



## Family Centers' COVID-19 Resource Page



### Family Centers Programs' Status Updates:

Most of Family Centers' programs remain operation and are able to serve the community during the COVID-19 crisis. For more information visit [familycenters.org/covid-update](http://familycenters.org/covid-update) or call (203) 869-4848

- 1) **BOOST** – Educational support and tutoring services available to Charter Oak Communities residents via video-conferencing and telephone
- 2) **Community and Supportive Services (CSS)** -- Services available via video-conferencing and telephone. Family/parenting support also available via video-conferencing and telephone.
- 3) **Family First in Education** – Tutoring and educational support available via video conferencing. Family/parenting support also available via video-conferencing.
- 4) **Greenwich Parents as Teachers (GPAT)** – Services available via video conferencing.
- 5) **Parents as Teachers (PAT)** -- Services available via video conferencing.
- 6) **Parents as Co-Educators** -- Services available via video-conferencing.
- 7) **Care to Care** -- Services available via video-conferencing.
- 8) **Counseling and Mental Health Services** – Individual counseling services available via video-conferencing.
- 9) **The Den for Grieving Kids** -- Services available via video-conferencing.
- 10) **Family Centers Health Care (FCHC)**– Open for existing patients for acute medical and dental needs. Open M-F, 9 a.m. – 5 p.m. by appointment only. Call 203-717-1760 or visit [www.familycentershealthcare.org](http://www.familycentershealthcare.org)
- 11) **School Based Health Centers (SBHC)** – Mental Health Services available via video-conferencing. Call your provider for medical needs.
- 12) **Stamford CARES** – Open to serve patients M-F, 9 a.m. – 5 p.m.
- 13) **Family Self Sufficiency Program** -- Services available via video-conferencing and telephone
- 14) **Housing Resource Program (HRP)** -- Services available via video-conferencing, for more information refer to 211.
- 15) **Literacy Volunteers** – Conducting remote classes via various virtual platforms, open to current students.
- 16) **RITE** -- Services available via video-conferencing and telephone, Accepting new clients at this time.
- 17) **VOCA** – Services available via video-conferencing, and telephone. Accepting new clients at this time.
- 18) **Friendly Connections**- Services available via video-conferencing, and telephone. Accepting new clients at this time.



# Family Centers' COVID-19 Resource Page

## Community Resources

The following resources are open to all in the community to provide assistance, comfort and stability during these uncertain times.



### Educational Resources:

Educational resources available for housebound students and their families.

- 1) **Literacy Volunteers at Family Centers Blog:** <https://litvolfc.blogspot.com/2020/03/covid-collaboration.html>
  
- 2) **Free Online Education Tools:**
  - Yale University: <https://www.businessinsider.com/coursera-yale-science-of-wellbeing-free-course-review-overview>
  
  - **National Emergency Library to Provide Digitized Books to Students and the Public:** For more Information visit: <http://blog.archive.org/2020/03/24/announcing-a-national-emergency-library-to-provide-digitized-books-to-students-and-the-public/?iax=ntlemrlib%7cctaInk>
  
  - **Storytelling:** [https://howtotellstoriestochildren.com/blog1/how-storytelling-builds-attachment-and-the-science-behind-it?fbclid=IwAR12LPijepaTRt\\_gFFt4rN9PiMjRjFE3DjwsHcU-MLEFbzybUm-biZHducs](https://howtotellstoriestochildren.com/blog1/how-storytelling-builds-attachment-and-the-science-behind-it?fbclid=IwAR12LPijepaTRt_gFFt4rN9PiMjRjFE3DjwsHcU-MLEFbzybUm-biZHducs)
  
  - **19 Immersive Virtual Museum Visits:** [https://artscanvas.org/arts-culture/19-immersive-museum-exhibits-you-can-visit-from-your-couch?fbclid=IwAR03cpGeKHoyTPDmX1U\\_6InIINRPOqaSNWSG09tASRbU9vgl2\\_gBVf09Ovk](https://artscanvas.org/arts-culture/19-immersive-museum-exhibits-you-can-visit-from-your-couch?fbclid=IwAR03cpGeKHoyTPDmX1U_6InIINRPOqaSNWSG09tASRbU9vgl2_gBVf09Ovk)
  
