



LOCAL, STATE, & FEDERAL RESOURCES FOR COVID-19 RELATED ISSUES

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Housing Assistance

Housing On and Off Campus	
<p>An eviction moratorium bill was passed to address the economic impact of COVID-19, which includes foreclosures as well. So, landlords cannot be harassing tenants about rent payment right now. If this is happening, please call this civil rights hotline at 617-963-2917. Check out these links for more information:</p> <p>Moratorium on Evictions and Foreclosure Bill Eviction Moratorium Baker Signs Housing Security Bill</p>	
UMB Off-Campus Living	https://www.umb.edu/housing/off_campus
Housing Site	https://offcampushousing.umb.edu/resource

Housing Assistance (State)	
<p>Department of transitional assistance locations</p> <ul style="list-style-type: none"> Emergency Shelter Assistance (Individuals) List of shelters in MA 	
City Life Urbana	City Life Urbana has the above hotline, in addition to templates for contacting a landlord or bank about your situation.
Current emergency shelters	Current emergency shelters provided by Greater Boston Legal Services
Affordable Housing	Affordable Housing via mass.gov: Affordable housing options
Emergency Housing Assistance Programs	Emergency Housing Assistance Programs - Find information about who can assist you in this time of need and give you guidance on shelter services.

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Home Energy Assistance Programs	Home Energy Assistance Programs - DHCD's Energy Programs provide eligible households assistance with home heating services.
Public Housing Assistance Programs	Public Housing Assistance Programs - There are different types of housing available for low-income families, elderly persons, and those with disabilities. Congregate and supportive housing with assisted living services may also be available.
Rental Assistance Programs	Rental Assistance Programs - Rental assistance programs provide financial aid to help low-income persons rent apartments other than apartments in public housing developments.
Housing Development Programs	Housing Development Programs - Housing Development programs provide funding opportunities to for-profit and nonprofit developers.
RAFT Program	RAFT Program - The state-funded RAFT program is a tool used by the Housing Consumer Education Center (HCEC) team to provide eligible households up to \$4,000 per 12-month period that can be used to help retain their housing, obtain new housing, or otherwise avoid becoming homeless. During this time, RAFT is now available for an expanded population including individuals, families with older children, couples without children, unaccompanied youth and any other household size. All other program regulations and requirements remain the same. This program is for the Greater Boston Area .
Families	Families applying for Emergency Assistance shelter through the Massachusetts Department of Housing and Community development can only apply by calling this phone number: 1-866-584-0653. Please share this number with those you know.

Housing Assistance (Federal)	
FEMA Individuals and Households Program (IHP)	FEMA Individuals and Households Program (IHP) - Housing Assistance under FEMA's Individuals and Households Program (IHP) can provide financial help and direct services after a

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	<p>disaster. The program assists with housing needs not covered by insurance or provided by any other source. The program provides money, if you qualify, for necessary expenses and serious needs caused by the disaster. To contact the FEMA Helpline call: 1-800-621-3362 (also for 711 & VRS) TTY 1-800-462-7585 https://www.fema.gov/coronavirus</p>
The CARES Act	The CARES Act The Coronavirus Aid, Relief, and Economic Security Act. ■
Federally-backed mortgage	Federally-backed mortgage offering delayed payments through Fannie Mae and Freddy Mac for those impacted by the coronavirus.
Mortgage relief partnership	A new mortgage relief partnership with 12 of the largest housing lenders in Boston was created to aid homeowners during the pandemic.
NACA First Time Home Buyers Workshop	NACA First Time Home Buyers Workshop : All NACA workshops Sign up for a Homebuyer Workshop for new Members - held three times every Saturday. Now Virtual
Fannie Mae	<p>Mortgage Relief for Homeowners by "Fannie Mae" MORTGAGE RELIEF & DISASTER RESPONSE NETWORK FOR HOMEOWNERS AND RENTERS</p> <p>Homeowners and renters across the country are experiencing the financial impacts of coronavirus, or COVID-19. We're here to help. If Fannie Mae,</p>
Know Your Options	owns your mortgage loan, or if you're a tenant in a multifamily rental property financed by Fannie Mae, our relief options can help you feel safe at home.

