




STUDENT & FAMILY RESOURCE GUIDE



This resource guide is updated regularly with information about financial assistance, food security, info about policy changes, and SEL resources. Please reach out to us with any questions.

We miss you all!

-Mrs.Tappan & Ms. Kriseman

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BASIC NEEDS

- Food Security- Grab & Go Meals
- Food Security- Deliveries & Pantries
- Shelters & Temporary Housing
- Financial Assistance
- Child Care



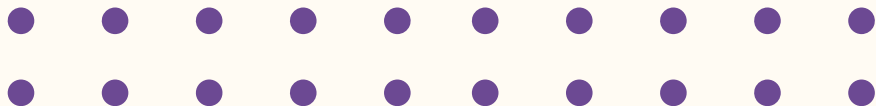
FOOD SECURITY - Grab & Go Meals

PAVE will provide FREE breakfast and lunch to families during remote learning.

Pick Up @ PAVE Families can stop by PAVE any time between 8:00 AM - 3:00 PM to take breakfast and lunch for all family members, whether or not they are students.

Grab & Go Meals are still available for ALL New Yorkers at more than 400 Meal Hubs around NYC. [Click here](#) to find your closest Meal Hub.

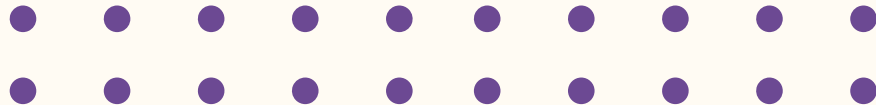
For urgent food and hunger needs, call the Emergency Food Hotline at 866-888-8777 or call 311



FOOD SECURITY - Delivery & Pantries

- **Red Hook Farms** has a weekly Fresh Food Box, which is a \$10 bag of fresh, locally-grown produce. NYCHA residents receive a \$2 discount; pay with SNAP and buy two boxes, get one free! Cash, debit/credit, SNAP, and Health Bucks accepted. Pick up is Tuesdays, 11am-1pm, at RHI – 767 Hicks Street. [Sign up here](#), or follow [@redhookfarms](#) on Instagram for updates!
- **NYC Food Delivery Assistance:** NYC is providing assistance by delivering meals to those who cannot access food themselves. [Check here to see if you qualify.](#)
- **NYC Food Pantries:**
[Food Pantry List Near PAVE](#)
[Neighborhood Guide to Food Assistance](#)

For urgent food and
hunger needs, call the
Emergency Food
Hotline at 866-888-8777
or call 311





SHELTERS & TEMPORARY HOUSING

Housing Resource Guide ([here](#))

If your housing has changed or become unstable, contact Mrs. Tappan (ES) or Ms. Kriseman (MS) for more help.





FINANCIAL ASSISTANCE



Unemployment: If you are out of work due to COVID-19, you may file for unemployment *immediately* over the phone. Call 888-469-7365 or [click here for more details](#).

One-time Cash Grant: Includes money towards housing, energy costs, and other expenses. For more information, call 311 or 718-557-1399. [Learn how to apply here](#).

Con Edison has suspended service shutoffs for non-payment in New York City until at March 31st, 2021, and offers other assistance for those who have been financially affected by COVID. [Visit this site](#) for more info.

Undocumented Workers: [RAISE](#) has a fund to support people who can not apply for unemployment benefits. E-mail: undocuworkersfund@gmail.com

Business & Career Services: The Brooklyn Public Library offers [resume and career help](#) via email.

CHILD CARE: LEARNING BRIDGES (DOE-exclusive)

This option unfortunately *does not apply* to charter school students. However, if you have another child enrolled at a DOE school, Learning Bridges is a DOE program providing free child care options for children from 3K through 8th grade on days when they are scheduled for remote learning. To learn more, [click here](#). To apply, [click here](#).

