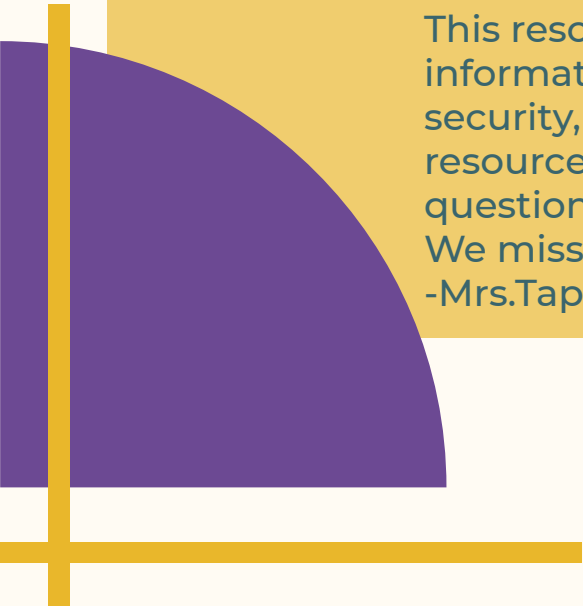



PAVE 9-1-2020



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 breakfast and lunch to families during remote learning.

Families have two options:

Option 1: Pick Up @ PAVE Families should arrive at PAVE between 8:30 - 9:00 AM to pick up breakfast and lunch for multiple days.

Option 2: Pick Up @ Bus Stop Families should arrive at one of the following school bus stops by 8:20am.

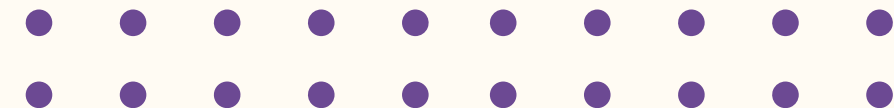
Bus Stop Locations:

● 7th Ave St & 41st St ● 5th Ave & 56th St ● 4th Ave & 50th St ● Bond & Baltic

Meals will also be available at PAVE after 9:00 AM.

More information and location updates will be sent to all families via email!

Grab & Go Meals are still available for ALL New Yorkers at more than 400 Meal Hubs around NYC, but it is not clear how those will operate after schools reopen. [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

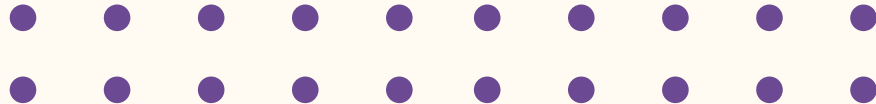
- **Red Hook Farms** has been distributing grab-and-go produce boxes at locations around Red Hook. (Recently, this has been on Wednesdays from 2:00 - 4:00 PM at the corner of Sigourney and Otsego. Follow [@redhookfarms](#) on Instagram for updates!
- **Red Hook Initiative** has been distributing bottled water for all families affected by recent planned and unplanned water outages at the Red Hook Houses. Follow [@rhookinitiative](#) 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](#).

Credit Card Payments: If you are worried about making a payment, [refer to this page](#) for more information on your credit card issuer's COVID-19 response.

Con Edison has suspended service shutoffs in New York City. [Please call with your account number or login on Con Edison's website](#).

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:

The DOE is starting a program that will provide free child care options for children from 3K through 8th grade on days when they are scheduled for remote learning. If you are interested in the [Learning Bridges](#) program, please [complete this survey](#).

Learning Bridges will:

- Be operated by community-based organizations and other partners
- Provide opportunities for children to connect to their remote learning activities
- Include time for art, recreation, and other age-appropriate activities
- Follow the same rigorous health and safety precautions as schools