  - **Engage students with Xavier Riddle and the Secret Museum,** a PBS KIDS series based on the Ordinary People Change the World books by Brad Meltzer and Christopher Eliopoulos. Use these video clips, teaching tips, and historical figure bio-sketches to support students' social-emotional, literacy, and social studies skills. Follow the link: [https://cptv.pbslearningmedia.org/collection/xavier-riddle-and-the-secret-museum/?utm\\_source=pfacebook&utm\\_medium=social&utm\\_campaign=XavierRiddle&fbclid=IwAR07G82yMqwDmBQexw31sIN2PnovlShJR\\_3DHhKCdXE4GwG8PXXOEptU\\_dl](https://cptv.pbslearningmedia.org/collection/xavier-riddle-and-the-secret-museum/?utm_source=pfacebook&utm_medium=social&utm_campaign=XavierRiddle&fbclid=IwAR07G82yMqwDmBQexw31sIN2PnovlShJR_3DHhKCdXE4GwG8PXXOEptU_dl)



## Family Centers' COVID-19 Resource Page

- 30 Free Audio Stories for School Children:  
[https://www.manchestereveningnews.co.uk/news/showbiz-news/david-walliams-releases-30-free-17969518.amp?fbclid=IwAR3ReWqSs8E-F5x7\\_tKLxBo0SCgsiNtdLfMGt3owHQ6Rntv-glnHLI2dp4c](https://www.manchestereveningnews.co.uk/news/showbiz-news/david-walliams-releases-30-free-17969518.amp?fbclid=IwAR3ReWqSs8E-F5x7_tKLxBo0SCgsiNtdLfMGt3owHQ6Rntv-glnHLI2dp4c)
- 110 Free Sesame Street eBooks:  
[https://gizmodo.com/parents-rejoice-sesame-workshop-has-made-110-sesame-st-1842524216?utm\\_medium=socialflow&utm\\_campaign=socialflow\\_gizmodo\\_facebook&utm\\_source=gizmodo\\_facebook&fbclid=IwAR0p1UMRqcov9RSiUNolukDJLjwnGvZBuJqDtW3KRKU7FnImQzbaiiufMQk](https://gizmodo.com/parents-rejoice-sesame-workshop-has-made-110-sesame-st-1842524216?utm_medium=socialflow&utm_campaign=socialflow_gizmodo_facebook&utm_source=gizmodo_facebook&fbclid=IwAR0p1UMRqcov9RSiUNolukDJLjwnGvZBuJqDtW3KRKU7FnImQzbaiiufMQk)
- Free Activities from Ocean First Education:  
[https://www.facebook.com/OceanFirstEducation/?\\_tn=kc-R&eid=ARAUscDeN\\_AOvGEBp\\_IOT\\_ho7rclHqZvJ50uJcZcQw6JRbCcLK8JeYg76TiF2IPFfBthaIZFq39bx0LA&hc\\_ref=ARTCkwxFDd\\_-JALlJaUkadSYiq\\_EKOyUlir\\_NpgveJr1niZ6uY7odAQh0lJe9x1T0hc&fref=nf&xts\\_\\_\[0\]=68.ARB8ICBYQPY\\_47WVb9C5Jca0rCwGxLjl5n9NX6hgh9Tj5SieRkKbQoCVRM3L-DFhcdFn6OHNWXm3mGxngsWab\\_C05dic7\\_BraffieMqjgDrEwL7zr177e0MroyeXaP6Ga7TBoSsFAl7n\\_mrqGv\\_pBa8AdNhJ6ekAvVsXjlnYbJDS8BjUx7AS9Z7JhzhNSH97oY0zbK8ofpv-E3HkDwlg02-ouyhOPFcyK\\_fSgMQodhX4ob3cyvrq2fnGGIXZhdq4PWBk4W7guPg9NM-wJ9lbouckDNbB0PVX\\_wgxlcGV02SG5liTvfjcNu9oGkMqxaP0qz80s6uNVAyq7-Z8p-Ejjf\\_GgOKTsjesg](https://www.facebook.com/OceanFirstEducation/?_tn=kc-R&eid=ARAUscDeN_AOvGEBp_IOT_ho7rclHqZvJ50uJcZcQw6JRbCcLK8JeYg76TiF2IPFfBthaIZFq39bx0LA&hc_ref=ARTCkwxFDd_-JALlJaUkadSYiq_EKOyUlir_NpgveJr1niZ6uY7odAQh0lJe9x1T0hc&fref=nf&xts__[0]=68.ARB8ICBYQPY_47WVb9C5Jca0rCwGxLjl5n9NX6hgh9Tj5SieRkKbQoCVRM3L-DFhcdFn6OHNWXm3mGxngsWab_C05dic7_BraffieMqjgDrEwL7zr177e0MroyeXaP6Ga7TBoSsFAl7n_mrqGv_pBa8AdNhJ6ekAvVsXjlnYbJDS8BjUx7AS9Z7JhzhNSH97oY0zbK8ofpv-E3HkDwlg02-ouyhOPFcyK_fSgMQodhX4ob3cyvrq2fnGGIXZhdq4PWBk4W7guPg9NM-wJ9lbouckDNbB0PVX_wgxlcGV02SG5liTvfjcNu9oGkMqxaP0qz80s6uNVAyq7-Z8p-Ejjf_GgOKTsjesg)
- Boolean Girl Story Writing:  
<https://register.gotowebinar.com/register/7129389930824380427?source=FB3302020&fbclid=IwAR1OIbnHf21fIZ0MT5D4KLJaxLhSQ4h0CRRuBDJI3d-txPzNgvLjs8GKmYc>
- TIME FOR KIDS – Digital Free Library:  
<https://time.com/tfk-free/?fbclid=IwAR3eveI97fVfAKvf--KbUMMyuTjSoERK9HTjvJQTRySeKjDAHnDzpXxDzUll>
- EPIC! Free Digital Library:  
Instantly access 40,000 of the best books, learning videos, quizzes & more  
[https://www.getepic.com/?fbclid=IwAR0INZTIDJOSC1k2P-Bhi6FeEddsK-3xOH\\_fxRJ\\_uQI8CvEPaTy1AXv5z2Y](https://www.getepic.com/?fbclid=IwAR0INZTIDJOSC1k2P-Bhi6FeEddsK-3xOH_fxRJ_uQI8CvEPaTy1AXv5z2Y)
- National Geographic Online;  
Dozens of online resources to keep students engaged and learning:  
[https://kids.nationalgeographic.com/?cmpid=org=ngp::mc=crm-email::src=ngp::cmp=editorial::add=FFG\\_Special\\_20200329&rid=6F9F685728FF1F0C8A7F37A493F4A700](https://kids.nationalgeographic.com/?cmpid=org=ngp::mc=crm-email::src=ngp::cmp=editorial::add=FFG_Special_20200329&rid=6F9F685728FF1F0C8A7F37A493F4A700)



