Hawaii Community Bail Fund

1271 N King St #17156
Honolulu, HI 96817

Email: info@hawaiicommunitybailfund.org
Website: hawaiicommunitybailfund.org
IG: @hawaiicommunitybailfund
FB: HICommunityBail

Donations appreciated at: hawaiicommunitybailfund.org

- **Court Appearance:** You are requested/expected to attend all court appearances as required. If you cannot attend for any reason, you must work with the court to reschedule and notify us. If you fail to appear, your bail amount will be forfeited and a bench warrant will be issued for your arrest. You may not be released on bail again while you await your trial.
- **Bail must be returned and revolved.** When you have complied with all requirements, and your case is finally decided, the court will refund your bail amount to HCBF. We can take care of obtaining the refund; we only request that you notify us when your case is pau.
- **Please pay court fees and fines, if can.** The bail fund depends on bail amounts being returned and revolving to help others in the future. Please help us preserve future access to the bail fund by covering these fees yourself, if you can.

QUICK RESOURCE GUIDE:

OAHU

Hawai'i Health and Harm Reduction Center: 808-203-8040, 677 Ala Moana Blvd Suite 226, (located in Kaka'ako/Chinatown, walk-ins welcome). Cell phones, case management, mental health and healthcare support, housing support, food aid.

Pu'uhonua Program at Waikiki Health: 808-537-8465, 277 ʻŌhua Ave, (located in Waikiki, walk-ins welcome). Case management, mental health and healthcare support, housing support, bus passes, ID assistance, food aid

Hawaii Community Action Program: 808-521-4538, 5 locations on O'ahu in Aiea, Kalihi-Palama, Kaimuki/Palolo, Wai'anae, and Kane'ohe. ase management, housing support, bus passes, ID assistance, hygiene kits, clothing, food aid.

HAWAII ISLAND

Going Home Hawai'i: Hilo 808-491-2437, 80 Pauahi St. Ste. 203; Kona 808-464-4003, 75-5708 Alahou St. Apt. 2C. Cell phones, case management, mental health and healthcare referrals, housing referrals, substance abuse treatment referrals, ID assistance, employment support.

MAUI

MEO Best: 808-249-2970, 99 Mahalani St, Wailuku. Cell phones, case management, mental health and healthcare referrals, housing referrals, ID assistance, employment support.

KAUAI

HHHRC: 808-203-8040 https://health.hawaii.gov/harmreduction/

County of Kauai Resource Directory
https://www.kauai.gov/LifesChoicesKauai/Resources-and-Info/Crisis-Resource-Directory

RESOURCE GUIDE: (More Extensive)

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EMERGENCY SERVICES & DISASTER RELIEF

In case of an emergency, dial 911		
Service	**Information**	**Phone**
Suicide Access Line	Oahu Neighbor Islands	**(808) 832-3100** **1-800-753-6879**
ACLU Smart Justice	Free our ʻohana toolkit https://docs.google.com/document/d/1OiRjqTYi6Y-igCyLyO7k4Al8hzJp9E6dCPqgAT1-mDs/edit	
Child Abuse & Neglect Reporting	www.humanservices.hawaii.gov/ssd/home/child-welfare-services	**(808) 832-5300**
Child Help USA	24-hour child abuse hotline	**1-800-422-4453**
Elder Abuse & Reporting	To report suspected elder abuse, neglect or exploitation	**(808) 832-5115**
Public Assist	Information & advocacy	**855-643-1643**
Domestic Violence Shelter	Safety planning, crisis intervention, emergency shelter	**808.841.0822**
Domestic Violence Clearinghouse & Legal Hotline	Safety planning, support, advocacy, accompaniment to court	**(808) 531-3771**
National Domestic Violence Hotline	Information & advocacy	**1-800-787-3224**
Poison Center	Information & advocacy	**(800) 222-1222**
Prevent Child Abuse Hawaii	Domestic violence (PACT)	**1 (808) 951-0200**
Sex Abuse Treatment Center	24-hour hotline	**(808) 524-7273**

Helping Hands Hawaii Suicide & Crisis Center	After hours emergencies, suicide & crisis line	**(808) 536-7234**
United Self-Help Warm Line	Suicide crisis line (Monday – Sunday: 4:30 pm – 9:00 pm)	**(808) 947-5558**
City & County of Honolulu	Implementation of emergency management plans	**(808) 523-4121**
Hawaii State Department of Health	The adult mental health division	**(808) 832-3100**
DISASTER RELIEF		
Hawaii Emergency Management	www.dod.hawaii.gov/hiema	**(808) 733-4300**
FEMA – Federal Emergency Management Agency	www.disasterassistance.gov Assistance and relief to victims of federally declared disasters (storms, floods, etc.) and provide emergency loans.	**1-800-621- FEMA** **1-800-462-7585 (TTY)**
Christian Reformed World Relief Committee	Provides disaster relief by providing needs assessments, estimates, and reconstruction for those with no or little insurance.	**(808) 596-8980**
Urgent Student Relief Fund	Financial assistance for UH students during COVID https://www.hawaii.edu/offices/student-affairs/urgent-student-relief-fund/	**(808) 956-3290**
MBTSSW Department of Social Work COVID-19 Student Relief Fund	Apply for $500 financial assistance for educational needs. Here's the application: Click here!	mariono@hawaii.edu
HOʻĀLA Assistance Program (by Hawai'i Resilience Fund)	One-time emergency financial assistance (up to $1000 per household) to Hawaiʻi residents https://www.hawaiiancouncil.org/hoala	
KAHIAU Community Assistance Program (by OHA Grant)	One-time emergency financial assistance (up to $1500) to Native Hawaiian beneficiaries https://www.hawaiiancouncil.org/kahiau	**(808) 784-4464**

RESOURCES FOR MENTAL HEALTH

Resource	Type	Description
Mental Health America	*Screenings*	Free, anonymous mental health screeners including those for anxiety, depression, caregivers, etc.
7 Cups	*warm-line*	Connects you to caring listeners for free emotional support (24/7)

SAMHSA Disaster Distress Helpline	*Counseling*	1-800-985-5990 or text “TalkWithUs” to 66746, provides crisis counseling and support to anyone in the U.S. experiencing distress from natural or human-caused disasters and public health emergencies.
National Suicide Prevention Lifeline	*Counseling*	The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK (8255). Veterans Crisis Line is 1-800-273-8255 (Press 1). Services also provided for Covid-19, Native Americans, Youth, LGBTQ+, Deaf or Hard of Hearing, Loss Survivors, Attempt Survivors, and more
Crisis Text Line	*Counseling*	Text ALOHA to 741-741 for the Crisis Text Line (for Hawaii) or HOME for the US continent. Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.
The Trevor Project	*Counseling*	Trained counselors support young people in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, 24/7. LGBTQ+ call or text the TrevorLifeline at 1-866-488-7386.
State of Hawaii, Dept. of Health	*Counseling*	The AMHD Crisis Line of Hawaii provides a team of trained and experienced professionals to help individuals in times of a mental health crisis. The Crisis Line of Hawaii helps you 24 hours a day, 7 days a week. On Oahu, call at 832-3100. On the neighbor islands, call toll-free at 1-800-753-6879
Help Your Keiki	Resource list	Resource list for helping your keiki. Talking with children, stress management, parent and provider resources, and Hawaii specific resources. http://helpyourkeiki.com/whats-new-2/
Military One Source		Confidential non-medical counseling provides service members and their loved ones with resources and support to address a variety of issues and build important skills to tackle life’s challenges.
Family Programs Hawaii		‘Ohana/ Caregiver Information on Dealing with the Stress from Coronavirus https://familyprogramshawaii.org/Ohana+Caregiver+Info+on+Dealing+with+Stress+from+Coronavirus+COVID-19
Nod: A Tool to Help Prevent Loneliness Among College Students During the COVID-19 Pandemic		https://hopelab.org/destroy-the-myth/