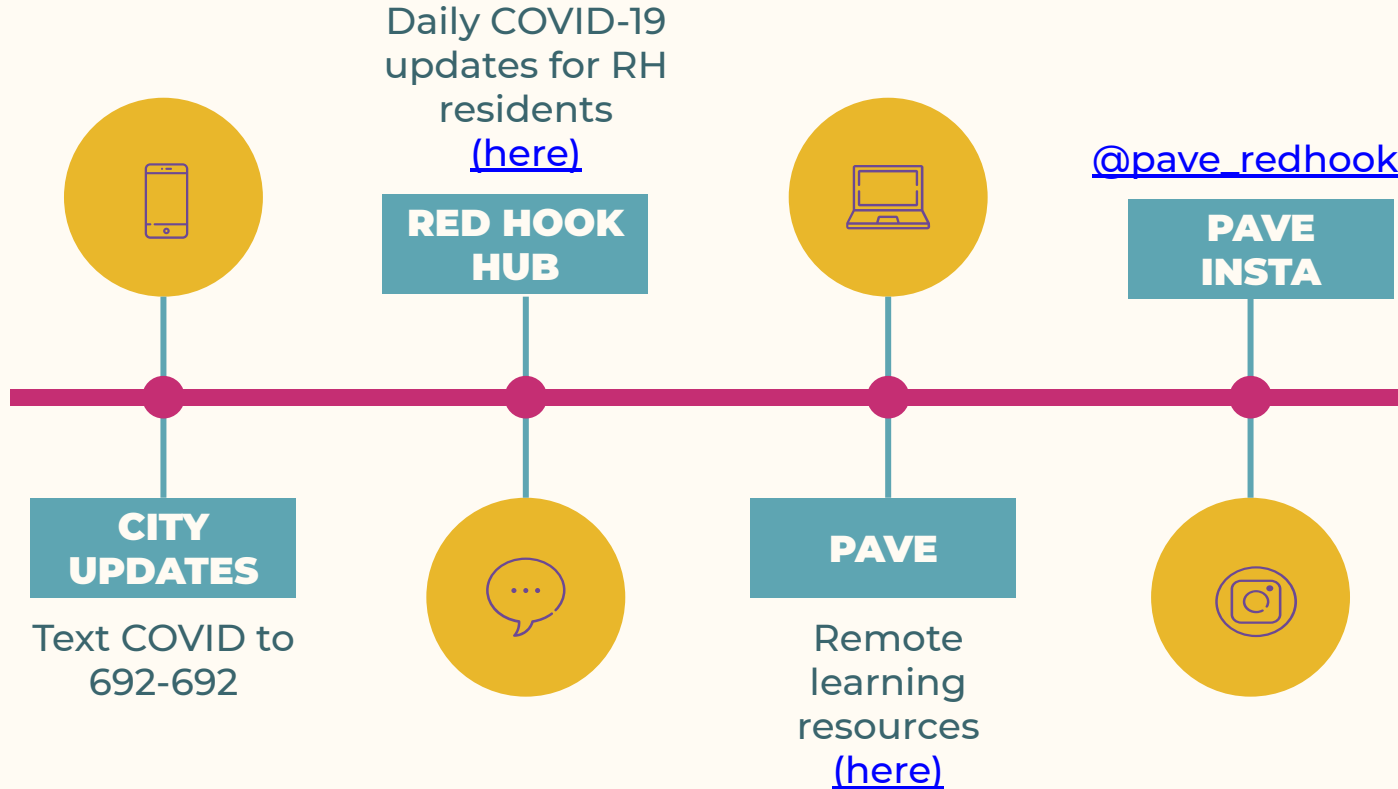


POLICY UPDATES & STAYING CONNECTED

- 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:** Eviction proceedings are now banned [until October 1st](#). 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 Zero Income Policy:** Households that experience a complete loss of income may qualify. Call the Customer Contact Center at 718-707-7771.
-  **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:** The Pandemic Electronic Benefit Transfer program has provided \$420 per student to families at charter schools that participate in the federal school lunch program. If you have not received this money (on your existing EBT card or in the mail), [click here](#) for further information.

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. Follow [@serviceworkerscoalition](#) on Instagram for updates or email serviceworkerscoalition@gmail.com to ask about assistance.

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.](#)

New Yorkers with symptoms or questions about COVID-19 can call 844-NYC-4NYC (FREE) to connect to a medical provider free of charge 9:00 AM - 9:00 PM

Local Health Clinics & Immunizations

Immunizations & Vaccinations:

Visit NYC Health + Hospitals, Cumberland
100 North Portland Avenue
Brooklyn, NY 11205
718-388-5889

[Search a clinic closer to you](#)

Full-Service Clinic

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

Health Insurance & Help with Medical Bills

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.



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.

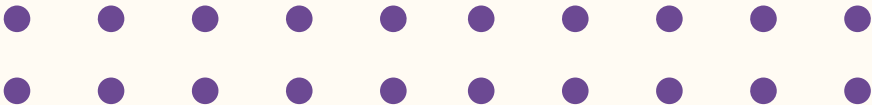
6. Ask for Help

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.
- New York Taekwondo is hosting [classes](#) every half hour from 4 PM - 8PM on Fridays.
- 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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