

## Health and Wellness /Salud y Bienestar

- Counseling Services list

# Food Distribution/ Distribucion de Comida

## 1) Free and Reduced Meals Application/ Almuerzo Gratis o Reducido

- <https://www.myschoolapps.com/>

## 2) JHHES School Pantry

Open to our families on Fridays 9-11 am and Mondays 1-3 pm

Also by appt using this link: <https://calendar.app.google/X9MZ4SQV5hLyyCTH7>

Abierto a nuestras familias Viernes de 9-11 am y Lunes 1-3 pm

O asiento cita en este link: <https://calendar.app.google/X9MZ4SQV5hLyyCTH7>

## 3) Oaklands Elementary Monthly Food Distribution:

Monthly Distribution on the 3rd Saturday of the month

This is a Walk-up and Drive Through Food Distribution. The Food Boxes generally consist of Protein, fresh fruits, starch, and vegetables.



Date: Third Saturday of the month

Time: 9:30 am

Where: Oaklands Elementary School: 3710 Laurel Bowie, RD Laurel, Maryland 20708

## 4) Other [Food Distribution](#) Places/ Otros lugares de distribucion

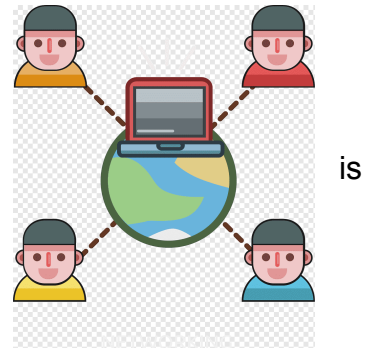
# Internet Services/ Servicios de Internet

## 1) Comcast's Internet Essentials

Comcast's Internet Essentials program offers free internet for the first 2 months of service and the cost \$9.95/month thereafter.

Apply Now! <https://apply.internetessentials.com/>

By Phone: 1-855-846-8376



Comcast tiene el programa de Internet Essentials donde ofrecen internet gratis por los primeros 2 meses y luego \$9.95/mes.

Use este link para aplicar: <https://es-apply.internetessentials.com/>

Por Teléfono: 1-855-765-6995; 1-866-295-3860

## 2) Affordable Connectivity Program/ El Programa de Descuentos Para Internet

The benefit provides a discount of up to \$30 per month toward internet service for eligible households.

Eligible households can also receive a discount to purchase a laptop, desktop computer, or tablet. For more information: <https://www.fcc.gov/acp>

Link to the application:

[https://www.getinternet.gov/apply?id=nv\\_home&ln=RW5nbGlzaA%3D%3D](https://www.getinternet.gov/apply?id=nv_home&ln=RW5nbGlzaA%3D%3D)

Este subsidio proporciona un descuento de hasta \$30 mensuales en el servicio de internet para hogares elegibles

Tambien puede ser elegible para recibir descuentos para la compra de una computadora o tableta. Para mas informacion visite:

<https://www.fcc.gov/programa-de-descuentos-para-internet-acp>

Link a la aplicacion:

[https://www.getinternet.gov/apply?id=nv\\_home&ln=RW5nbGlzaA%3D%3D](https://www.getinternet.gov/apply?id=nv_home&ln=RW5nbGlzaA%3D%3D)

## 3) Prince George's County Memorial Library System/ Bibliotecas de PG

Free use of computers and access to free Wifi.

Acceso a computadoras y Wifi gratuito

<https://www.pgcmls.info/>

## **Housing Assistance/ Asistencia de Vivienda**

- [List of organizations providing housing assistance/ Organizaciones que proveen ayuda con vivienda](#)



## **Legal Assistance/ Servicios de Asistencia Legal**

- [List of organizations/ Lista de organizaciones](#)



## **After-School Programs/ Programas Extracurriculares**