COVID-19 Trauma-Informed Leadership Guide		https://kindredleaders.com/2020/03/28/covid-19-trauma-informed-leadership-guide/
Medical Insurance Medicaid/Quest		Provides eligible low-income adults and children access to health and medical coverage through managed care plans. The QUEST program is designed to provide Quality care, Universal access, Efficient utilization, Stabilizing costs, and to Transform the way health care is provided to recipients. ○ Ways to Apply: ● Online at: https://medical.mybenefits.hawaii.gov ● Call Customer Service at: 1-800-316-8005 toll-free TTY users, call 1-800-603-1201 toll-free or 711 ● Complete an Application (Fillable PDF), mail or fax to the nearest Medicaid office location.
SAMHSA Tip Sheet		SAMHSA has tip sheets available: Coping During Infectious Disease Outbreaks http://bit.ly/2ThfO2X & Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak http://bit.ly/2xpbCXQ.
SAMHSA DDH Website		The SAMHSA DDH website https://www.samhsa.gov/find-help/disaster-distress-helpline has information on emergency risk factors and resources for coping. It is also available in Spanish at http://bit.ly/2LgaVpc.
Mental Health and Psychological Considerations during Covid		https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2
Mental Health recommendations		1. When asked to socially distance and self-isolate, it can be difficult for those experiencing depression or who are in need of emotional support. We can all help by reaching out through text, calling, or video to our social circles and those around us to ensure that they feel part of the community and still have connection to others. Remember to check-in with your kupuna. 2. If you are home, it is important to focus on practicing self-care, managing stress, and not engaging in unhealthy coping skills. 3. It is important to stay up-to-date with information regarding COVID-19 but over checking can lead to an increase in anxiety and a feeling of loss of control. Schedule a time to check-in during the day and stick to it. 4. Remember that this too will pass and to focus on the future that is ahead of us all. Spread Aloha through your thoughts, words, and behaviors.
E Ola Mau: Hawaii Community Response to Covid		Facebook Group where community members can ask questions or post about resources

		https://www.facebook.com/groups/977351662666676/?fref=nf
NASW National Association of Social Workers	Covid 19 Resources	https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus?utm_content=buffer27efc&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer
News & resources for students and families during School Closure		News and resources for students and families during school closure https://www.thecanetassel.org/home/news-and-resources-for-students-and-families-during-school-closure
Art Therapy Sessions		https://www.ifyouwereherenow.art/
9 Ways to stay connected during social distancing		https://www.success.com/9-ways-to-stay-connected-during-social-distancing/
Mental Health America of Hawaii Finding Help Directory		http://mentalhealthhawaii.org/finding-help-phone-list/ In the community – various providers listed on Mental Health America of Hawaii's "Finding Help" directory
Crisis Line of Hawaii		832-3100 on O'ahu, 1-800-753-6879 on neighbor islands
Mental Health America		https://mhanational.org/covid19
CDC		https://www.cdc.gov/coronavirus/2019-nCoV/index.html
American Foundation for Suicide Prevention		https://afsp.org/mental-health-and-covid-19
Managing Fears and Anxiety around COVID 19		https://www.harvard.edu/sites/default/files/content/coronavirus_HUHS_managing_fears_A2%5B5%5D.pdf
Headspace	app	Mindfulness meditation App
Virtual Hope Box	app	individuals can personalize the app to help with coping and stress management. PFA (psychological first aid) mobile – app for providers responding to adults and children during an organized response effort.
COVID-Ready Communication Skills:A Playbook of VitalTalk Tips Session	*Resource guide*	https://docs.google.com/document/d/1uSh0FeYdkGgHsZqem552iC0KmXIgaGKohl7SoeY2UXQ/edit?usp=sharing
The National Network to Eliminate Disparities in Behavioral Health (NNED)	*Resource network*	NED is a network of community-based organizations focused on the mental health and substance use issues of diverse racial and ethnic communities. The NNED supports information sharing, training, and technical assistance towards the goal of promoting behavioral health equity.

		https://nned.net/

RESOURCES FOR FOOD & FINANCIAL WELL-BEING

Resource	Type	Description
HOʻĀLA ASSISTANCE PROGRAM FUNDED BY THE HAWAII RESILIENCE FUND	*Monetary Support*	To provide one-time emergency financial assistance (up to $1000 per household) to Hawai'i residents facing hardship due to the COVID-19 pandemic.https://www.hawaiiancouncil.org/hoala?fbclid=IwAR0UnKOv0_kgKX24gGW53mwSK3qdqrpXAoyagw4Grbe9PliEs4_ZyfekbXM
Council for Native Hawaiian Advancement	*Monetary Support*	The Kahiau Community Assistance Program (KCAP) provides one-time emergency financial assistance (up to $1500) to Native Hawaiian beneficiaries facing hardship due to an unexpected crisis (i.e. mortgage payment, rent deposit, rent payment, utility services) https://www.hawaiiancouncil.org/kahiau
Academic Labor United	*Monetary support*	ALU Student Hardship Fund & Fundraiser. The purpose of this fund is to provide some relief to priority UH community members facing financial hardship. Undocumented and international students are welcome; there is no citizenship requirement and all information provided is confidential. https://academiclaborunited.org/hardship
A Thriving Lāhui	*List of resources: Monetary support, debt relief, community support*	Mālama Mauli Ola provides list of resources to ensure the wellbeing of the entire 'ohana https://docs.google.com/document/d/1u1QkZ0ZMUTFc6tfyzyJTZYoUixCC8H9p5rcQsKCmdHk/edit#bookmark=id.33rm1e24rp71
Paycheck Protection Program	*SBA Loan Program*	An SBA loan that helps businesses keep their workforce employed during the Coronavirus (COVID-19) crisis.https://www.sba.gov/funding-programs/loans/paycheck-protection-program-ppp#section-header-0
HOʻĀLA ASSISTANCE PROGRAM FUNDED BY THE HAWAII RESILIENCE FUND	*Monetary Support*	To provide one-time emergency financial assistance (up to $1000 per household) to Hawai'i residents facing hardship due to the COVID-19

		pandemic.https://www.hawaiiancouncil.org/hoala?fbclid=IwAR0UnKOv0_kgKX24gGW53mwSK3qdqrpXAoyagw4Grbe9PliEs4_ZyfekbXM
Q&A Renters Rights	*Legal Aid information*	Information on COVID-19 and its impact on housing and renters rights.
CoronaCare Hawai‘i	*Mutual Aid Network*	We are not a charity. We are a mutual aid network based on human solidarity. We give according to our ability, and receive according to our needs. We recognize that what hurts one, hurts all. We share a common interest in the struggle against the COVID-19 pandemic, as well as against those who seek personal profit while people suffer and die. We know that individually we are weak, but together we are strong.
State Tax Information	*Information*	Relief for Taxpayers Affected by the COVID-19 Emergency
Federal Tax Relief	*Information*	Economic Impact Payments: What you need to know
Stimulus Check Calculator	*Information*	Stimulus Check Calculator
‘Awa & ‘Ai Drive Thru		A socially responsible & safe drive-thru for locally sourced ‘awa, mea ‘ai, and produce.
Food Resources for Kūpuna	*Services and locations list*	Store hours, charitable and nonprofit groups offering Kupuna services.
SNAP (Supplemental Nutrition Assistance Program)	*Food Assistance Program*	First Time Applicants: Fill out their PDF form (link at the end of post). Once complete, print, sign, mail, or drop off the application at the nearest DHS office to your home. Or, you can scan, take a photo of the application and send it as an attachment to the email address: BESSD.StatewideBranch@dhs.hawaii.gov. Here is a link to their application
Farm To Car		Drive-Thru Farmers Market
Hawaii Grinds	*Take-out*	Crowdsourced database of restaurants in Hawaii that are offering take out, delivery, or gift