Housing Legal Help	
Mass Legal Services	Mass Legal Services has a useful tool to help find legal aid in your area. If you need legal representation in an eviction dispute.

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City Life/Vida Urbana	<p>City Life/Vida Urbana operates an emergency eviction and foreclosure hotline, in English and Spanish, at (617) 934-5006 and (617) 397-3773.</p>
	<p>City Life/Vida Urbana also has a template letter (in both English and Spanish) to send to your landlord or bank if you rent, if you have a mortgage, or if your ability to pay has been affected by the coronavirus.</p>

Computer Support

Computer Rental	
Chromebook Request Form	<p>Chromebook Request Form for UMB students. Fill out this request form to request a free loaner Chromebook</p>

Internet Access	
Internet connectivity and technology supports	<p>Internet connectivity and technology supports during COVID-19 response. General information from MA.gov can be found here for Comcast, Verizon, AT&T, Starry Internet, & PCs.</p>
Comcast	<ul style="list-style-type: none"> • Xfinity WiFi Hotspots Free for Everyone (including non-Xfinity Internet subscribers). • Pausing Our Data Plan: Xfinity has paused their data plans for 60 days giving all customers Unlimited Data for no additional charge.
	<ul style="list-style-type: none"> • No Disconnects or Late Fees: No customer's internet service will be disconnected during this time and they also will not be charged late fees so long as they contact Comcast and let them know they are unable to pay their bills during this time. • Flexible payment options will be available and the Care Team at Comcast will help folks find other solutions.

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	<ul style="list-style-type: none"> • Internet Essentials: Low-income families who live in Comcast service areas will receive a 60-day complimentary Internet Essentials service, which is typically \$9.95/month. Additionally, for all new and existing Internet Essentials customers, the speed of the program's Internet service was increased to 25 Mbps downstream and 3 Mbps upstream. That increase will go into effect for no additional fee and it will become the new base speed for the program going forward.
Verizon	<ul style="list-style-type: none"> • Verizon No Late Fees, Verizon Customer Service:
AT&T	<ul style="list-style-type: none"> • AT&T is helping prevent the spread of Coronavirus, COVID-19: <ul style="list-style-type: none"> ○ AT&T offers schools 60 day unlimited data for Laptops, Tablets and Hotspots ○ AT&T is also offering free access to Caribu, a video calling app.

Health Resources

Health Insurance and Health Services	
<p>If you have health insurance, visit the website for your provider or call their customer service hotline with any questions about COVID-19 testing or treatment. Many insurance providers are also making low/no-cost telemedicine services available</p>	
Apply for MassHealth or the Health Connector Online	<p>Apply for MassHealth or the Health Connector Online or by calling (800) 841-2900 TTY: (800) 497-4648. MassHealth has opened enrollment to all uninsured residents and is accepting applications until April 25</p>
MassHealth Website	<p>MassHealth Website Find resources and information related to the coronavirus for MassHealth applicants, and members.</p>
MA State Division of Insurance	<p>MA State Division of Insurance has ordered all insurers to cover the full cost of testing and treatment for COVID-19. This means</p>

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	there will be no co-payments for these services, and deductibles will not be applied to them
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Testing Sites - COVID-19	
List of testing sites by appointment.	
CVS	CVS Rapid Drive Up COVID-19 Testing Now Open
Boston Public Health Commission	Residents are asked <u>not to call 9-1-1 unless you are experiencing a medical emergency</u> . All COVID-19 questions should be directed to the Mayor's Health Line at 617-534-5050 or 311. The City and BPHC will continue to provide updated information on bphc.org and boston.gov/coronavirus .

