



ALLIANCE TO MOBILIZE OUR RESISTANCE

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# COMMUNITY RESOURCES DOCUMENT

~Este documento traducido al español [aquí](#)~

We are keeping a live document of resources that are being made locally available to community members while schools, workplaces, and other spaces are shut down.

If you are interested in volunteering to AMORs response to our communities' most pressing needs, please fill out this [Volunteer Intake form](#).

We all want to help each other, but by staying organized and following safety protocols, we can eliminate the risk of spreading the virus while helping others.

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# COVID-19 Info & Updates

- [RI Department of Health COVID-19 page](#)

This link contains general, non-medical questions about COVID-19. You can also write to [RIDOH.COVID19Questions@health.ri.gov](mailto:RIDOH.COVID19Questions@health.ri.gov), or call 401-222-8022. This is the COVID-19 Hotline that RIDOH has available to the public.

The Hotline will be staffed from 8:00 am to 8:00 pm both Saturday and Sunday. (After hours people are being directed to call 211.)

- [U.S. Centers for Disease Control and Prevention COVID-19 page](#)

- [Providence City Council](#) -- Important COVID-19 Resources for Providence Residents & Businesses

- [Providence City Hall](#) FAQs about COVID-19

- [Employer Sick Note](#) – for anyone struggling to receive a doctor’s note to stay home from work, this letter by Thundermist Health Center explains that healthcare workers are too overwhelmed to see people with mild to moderate symptoms in person.

- [MLPB COVID-19 Digest](#) – frequently updated resource with info for RI, including Housing/Shelter, Food Security, Employment, Health Insurance, Immigration (Public Charge Updates!), Utilities, and more

- [COVID-19 Fact Sheets \(35 languages\)](#)

- [COVID-19 Community Resources \(United Way RI\)](#) -- includes health, food, childcare support, for non-profits, for businesses, info for seniors, info for veterans, mental health management, unemployment, tax preparation, utilities, virtual AA meetings, transportation, etc.

- Dial 211 to acc24 hours a day.

- [COVID-19 Resources \(Economic Progress Institute\)](#) -- fact sheets in English and Spanish about accessing economic benefits and services to help Rhode Islanders and community helpers understand the resources available to them during this crisis

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## Local COVID-19 Testing

*COVID-19 testing is open to everyone regardless of immigration status, insurance, or ability to pay. Those who are not showing symptoms are also able to be tested.*

- [COVID-19 Testing for the General Public](#) (Rhode Island Department of Health) -- includes info about testing sites and free testing for those without health insurance

- [RI COVID-19 Self-Checker](#) -- a new tool for Rhode Islanders to help make decisions about seeking appropriate medical care. Available in English, Spanish, and Portuguese. ***It does not make a medical diagnosis - only tells one if they may require medical care in relation to COVID***
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## Food, Meals, Groceries

### PUBLIC SERVICES

- [SNAP \(Food Stamps\)](#)
- [COVID-19 Food Sites for School Children](#) has latest updates on food sites for school children. Anyone aged 18 or under who shows up gets a free meal. There are breakfast, lunch, and dinner options. There are no ID or residency requirements, but the child must be present; schools cannot give a meal to an adult on behalf of a child.  
You can also check your [school district's website](#) directly.
- [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#) is a health program that provides nutrition education, healthy food benefits, and breast feeding support for people who qualify. If you are pregnant, postpartum, or have a child(ren) under age 5 you may be eligible.
  - WIC is accepting new clients. All appointments are via phone during the COVID-19 crisis. Call today: 401-767-4109

### OTHER FREE MEALS

- **Amos House, 460 Pine St, Providence, RI 02907**  
**Breakfast (Monday-Friday) 7-8 AM, Lunch (Monday-Saturday) 11 AM - 12:30 PM**  
Soup kitchen now serving only to-go meals. Please line up at the rear of the building and observe social distancing in line.
- **Free packaged dinners available starting Wed 3/18 from 4-6pm at Rec Centers. 18 and under.**  
<https://www.abc6.com/free-grab-and-go-dinners-for-providence-youth-starting-wedne.../>
  - Vincent Brown, 438 Hope St. Providence RI 02906
  - John H. Rollins, 674 Prairie Ave. Providence, RI 02905
  - Madeline Rogers, 60 Camden Ave., Providence RI 02908
  - Davey Lopes, 227 Dudley St. Providence, RI 02907