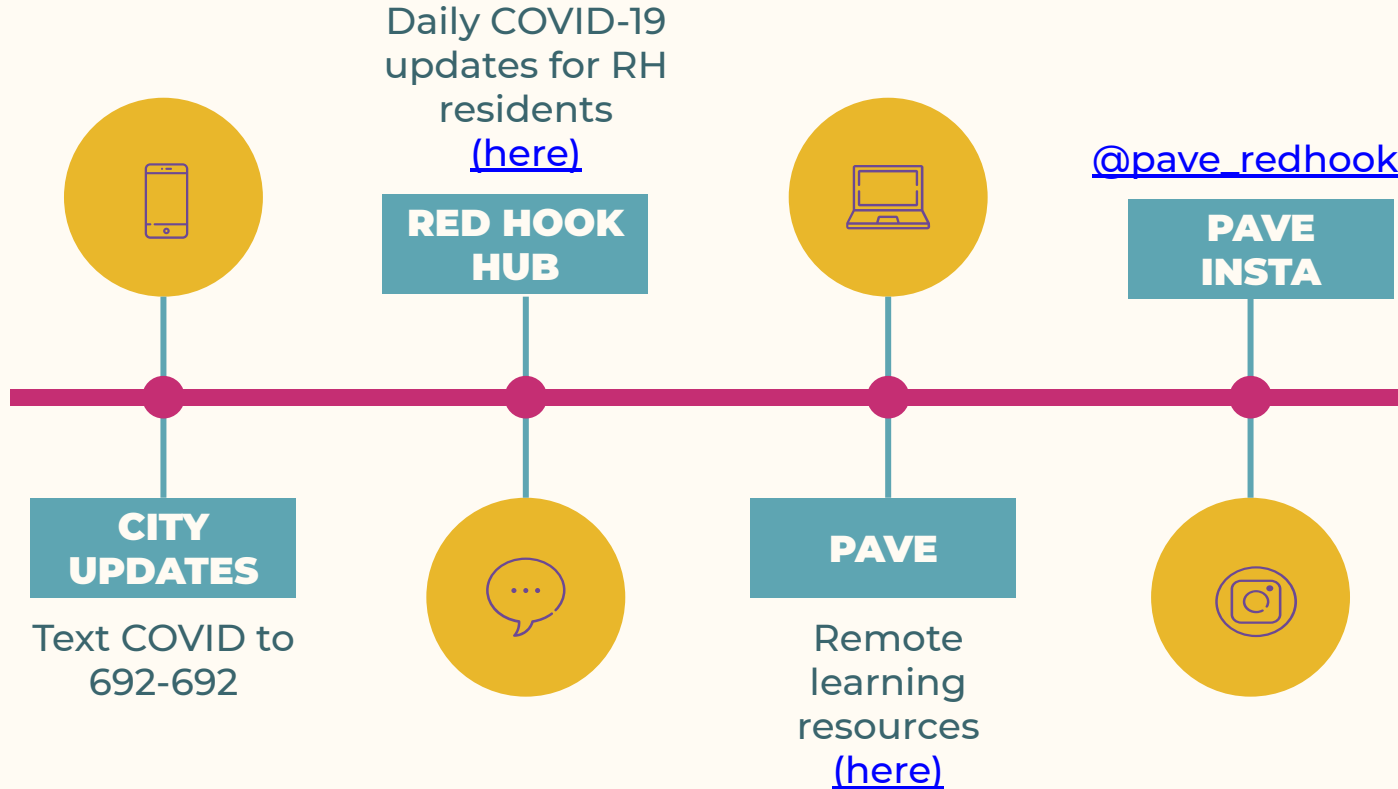


POLICY UPDATES & STAYING CONNECTED

- Social Media Resources
- Policy Updates & Changes to Benefits
- Restaurant & Service Industry Workers



SOCIAL MEDIA RESOURCES



POLICY UPDATES & CHANGES TO BENEFITS



[Click here for updates](#) on all COVID-19-related changes to NYC programs and benefits.