Utilities (gas, electricity, water)	
State's moratorium on electric and gas service shutoffs	for non-payment through the duration of the COVID-19 state of emergency
Fuel assistance	if you are having trouble paying your utility bills

Food
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<p>Interactive map of food pickup locations</p>	<p>in Boston, Cambridge, and Somerville Project Bread's FoodSource Hotline remains available. They will continue to have the most updated information on SNAP (including any expanded benefits that may become available) and offer screening and application assistance over the phone. They will also connect callers to additional food resources. The FoodSource Hotline will maintain its usual hours, with access to Language Line translators, through this crisis. You can reach the Hotline at 1-800-645-8333 and it is open Monday through Friday from 8:00 am to 7:00 pm and Saturday from 10:00am to 2:00pm</p>
<p>To apply to SNAP</p>	<p>Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), also known as food stamps</p>
<p>Lovin' Spoonfuls - A Food Rescue</p>	<p>For students who live in Boston/Suffolk County, here is a list of other food pantries that can service those areas. For students who live in Norfolk County, (Quincy, Weymouth, Braintree, Hull, Randolph and a few other towns) they can get emergency food at the Southwest Community Food Center (run by QCAP) Located at 1 Copeland St, Quincy, MA 02169. They are asking everyone to call to make an appointment to get a food order pick up: 617-471-0796. They are open regular hours Monday, Tuesday, Thursday, Friday from 9:00-4:30 and Wednesday from 11:00-6:30pm.</p>
<p>Other QCAP resources:</p>	<p>QCAP can also help with other needs such as fuel assistance, housing, childcare, and financial coaching</p>
<p>Greater Boston Food Bank</p>	<p>Places in your local community where you can receive food assistance</p>

<p>Interactive map of food pickup locations</p>	<p>n Boston, Cambridge, and Somerville</p>
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Fresh Truck mobile market	Various locations throughout Greater Boston area
Foodforfree.org	Free food delivery for Cambridge residents.
Solidarity Grocery Distribution - Makeshift Boston (549 Columbus Ave) Mondays at 5:30 pm	Free groceries at Makeshift Boston

Unemployment Benefits

The system for self-employed workers, those who didn't make enough last year, and other workers covered in the expanded CARES Act universe is open! Starting on Monday, April 20, claimants will be able to file for Pandemic Unemployment Assistance (PUA).

Pandemic Unemployment Assistance (PUA)	<p>Students that receive financial aid, and qualify can now apply! For more information check this LINK</p> <p>PUA is a program open to the following individuals:</p> <ul style="list-style-type: none"> ■ Self-employed individuals, including gig workers, freelancers, and independent contractors ■ Those seeking part-time employment <p>Claimants that have an insufficient work history to qualify for benefits. And claimants that have been laid off from churches and religious institutions and are not eligible for benefits under state law. See FAQ's on Pandemic Unemployment Assistance for Gig Workers.</p>
Massachusetts COVID-19 Unemployment	Some qualifications include: being laid off, reduced hours, temporary workplace shutdown, or because of quarantine orders or directives or illness that prevents them from leaving their homes, or because they must care for a sick or quarantined

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	family member. The state has waived the standard one week waiting period to receive payment.
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Financial Support	
<p>U-ACCESS</p>	<p>To qualify for U-ACCESS services, you must be a UMass Boston student taking at least one credit. To enroll in the program, please complete this intake form which will immediately give you access to all our services. This is direct link to the Student Emergency Aid Request Form</p> <p>Purpose of the fund: The Student Emergency Aid Fund provides small grants to students for temporary one-time emergency situations including those as a result of natural disasters, homelessness, food insecurity, or threats to a student's rights, educational access, or economic security caused by current and future federal, state, and local immigration policies.</p>
<p>Union Capital Boston</p>	<p>Union Capital Boston: Do you live in the Greater Boston area? Are you in need of financial support due to the Coronavirus (COVID-19) either because of school closings or lost wages? Union Capital may be able to help.</p>
<p>Greg Hill Foundation:</p>	<p>Restaurant Strong Fund offering \$1000 grants for restaurant workers in the Boston area. The application is simple and only requires supervisor contact information and most recent pay stub.</p>
<p>Massachusetts Small Business Assistance Loans</p>	<p>The Baker-Polito Administration is committed to partnering with the business community to navigate the outbreak of COVID-19. Through this resource page, Secretary Kennealy and the Executive Office of Housing and Economic Development</p>