- Zuccolo, 18 Gesler St. Providence, RI 02909
  - Armand E. Batastini Jr., 50 Obediah Brown Rd. Providence, RI 02909
  - Joslin, 17 Hyat St. Providence, RI 02909
  - Neutaconkanut, 675 Plainfield St. Providence, RI 02909
  - West End, 109 Bucklin St. Providence, RI 02907
  - Sackett, 159 Sackett St. Providence, RI 02907
  - Kennedy, 195 Nelson Street, Providence, RI 02908
- **[Food Assistance Provider List \(RI\)](#)**  
Organized by town/city. Not just for kids!
  - **[Rhode Island Community Food Bank](#)**  
Find food at a local pantry by looking up your zip code.
  - **[Boys & Girls Club of East Providence](#)** Providing dinner kits with delivery service for families affected by the growing health and economic crisis.  
To get added to their list for dinners, contact [dinner@epbgc.org](mailto:dinner@epbgc.org) or (401) 400-5883.  
All info will be kept confidential.  
To donate to their dinner fund for families, follow [this link](#).
  - **New Beginnings** at 323 Rathbun St., Woonsocket, RI 02895 in the basement of All Saints Church  
**Monday - Thursday from 12-1 PM** for a take-out meal  
Call (401) 356-4066 if you have questions.
  - Check out this [interactive map](#) that compiles **RI Meal Assistance resources**
  - **[Food Assistance Provider List with Spanish-Speaking Staff and Volunteers](#)**
  - **[McCauley House](#)**
    - Serves to-go meals daily for breakfast (8-9:30AM), lunch (11:15AM-1PM) @ 460 Pine Street Providence; (401) 272-0220
  - **Boys and Girls Club Woonsocket** -- 1:30pm-3:00pm Mon-Fri. Delivery is available within the Woonsocket community. Anyone can get a meal at the door. If you have any questions please email [bonniep@bgcnri.org](mailto:bonniep@bgcnri.org).
    - 72 Kendrick Ave, Woonsocket, RI 02895

## FOOD DELIVERY SERVICES

- **[RI Delivers](#)** -- find links to programs and delivery services available to you. If you have a question or need further guidance, call 2-1-1 or the Point at 401.462.4444. Multilingual representatives are available
- **[North Providence Food and Medication Pickup](#)**

For those who are elderly or have underlying health conditions in the North Providence area, call or text 401-484-0544.

- [\*\*Little City Growers\*\*](#)
  - Provides & delivers produce from Red Planet Vegetables, City Farm, Foggy Notion Farm and Scratch Farm. They typically take bulk orders for restaurants, stores, and special events. There is a \$3 fee for delivery and a \$5 fee for orders under \$40.
- [\*\*Edgewood-Pawtuxet Ecumenical Food Closet\*\*](#)
  - Open Tuesdays and Fridays 9-10:45am and Wednesday 5-6:15pm
  - Not only do they deliver in the immediate area...they can also be reached for emergencies 461-3142 (they have stopped their customer choice "shopping" but are well stocked)

## GROCERIES

- [\*\*Northern RI Food Pantry \(1 Angell Rd, Cumberland, RI\)\*\*](#), Open 9-11:30am on the third Saturday of each month  
All families need to do is drive up and they will receive groceries including meat, produce, bread, canned goods and cereals.
  - [\*\*Project Hand Up \(15 Factory St, West Warwick, RI, United States\)\*\*](#) -- A program where people can shop for groceries, toiletries, and over the counter medication for a suggested donation. Website includes information about how to receive services.
  - [\*\*FarmFreshRI: CSAs/farm shares from local farms\*\*](#)
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# Worker / Financial Support

## GENERAL RESOURCES

- [Unemployment Insurance](#): Apply if you have lost work or have to stay home because your workplace has shut down due to COVID-19.
- [Paid Leave and Unemployment Insurance](#) (Economic Progress Institute) -- helpful info for paid leave and unemployment in RI, including TDI/TCI
- [Temporary Disability Insurance \(TDI\) & Temporary Caregiver Insurance \(TCI\)](#): Apply if you are out of work because you are quarantined with COVID. TCI may apply for you to care for yourself or a family member that has been impacted. Note: There is now a separate line, specifically for being out of work due to COVID-19 reasons. It's generalized— meaning, even if you are perfectly healthy, as long as there is a reason you had to be out of work for >7 days, you qualify.
- [Rhode Island's Sick and Safe Leave](#) (Dept of Labor & Training)
- **Job Postings**
  - [Skills for RI's Future Job Board](#) -- jobs posted by companies actively looking for immediate hire
  - [RIDOH Short-Term Positions Available](#)
- [PVD Workers/Tenants Organizing Resources](#) -- organizing resource document for workers and tenants in Providence, RI who are experiencing hardship due to COVID-19.
- [Employer Sick Note](#) -- for anyone struggling to receive a doctor's note to stay home from work, this letter by Thundermist Health Center explains that healthcare workers are too overwhelmed to see people with mild to moderate symptoms in person.
- [Coronavirus and Forbearance Info for Students, Borrowers, and Parents](#) (Federal Student Aid)