## Family Centers' COVID-19 Resource Page

- **At Home Activities, Parent Tips, Informational Worksheets, and more**  
[https://www.kiwico.com/kids-at-home?fbclid=IwAR1R3qI7fluxh0j943\\_y3P0qSISbgfE0nHQd1fopfEc86iUTWhEbLV4klxo](https://www.kiwico.com/kids-at-home?fbclid=IwAR1R3qI7fluxh0j943_y3P0qSISbgfE0nHQd1fopfEc86iUTWhEbLV4klxo)
- **Indoor Activities: Art, Science, Literacy and more**  
[https://www.whatdowedoallday.com/indoor-activities-for-kids/?fbclid=IwAR0JqQxVDN\\_715-791T95UpKWnGYhMadXRreLGrgfPrdS5n9MOVuxb6vTJ4](https://www.whatdowedoallday.com/indoor-activities-for-kids/?fbclid=IwAR0JqQxVDN_715-791T95UpKWnGYhMadXRreLGrgfPrdS5n9MOVuxb6vTJ4)
- **Keep your children on a schedule to make it feel as normal as possible**  
[https://scontent.fijd1-1.fna.fbcdn.net/v/t1.0-9/89768410\\_10159557122729408\\_3032009953335312384\\_n.jpg?nc\\_cat=109&nc\\_sid=ca434c&nc\\_ohc=-8RTlTt0ZgkAX8c4k8R&nc\\_ht=scontent.fijd1-1.fna&oh=5b937da6f9b34c7e4e265fb683f810b1&oe=5E949553](https://scontent.fijd1-1.fna.fbcdn.net/v/t1.0-9/89768410_10159557122729408_3032009953335312384_n.jpg?nc_cat=109&nc_sid=ca434c&nc_ohc=-8RTlTt0ZgkAX8c4k8R&nc_ht=scontent.fijd1-1.fna&oh=5b937da6f9b34c7e4e265fb683f810b1&oe=5E949553)
- **Learning at Home Plethora of Websites on EVERYTHING**  
<https://wakelet.com/wake/4197ffe0-f808-416a-9246-4f3377b4fe11>
- **Virtual tours, learning websites, places you can learn online for anything**  
<http://mcn.edu/a-guide-to-virtual-museum-resources/?fbclid=IwAR0YqSh-wamXSzrLhYGgVqg4gXCO3NExEOb36B4UCO808028ib5KiexrGsg>



# Family Centers' COVID-19 Resource Page



## Public Health

Food, Health, Employment and other resources available in the community.