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	(EOHED) seeks to offer the best information we can, as soon as we can, to those on-the-ground navigating this economic crisis.
Disaster Loan Assistance for Small Businesses	We're here to help you overcome the challenges created by this health crisis. We offer multiple funding options for those seeking relief
Department of Labor information on the Family and Medical Leave Act (FMLA)	If you or your employees are out with COVID-19 or are caring for ill family members, check with the Department of Labor (DOL) for information on whether such leave is covered under the Family and Medical Leave Act (FMLA).
Boston Resiliency Fund	The City of Boston has launched the Boston Resiliency Fund to provide essential services to Boston residents whose health and well-being are most immediately impacted by the coronavirus pandemic
Bartender Emergency Assistance Program	In order to qualify for grant assistance from the Bartender Emergency Assistance Program, the recipient must satisfy all of the requirements.
Tipped & Service Worker Emergency Fund	Are you a restaurant worker, delivery driver, or Uber/Lyft driver who has been affected by coronavirus and the economic downturn? We're here to help.
Mutual Aid	Allston/Brighton Mutual Aid Mutual Aid Brookline Mutual Aid Cambridge Dorchester Community Care Mutual Aid East Boston Mutual Aid Jamaica Plains & Roxbury Mutual Aid Medford & Somerville Mutual Aid South End Boston-Area University Mutual Aid

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	Full list of Mutual Aid Networks by Town
Ticket amnesty for healthcare workers	During the public health emergency the Transportation Department has launched a new mapping tool for healthcare workers to find parking spaces in Boston.

Veterans	
Student Veterans	COVID-19 (Coronavirus) and the GI Bill
Coronavirus (COVID-19) updates: Veterans Services	COVID-19: Resources for veterans - staff from the Boston Office of Veterans' Services will be working remotely to assist veterans and their families. If you require immediate assistance or have questions regarding services, please call 617-869-5713. You can also email them at veterans@boston.gov. All staff will be monitoring their respective voicemails and emails while working remotely to ensure continuity of services.
Veterans Volunteer sign up	Mayor Walsh has to reach vulnerable veterans that might be lonely during this time. If you are interested in serving as a pen pal to a veteran that might be lonely, you can volunteer.
Housing Rental Vouchers: VASH	This is a federal voucher program for eligible Veterans. Apply at your local Veteran's Administration Hospital. You can find more information by calling 1-877-4AID-VET or their website.
Coronavirus FAQs: What Veterans need to know	FAQ for veterans during the coronavirus
Military Heroes Fund COVID-19 Emergency	First national Veterans Service Organization (VSO) to launch a COVID-19 relief program for emergency financial assistance.

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<p><u>Financial Relief Program</u></p>	
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Community Resources	
<p>Please take note - There are many resources of all kinds within the links below that you may not find on this main document. Click links to ensure you find as many resources possible that are available to you.</p>	
<p><u>Boston COVID-19 Community Care</u></p>	<p>COVID-19: Community Resources - This is a running list of community resources — for everyone from students to artists, business owners to your neighborhood — for those impacted by COVID-19: COVID-19: Public Resources - Massachusetts-based resources for mentors, participants, and the general public. This page will be continually updated. (compiled by Economic Mobility Pathways): <u>COVID-19 Public Resources</u></p>
<p><u>COVID-19 Resources for Older Adults & Caregivers</u> -</p>	<p>The National Council on Aging has put together a list of information and resources for older adults and caregivers that they'll be continuously updating as they discover more resources and helpful information. Find the page and check back regularly here.</p>
<p><u>Massachusetts Workers Emergency Funds Covid-19</u></p>	<p>Industry, Undocumented, Service workers, Domestic workers and more can apply.</p>
<p><u>Nextdoor</u></p>	<p>Nextdoor is a social media app that allows you to connect with people in your immediate neighborhood and surrounding areas. People list resources here of all kinds.</p>
<p><u>The Material Aid and Advocacy Program</u></p>	<p>(MAAP) is continuing to offer material aid, phone charging, and food for people experiencing homelessness (<u>especially those who are unsheltered</u>) on Tuesdays and Thursdays from 9-3 at the Friends Meeting House (5 Longfellow Park, Cambridge, MA</p>

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	02138). As information is always changing, people seeking material aid should call first if they can. MAAP's phone number is 617.876.5312.
MBTA Reduced Service	MBTA Schedule information
Enterprise Car Rental	reducing minimum age and eliminating rental fees for young drivers (18-24).
Census Counts Campaign: COVID-19 response for census outreach	Fill out the 2020 Census. The 2020 Census is happening now and only 16.7 percent of households have responded. The Census informs how billions of dollars in federal funds will be allocated by state, local and federal lawmakers annually for the next 10 years. It's more critical than ever to ensure that all Bostonians are counted.
Massachusetts 211:	Simply dial 2-1-1 on your phone to be connected to someone who can help you find health and human services available in the community. Supported by United Way, Mass 2-1-1 serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. It is available 24 hours a day, seven days a week. Or click to search the 2-1-1 database of available services.
Student Loans	Federal Student Aid - How is it impacted by a declared natural disaster.

