

Resources During Covid-19 Pandemic

The purpose of this document is for us to help each other through this very difficult time. This document will contain a list of resources for our students, staff, and community. Please share these resources with whomever needs them. Thank you!

Please go to the end - more information has been added. March 16, 2021

Grief Support for Children, Young Adults and Families

- <https://good-grief.org/covid-19/>
- Compassion. Grief. Community.
- Unlimited and free support to NJ children and teens (3-17yrs. old) young adults (18-30yrs. old) and families after death of mother, father or sibling.
- **RUNNING VIRTUAL SUPPORT GROUPS FOR GRIEVING FAMILIES
- **AVAILABLE IN SPANISH
- Jersey City and Newark area: Taylor Simeon 908-522-1999 ext 8004
- Also available in other areas.

Perform Care and Children's Mobile Response – (877) 652-7624

- <http://www.performcarenj.org/index.asp>
- Free Services for all youth in NJ = In-home counseling for 8 wks
- 24/7 Still conducting responses, as needed

2nd Floor Youth Help Line Phone: **888-222-2228**

or **Text "NJ" to @741741**

<https://www.2ndfloor.org/>

Free, confidential and anonymous helpline with trained professionals \

For NJ youth and young adults ages 10-24 yrs old

Hours: 24/7, 24 hours a day, 7 days a week

NJ Mental Health- Free Behavioral Health Info &

Referral Services

1-866-202-HELP (4357)

<https://www.njmentalhealthcares.org/>

Email: help@njmentalhealthcares.org

Hours: 8am-8pm, open 7 days a week

NJ Hopeline-Free Peer Support and

Suicide Prevention Hotline

1-855- 654- 6735

<http://www.njhopeline.com/>

Hours: 24/7 24 hours a day/7 days a week

NJVET2VET 1-866-VETS-NJ-4 or

1- 866-838-7654

https://libguides.njstatelib.org/get_help/veterans

Free Confidential hotline providing veterans and their families with access to a comprehensive support network of mental health professionals.

Palisades Emergency Residence Corp. (PERC Shelter)

The shelter will also provide assistance to the homeless in Hudson County, ranging from a free hot meal to blankets or clothing.

- 108 36th St.
- Union City, NJ, 07087
- Call - (201) 348 - 8150

Hudson County Resource Guide For ALL SERVICES

- <http://www.pipnj.org/wp-content/uploads/2016/11/HudsonCountyResourceGuide.pdf>

North Hudson Community Action Corp.

The Hudson County community action agency provides free food, meals, and groceries to the low income. In addition, they can help people apply for government assistance, public aid, and are a great place for referrals. For example, learn about rent assistance, programs for electric bills, and food stamps/WIC.

- www.nhcac.org
- 5301 Broadway, West New York, NJ 07093
- [\(201\) 293-8823](tel:(201)293-8823)

NJEA Helpline -

866-243-6532 - 866-AID-NJEA

<https://www.njea.org/aid-njea-can-help/>

Email: helpline@njea.org

This confidential, toll-free help line, based out of Rutgers University Behavioral Health Care, is staffed by Education Support Specialists, qualified retired and active members.

Hours: 24/7, 24 hours a day and seven days a week

DAS Pharmacy

973-955-2165

<https://npino.com/pharmacy/1336665827-das-pharmacy/>

Email: Passaicrx@gmail.com

Delivers to all counties in NJ

Accepts all major insurance plans

If you don't have insurance, we have low cost medicines

Unemployment Information for Self Employed and

Pandemic Unemployment Assistance

<https://myunemployment.nj.gov/labor/myunemployment/independentcontractors.shtml>

FOOD PANTRIES and SOUP KITCHENS -Call to check time

Food Pantry =Free bag(s) of food, Soup Kitchen=cooked food

WOODCLIFF COMMUNITY CHURCH

7605 PALISADE AVE. NORTH BERGEN NJ 07047 (201) 869-4555

FOOD PANTRY: 1st and 3rd SATURDAY OF THE MONTH, STARTING AT 8am-1pm

NORTH HUDSON COMMUNITY ACTION CORPORATION (EMERGENCY ASSISTANCE PROGRAM)

7007 POLK STREET GUTTENBERG, NJ (201) 210-0333 X 22105

FOOD VOUCHERS

GOSPEL TABERNACLE

5029 KENNEDY BLVD. NORTH BERGEN NJ 07047 (201) 863-1000

FOOD PANTRY: 3rd THURSDAY OF THE MONTH – 9:00am-5:00pm

PALISADES EMERGENCY RESIDENCY CORP. (PERC)