		card sales, allowing you to feed your family while also supporting Hawaii businesses.
Food-A-Go-Go	*Take-out*	Find Restaurants Offering Takeout, Delivery or Curbside Pickup
Hawaii Foodbank	*Emergency Food Assistance*	Updated Food Assistance distrubution List for Oahu http://www.hawaiifoodbank.org/Websites/foodbank/images/Oahu%20Food%20Assistance%20Handout%204-3-2020%20@%205.50p.pdf For Neighbor Islands http://www.hawaiifoodbank.org/emergency-assistance
Keo & Alex		Produce Delivery Kahuku and North Shore
Hawai'i Food Resources During the COVID-19 Pandemic	*Food*	https://higicc.maps.arcgis.com/apps/MapSeries/index.html?appid=d2db01bc7d394f059b0481a1c13b8d1b
Emergency Stabilization Financial Assistance By Lili'uokalani Trust	*Financial*	Lili'uokalani Trust is providing kōkua through one-time emergency stabilization financial assistance for those who qualify. Along with other community resources, we strive to collectively support our kamali'i & 'ohana.
Resource Guide for Providers, Volume 1		The Paycheck Protection Program (PPP) provides small businesses with zero-fee loans to cover payroll and other operating expenses. You should apply as soon as possible. Find out about eligibility, application process, needed documents, important deadlines and bank-specific information. PDF, April 3, 2020
Resource Guide for Providers, Volume 2		Details about eligibility, deadline and how to apply. ● Unemployment Insurance (UI): Benefits and Eligibility Expanded ● Federal Payroll Tax Deferral ● Supplemental Nutrition Assistance Program

		(SNAP) • Special Supplemental Nutrition Program for Women, Infants and Children (WIC) PDF, April 7, 2020

RESOURCES FOR SUBSTANCE MIS-USE & RECOVERY

Resource	Type	Description
Oahu AA	*Virtual Meetings*	This page has been created to assist Oahu AA members to find locally hosted online meetings during the COVID-19 crisis. https://oahucentraloffice.com/meeting-schedule-by-day/oahu-online-meetings/
Safe Project	*Virtual Meetings*	Support for students in recovery at https://www.safeproject.us/article/announcing-virtual-collegiate-recovery-meetings/
Association of Recovery in Higher Education	*Resources*	List of virtual recovery resources https://docs.google.com/spreadsheets/d/1rX5OgFqhEpkfDvBic4z9uDwufZ2dZbMug3tVSHenEOc/edit#gid=0
Pennsylvania Recovery Organizations Alliance	*Resources*	COVID-19 CRISIS – Recovery-Related Resources http://pro-a.org/covid-19-crisis-recovery-related-resources/
Unity Recovery	*Virtual Meetings*	Online recovery support groups are available 5x daily at 7AM, 9AM, 12PM, 3PM, 6PM, 9PM, and 11PM EST. One daily family and loved one recovery support meeting at 8PM EST; and a weekly LGBTQ+ (Wed at 11AM EST) and Women's Only (Tue & Thurs at 7PM EST) all recovery meetings. All recovery meetings are non-denominational, agnostic to any specific recovery pathway, and are open to anyone. https://unityrecovery.org/digital-recovery-meetings
In the Rooms	*Virtual Meetings*	In The Rooms is a *free* online recovery tool that offers 130 weekly online meetings for those recovering from

IN THE ROOMS® A GLOBAL RECOVERY COMMUNITY		alcoholism or drug addiction. https://www.intherooms.com/livemeetings/list
Online AA Meetings During COVID-19	*Virtual Meetings*	https://docs.google.com/document/u/1/d/1a71ccw7ihaWelksKwOp4AzAkYlVqSoKiN6Gsm38bKMU/mobilebasic?usp=gmail
Smart Recovery SMART Recovery® Self-Management and Recovery Training 1994–2019	*Virtual Meetings*	Online meetings & events https://www.smartrecovery.org/community/calendar.php?styleid=29
Narcotics Anonymous	*Virtual Meetings*	https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance
Safe Project SAFEProject	*Virtual Meetings*	In an effort to support Veterans in recovery during the COVID-19 pandemic, SAFE Project will be hosting virtual Veterans All-Recovery meetings every Thursday starting April 2nd. These meetings are open to veterans who have experienced addiction or are on a path of recovery. Please share with other veterans in recovery. #VetsInRecovery To join the meeting go to: https://zoom.us/j/4696059639
Native AmericanWellbriety 12 Steps meeting WELLBRIETY MOVEMENT	*IntheRooms.com*	Tuesday 6am HST & Thursday 3pm HST Join us For our weekly online Native American Wellbriety 12 Step meeting! This meeting is held every Tuesday and Thursday. During this meeting, you will have the opportunity to listen to others from around the world and shard your experience, strength & Hope. This unique meeting is held online at Inthrooms.com and Welcomes All recovery groups. Please contact info@whitebison.org if you have any questions.
Nimiipuu Wellbriety Online Meetings	*Zoom.us*	Monday 5pm PST (3pm HST), Meeting ID# 993-444-179 Wednesday @12:30pm PST (11:30 HST), Meeting ID# 315-557-395

		Friday @12:30pm (11:30 HST), Meeting ID# 191-197-729 Saturday @ 10am (7am HST), Meeting ID# 823-639-107
Warm Springs W.A.R Wellbriety Meetings	*Zoom.us*	Tuesday 6:30-8:30 Friday 12-1:30 Meeting ID#560-801-6083
Wellbriety Online Meetings 	*Zoom.us*	Monday-Sunday 8am HST Join us For our daily online Native American Wellbriety 12 Step meeting! During this meeting, you will have the opportunity to listen to others from around the world and share your experience, strength & Hope. This unique meeting is held online at zoom.us and Welcomes All recovery groups. Meeting ID# 548-538-0164 Password: 488-123 Please contact info@whitebison.org if you have any questions.
Wellbriety Online Meetings 	*zoom.us*	Wellbriety: Every Thursday until May 7th (4/23, 4/30, 5/7) @7p PST (4pm HST) - Meeting ID# 762-544-919 Sacred Heart Wellbriety: Every Tuesday: 7-9p PST (4-6p HST) - Meeting ID# 322-323-264 Women of Wellbriety: Every Wednesday from 6:30-8p PST (3:30-5p HST) - Meeting ID# 346-431-140 Helping Spirits Wellbriety: Every Friday from 6:30-8pm PST (3:30-5pm HST) Meeting ID# 245-447-998
Online Meeting Wellbriety Warriors	*zoom.us*	Monday, Tuesday, Wednesday, Friday 7pm-8pm MST (3pm-4pm HST) - Meeting ID #651-385-1538

		This meeting was inspired by the fellowship of Wellbriety Brothers and Sisters to continue carrying the message of recovery