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Family Support	
<u>Parents Helping Parents</u>	offers 24/7 support through their parental stress line. CALL: 800-632-8188
<u>Emergency Daycare Centers</u> <u>Essential Workers:</u>	Childcare for nurses, doctors, first responders, custodial staff and grocery store personnel on the front lines of the fight against the virus. Here a list of emergency facilities across the state
<u>Boston COVID-19 Community Care</u>	There are also some childcare options within this list <u>Boston COVID-19 Community Care</u>
<u>Emergency Assistance Family Shelter</u>	Emergency Assistance for homeless families with children under the age of 21 and/or pregnant women whose income is no higher than 115% of the federal poverty guidelines (see poverty guidelines here:
<u>Boston COVID-19 Community Care</u>	Spreadsheet of resources
<u>Boston Public Schools Free Meals</u>	<u>Boston Public Schools Free Meals</u> Boston Free Lunch and Breakfast Map for School Aged Kids <u>here</u>
<u>Families First organization</u>	Families First organization provides COVID-19 Parenting Tips and Resources Food and Emergency Financial support, and more.

Educational development for parents and students

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SolveMe Mobiles	Three free math puzzle apps from EDC
list of online activities	Online events for kids at home list of activities From - Music, drawing, and cooking classes. Museum tours and much more!
Amazing educational Resources	Education Companies Offering Free Subscriptions due to School Closings (Updated) : Amazing Educational Resources
Can Screen Time Help Kids Learn STEM?	Can Screen Time Help Kids Learn STEM?
Helping Your Child Navigate Coronavirus	Helping Your Child Navigate Coronavirus

What the Tech: Parenting, Young Children, and Digital Tools in the Age of COVID-19	What the Tech: Parenting, Young Children, and Digital Tools in the Age of COVID-19
Math Games –	Games for 3–6 year olds that families can play together
Science Activities for Families	Science Activities for Families
Early Math and Science Apps,	Early Math and Science Apps, Activities, and Teaching Guides from WGBH and EDC
A Loving Space for Kids Emotions	Show love to your children by helping them process emotions.

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Family Activities	
2500 Free Virtual Museums	<p>In 1940, French composer Francis Poulenc wrote this tender pastoral during the Nazi occupation of France. The title is <i>Mélancolie</i>, and indeed it was a melancholy time. But his work proves, as life does, that beauty still grows even in the most barren of seasons. (Click here to listen.)The Louvre, the Van Gogh Museum and more: With social distancing in place around the world, these institutions are bringing art and exhibits into your home.</p>
free online learning resources	<p>Boston Children’s Museum are offering free online learning resources</p>
Educational animal videos	<p>New England Aquarium is posting educational animal videos online.</p>
Just for Kids: A Comic Exploring the New Coronavirus	
Audible, Stories Help	<p>Kids can 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.</p>
How to Talk to Children about the Coronavirus	<p>Harvard Medical School</p>
Talking to Children About COVID-19	<p>Talking to Children About COVID-19 (Coronavirus): A Parent Resource</p>

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(Coronavirus): A Parent Resource	
FREE: 25 Fun Mindfulness Activities for Children and Teens	FREE: 25 Fun Mindfulness Activities for Children and Teens

Mental Health Resources	
<p>Remember that you are not alone and support is available to you. If you or someone you know needs to talk with someone, these resources are confidential and available for free 24/7</p>	
National Suicide Prevention Lifeline	Call 1-800-273-8255
Crisis Text Line	Text HOME to 741-741
Disaster Distress Hotline	<p>Call 1-800-985-5990 Or Text TalkWithUs to 66-746</p>
The Trevor Project (for LGBTQ youth)	<p>Call 1-866-488-7386, or text START to 678-678</p>
Steve Fund Crisis Text Line for Young People of Color	24/7 crisis text line for young people of color. Offers connection to a live, trained Crisis Counselor.