111 – 37th STREET UNION CITY, NJ 07087 (201) 348-8150

FOOD PANTRY: WEDNESDAY AT 10:00 AM

DINNER / SOUP KITCHEN: EVERY NIGHT AT 6:00 PM (7 DAYS)

LOVE OF JESUS CHURCH

5520 Jefferson St., WNY, 07093 201-617-8155

Email: loveofjesuswny@gmail.com

HOLY REDEEMER CHURCH

569 65th St. WNY, NJ 07093 201-868-9444

NAZARETH BAPTIST CHURCH

5800 Palisade Avenue, WNY, NJ 07093 201-295-0082

SPECIAL DRAGONS



A Karate Program for Children with Autism And other Developmental Disabilities

Free virtual Karate Lessons via Facebook - Search Special Dragons

It is open to everyone right now, kids and adults. Do it with the whole family.

Meet online at 6pm on Monday, Wednesday and Saturday

So far they have 4 lessons, 30 minutes each. Also videos saved on the page.

#EmpowerHourSeries Young Adults ages 17-24

<https://empowerhourseries.splashthat.com/> Website

<https://yearup.app.box.com/s/z4a6fo4rfeb9iy6qumc365yj4903ons5> Brochure

For young adults ages 17-24, Career Development, How to Manage Stress, Virtual Career Fair, Planning Your Future, Deciphering Financial Aid, Digital Creative

Tools

FUNERAL ASSISTANCE:

Social Security pays \$ 255

Anyone on public assistance can apply get help for funeral

<https://web.njsfda.org/public/solutions/financial-support/public-assistance>

Memorial Societies offer assistance to plan low cost funerals

<https://fcannj.org/> Funeral Consumers Alliance of Northern NJ

<https://fcannj.org/> Ethical Culture Society 201-836-5187

Managing Stress and Anxiety During Co-vid 19

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Talking to your kids about Co-vid 19

<https://parents.cmionline.com/>

8 Ways Parents Can Help Kids During Corona Virus-

<https://docs.google.com/document/d/16M8EXXyuOIYNvEQHYt35P5whEHuFUKE9mdZUGb5Drh4/edit>

If you're overwhelmed and feel like you're headed toward crisis, PLEASE text 'NJ' to 741741 - anytime 24/7.

A trained counselor will respond, listen, and help you through your concerns.

[#YouAreNotAlone](#) - text 741741



Added 1/27/21

NJ Hope and Healing



RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

Through a variety of virtual services, this program aims to assist those impacted by the

pandemic to better adjust to their new reality, mitigate stress, review options, develop coping strategies, and, if needed, find linkages to agencies, programs, and other resources in their community.

Services will be provided in Essex, Hudson, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union counties.

For more information, please call 833-795-HOPE (4673) or email hopeandhealing@rwjbh.org.

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

Free Weekly Virtual Support Groups for:

Children and Families

- Monday at 6pm
Smile, Breathe, and Go: Stress management for kids
[https://zoom.us/j/8379987908?pwd=TmU0THdVZ20xcmJtRXZZWWs5QXA4UT091\(929\)205-6099](https://zoom.us/j/8379987908?pwd=TmU0THdVZ20xcmJtRXZZWWs5QXA4UT091(929)205-6099)
Meeting ID: 837 998 7908 Passcode: 340982
- Tuesday at 7pm
From Stuck to Soaring: Stress Management for Teens
[https://zoom.us/j/8379987908?pwd=NmxVQm93ZFVaMG1CMTIxREZheGJXdz091\(929\)205-6099](https://zoom.us/j/8379987908?pwd=NmxVQm93ZFVaMG1CMTIxREZheGJXdz091(929)205-6099)
Meeting ID: 837 998 7908 Passcode: 008654
- Wednesdays at 4:30pm
Bored in the House: Youth Hangout
[https://zoom.us/j/94732149652?pwd=L3BEUTZBR004dnRpNmdkYnRQMWdvdz091\(929\)205-6099](https://zoom.us/j/94732149652?pwd=L3BEUTZBR004dnRpNmdkYnRQMWdvdz091(929)205-6099)
Meeting ID: 947 3214 9652 Passcode: 726468
- Wednesdays at 8pm
Supporting Families: Group for Parents and Caregivers
<https://zoom.us/j/96390553396?pwd=Sm9HUzE4cXk5WEhqbWt4NloybDYrQT09>