### 1) Food Resources:

#### a. Public Schools:

- **Stamford Public Schools.** For more information visit :  
<https://www.stamfordpublicschools.org/district/news/district-provide-grab-and-go-meals-during-school-closure>
- **Norwalk Public Schools.** For more information visit:  
[https://norwalkps.org/news\\_information/what\\_s\\_new/s\\_t\\_u\\_d\\_e\\_n\\_t\\_m\\_e\\_a\\_l\\_s\\_d\\_u\\_r\\_i\\_n\\_g\\_c\\_l\\_o\\_s\\_u\\_r\\_e?fbclid=IwAR3AFYYmpY9YIztSu6250x\\_wYalu07jtfpg2ILZMCcFIOb4neANgmRt5UVQ](https://norwalkps.org/news_information/what_s_new/s_t_u_d_e_n_t_m_e_a_l_s_d_u_r_i_n_g_c_l_o_s_u_r_e?fbclid=IwAR3AFYYmpY9YIztSu6250x_wYalu07jtfpg2ILZMCcFIOb4neANgmRt5UVQ)
- **Greenwich Public Schools.** For more information visit:  
<https://www.greenwickschools.org/teaching-learning/student-support-services/health-services>

#### b. Food Pantries:

- **Person to Person:** Important Note: Starting Monday, March 16, P2P Hours of Operation in Darien and Norwalk will be 9 am to 1 pm for clients and essential staff; Stamford hours remain the same; Donations after hours call 203- 621-0703. For more information visit [www.p2phelps.org](http://www.p2phelps.org) ; Person to Person Mobile Pantry – call to make an appointment 203-655-0048
- **New Covenant Center:** The poor and the vulnerable in our communities will be hardest hit by the COVID-19 crisis. NEW COVENANT CENTER IS OPEN and continues to provide services but we need your help. For more information visit <https://www.newcovenantcenter.org/>
- **Neighbor to Neighbor:** Food pantry only is open for regular hours. Visit <https://www.ntngreenwich.org/>
- **Jewish Family Services Food Pantry,** 196 Greyrock Place, Stamford, CT 203-921-4161. For more information visit <https://jfsgreenwich.org/>

### 2) Employment:

#### a. To file for Unemployment:

For more information visit:  
<http://www.ctdol.state.ct.us/UI-OnLine/index.htm>

OR



## Family Centers' COVID-19 Resource Page

[https://www.cnn.com/2020/03/26/coronavirus-relief-bill-what-to-know-about-unemployment-benefits.html?\\_source=sharebar%7Cemail&par=sharebar](https://www.cnn.com/2020/03/26/coronavirus-relief-bill-what-to-know-about-unemployment-benefits.html?_source=sharebar%7Cemail&par=sharebar)

### 3) Rental Assistance:

- a. **Rent Rebate Program:** The Connecticut Rent Rebate Program runs from April 1-October 1. The Connecticut Rent Rebate Program is for renters aged 65 + by 12/31/2019 who are single or married. Disabled individuals are also eligible. Applicants must have proof of their income for 2019 and proof of all rental expenses (rent, gas, electric, sewer bills) for 2019. Toni Khan (203)-977-4747 handles the rent rebate program. At this time due to the Covid-19 virus epidemic no in person or mail in applications are being taken.

### 4) Health:

- If you do not have a primary care provider, please call the HUSKY Health line at 1.800.859.9889 or access the online provider look-up at the following link: [https://www.huskyhealthct.org/provider\\_lookup.html#](https://www.huskyhealthct.org/provider_lookup.html#)
- If you would like to speak with a nurse about your symptoms, call the HUSKY Health Nurse Helpline, also at 1.800.859.9889, and follow the prompts to talk to a nurse who will answer your question.