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<p>DMH Multicultural Mental Health Resource Directory</p>	<p>Department of Mental Health: This directory contains information about organizations in Massachusetts that offer linguistically and culturally appropriate mental health and related services for communities of color, LGBTQ community, immigrants, and refugees.</p>
<p>5 Ways to Help Children Cope with Coronavirus Anxiety</p>	<p>5 Ways to Help Children Cope with Coronavirus Anxiety</p>
<p>The Network/La Red</p>	<p>A survivor led organization working to end partner abuse/domestic violence in LGBTQ/T, Poly, and SM communities. Our hotline is available 24/7 for survivors and their loved ones who are supporting them. Our housing program, phone-based support groups, and phone advocacy services all remain open and can be accessed through our hotline. Help available in English and Spanish. Hotline: 617-742-4911 (voice) • 800-832-1901 (Toll-Free)</p>
<p>Tools for managing stress and anxiety while self-quarantined</p>	<p>From the University of Colorado at Boulder</p>
<p>Maintaining emotional health</p>	<p>Taking care of your emotional health and well-being during this time is important. Decreasing stress can help bolster your immune system and can help keep you and others around you healthy. Below are resources and tips for staying emotionally healthy and well. 1 (877) 382-1609</p>
<p>Mental Health Resources</p>	<p>Helpful Google Doc with mental health resources</p>
<p>UMB Counseling Center</p>	<p>UMB Counseling Center_The counseling center continues to offer services through telehealth for students</p>

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<p>Resources</p>	<p>General resources for psychologists/people looking for mental health support for themselves or others (searchable, with tags). A giant list for both psychologists and the general public that has so many resources. They are working on an app to make this more easily digestible, but use search terms to help you find something you may need.</p>
<p>Counseling Center University Health Services</p>	<p>We are a group of social workers, psychologists, a psychiatrist and front desk administrator who are committed to making sure that all students have access to high quality mental health and wellness care, regardless of background or how they identify</p>
<p>The Haven at College</p>	<p>The Haven at College's Virtual Outpatient Center Program Meets Students Wherever They Are! Effective Primary Mental Health and Substance Use Disorder Treatment is Now Online</p>

Substance Use Help	
<p>Pause a While</p>	<p>For those home sick and needing a meeting, _Pause a While will host a free conference call for AA meetings, 2pm EST everyday. Dial-in number: (425)-436-6360 with the access code 422932#</p>
<p>VIRTUAL Collegiate ALL Recovery Meetings</p>	<p>VIRTUAL Collegiate ALL Recovery Meetings. Daily meetings from 8-9PM, peer-to-peer connections.</p>
<p>Daily Meetings</p>	<p>Virtual Peer Recovery Meetings - Peer led online recovery meetings for students struggling with or recovering from substance use. Peers are SAFE Academy trained. Has meetings 3 times a week.</p>

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<p>Community Meeting</p>	<p>Recovery Community Meeting (ALSO OPEN TO STAFF)_A weekly recovery meeting open to the whole UMB community, including staff</p>
<p>VIRTUAL Collegiate ALL Recovery Meetings</p>	<p>Mondays, Wednesdays and Fridays</p>

Domestic Violence	
<p>These hotlines offer immediate support for crises related to domestic and intimate partner violence.</p>	
<p>Resources for safety and support during COVID-19</p>	<p>The Futures Without Violence website offers a range of information and resources on COVID-19 for survivors</p>
<p>The Hotline: Home</p>	<p>The National Domestic Violence Hotline is 24/7, confidential and free: 1-800-799-7233 and through chat.</p>
<p>Terms of Service - Online Hotline</p>	<p>The National Sexual Assault Hotline is 24/7, confidential and free:800-656-HOPE (4673) and through chat.</p>
<p>Get Help</p>	<p>The StrongHearts Native Helpline for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: 1-844-762-8483</p>
<p>The Deaf Hotline -</p>	<p>The Deaf Hotline is available 24/7 through video phone (1-855-812-1001), email, and chat for Deaf, DeafBlind, DeafDisabled survivors. nationaldeafhotline@adwas.org</p>
<p>Support during Coronavirus (COVID-19)</p>	<p>Boston Area Rape Crisis Center (BARCC) hotline is available 24/7 at 800-841-8371 and 9am – 11pm EST online at barcc.org/chat.</p>