RESOURCES FOR RELIGION & SPIRITUALITY

Resource	Type	Description
Harvard Divinity School	*List of Resources*	National Spiritual Resources During the COVID-19 Pandemic
Chaplaincy Innovation Lab	*List of Resources*	Creative Spiritual Care in the Midst of COVID-19. Started by the Chaplaincy Innovation Lab the week of March 16, 2020. Please add and share. Also check out the private Facebook group for chaplains here: https://www.facebook.com/groups/1702775166547424
Temple Emanu-El Honolulu	*Service*	Judaism in Hawaii - Shabbat Services - 7:30 https://www.facebook.com/TempleEhonolulu/
Jenna Schneider Mercado	*Video*	Guided meditation for self-care & stress relief https://www.youtube.com/watch?v=YpK2E54L3ho&t=31s
New Hope Oahu		New Hope Oahu Services
New Hope Kailua		For New Hope Kailua's weekly streams on Sundays at 10:00AM. Just need to look for the day of the live streaming and it will connect promptly at 10:00AM.
Buddhist Music and Chanting		Music & Chanting - These prayers and mantra music are our humble offering of healing in the COVID-19 pandemic.
Breathing Together	*FB Group*	facebook group to share spiritual resources, possible inter-faith, we'll see who we get, but with some designated chaplains who can schedule calls or facetime with folks who need one-on-one care as well as creating a space for people to process fears etc. edit: started it today seems to be decent amount of interest, any of you are welcome to join: https://www.facebook.com/groups/508114543465467
Great Pieces of Writing		Lockdown (written 3/13/20 specifically about living in a world with COVID-19) by Brother Richard Hendrick, a Capuchin Franciscan living in Ireland Invitation to Brave Space by Micky ScottBey Jones — read by panelist Jennifer Bailey during the CIL webinar 3/17/20 When This is Over, but Laura Kelly Fanucci — lovely and accessible and warm
Freelance, trauma-informed spiritual care for LGBTQIA+/POC		Freelance, trauma-informed spiritual care for LGBTQIA+/POC folx, nightly Episcopal compline prayer

		10P ET/7P PT (https://zoom.us/j/723924392), serving multiple spiritual communities in zoom, facebook, and discord. Hablo español Paul Reese (they/them) paule.reese@gmail.com - Independent spiritual caregiver based in Philly
Still Harbor		Join us in virtual community for a 30-minute guided meditation at 12pm ET/9am PT on Mondays, Wednesdays and Fridays. This offering will take place thru Friday, May 1st at which time we will reflect and discern whether or not to continue.
Chaplaincy Innovation Lab		The Chaplaincy Innovation Lab invites all spiritual care providers, educators, and others to take advantage of the following resource, which we are gathering and passing along for the use of all. Also check out the private Facebook group for chaplains here: https://www.facebook.com/groups/1702775166547424
Calm App		Also the Calm App is making resources available for free: Without a doubt, many of us are feeling anxious as we navigate the uncertainty of COVID-19. We're feeling it too, and we wanted to share some of the tools we're using to take care of our minds and stay grounded. We've created a free resource page with meditations, stories, music, talks and more, all hand-picked to support your mental and emotional wellness.
Illness to Wellness		Self-care sheet for my nurses that I shared as a blog post so others could potentially benefit: https://illness-to-wellness.com/2020/03/18/ideas-for-cultivating-peace-and-joy-even-right-now/.
Rev. Krista Messam, MDiv krista.m.messam@kp.org Hospice Chaplain Kaiser Permanente Riverside, CA		We've been facilitating a 10-minute interfaith meditation twice a day via Microsoft Teams for our staff We found a lot of great resources for meditations and spiritual practices here: https://www.spiritualityandpractice.com/practices/features/view/28853/spiritual-practices-for-the-coronavirus-pandemic

RESOURCES FOR PHYSICAL HEALTH

Resource	Type	Description
@riserecoverlive	*Social media*	The Phoenix - Experience the transformative power of fitness in a free sober active community. Only requirement is 48 hours of continuous sobriety. thephoenix.org/virtual

@sarinehn.fitness	*Social media*	Sarineh N. - 🏋️‍♀️ NASM Certified Personal Trainer 🍽 NASM Certified in Fitness Nutrition 📧Sarinehn.fitness@gmail.com
@yogacentered	*Social media*	Molly Masaoka - Stream classes IG Live or use link in bio for FB. Sign in online, use your class pass/donate Venmo@molly-masaoka or PayPal frontdesk@yogacentered.com. www.facebook.com/groups/532644614302131/?ref=share
@openspaceyoga	*Social Media*	Daily Online Yoga classes!! Yoga teachings should be accessible to everyone. This is our Seva to the world. 200RYS-300RYS-500RYT Yoga School www.yogaopenspace.com
Open Space Yoga		30-Day Guided Meditation https://www.yogaopenspace.com/30-day-meditation-practice
Planet Fitness	*Videos*	HOME WORK-INS DAILY. Tune in to Facebook Live for FREE at home workouts for anyone and everyone. Get moving with our trainers and even some surprise celebrity guests for a 20 minute or less workout to relieve stress and stay active. United We Move.
Peloton	*Videos*	Try the Peloton App at home, now free for 90 days due to Covid-19; no Peloton Equipment necessary.
19 Minute Yoga	*Videos*	Free live streamed yoga classes on YouTube.
Centr	*Videos*	Chris Hemsworth offers Centr workout videos for free for six weeks when you sign up online
@bogilates		Fitness
Indigenous Fitness Leadership Certification	*Training*	The SPRA Indigenous Fitness Leadership Certification Program (IFLCP) can help you gain the skills and knowledge you need to lead fitness and physical activity programs in your community.
Online Wellness Resource Links	*List of Resources*	List started by a professor at California State University East Bay (Hayward, CA) for students in Educational Leadership for Social Justice EdD program to promote academic body-mind health.
Kids and Parents workout		https://www.youtube.com/watch?v=dhCM0C6GnrY&feature=youtu.be
Honolulu Iyengar Yoga		Classes free to stream and download - https://honoluluyoga.com/online-yoga-classes/
YouTube Workout Videos		Kids Workout https://youtu.be/dhCM0C6GnrY Live Workouts

		https://kiosk.thephoenix.org/index.php/website-enrollment/
Resources to Stary Physically and Mentally Fit		https://docs.google.com/document/u/1/d/1xuOFtTlby9sdkM6VIJ6yHe8df2BHo1w8idSezFxjRjw/mobilebasic?usp=gmail
Social Distancing: Stay Fit, Stay Healthy, Stay Happy		Tips from instructor Maria Sanchez-Muniz https://umnrecwell.exposure.co/social-distancing-stay-fit-stay-healthy-stay-happy
Mindfulness During Challenging Times		https://www.youtube.com/watch?v=ix30xWtV1fE&feature=youtu.be
Five minutes of daily poetry		*The Slowdown*

RESOURCES FOR PARENTS

Resource	Type	Description
Help Your Keiki	*Resource list*	Resource list for helping your keiki. Talking with children, stress management, parent and provider resources, and Hawaii specific resources. http://helpyourkeiki.com/whats-new-2/
Free Audiobooks for Children	*Streaming site*	Free audiobooks for children from audible
Activities for our communities	*Educational outline*	Integra (Holistic Development) Activities for Our Communities - Independent Study Guidelines
ʻŌlelo Hawaiʻi	*Language worksheets - kids*	https://docs.google.com/document/u/1/d/1-2QjZmnzMl-FL3FgxulawRXNXCF1ysNdLU3q4hZUK2o/mobilebasic?usp=gmail
Stay at Home Schedule (Credit: Sulma Gandhi)		https://docs.google.com/document/d/1R73CQeeKIteNkVrSAEZ4YH6EJds75MqsT-etBw0b9OE/edit
Student Schedules, pre-K through 12th grade (Khan Academy)		These schedules are meant to be templates that you could adopt as is or copy and modify to better suit the needs of your children, classroom or district
How to save energy while Working from Home		Hawaiian Electric Tips
One Shared Future	*Resources for our community*	You'll find professional and personal resources that focus on self-care and sustainability, productivity, connectivity, and positivity—on the job and at home (which may be the same physical place).
Scholastic Learn At Home Lessons		Scholastic Learn at Home: Grades 6-9
Virtual Field Trips		Over 30 Virtual Field Trips with Links