- 📍 **Evictions:** COVID related eviction proceedings are now banned [until Jan 1st 2021](#). A worker from [Housing Court Answers](#) can give you updated information. You can also call the [Mobilization for Justice](#) tenant hotline, M-F. 9:00 a.m. to 5:00 p.m. at 212-417-3888.
- 📍 **NYCHA Maintenance Repairs:** Schedule routine maintenance repairs. Call the Customer Contact Center at 718-707-7771.
- 📍 **NYCHA Rent Hardship:** You may qualify for rent reduction. Complete the Interim Recertification via the NYCHA Self-Service Portal or request a paper form from the Management Office.
- 📍 **WIC/SNAP:** You **do not** have to go into an office to [request or renew](#) WIC or SNAP benefits.
- 📍 **EBT:** You can shop online for groceries [using your EBT card](#) at ShopRite, Amazon, and Walmart.
- 📍 **P-EBT:** ODTA is awaiting guidance to see if The Pandemic Electronic Benefit Transfer program will be offered again this 2020-2021 school year. If it is granted, it would be delivered no earlier than Jan 2021. Continue to check [here](#) for updates.

RESTAURANT & SERVICE INDUSTRY WORKERS

Food and Beverage Workers/Bartenders: [Apply here](#) for relief and resources through Another Round Another Rally.

Restaurant & Gig Workers: [Apply here](#) for cash assistance through One Fair Wage.

Food & Beverage Workers: [Apply here](#) for support through Children of Restaurant Employees ONLY if you have tested POSITIVE for COVID-19.

Service Workers' Coalition: Mutual aid from and for service workers in NYC. Apply here for [grocery stipends and rent relief](#), and follow [@serviceworkerscoalition](#) on Instagram for updates.

National Domestic Workers Alliance: [Apply here](#) for a \$400 cash grant if you are a domestic worker and have participated in NDWA chapters or affiliates.





MEDICAL & MENTAL HEALTH RESOURCES

- COVID-19 Testing
- Health & Wellness Referrals
- Remote Counseling Services
- Crisis & Emergency Services





HEALTH AND WELLNESS REFERRALS



COVID-19 Testing

Any New Yorker can get tested at one of over 150 testing sites. [Find your location here.](#)

Find and schedule a **rapid test** [here.](#)

Check out NY testing wait times [here.](#)

[Priority testing for students.](#)

If you have symptoms or questions about COVID-19, call **844-NYC-4NYC** to connect to a medical provider free of charge 9:00 AM - 9:00 PM

Local Health Clinics & Immunizations

Immunizations & Vaccinations:

Text **"FLU"** to **877-877** for flu vaccine locations near you.

Look up the closest location to get a flu vaccine [here.](#)

You can also receive a free flu shot (with insurance) from most CVS, Duane Reade, and Rite Aid stores.

Full-Service Clinic
[Joseph P. Addabbo Family Health Center](#) (Red Hook)
120 Richards Street
Brooklyn, New York 11231

Health Insurance, Help with Medical Bills, & COVID Support

Text **"COVEREDNYC"** to **877-877** for guidance on enrolling in health insurance.

Medicaid in New York: 800-541-2831 or visit the [NYC Dept of Health site](#)

[Child Health Plus](#)

Looking for a health insurance plan or help with medical bills? Visit [Community Health Advocates](#) or call them at 888-614-5400.

If you test positive for COVID you can request a **"Take Care Package"** (free PPE, thermometer, pulse oximeter, [dog walker](#) while you isolate). 14



HEALTH AND WELLNESS REFERRALS CONTINUED



Free Support Services

Good Shepherd Services: (917-439-5908) Provides family counseling and advocacy services within the Red Hook community. Ask for Shalini Schaeffer

OMH Emotional Support Line: (1-844-863-9314) Provides free and confidential support, helping callers experiencing increased anxiety.

Disaster Distress Helpline: (1-800-985-5990) Provides immediate counseling to those seeking help in coping with COVID-19 related issues.

[Red Hook Cares:](#) Provides help if you are experiencing emotional or physical abuse.



General Mental Health

[Click here](#) for some local and national resources for counseling and emotional support during this time of social distancing.

Have insurance? Call the number on the back of your insurance card for mental health referrals.