1 (929) 205-6099

Meeting ID: 963 9055 3396 Passcode: 522856

First Responders

- Mondays at 8pm
Our Responders First
[https://zoom.us/j/96728363218?pwd=RGJnaERoemZHYkdJcVdmTUFETUhmZz091 \(929\) 205-6099](https://zoom.us/j/96728363218?pwd=RGJnaERoemZHYkdJcVdmTUFETUhmZz091(929)205-6099)
Meeting ID: 967 2836 3218 Passcode: 237887
- Wednesday at 4pm
Our Responders First
[https://zoom.us/j/98149039590?pwd=T1Nld013Si9qcmRHNFDyZjZSbUo0QT091 \(929\) 205-6099](https://zoom.us/j/98149039590?pwd=T1Nld013Si9qcmRHNFDyZjZSbUo0QT091(929)205-6099)
Meeting ID: 981 4903 9590 Passcode: 898906
- Thursdays at 9am
Our Responders First
[https://zoom.us/j/98859725166?pwd=QIZSK3IkVzFLVWQ4NjY5dDZMS05hdz091 \(929\) 205-6099](https://zoom.us/j/98859725166?pwd=QIZSK3IkVzFLVWQ4NjY5dDZMS05hdz091(929)205-6099)
Meeting ID: 988 5972 5166 Passcode: 835069

Frontline/Healthcare Workers

- Mondays at 10am
Coffee Talk
[https://zoom.us/j/93247469703?pwd=K3Y3NVdBcnQ5eHhNMWhRUVJVektGdz091 \(929\) 205-6099](https://zoom.us/j/93247469703?pwd=K3Y3NVdBcnQ5eHhNMWhRUVJVektGdz091(929)205-6099)
Meeting ID: 932 4746 9703 Passcode: 374382
- Wednesday at 12pm
Healthy Steps
[https://zoom.us/j/93438473384?pwd=ZmFOT1RaWFZieWJWSTh3eWxzMy9GUT091 \(929\) 205-6099](https://zoom.us/j/93438473384?pwd=ZmFOT1RaWFZieWJWSTh3eWxzMy9GUT091(929)205-6099)
Meeting ID: 934 3847 3384 Passcode: 115807
- Thursdays at 4pm
Happy Hour
[https://zoom.us/j/95697045483?pwd=WTJYSGNwZ0l4N21TanFVSIFwUUMxZz091 \(929\) 205-6099](https://zoom.us/j/95697045483?pwd=WTJYSGNwZ0l4N21TanFVSIFwUUMxZz091(929)205-6099)
Meeting ID: 956 9704 5483 Passcode: 774386
- Thursday at 6:30pm
Evening Stretch
[https://zoom.us/j/92346743608?pwd=NGV3WTBjeWdEQlhhcmxxc2NwY3FFUT091 \(929\) 205-6099](https://zoom.us/j/92346743608?pwd=NGV3WTBjeWdEQlhhcmxxc2NwY3FFUT091(929)205-6099)

Meeting ID: 923 4674 3608 Passcode: 479491

Individuals with Substance Use Disorder

Daily All Recovery Meetings

All Recovery virtual meetings provide social support for those seeking or maintaining recovery, as well as family members, friends and supporters of those who have been influenced by substance use.