Online Art Class		Episode One: https://youtu.be/RmzjCPQv3y8 Episode Two: https://youtu.be/30DCOgTGn_o Episode Three: https://youtu.be/9tVfVvmJP7E Episode Four: https://youtu.be/N90fLxaBCGE Episode Five: https://youtu.be/K5guOVOuVMs
Rosetta Stone		Free for Students for 3 months
National Geographic Kids		https://kids.nationalgeographic.com/
Distance Learning Resources		Fun and Free image collection of free resources to look up https://drive.google.com/file/d/1C1rFUIzptRAaiKA1_GmlppPTq8shPtt8/view?fbclid=IwAR31aGFtaN35F9XfZ5iu7-F4WvtecUUFATq9R3OI2JmRpQ1T8Tb0o0tp9To
16 Math Card Games		https://www.weareteachers.com/math-card-games/
Play Math Games online		https://www.mathplayground.com/grade_1_games.html
Read the time for kids article		https://www.timeforkids.com/
Amazing educational Resources		http://amazingeducationalresources.com/?fbclid=IwAR3PtfrouoKbAoIC0AfrjuEw9oPwHO1umlEqLODHMeayv5FrcEkt2vCUBco FB:https://www.facebook.com/groups/445786889466638/?ref=bookmarks
MKE with kids Resources & Activities		Spreadsheet is specially designed for parents with kids ages 1-12. https://docs.google.com/spreadsheets/d/1fUCBRosJOFkgwe1_EBEQjRfRbpZMk5gdJcMVUsK9OUY/edit#gid=129965728
#PashFam	*Resource guide for kids*	https://docs.google.com/spreadsheets/d/1EUPs2HfmEIAH4vRcCJv0CfP0QaS18a8c508nj5-JXWM/edit#gid=1949760247
Big Universe		Digital library of 17,000+ leveled eBooks available for free for ~4 months. Grades K-12 from more than 40 publishers covering a wide variety of topics from science and math to social studies, language arts and more.
Kids and Parents workout		https://www.youtube.com/watch?v=dhCM0C6GnrY&feature=youtu.be
The Cut	*Activities*	28 indoor free or cheap indoor activities from actual parents to buy you 10-15 minutes of time https://www.thecut.com/article/indoor-activities-for-kids.html

Student Parents at Mānoa (SPAM)	*Support Group*	Aloha Fridays with SPAM in collaboration with School of Social Work students. This is a kid friendly group, so no problem if kids appear on the screen! Grab some java, tea, or a healthy afternoon snack and join us **Fridays at 3:30pm** Join Zoom Meeting: https://zoom.us/j/668439997 Meeting ID: 668 439 997
Online Learning		Learn a language: https://www.rosettastone.com/freeforstudents/ Code: https://code.org/student/middle-high National Geographic Kids: https://kids.nationalgeographic.com/ Science Youtube Show: https://www.youtube.com/user/scishow Other free online resources (no account required): https://drive.google.com/file/d/1C1rFUlzptRAaiKA1_GmlppPTq8shPtt8/view?fbclid=IwAR31aGFtaN35F9XfZ5iu7-F4WvtecUUFATq9R3OI2JmRpQ1T8Tb0o0tp9To
Museum tours		https://artsandculture.google.com/partner?hl=en&mc_cid=c8ff1519d1&mc_eid=b0cf4fa595
Apps to Get		Healthy Minds: https://play.google.com/store/apps/details?id=com.healthyminds Audible: https://stories.audible.com/start-listen?mi_cmp=98ba55cbab885926&mi_ecmp=486894200&mi_sc=t&mi_u=amzn1.account.AF7TNDXH6ANCA3IGDRZCUWLYOBWQ
Books - Big Universe - Digital library of 17,000+ leveled eBooks available for free for ~4 months. Grades K-12 from more than 40 publishers coveri		https://start.k12.com/national.html?st=big-universe&_ga=2.192601192.375955479.1585074979-1399910729.1580173002&fbclid=IwAR0Cvo1S3lBZo-iFELYrHWcwUz_8L-iltFAXKFNTGiRyV2g6mUHQVEsVKf0
Kamaʻaina Kids - Emergency Childcare		KAMAʻAINA KIDS EMERGENCY CHILD CARE Kama'aina Kids is opening up seven preschool sites on O'ahu, Maui and Hilo to children (grades K through 5) of essential employees who do not have access to child care. Limited space is available.

		OAHU - Online registration open only for Oahu sites. • Aikahi Preschool, Ewa Preschool, King St. Preschool, Mililani T ech Park Preschool MAUI - St. Timothy's Preschool, Kahului Preschool: Contact Alyson at alyson@kamaainakids.com to register HAWAII - Hilo Woman's Club: Call 808-315-0842 to register
YMCA Essential Workers Child Care Program		Three YMCA locations: Leeward, Nuuanu and Windward branches, will be providing childcare for essential workers. The service is open to children of those who work in healthcare services and facilities, stores that sell groceries and medicine, educational institutions, charitable or social services, hardware and supply stores, restaurants with take-out service, transportation, residential facilities and shelters, and construction. For more information on their Essential Workers Child Care Program, visit the YMCA website here.
Child Care Connections Hawaii (CCCH) - rescare		CCCH helps low-income families to sustain their employment, educational efforts and job training by paying a subsidy for their children who are in the care of DHS-approved child care providers. Child care subsidy is for children under 13 years, or between 13 to 18 years if the child cannot do self-care and resides with their parent(s) or caretakers. Applications for child care services are accepted statewide and are available on-line: https://humanservices.hawaii.gov/bessd/files/2017/09/DHS-911-06-16-fillable-final.pdf List of Child Care Connections of Hawaii Offices is available at: https://humanservices.hawaii.gov/bessd/files/2013/07/CCCH-SUBSIDY-OFFICES.doc
Hawaii Children's Action Network (HCAP)		Interactive map of Hawaii COVID-19 resources are available, click here.Resources include: Childcare for

		essential workers and keiki, food/lunch distributions sites for seniors, keiki, and at-risk families, and a list of COVID-19 screening sites.
Native Hawaiian Summer School Assistance Program ALU LIKE, Inc. - Career and Technical Education Department		Native Hawaiian Financial Aid Assistance Programs **Special funding** is also available for those 13 years old and younger seeking **Credit Recovery**. A separate application is also available at **www.alulike.org/nhssap** listed as **Intermediate/Middle School Credit Recovery**. Correspondence programs such as Keystone Credit Recovery are eligible for assistance through this funding. If you have any further questions or concerns, please do not hesitate to contact us at 808 535-6700 or NHSSAP@alulike.org.
Request free masks	*resources*	http://www.every1nehawaii.com/
Annie E. Casey Foundation	*Research & data*	Research publications https://www.aecf.org/publications/

RESOURCES FOR ARTS & CULTURE

Resource	Type	Description
National Parks	*Virtual Tours*	• Kenai Fjords National Park, Alaska • Hawai'i Volcanoes National Park, Hawaii • Carlsbad Caverns National Park, New Mexico • Bryce Canyon National Park, Utah • Dry Tortugas National Park, Florida
Museums	*Virtual Tours*	• British Museum, London • Guggenheim Museum, New York • National Gallery of Art, Washington, D.C. • Musée d'Orsay, Paris • National Museum of Modern and Contemporary Art, Seoul • Rijksmuseum, Amsterdam • Van Gogh Museum, Amsterdam • The J. Paul Getty Museum, Los Angeles • Uffizi Gallery, Florence • MASP, São Paulo • Louvre Museum, Paris
Lei Ānuenue	*Hawaiian Cultural Webinar*	Every Friday 9am HST - For the most up to date information and schedule, visit kanaeokana.net/lei To View Recorded episodes - https://www.youtube.com/playlist?list=PLEaEKU3gR_GWCK3CISknynpwFYR5qXfxG

