, and environment. This app promotes mindfulness as an attitude of openness and curiosity.

Fitness

Different ways to remain physically fit and healthy.

[Calm](#) - #1 app for sleep, meditation and relaxation. Includes handpicked favorite meditations, sleep stories, movement exercises, journals, and music. All of the resources on this page are free to use and to share.

[Orangetheory](#) is a daily 30-minute workout video which doesn't require participants to use any special gym equipment. Instead, the video may call for participants to use household items during workouts.

[305 Fitness](#) is a dance studio that offers cardio/dance workout sessions. The studio is offering free sessions for interested individuals.

YouTube remains a great resource for finding physical workout classes to follow for free. Check out the following channels:

[Basic Yoga 20 Minute Flow](#) - Free YouTube channel

[Yoga for Staying Healthy and Strong](#) - Free YouTube channel

[Yoga with Adriene](#) - Free YouTube channel

[Anxiety Reducing Yoga Practice with Aya from Haji](#) - Free YouTube channel

Movement for Hope is providing free classes for both beginner and advanced dancers. Take their Livestreamed classes on [Instagram at @Movement_for_Hope](#)

Modo Yoga is offering daily free yoga classes on [Instagram Live @modoyoganyc](#)



Social Services

Social Services programs may help you pay for food, housing, health care, and other basic living expenses.

[NJ EBT Guide](#) - EBT information in one handy guide

List of Stores/Restaurants/Farmer's Markets that take EBT: [Download the App](#).

[NJHelps](#) check eligibility for SNAP, TANF, and health insurance

[Apply for New Jersey Social Services](#)

Filing for Unemployment Benefits: <https://myunemployment.nj.gov/>
Jersey City **201-217-4602**

Economic Impact Payment for those who don't normally file a tax return
<https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>

Tax Filing Deadline July 15, 2020 Treasury Department and the Internal Revenue Service are providing special tax filing and payment relief to individuals and businesses in response to the COVID-19 Outbreak. <https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>

Jersey City Housing Authority (JCHA) provides decent, affordable housing for low-income families, seniors, and persons with disabilities. <https://jerseycityha.org/>

[Hudson Housing Finder](#): Free online searchable registry of affordable housing throughout Hudson County.

Shelter – get pre-screened by calling [Garden State Episcopal CDC](#) at 201-604-2600
Address: 514 Newark Ave., Jersey City, NJ 07306

State of NJ [Information on Rental Property and Evictions](#)

Attorney – Legal Representation

Northeast New Jersey Legal Services provides free legal help in housing law matters to low-income and underserved individuals and families. Evictions, loss of income.

<https://www.northeastnjlegalservices.org/ourservices>

Bills

PSE&G will **NOT** be shutting off services. Customers should call **1-800-357-2262** to get on a payment plan, if possible. PSEG offers energy assistance programs visit www.pseg.com/help

Internet Providers

Comcast	60 Day, Free Complimentary Service of their "Internet Essentials Package"	Internet Essentials Package normally costs \$9.95/month and is only offered to low-income households. Provides In-Home Wi-Fi with 25 Mbps Speeds, No Installation Required. 855-846-8376 for English 855-765-6995 for Spanish.
AT&T	60 Day Free Complimentary Service of their Affordable Plans	2 Affordable Plans are offered, one at \$5/month and the other \$10/month, each with different speeds. Plans are only offered to low-income families. Provides in Home Wi-Fi with Max Speeds up to 10 Mbps, depending on which plan is selected.
Charter Spectrum	Free spectrum broadband and Wi-Fi access for 60 days to households with K-12 or college students who don't have a Spectrum broadband subscription.	Call 1-844-488-8395 to enroll. Installation fees will be waived for new student households.

Jersey City – [Free WiFi Map](#)

Cell Phone Assistance

Metro PCS, T-Mobile, Sprint, AT&T and Comcast are all lifting their unlimited data caps for cell phone subscribers for at least 60 days. Contact your cellphone provider for more information.

MetroPCS will allow you to add a free 10GB of mobile hotspot per month by adding an add-on service available in the MyMetro app, [MyAccount](#) or by calling Care at 611.

T-Mobile and **Metro by T-Mobile** are providing customers an additional 20GB of mobile hotspot/tethering service for the next 60 days coming soon.

Food Assistance

If your family is experiencing any level of food insecurity, there are a number of agencies that will support in-need families gaining access to food.

Jersey City Public Schools Free Meal Program

All Jersey City children under the age of 18, regardless of the school they attend, can pick up FREE MEALS at a school nearest their home between 9:00 A.M. and 12:00 Noon.

To find a school near you - [Public School Meal locations](#).