Call 1-800-LIFE-NET or **[visit HITE site](#)** for more mental health referrals.

Check out the next page for counseling clinics near you.



REMOTE COUNSELING SERVICES



Agency Name & Contact Links	Takes All Insurance	Free and low cost	Psychiatry	Multiple Languages	Remote Counseling
Psychology Today (searchable database)	X	X	X	X	X
NYU-Sunset Park 718-437-5210	X		X	X	X
NY Psychotherapy & Counseling Center	X			X	X
Brooklyn Psychotherapy	X	X			X
Heart Share St. Vincent's	X	X			X
Brooklyn Heights Counseling	X	X			X



REMOTE COUNSELING SERVICES CONTINUED



Agency Name & Contact Links	Takes All Insurance	Free and low cost	Psychiatry	Multiple Languages	Remote Counseling
Western Queens Prevention Services		X	X	X	X
Betterhelp		\$40/week			X
Coronavirus Online Therapy (essential workers only)		X			X
Headway	X	1st session free			X
Jessica Perkiss 929-352-6468	Aetna & Optum only				X
Jill Nawrocki		Sliding Scale			X





CRISIS & EMERGENCY SERVICES

This time may bring up really strong feelings for everyone. If you experience more severe or intense feelings, *speak to a guardian or trusted adult (preferably one who is at home with you)*, and/or use the resources below:

- **Crisis Text Line:** Text HOME to 741-741 to be connected to a counselor
- **NYC Well:** Call 1-888-692-9355, text “WELL” to 65173, or chat with a counselor at [this link](#)
- **National Suicide Prevention Lifeline:** Call 1-800-273-8255 or chat with a counselor at [this link](#)
- **911: IF YOU (OR SOMEONE AROUND YOU) ARE IN ACTIVE DANGER, CALL 911**
- **NYC Hope:** When home isn't safe, domestic violence survivors can call 1-800-621-4673 or visit [this link](#)





SOCIAL EMOTIONAL SUPPORT

- Talking to Children About COVID-19
- Social Emotional Learning (SEL)
- Tips for Managing Stress
- Social Emotional Resources for Caregivers
- Weekly Coping Strategies



TALKING TO CHILDREN ABOUT COVID-19

- [Helping Children Cope with Changes Resulting from COVID-19](#) (via National Association of School Psychologists, en español)
- [BrainPop on Coronavirus](#) (via BrainPop)
- [Teaching kids media smarts during breaking news](#) (via Common Sense Media)
- [Reduce student anxiety \(and your own\) during uncertain times](#) (via Common Sense Media)
- [Helping children with tragic events in the news](#) (via PBS)
- [24/7 parenting resources in 60 languages!](#) (via Parenting for Lifelong Health)





SOCIAL EMOTIONAL LEARNING (SEL)

Calming Activities

- [Meditation Apps for Kids](#)
- [Free video to teach SEL skills at home](#) (via 6 Min SEL)
- [Using SEL during times of stress](#) (via Hull Services)
- [Movement apps, games, and websites](#) (via Common Sense Media)
- [SEL activities for families](#) (via Guilford County Schools)
- [20 Virtual Field Trips](#) (art-focused)
- [Over 30 Virtual Field Trips](#) (science/nature-focused)



TIPS FOR MANAGING STRESS

Processing Skills

- Write in a journal.
- Write a song or poem.
- Draw.
- Talk to a friend or trusted adult.
- Rate the intensity of your feelings.
- Make a playlist.
- Write a letter to someone.
- Write your worries on slips of paper and put them in a box.

Distraction Skills

- Call a friend for a distraction. Ask how they're doing.
- Do a crossword or word search.
- Play with a pet or sibling.
- Make up a game.
- Sort/organize something.
- Read a good book.
- Write a creative story.
- Make a list of your favorite things.
- If it's safe, cook or bake something.

Relaxation Skills

- Breathe in for 4, hold for 7, out for 8. Repeat
- Hold your hand to your heart and feel it slow down.
- Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Imagine your favorite place.
- Take a shower or bath.
- Repeat a positive statement about yourself three times.