Important information for uninsured Connecticut residents--HUSKY Health coverage is available year-round for those who qualify:

- Apply online: [www.accesshealthct.com](http://www.accesshealthct.com);
- Apply by phone: 1-855-805-4325

#### a. World Health Organization FREE Courses:

Join OpenWHO: the free, multilingual, open-access learning platform for health emergencies. Learn from public health experts about topics including COVID-19, risk communication, Ebola, infection prevention & much more. Join us today - it is free for all:

<https://openwho.org/courses?fbclid=IwAR3DRBIJ4GQENiz9LwgjhO8Xhlw1gfo46mcYESsqlkG2dY99B2BCLGXlp1U>

#### b. How to Talk to Your Children about Coronavirus or COVID-19:

- **Handwashing Song**
  - <https://c10.patreonusercontent.com/3/eyJ3Ijo2MjB9/patreon-media/p/post/34796616/893e2f24c04dd5888000d22a03c357/1.jpg?token-time=1585598185&token->



## Family Centers' COVID-19 Resource Page

[hash=k9NDUyGhrlr\\_1rW2Tv3E3vIDJ5-frlC-MCwj4xmBROg%3D](#)

- PDF Picture Book to Explain COVID-19 to children (different languages available)
  - [https://www.mindheart.co/descargables?fbclid=IwAR1\\_iZeUsJ43QzaqH7MS3305r1U8AhFRnvMZn0bTb7\\_yTKkjiFkjQhwSm4](https://www.mindheart.co/descargables?fbclid=IwAR1_iZeUsJ43QzaqH7MS3305r1U8AhFRnvMZn0bTb7_yTKkjiFkjQhwSm4)
- Social Distancing
  - [https://scontent.fijd1-1.fna.fbcdn.net/v/t1.0-9/s960x960/89505843\\_783021608136\\_810204812560826368\\_o.jpg?nc\\_cat=104&nc\\_sid=dd7718&nc\\_ohc=g\\_RK13aEfFoAX-a72l-&nc\\_ht=scontent.fijd1-1.fna&nc\\_tp=7&oh=e8b63309cbbf1dc72f6c28513b9eb386&oe=5E94E761](https://scontent.fijd1-1.fna.fbcdn.net/v/t1.0-9/s960x960/89505843_783021608136_810204812560826368_o.jpg?nc_cat=104&nc_sid=dd7718&nc_ohc=g_RK13aEfFoAX-a72l-&nc_ht=scontent.fijd1-1.fna&nc_tp=7&oh=e8b63309cbbf1dc72f6c28513b9eb386&oe=5E94E761)
- What does it mean/what should we do?
  - [https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR3D7u-ZuQ7O7BjCFOsot\\_TUE5KoGoSP80Jc4jXmL4NOKNtEfv9lis22yiw](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR3D7u-ZuQ7O7BjCFOsot_TUE5KoGoSP80Jc4jXmL4NOKNtEfv9lis22yiw)

### c. ShopRite Nutrition Support

ShopRite offers free nutrition support over the phone. Just call: Inga Voloshin, 203-810-9998

## 5) Senior Services

- a. The Stamford Senior Center has created a Facebook group called, "**Supporting Stamford's Seniors**". This group is open to any older adult in Stamford, or advocates who want to support our older adults. Join the group and stay connected. Daily posts will be added. Please check in and add your post. You can share a good book or movie you recommend, a funny joke, a photo, or tips on being home all day, etc.

- **Zoom virtual meetings and classes.** An email invite will be sent each week and all you have to do is click on the link to join. You can also hold your own zoom meetings with your friends by creating a free zoom account at [www.zoom.com](http://www.zoom.com) There is no fee and all you need is a smart phone, tablet or computer.

- **Fitness classes:** Zumba Gold and Chair Zumba. They will be posted on the Senior Center you tube channel so you can go on anytime and watch the video and join the class from your own home. We hope to be able to do some of our fitness classes utilizing zoom too. Stay tuned! If you have any other ideas send them to us. We'd love to hear from you! Any question? Email: [stamfordseniorcenter@stamfordct.gov](mailto:stamfordseniorcenter@stamfordct.gov) 203-977-5151



## Family Centers' COVID-19 Resource Page

- b. **SilverSource** staff and volunteers are delivering groceries to homebound seniors. Volunteers and staff are making well-check calls to 2,000 older residents and the professional staff are assisting seniors with urgent needs. We continue to provide free transportation to essential-only medical appointments. For help, call (203) 324-6584
- c. **Greenwich Commission on Aging's CONNECT Programs online:**