Click here for full schedule

- Mondays at 10am
Spiritual Healing in Recovery
[https://zoom.us/j/94938033159?pwd=V3l2Z3Y5K0FXOXNtMS9qNGh1SFVmQT091\(929\)205-6099](https://zoom.us/j/94938033159?pwd=V3l2Z3Y5K0FXOXNtMS9qNGh1SFVmQT091(929)205-6099)
Zoom Meeting ID: 949 3803 3159 Passcode: 934 578
- Tuesdays at 10 am
Silver Lining for All Recovery Wellness
[https://zoom.us/j/92180054325?pwd=SzlzWEtZbmJESjJQZW9BaTRFbTBndz091\(929\)205-6099](https://zoom.us/j/92180054325?pwd=SzlzWEtZbmJESjJQZW9BaTRFbTBndz091(929)205-6099)
Zoom Meeting ID: 921 8005 4325 Passcode: healing
- Tuesdays at 4pm
Women in Recovery: Self-Care and Resiliency
[https://zoom.us/j/99774317630?pwd=RnUyenRKQUUxOEw3cVJHdEY3Zm1vdz091\(929\)205-6099](https://zoom.us/j/99774317630?pwd=RnUyenRKQUUxOEw3cVJHdEY3Zm1vdz091(929)205-6099)
Meeting ID: 997 7431 7630 Passcode: 384719
- Wednesdays at 4pm
Recovery Support
[https://zoom.us/j/99017253565?pwd=MGFuMUhBZWdFc205dVRhYXF6c014Zz091\(929\)205-6099](https://zoom.us/j/99017253565?pwd=MGFuMUhBZWdFc205dVRhYXF6c014Zz091(929)205-6099)
Meeting ID: 990 1725 3565 Passcode: 269916
- Wednesdays at 6 pm
Bridges: Family Support Group
[https://zoom.us/j/92855229552?pwd=ZUJBK3Y0bDFLaXB4Q25vQ3JMSFJOdz091\(929\)205-6099](https://zoom.us/j/92855229552?pwd=ZUJBK3Y0bDFLaXB4Q25vQ3JMSFJOdz091(929)205-6099)
Zoom Meeting ID: 928 5522 9552 Passcode: 797 941
- Thursdays at 10 am
Holistic Wellness for Physical + Emotional Well - being
[https://zoom.us/j/92005110513?pwd=VUhnQ2FQa2l3aXVjQkIKcHQ2WjJqZz091\(929\)205-6099](https://zoom.us/j/92005110513?pwd=VUhnQ2FQa2l3aXVjQkIKcHQ2WjJqZz091(929)205-6099)
Zoom Meeting ID: 920 0511 0513 Passcode: healing
- Thursdays at 4pm

Women in Recovery: Self-Care and Resiliency

[https://zoom.us/j/92113019522?pwd=cnU0YnByaGFBejJOUiVUY1IqUdHZz091\(929\)205-6099](https://zoom.us/j/92113019522?pwd=cnU0YnByaGFBejJOUiVUY1IqUdHZz091(929)205-6099)

Meeting ID: 921 1301 9522 Passcode: 787666

- Fridays at 10:30 am
Wellness Toolbox

[https://zoom.us/j/99527277514?pwd=K1QzaStldkZGditlb3lWc1VYQ2VOUT091\(929\)205-6099](https://zoom.us/j/99527277514?pwd=K1QzaStldkZGditlb3lWc1VYQ2VOUT091(929)205-6099)

Meeting ID: 995 2727 7514 Passcode: healing

- Fridays at 4 pm
Spiritual Healing in Recovery

[https://zoom.us/j/94938033159?pwd=V3l2Z3Y5K0FXOXNtMS9qNGh1SFVmQT091\(929\)205-6099](https://zoom.us/j/94938033159?pwd=V3l2Z3Y5K0FXOXNtMS9qNGh1SFVmQT091(929)205-6099)

Zoom Meeting ID: 949 3803 3159 Passcode: 934 578

Seniors

- Tuesdays at 3pm
Coping with Change

[https://zoom.us/j/97426759376?pwd=emh4NVBxQkhORDk2VGhybDh1aHVVUT091\(929\)205-6099](https://zoom.us/j/97426759376?pwd=emh4NVBxQkhORDk2VGhybDh1aHVVUT091(929)205-6099)

Meeting ID: 974 2675 9376 Passcode: 275889

- Wednesdays at 10am Coping with Change

[https://zoom.us/j/92508417386?pwd=RUFbZmhrUms0R08zOFgwbjZtTUZBdz091\(929\)205-6099](https://zoom.us/j/92508417386?pwd=RUFbZmhrUms0R08zOFgwbjZtTUZBdz091(929)205-6099)

Meeting ID: 925 0841 7386 Passcode: 871829

- Thursdays at 10am
Coping with Change

[https://zoom.us/j/93629625609?pwd=NWhUQTAYZzhla0dpb0YwZFhiUnZxdz091\(929\)205-6099](https://zoom.us/j/93629625609?pwd=NWhUQTAYZzhla0dpb0YwZFhiUnZxdz091(929)205-6099)

Meeting ID: 936 2962 5609 Passcode: 202710

- Fridays at 3pm
Coping with Change

[https://zoom.us/j/95709779459?pwd=bG1Fd3JGa3U1RDBSWjJFQzBwc2E1dz091\(929\)205-6099](https://zoom.us/j/95709779459?pwd=bG1Fd3JGa3U1RDBSWjJFQzBwc2E1dz091(929)205-6099)

Meeting ID: 957 0977 9459 Passcode: 542469

Coming soon: virtual yoga sessions



<https://ivychild.org/events/healing-retreat-for-people-of-color-4/>