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	See BARCC’s website for information about their support services during COVID-19.
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Recorded Webinars, Courses, and Other Learning Opportunities	
Perscholas.org	TUITION-FREE TECH TRAINING & CERTIFICATION PROFESSIONAL DEVELOPMENT & JOB PLACEMENT NETWORK SUPPORT PREPARE FOR A CAREER IN INFORMATION TECHNOLOGY.
New England Public Health Training Center	New England Public Health Training Center, offers a wide range of training programs and services that strengthen the public health workforce.
My Peers	My Peers is a virtual learning network where you can brainstorm, exchange ideas, and share resources with early childhood colleagues from across the country.
The Ounce	The Ounce, training designed specifically with the needs of home visitors and supervisors in mind.
Infant and Early Childhood Mental Health Consultation, webinars	SAMHSA Center of Excellence for Infant and Early Childhood Mental Health Consultation, podcasts and webinars
The Institute for Family Support Professionals:	Offering Family Support Professionals the opportunity to learn new skills and grow their careers.

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LOCAL, STATE, & FEDERAL RESOURCES FOR COVID-19 RELATED ISSUES

MCH Navigator	<p>A portal for pursuing continuous learning in maternal and child health (MCH) is designed to help emerging and established MCH professionals pathways.</p>
Early Childhood Development	<p>Viral Anxiety: The Toilet Paper Phenomenon Explained (It's All in the Brain):</p>
www2.CollegeRecruiter.com/COVID19playlist	<p>Students who already have a job but are afraid of losing it. You can watch any or all of them for free.</p>

Wellness	
HUNDREDS OF WORKOUTS FROM CELEBRITY TRAINERS AND FITNESS EXPERTS	<p>We know that staying healthy is everyone’s priority right now. To support the wellbeing of our community during these uncertain times, we are offering Active by POPSUGAR for free so you and your loved ones can stay active at home</p>
Free CorePower Yoga videos	<p>Free trial</p>
free streaming workouts	<p>Break a Sweat! 125+ Free Streaming Workouts to Do From Home</p>
Wellness Consultation	<p>Virtual wellness consultation</p>
Free Blink Fitness livestream workouts at 8am ET daily	<p>Free Blink Fitness livestream workouts at 8am ET daily</p>
Orangetheory at-home	<p>Orangetheory at-home 30-minute workout videos</p>

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30-minute workout videos	
305 Fitness free dance workout videos	305 Fitness free dance workout videos
YMCA 360 free on-demand fitness classes	Whether it's a current Y favorite or something new to you, YMCA 360 matches your lifestyle with a growing library of online videos for you and your family.
Free mindfulness resources to keep calm during the COVID outbreak	Whether you're looking for live guided meditations connecting you to others, a quick practice to help you find your ground, or a free course on how to meditate, here's how the Mindful community is coming together to serve in the days and weeks ahead.

Home Activities	
UMBeINVOLVED	Weekly campus events
Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch	Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch(Video)
A Beginner's Guide to Getting Into Podcasts	New York Times; A Beginner's Guide to Getting Into Podcasts.

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<p>Readings, art classes and other activities.</p>	<p>Follow your favorite writers. Many authors are using social media to engage with their fans, offering readings, art classes and other activities.</p>
<p>Movement into tiny moment</p>	<p>Start bringing movement into tiny moments. It doesn't take fancy equipment — or any equipment — to exercise at home.</p>
<p>Check This Out The Boston Calendar</p>	<p>Virtual and streaming events. Everyday there are dozens of all kinds of events.</p>
<p>BroadwayHD Is Letting You Watch Your Favorite Musicals For Free</p>	<p>BroadwayHD Is Letting You Watch Your Favorite Musicals For Free — For a Limited Time (Video)</p>

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