### **Here's How to Join a Live Session:**

On your desktop or laptop- 10 minutes before the scheduled session, go to this Zoom link: <https://zoom.us/j/3032051305>. On your smartphone or tablet- first, download the free Zoom app from the App Store. 10 minutes before the scheduled session, go to this Zoom link: <https://zoom.us/j/3032051305> On your phone- Call (929) 205-6099 and enter 3032051305# (If you don't want to see the people, you can just listen in on your phone.) If you have questions or need help, email [cpg@gcds.net](mailto:cpg@gcds.net) or call (203) 863-5653. Leave your name and phone number and they will call you back.





# Family Centers' COVID-19 Resource Page



## Recreational

Miscellaneous resources available in the community.

### 1. Internet Deals

- a. **Comcast Internet:** Here's a link for Comcast internet services as well. Just remember these offers are only for NEW customers:  
[https://www.internetessentials.com/?mc\\_cid=2a3ed3fe6b&mc\\_eid=6f8df68afd](https://www.internetessentials.com/?mc_cid=2a3ed3fe6b&mc_eid=6f8df68afd)

For more information and updates from Comcast related to Coronavirus, visit:  
<http://www.comcastcorporation.com/COVID-19/>

- b. **Altice Advantage** is offering free Wi-Fi for 60 days to any new customer household within the Altice footprint. Please call [866 200-9522](tel:8662009522) if interested.

- c. **National Locator Tool for Low-Cost Internet Service Offers:**  
[www.everyoneon.org/find-offers](http://www.everyoneon.org/find-offers).

- Provided by HUD's nonprofit partner, [EveryoneOn](http://www.everyoneon.org), the locator is easy to use. Users simply type in their zip codes and answer a few questions to determine eligibility for low-cost offers by the major Internet Service Providers (ISPs).
- The site has been updated to reflect new offers many ISPs have made to help ensure connectivity for low-income Americans during the COVID-19 outbreak.

- d. **AT&T's "Access by AT&T."** Available in 21 states. One family member must be eligible for SNAP.

- COVID-19 response: AT&T has committed waive data overage fees in response to Covid-19.
- For more information go to: <https://gizmodo.com/at-t-waiving-data-overage-fees-for-home-internet-subscr-1842300601>

- e. **Charter Communications'** low-cost offer is "[Spectrum Internet Assist](#)" and is based on eligibility for the National School Lunch Program.

- COVID-19 response: Charter is now 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 service through Spectrum. To enroll, call 1-844-488-8395. Installations fees are waived. There are no data caps.
- For more information go to: [https://drive.google.com/file/d/1-TjZ8yN2VKMFbhaoG\\_FlquGgyCD4aSPS/view](https://drive.google.com/file/d/1-TjZ8yN2VKMFbhaoG_FlquGgyCD4aSPS/view).

- f. **Cox Communications'** [Connect2Compete](#) is for families with school-aged children who are enrolled in low-income assistance programs.

- COVID-19 response: For a limited time, the first month of service will be free, \$9.95/month thereafter.



## Family Centers' COVID-19 Resource Page

- For other information and other offers go to:  
<https://newsroom.cox.com/cox-internet-changes-to-assist-students-remote-workers>
- g. **T-Mobile:** <https://www.tmonews.com/2020/03/t-mobile-metro-unlimited-data-mobile-hotspot-coronavirus/>
- h. **Assurance Wireless** (Virgin Mobile's version of Safelink) is giving all of their customers unlimited minutes and texts from now through 5/20 as well as 6 GB of data for free.
- i. **TracFone/Straighttalk** (Walmart's minute plan): Partnering with Safelink Wireless to enroll clients in free minutes, assistance with bill pay, waiving reactivation fees, setting clients up with data and texting packages. Can visit [safelinkwireless.com/enrollment](http://safelinkwireless.com/enrollment) or contact 1800 723 3546 for details.
- j. **Verizon:** suspending late fees/re-connection fees, bill assistance, and getting extra minutes with proof of poverty, unemployment due to COVID. Best way is to apply online through the account.
- k. **Cricket:** dial 611 to enroll in any COVID relief programs. To call 611 you must call off of the Cricket issued phone, if someone else is calling for the client the number is 1 800 274 2538.