Andrew Lloyd Webber Musicals	*Musicals*	Andrew Lloyd Webber will be streaming his musicals online for free every week. Lloyd Webber's series, The Shows Must Go On, will begin with his 2000 adaptation of Joseph and the Amazing Technicolor Dreamcoat starring Donny Osmond, Joan Collins and Richard Attenborough. The musical will be available on YouTube from Friday April 3 at 7pm for 48 hours.
Metropolitan Opera	*Opera*	Free Live Stream Daily
The Arts Under Quarantine	*Arts Listings*	https://docs.google.com/spreadsheets/d/1lIPPV_VV3lzWqvHzE3DAgdtZVyfQbcmw0FU8TLxmczM/htmlview#
Watch Paris Opera and London Opera	*Opera*	https://globeplayer.tv/
Monterey Bay Aquarium	*Tours*	Live Web Cams
Live Nature Network		Webcams around the world
Indigenous Media List	*Media*	Free movies and documentaries on National Film Board Website - https://www.nfb.ca/
A Thriving Lāhui	*Hawaiian Culture*	A compiled list of resources and opportunities to help our community stay connected to the widely held goal of a thriving lāhui
Google Arts and Culture Collections		Art and Culture collections

RESOURCES FOR FUN & EDUCATION

Resource	Type	Description
Free online Courses		190 universities just launched 600 free online courses. Here's the full list.https://www.classcentral.com/report/new-courses-october-2018/?news_banner=1&fbclid=IwAR1SCpiQq4-mQqlElfBCZIqEconjD5UOld7ZqlSq3U7Ug9GmVEZsxVCMr5Q
Duolingo	*App / Website*	Learn a new language while staying at home. Over 20+ languages offered and taught through games and fun activities.
Board Game Arena	*Website*	Sign-up for free! Play board games online with friends or strangers.
Logic Puzzles	*Website*	This website provides free logic puzzles so you can exercise your mind and challenge yourself all from the comfort of your own computer screen! Adjust the levels and try your best. You can get hints and check for errors along the way.
Online Sudoku	*Website*	Check out these free number puzzles online.

Sporcle Trivia	*Website*	Choose from hundreds of different trivia challenges in all sorts of categories!
Free Rice	*Website*	This online trivia platform sponsored by the UN WFP donates 10 grains of rice for every right answer! You can test your knowledge and make a difference!
Help Your Keiki	*Resource list*	Resource list for helping your keiki. Talking with children, stress management, parent and provider resources, and Hawaii specific resources. http://helpyourkeiki.com/whats-new-2/
ʻōleo Workbook for keiki	*Google Workbook*	https://drive.google.com/file/d/1q1bbJuh_gB6nCQLet7jzJ4IJTI9Deq6h/view
Free Ivy League Courses	*MOOCs*	Article explaining how to access: https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/
JSTOR (Library)	*Scholarly Library*	http://www.universitytimes.ie/2020/03/jstor-makes-database-accessible-to-the-public/?doing_wp_cron=1584647560.2519609928131103515625
Activities for our communities	*Educational outline - Kids*	Integra (Holistic Development) Activities for Our Communities - Independent Study Guidelines
Tips for zoom educators	*Tips*	https://docs.google.com/presentation/d/1m_t-8-BjCHCeeA89eijagCNwgQuQSGCJDUiZxJ0Nr70/edit?fbclid=IwAR1q_REdm7HBN9g5L_azqtnrtcqB9L-bTygfZ8_XZ6xQbNSW9eKnV5qzXh8#slide=id.p
Interactive Online Training	*Guidelines*	https://www.nsvrc.org/elearning/interactive-online-training
E-Learning - Domestic Violence Prevention	*Free classes*	Enroll in free online learning courses about primary prevention of sexual and domestic violence
National Center on Domestic and Sexual Violence	*Webinars, Trainings*	Upcoming webinars, trainings and events across the nation http://www.ncdsv.org/ncd_upcomingtrainings.html
Futures Without Violence	*Webinars*	Upcoming Webinars - https://www.futureswithoutviolence.org/resources-events/webinars/
Changing our Campus Culture	*Webinar Archive*	http://changingourcampus.org/webinar-archive/
Best Practices for Working From Home with Zoom	*Webinar recorded*	https://zoom.us/rec/play/u5N7Ju6rpjw3EteR5QSDUfAvW428Kamsg3IY8_tfyx2xACZQZ1Pwb-ESMbC7ZgywKbflM1i7FBzXZZuD&?zcid=1236
ʻŌlelo Hawaiʻi	*Language worksheets - kids*	https://docs.google.com/document/u/1/d/1-2QjZmnzMI-FL3FgxulawRXNXCF1ysNdLU3q4hZUK2o/mobilebasic?usp=gmail
ʻŌlelo Hawaiʻi - ASUH	*Recorded classes*	Beginning ʻōlelo UH Mānoa
Virtual Field Trips		Over 30 Virtual Field Trips with Links

Online Art Class		Episode One: https://youtu.be/RmzjCPQv3y8 Episode Two: https://youtu.be/30DCOgTGn_o Episode Three: https://youtu.be/9tVfVvmJP7E Episode Four: https://youtu.be/N90fLxaBCGE Episode Five: https://youtu.be/K5guOVOuVMs
Rosetta Stone		Free for Students for 3 months
Billboard Music	*Free concerts*	Check out the ever-expanding list of shows and musical events to stream from the comfort of your home.
Every1ne Hawaii	*Free resources*	Pau Hana Series and free masks: http://www.every1nehawaii.com/

RESOURCES FOR HAWAI'I ISLAND, Specific

Resource	Type	Description
Catholic Charities Hawai`i (CCH) Island	Financial Assistance	Provides referrals to CCH programs and partners within CCH's community network, as well as limited financial assistance to families facing temporary financial hardship typically related to urgent housing needs, such as rent, deposits, and utilities. Call 808-933-4357 or visit the website https://www.catholiccharitieshawaii.org/ Eligibility: a.) 18 years or older b.) Facing financial hardship related to housing Documents Needed: a) Proof of age and identity (may also be needed for each individual in the household) such as birth certificates and social security cards b) Proof of financial hardship (delinquent notices from landlord/property manager or utility services, layoff notice, notice of reduction in hours, etc.) Proof of income (paystubs, benefits statement(s), etc.
Helco	*Housing – Utilities Service*	HELCO has suspended disconnections for non-payment for at least 30 days, until April 17, and may extend that period depending on the situation at the time. Customers who are having trouble paying their electric bills because of the coronavirus emergency are encouraged to call HELCO about payment options and schedules.