Physical/Sensory Skills

- Squeeze something squishy.
- Touch a soft surface, like a fuzzy blanket.
- Look at a calming image or video, like [this one](#).
- Run water over your hands. Focus on the sensations you feel.
- Tense and relax your muscles, one by one.
- Stretch.
- Do jumping jacks, push ups, or any exercise you can do at home.

SOCIAL EMOTIONAL RESOURCES FOR CAREGIVERS

Family

- [Parenting with Resilience in Unsettling Times](#)
- [Family Activities to Support Mental Health](#)
- [Parent/Caregiver Guide for Coping with COVID-19](#)

Stress & Coping

- [Virus Anxiety for Caregivers](#)
- [Regulating Emotions in a COVID-19 World](#)
- [Taking Care of Your Emotional Health](#)
- [Stress and Coping](#)
- [Help Your Family Destress During Coronavirus Uncertainty](#)

Health

- [Pregnancy and Breastfeeding During COVID-19](#)

WEEKLY COPING STRATEGIES

Each week we will post one new coping strategy you can use to manage overwhelming feelings & emotions.

How do I see them?

Go to the PAVE website ([here](#)) and click on “Weekly Coping Strategies”, or keep an eye on ClassDojo for posts from Mrs. Tappan & Ms. Kriseman.



Physical Activity

Learn a TikTok dance on YouTube!

Try a yoga class, for younger kids or older kids!

Do a Mini Groove workout (or two—they're pretty short!)

Or try a “Get Moving” video with GoNoodle!

Staying active is a natural and healthy way to relieve stress, improve your mood, increase self-confidence, and can lower symptoms of sadness and anxiety. Dance is a great way to get some physical activity into your day!

Here is an example of one coping strategy. 



EDUCATIONAL RESOURCES

- Tips for Successful Remote Learning
- Educational Resources
- Other Fun Resources for Students



TIPS FOR SUCCESSFUL REMOTE LEARNING

1. Sleep Schedule



Keep a consistent sleep schedule.

2. Work & Break Schedule



Keep a consistent schedule, & share it with your family.

3. Work Space

Work from the same place each day to avoid distractions.

4. Get Dressed!



This signals you're starting your work day. Change into comfy clothes when you finish for the day.

5. Accountability Buddy



Check in with friends, or even complete work with friends remotely.

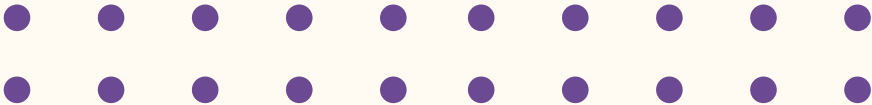
6. Ask for Help

If you don't understand something, ask your teacher for help, even if the class ended for the day.



EDUCATIONAL RESOURCES TO HELP WITH REMOTE LEARNING

- Live tutoring in Math, ELA, Science, and History for ALL AGES is available from 2 pm to 11 pm (EST) in English and Spanish, with video content and other resources also available 24 hours a day.
[Log in here with your Brooklyn Public Library card.](#)
- [17 Apps to help kids stay focused](#) (via Common Sense Media)
- [Emotional intelligence podcast for kids](#) (via The Imagine Neighborhood)
- [Free educational apps, games, and websites](#) (via Common Sense Media)
- [Apps that act like math and science tutors](#) (via School House Connection)
- [Time management apps](#)



100 free
educational resources

OTHER FUN RESOURCES FOR STUDENTS

- Audible is offering [free audiobooks](#) for children during the pandemic.
- Cora Dance is now offering [free classes online](#).
- ProjectArt is hosting live art lessons on [Facebook Live](#) (Tuesdays at 3:00 PM EST) and [on YouTube](#) (Thursdays at 3:00pm EST).
- The Brooklyn Public Library is also hosting [live programming](#) through Zoom during the pandemic, including read-alouds and teen events.
- The Brooklyn Public Library's [catalogue of eBooks and audiobooks](#) is online and accessible even if you do not have a library card.



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