### 3) Computer /Technology Equipment:

- a. **Computer Refurbishers** are a good source of low-cost devices. To find one near you, go to the [Alliance for Technology Reuse and Refurbishing](http://AllianceforTechnologyReuseandRefurbishing.com).
- b. **PCS for People** is a member, has worked with many PHAs, and offers tech support for individual customers: <https://www.pcsforpeople.org/>
- c. **Tech Soup:** <https://www.techsoup.org/> (a membership fee is required)

### 4) Connecticut Small Business Administration Updates:

[https://ctsfdc.com/covid19-businessresourcecenter-copy/?fbclid=IwAR1BZRObQ9bGANue6p8mbUgmE0rArCIH\\_Ewyj7HUXvaA2wfROO7DkGzHDRk](https://ctsfdc.com/covid19-businessresourcecenter-copy/?fbclid=IwAR1BZRObQ9bGANue6p8mbUgmE0rArCIH_Ewyj7HUXvaA2wfROO7DkGzHDRk)

### 5) Free Online Fitness Classes

- a. **Gold's Gym** is offering a variety of digital workouts for free through the end of May. Its app offers over 600 audio and video workouts. Visit: <https://www.goldsgym.com/>
- b. **Planet Fitness** is live streaming "Work-Ins" at 7 p.m. ET every day on Facebook. The company said its trainers, and occasionally surprise celebrity guests, will lead the 20-minute workouts, which are free for everyone. Visit: <https://www.planetfitness.com/>



## Family Centers' COVID-19 Resource Page

- c. **Crunch Fitness'** online workout class portal, Crunch Live, is now free for 45 days, even for non-members. The app has over 100 workouts, including dance, yoga, Pilates, barre, kickboxing and more. Visit:  
[https://crunchlive.com/?fbclid=IwAR05GvrgTCjnNOqoJTCMSmc0DPu\\_sCoIkJOI1vL3KlyY9HqwgTKqghpe5rY](https://crunchlive.com/?fbclid=IwAR05GvrgTCjnNOqoJTCMSmc0DPu_sCoIkJOI1vL3KlyY9HqwgTKqghpe5rY)
  - d. **Retro Fitness** announced Friday that it is now offering free daily live stream classes on its Facebook page that are available weekdays at 6 p.m. ET and taught by the company's expert trainers. The theme of the first workout was "Body Blast." Visit:  
<https://www.facebook.com/RetroFitness/>
- 6) **Finances:**
- a. **Coping With Financial Stress of COVID-19:**  
[https://financialsocialwork.com/webinar/coping-with-the-financial-reality-of-covid-19?utm\\_campaign=Webinar%20April%202020&utm\\_source=hs\\_automation&utm\\_medium=email&utm\\_content=85067719&hsenc=p2ANqtz--fJ1o593Z3-zAyT9Wl7fz6Zc5jufreCZZE0JWXnGa0rCrVcuSz\\_GJxIsGilm7u36gk4JOp4ZoJTdoSDl6VdcSbfOgNNbOWczWhTd084KsQtLkVHbg&hsmi=85067719](https://financialsocialwork.com/webinar/coping-with-the-financial-reality-of-covid-19?utm_campaign=Webinar%20April%202020&utm_source=hs_automation&utm_medium=email&utm_content=85067719&hsenc=p2ANqtz--fJ1o593Z3-zAyT9Wl7fz6Zc5jufreCZZE0JWXnGa0rCrVcuSz_GJxIsGilm7u36gk4JOp4ZoJTdoSDl6VdcSbfOgNNbOWczWhTd084KsQtLkVHbg&hsmi=85067719)
  - b. **How to Prioritize Bills:**  
<https://clark.com/personal-finance-credit/how-to-prioritize-bills/>
  - c. **Stimulus Checks/Rebates:**  
The amount of the rebate depends on family size. The payment is \$1,200 for each adult individual (\$2,400 for joint filers), and \$500 per qualifying child under age 17. The advance payment of rebates is reduced by \$5 for every \$100 of income to the extent a taxpayer's income exceeds \$150,000 for a joint filer, \$112,500 for a head of household filer, and \$75,000 for anyone else (including single filers) for more information follow:  
<https://www.forbes.com/sites/robertwood/2020/03/31/stimulus-check-fags/>
- 7) **Center for Disease Control- Coping Skills**
- a. **Helping Children Cope:** <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
  - b. **Coping Mechanisms:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>