Food Pantry [Locations](#) in Jersey City

[Care Box](#) is an initiative started by volunteers in Southern NJ. They are providing food vouchers or deliveries in the amount of \$35 to those that are most in need.

[Jersey City Meals on Wheels](#)

Home delivered meals to homebound seniors daily, including weekends. Applicants must meet specific program requirements in order to be eligible for service. For more information, call (201) 547-6808 or (201) 547-6809.

Senior Citizen Food Assistance: <http://angelacares.org/>



Volunteer Opportunities

If you would like to volunteer to help New Jersey through this crisis, your skills are most needed to assist in one of these three critical areas: home delivered meals for elderly or otherwise vulnerable people, food pantries, and administrative or logistical support of the healthcare system. <https://helpnnow.communityos.org/>

COVID-19 relief volunteering: <https://www.jerseycares.org/calendar>

Crisis Text Line is the free, 24/7 text line for people in crisis in the United States. Become a crisis counselor (for individuals grappling with the impact of the coronavirus): <https://www.crisistextline.org/volunteer>

Volunteer your skills: <https://www.catchafire.org/>

American Red Cross: [donate blood](#)



Online Learning Opportunities

Google Classroom Tutorial for English-speaking Families:

[Google Classroom English Tutorial](#)

Google Classroom Tutorial for Spanish-speaking Families:

[Google Classroom Spanish Tutorial](#)

Computer Basics

- These tutorials will help you become comfortable with computers: [Computer Basics](#)
- Learn how to set-up an email account, send emails, and attach files and pictures: [Email Basics](#)
- Explore the basics of how to navigate the internet: [Internet Basics](#)

Museums

Exploring museums around the world became a lot easier! Many museums have made their exhibitions accessible online through <https://artsandculture.google.com/partner?hl=en>

Scholastic Magazine

Free daily lesson plans broken up by age group, including reading and interactive learning:

<https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html>

Audible Books

The e-reading platform will provide children everywhere with the ability to instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet: <https://stories.audible.com/start-listen>

Kanopy

Stream cinematic films or documentaries for free with your library card on <https://www.kanopy.com>

Education YouTube channels to check out: [PBS Eons](#), [Extra Credits](#), [Practical Engineering](#), [Smarter Everyday](#)

[PBS](#) has everything from mysteries to dramas to historic and scientific documentaries and a lot of them are available for free. Visit <http://www.pbs.org/pov/watch/>.

[CK-12](#) - Access free and interactive educational textbooks and study guides.

[Khan Academy](#) – educational videos for the whole family. Free math, science and engineering, and art online courses, among many others!

[Coursera](#) - Learn skills from top universities for free.

ReadWorks, free library of content, curriculum, and tools for grades K-12
<https://www.readworks.org/>

GAIM sample competitions (accelerated math grades 3-8, fun graphic novel format)
<https://www.girlsadventuresinmath.com/sample-competition>

Create your own website with [Google Sites](#)

FOR KIDS

[This Digital Harry Potter Escape Room Lets You Visit Hogwarts From Your Couch](#)

[Switcheroo Zoo](#) – Watch, listen, and play games to learn all about amazing animals.

[Fun Brain](#) – Play games while practicing math and reading skills.

[Nat Geo for Kids](#) – Learn all about geography and fascinating animals.

[PBS Kids](#) – Hang out with your favorite characters, all while learning.

[Into the Book](#) – Go “into the book” to play games that practice reading strategies.

[Star Fall](#) – Practice your phonics skills with these read-along stories.

[Seussville](#) – Read, play games, and hang out with Dr. Seuss and his friends.

[Storyline Online](#) – Have some of your favorite stories read to you by movie stars!

[ABC Ya](#) – Practice Math and reading skills all while playing games!

[Highlights Kids](#) – Read, play games, and conduct cool science experiments!

[Coolmathgames](#) – The name says it all! Fun math online games.

Miscellaneous

[Internet Arcade : Free Download, Borrow and Streaming](#) – Hundreds of free arcade games to play right from a computer

[CommunalPuzzles](#) – Complete jigsaw puzzles with friends

[Play Multiplayer Games for free](#)

Free trials/samples: [Freebies & Deals to get you through the Coronavirus Pandemic](#)



Political Resources

Below is a list of political resources to help you keep updated with different government agencies' response to COVID-19.

Know Your Rights during COVID-19:

https://docs.google.com/document/d/1tTWDHkbOtYPNalsN3IEi5yUjZI9qMdhL2IAM_S8bVqE/mobilebasic

Federal Government Resources during COVID-19 can be found here:

<https://www.usa.gov/coronavirus>