H.C.E.O.C	*Housing – Utilities Service*	Low-Income Home Energy Assistance Program offers 2 programs, Energy Crisis Intervention (ECI) and Energy Credits (EC) per federal fiscal year from October – September. Energy Credits (EC) takes applications only in the month of June each year with projected funds to be dispersed to designated utility company (usually HELCO or Gas Company) the following January. Energy Crisis Intervention (ECI) takes applications year round from October – September to prevent utility termination. Assistance is up to $650 of the past due amount. A total of 20 eligible applicants can be selected to receive this assistance Please contact Gail Shoishita, LIHEAP Manager at 808-961-2681 xt. 303 or email at gshioshita@hceoc.net with any questions or if you require assistance in completing the application. Applicants will need to provide a copy of the following: a) Picture ID b) Proof of age and identity of all household members (birth certificates, social security cards, passport, etc.) Proof of residence (such as a lease agreement, rent subsidy, or property tax assessment if you own your home)
Dept of Water Supply Hawai'i County	*Housing – Utilities Service*	Posted: April 1, 2020 Effective immediately, the Department of Water Supply (DWS), County of Hawaii is suspending service disconnections and waiving late payment fees through April 30, 2020 due to the COVID-19 pandemic. Unfortunately, scammers may try to defraud DWS' customers during this pandemic by threatening to shutoff service unless a payment is made. Again, DWS will not be disconnecting services during this period. If you receive one of these demands please hang-up and contact DWS' Customer Service, at (808) 961-8060. In addition, in order to comply with the Governor's "stay at home" order, DWS is extending the suspension of in-person payment collections and customer service inquiries through April 30, 2020. During this period, DWS will accept only telephone, online, auto- payment, mail, or payments left in a secured DWS payment dropbox. To pay a bill online, please visit www.hawaiidws.org, click on the "Pay Online" tab and follow the self-service portal. Customers wishing to pay by telephone should call tollfree 844-216-1994 anytime. There are no fees for these services. If there are any questions, please contact one of our Customer Service offices below. Customer Service Contacts: Hilo: (808) 961-8060 Waimea: (808) 887-3030 Kona: (808) 322-0600

		Email: dws@hawaiidws.org
Hawaii Food Bank	*Food*	**COVID-19 Pandemic Emergency Food Response** To provide emergency food distribution to individuals or families in need of food. Scheduled home deliveries are available to those who have limited transportation or compromised health by calling 808- 933-6030. Please stay in your vehicle as the sites listed below are drive-thru only! **East Hawaii:** Nā`ālehu | Nā`ālehu Hongwanji Mission: 1st Monday (April 6) | 10:00am Kea`au | Kea`au High School: 1st Tuesday (April 7) | 10:00am Hilo | Hilo Civic Center: 2nd Wednesday (April 8) 10:00am Pāhoa | Pāhoa Community Center: 3rd Friday (April 17) 10:00am Pāpa`aloa | Pāpa`aloa Gym: 4th Friday (April 24) 10:00am Honoka`a | Honoka`a Gym: 4th Friday (April 24) 12:00pm Pāhala | Ka`ū District Gym: 4th Tuesday (April 28) 10:00am Mt. View | Mt. View Elementary: Last Wednesday (April 29) 10:00am Volcano | Volcano Cooper Center: Last Wednesday (April 29) 1:00pm Other resources the Food Basket has to offer: - Kupuna Pantry - Keiki Backpacks - Da Box - Da Bux - Da Bus - SNAP - Kokua Harvest https://www.hawaiifoodbasket.org
Kahiau Community Assistance Program (KCAP)	*Financial Assistance*	This Council for Native Hawaiian Advancement Kahiau Community Assistance Program (KCAP) provides one-time emergency financial assistance (up to $2000) to Native Hawaiian beneficiaries facing hardship due to an unexpected crisis. KCAP is made possible through a grant from the Office of Hawaiian Affairs and aims to provide stability for Native Hawaiians during emergency situations. https://hawaiiancouncil.org/kahiau
Vibrant Hawaii	*Community service, resource Hub*	Vibrant Hawai'i Island is a community movement to uplift Hawai'i Island families so they thrive. https://www.vibranthawaii.org

Ceridian Cares	*Financial Assistance*	Provide financial assistance to an individual or family in need of clothing (seasonal clothing, boots, shoes, children's clothing, work clothing, outerwear, etc.), food & basic household needs (food, blankets, mattresses, cookware/dishes, small appliances, towels, diapers, crib, personal hygiene, etc.), medical (prosthetics, medical equipment, home adjustments for barrier free living, respite services, braille books, short term counseling services, physiotherapy, etc.). Financial assistance will not be given to families in consecutive years. Eligibility: a) US resident b) 18 years or older Documents Needed: a.) Recipients birth certificate b.) 2 quotes/estimates from vendors or service providers for the cost of the item(s) for which financial assistance is being requested c.) Optional: a letter from a 3rd parter to support your claims (e.g. doctor, teacher, social worker, therapist, etc.) https://www.ceridiancares.com/
SNAP Benefits	*Food*	The SNAP program provides crucial food and nutritional support to qualifying low-income and needy households, and those making the transition from welfare to self-sufficiency. In FY 2014, SNAP helped put food on the table for an estimated 193,565 Hawaii residents (98,440 families). Households must meet specific eligibility requirements and provide proof of their statements about household circumstances. U.S. citizens and some aliens who are admitted for permanent residency may qualify. Federal poverty guidelines are established by the Office of Management and Budget, and are updated annually by the Department of Health and Human Services. See clickable form fillable application below. https://humanservices.hawaii.gov/bessd/files/2020/03/SNAP_Application_2019-form-fillable-3-23-20-final-1.pdf
Kūkulu Kumuhana during COVID-19	*Well-Being*	Today, during the COVID-19 pandemic, we are facing new stresses, and new ways of working, living, and connecting with each other. It is important, now more than ever, to ground in our values as resilient peoples, to center ourselves, and to stay connected with each other. Kūkulu Kumuhana is a wellbeing framework built on the six principles of Ea, ʻĀina Momona, Pilina, Waiwai, ʻŌiwi and Ke Akua Mana. This tip sheet, "Native Hawaiian Wellbeing during

		COVID-19," provides simple ideas, activities and reminders for self care, ʻohana care and community care.
Kamaʻaina Kids	*Childcare – for essential workers*	Kamaʻaina Kids is opening up seven preschool sites on Oʻahu, Maui, and Hawaiʻi Island to children (K-5) of essential employees who do not have access to child care. Limited space is available. Call 808-315-0842 to register **Hilo Woman's Club** 7 Lele St. Hilo, 96720
Activate Hawai'i	*Food Distribution Community Resource Hub*	Activate Hawaiʻi Aid is a concerted effort to bring the community together and activate an island wide network of resilience hubs to help the most vulnerable get the support they need during this public health emergency. View their website and get access to a calendar that includes community emergency food assistance programs and opportunities to access food—like farmers' markets—on Hawaiʻi Island during the COVID-19 public health emergency. To view the calendar by program, click the down arrow (▾) in the upper right-hand corner of the window below. We'll be continually updating this calendar as we receive new information. If there are any programs not listed that you'd like for us to include, contact us at aloha@activatehawaiiaid.org. *Mahalo!* https://www.activatehawaiiaid.org
Arise Church	*Community resource Hub – Food, necessesity, etc.*	Together we can be the hope that our community needs! If you or anyone you know is in need of food or basic necessities in this trying season let us know by emailing info@arise.church Visit https://arise.church/care to see how you can partner with us to make an impact on the Big Island.
Shipt	*Food*	Through a user-friendly app and a local network of reliable shoppers, Shipt connects members to fresh groceries and everyday essentials. Saving time, fuel and headspace, next-hour, same day grocery delivery is quickly becoming an everyday necessity for people looking for an extra few hours and intentional food choices. Certain fees may apply. Hilo: - Safeway - Officemax - Target - Petco https://www.shipt.com/?noredirect

Kūpuna Sponsorship Program	*Food distribution, Kūpuna Service*	Connect kūpuna with sponsors that are COVID-19 free and are willing to pick-up groceries, medication, and necessary supplies so that the kupuna can stay home while the COVID-19 outbreak passes. Sign up Kupuna here. https://hlfin.wufoo.com/forms/kupuna-assistance-request/
Find-a-Farmer	*Food - Farming*	With many of the farmers' markets closed, it can be difficult to find locally grown produce. Here's a list of farmers that may have produce and CSA boxes. https://gofarmhawaii.org/find-your-farmer/?fbclid=IwAR1S_oxAv70tmazsZ7-uG6wXpZYS4CFFefLjvZrpa2oXx2xD-AXZh-4Dn_w#HIFL
Healthcare.gov	*Health/Well-Being*	If someone has lost healthcare coverage because they lost their job they can apply for healthcare at healthcare.gove (60 days to enroll in a health plan); you can also apply for Medicaid. https://www.healthcare.gov/
Foodland: Market for Produce and Products	*Food - Farming*	Aids local farmers and ranchers affected by the COVID-19 by providing an outlet to buy and sell local produce https://docs.google.com/forms/d/e/1FAIpQLSdCtxcls6hrQpEwR2rq9Amra7RZWGREwiFNQIXMM45uBFOQHw/viewform
Spectrum 60 day free internet service (for new customers only)	*Internet service for NEW customers*	For new customers. Families with children in school/college who currently don't have internet service - Spectrum is offering a free internet promotional service for 60 days. To access this service, encourage families to obtain instructions for discontinuing the service to avoid being financially responsible after the 60 day period. 1. Call Spectrum: 1-855-243-8892 2. Speak to the Sales Team · AUTOMATED QUESTION - Phone Number: say, "I don't have an account" or press 2 · AUTOMATED QUESTION - What are you calling about: say "Setting up a new account" or press 2 · Say or Enter your Zipcode 3. When speaking with the Sales Team operator: · Let them know that you have a student in your home that is in pre-school - college and ask to take advantage of the free 60 day service due to the Coronavirus epidemic. 4. The sales team will set families up during the phone call and make arrangements for equipment pick up or for the equipment to be mailed to the families. Families need to provide

		a physical and mailing address. The operator may ask for the name of the children's school(s). 5. After the 60 days are done, families will need to cancel the service and return the equipment to avoid being charged.
Small Business Administration (SBA) Lili'uokalani Trust	*Support services to small businesses*	Technical assistance includes preparing financial informatin, packaging application documentation and completing and submitting the on-line or paper version application. LT will not receive any compensation for tproviding these services. Please direct anyone who is in need of Smll Busines Administration (SBA) programs support to covid19sbasupport@onipaa.org.
Loan Assistance	*Loans*	American Savings qualifying customers experiencing hardships due to Covid-19 may receive assistance for up to 3 months in the form of a: ● Loan forbearance ● Loan deferment ● Loan extension Bank of Hawai'i's Loan Forbearance Program ● Provides loan forbearance for up to 6 months for residential mortgages, home equity loans and home equity lines. ● Forbearance amount can include a partial loan payment up to full payment based on the amount the borrower can afford to pay. ● The total amount of payments deferred will be due on the first due date following the end of the forbearance term, or according to terms of the repayment plan. Extension Program ● Provides a loan extension for up to 6 months for products, including: direct installment (personal loans) and indirect loans (auto). ● Principal and interest payments will be deferred for the term of the extension. ● Full payments are due on the first due date following the end of the term of the extension. First Hawaiian Bank ● Personal Loans · First Hawaiian Bank is offering loan assistance in the form of consumer loan deferrals and mortgage loan forbearance. Loan deferrals with extensions of up to three months are available for personal loans, auto loans and credit cards. · First Hawaiian Bank's mortgage forbearance program allows for a customized, flexible partial payment program designed to fit your needs. To learn more about either of these loan relief programs, click here or call 808-844-4444 or toll free at 1-888-844-4444.

		• Small business: First Hawaiian Bank offers a wide range of relief options including payment deferrals and fee waivers to help you through this difficult time. Please reach out to your banker or call 808-844-4444 or toll free at 1-888-844-4444 for assistance.
Dept of Labor and Industrial Relations	*Employment*	**DLIR Unemployment Claim**: The Department of Labor and Industrial Relations (DLIR) Hawaii's Unemployment UI website now has a form for people to complete. Two phone numbers are now open to help process unemployment claims: To schedule an appointment for over-the-phone applications: (808) 762-5752 Password reset: (808) 762-5751 The local unemployment offices remain closed to walk-in and in-person services. Individuals may file online between 6:30 a.m. to 11:00 p.m. (HST), Monday to Friday or between 9:00 a.m. to 11:00 p.m. (HST) on weekends and holidays.
IRS	Tax relief	The IRS has established a special section focused on steps to help taxpayers, businesses and others affected by the coronavirus. This page will be updated as new information is available. Filing and Payment Deadline Extended to July 15, 2020 The Treasury Department and Internal Revenue Service announced March 21, 2020 that the federal income tax filing due date is automatically extended from April 15, 2020, to July 15, 2020. Taxpayers can also defer federal income tax payments due on April 15, 2020, to July 15, 2020, without penalties and interest, regardless of the amount owed. This deferment applies to all taxpayers, including individuals, trusts and estates, corporations and other non-corporate tax filers as well as those who pay self-employment tax. Taxpayers do not need to file any additional forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Individual taxpayers who need

		additional time to file beyond the July 15 deadline, can request a filing extension by filing Form 4868 through their tax professional, tax software or using the Free File link on IRS.gov. Businesses who need additional time must file Form 7004. The IRS urges taxpayers who are due a refund to file as soon as possible. Most tax refunds are still being issued within 21 days. IRS has several online resources to help taxpayers. ● Free File - prepare and file your federal income tax return for free using tax preparation and filing software. ● Where's My Refund? - is an online tool that will track your tax refund. You will need your Social security number or ITIN, your filing status and your exact refund amount to use the tool. ● Online Payment Agreements - you can apply for a payment plan online to pay off your balance over time. ● IRS2Go mobile app - Check your refund status, make a payment, find free tax preparation assistance, sign up for helpful tax tips, and more! ● Online Account – use this tool to view: Your payoff amount, updated for the current calendar day, the balance for each tax year for which you owe, up to 24 months of your payment history and key information from your current tax year return as originally filed.
Mortgage Forbearance	*Housing*	The Coronavirus Aid, Relief, and Economic Security (CARES) Act provides relief for homeowners with government-guaranteed mortgage for loan forbearance for up to one year without fees, penalties, or additional interest. Homeowners can achieve forbearance by submitting a request to their servicer stating they are experiencing a hardship related to the virus. The forbearance will be granted for 180 days and may be extended for up to another 180 days at the borrower's request. Homeowners in need of the forbearance should reach out to their mortgage servicers as soon as possible or contact a HUD approved housing counselor. Contact information for a homeowner's mortgage servicer can be found in monthly mortgage statements or coupon book. The nearest housing counselor can be found by calling (800) 569-4287. Eligibility: a) Homeowner Mortgage with FHA, USDA, VA, HUD Section 184a, Fannie Mae, or Freddie Mac Documents Needed: a) Statement of hardship either directly caused or indirectly caused by COVID-19

Eviction Moratorium for Renters	*Housing*	Until July 26, 2020, property owners are prohibited from filing for eviction against or charging any fees for unpaid rent and fees to a tenant in properties with federally-guaranteed loans or participating in federal housing programs. Property owners must also issue a notice to tenants to vacate 30 days before an eviction and the notice to vacate cannot be issued during this 120-day period. This protection covers properties that receive federal subsidies such as public housing, Section 8 assistance, USDA rural housing programs, and Low Income Housing Tax Credits, as well as properties that have a mortgage issued or guaranteed by a federal agency (including FHA and USDA) or Fannie Mae or Freddie Mac. Additionally, owners of multifamily buildings with federal loans in forbearance may not evict tenants for unpaid rent or charge late fees or penalties until the loan exits forbearance. Renters seeking information on whether they are covered by the moratorium should contact Legal Aid Society of Hawaii or a HUD approved housing counselor. You can find the nearest housing counselor by calling (800) 569-4287. https://outreach.senate.gov/iqextranet/iqClickTrk.aspx?&cid=quorum_schatz-iq&crop=15472QQQ52642792QQQ6648840QQQ7000349&report_id=&redirect=https%3a%2f%2fwww.legalaidhawaii.org%2f&redir_log=521263322366217