## FOR SPECIFIC INDUSTRIES

- **If you are a sex worker**
  - [Sex Worker Harm Reduction Resources by COYOTE-RI](#)
  - [COVID-19 Resource List for SWers](#)
  - [COYOTE RI Sex Worker Emergency Relief Grant Fund](#) apply for funds to help with rent, grocery, or utilities assistance

- **If you are a domestic worker (in-home care worker, nannies, cleaners, etc.**
    - [Resources for Domestic Workers on the Coronavirus Pandemic](#)
  
  - **If you own a small business and need assistance because of COVID:**
    - [RI Commerce Corporation](#)
    - [Providence Business Loan Fund](#)
    - [Resource Links for Small Businesses During COVID-19 Crisis](#)
    - [RI Paycheck Protection Program](#) -- offers loans to small businesses as part of the CARES Act
  
  - **If you own a hair salon or barber shop and need assistance for operating expenses:**
    - Call the RIBBA, 401-383-1179 or email [info@ri-bba.org](mailto:info@ri-bba.org) to hear your options. All other micro-businesses, please call too. Kindly pass this information to your barber or stylist.
  
  - [COVID-19 Freelance Artist Resources](#): aggregated list of FREE resources, opportunities, and financial relief options available to artists of all disciplines
  
  - [COVID-19 Emergency Funding and Artist Resources](#): list of emergency funding sources for artists
  
  - [USBG National Charity Foundation's Bartender Emergency Assistance Program](#). Apply if you are a bartender, bar back, or cocktail server who needs financial support. USBG Membership is not required to receive funds.
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# Resources for Undocumented Community Members

\*\*\***USCIS** has confirmed that the Public Charge rule does not restrict access to testing, screening, or treatment of communicable diseases, including COVID-19.

- [Resources spreadsheet for undocumented communities](#) -- includes nationwide resources
  - [Directory of RI Community Health Centers](#) (RI Health Center Association) -- undocumented and uninsured people will not be turned away from community health centers
  - Dorcas International Institute of Rhode Island
    - Adult education classes are now online, if you would like to enroll please call 401-784-8709
    - Citizenship & Immigration Services Program is serving the community by phone, email, and video calls
    - Clothing Collaborative is only accepting referrals and donations with prior appointments
    - Link: <https://diiri.org/>
  - COVID-19: Resources for DACA, TPS, and DED holders in Rhode Island (from the Economic Progress Institute)
    - [Document in English](#)
    - [Documento en Español](#)
  - COVID-19: Resources for Undocumented Immigrants in Rhode Island (from the Economic Progress Institute)
    - [Document in English](#)
    - [Documento en Español](#)
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# Housing

- **RI Haven** connects with local establishments offering discounted lodging rates to frontline workers and others who may need a place to stay during the COVID-19 pandemic. To view an interactive map of participating hotels, click [here](#). If you have a question or need further assistance, call 2-1-1 or the [Point](#) at **401-462-4444**. Multilingual representatives are available.
- [Mortgage Assistance](#) -- information from the U.S. Department of Housing and Urban Development
- **Rent Assistance/Eviction** -- no eviction cases can be filed or heard before June 1st in RI. *Landlords can still file an eviction case online* – they just will not be heard until after May 31.
  - [COVID-19 Housing & Homelessness](#) (National Low Income Housing Coalition)
  - [COVID-19 Housing Resource Guide](#) (City of Providence)
  - For people living in federally subsidized housing, an official eviction moratorium is in place until July 23, 2020.
    - This includes no new edition complaints, protection from charge fees or penalties for rent non-payment, and no Notice to Vacate until after the end of the moratorium
    - This is not a rent freeze!
  - For Questions:
    - Public Housing residents: Contact RI Legal Services @ (401) 274-2652 ext. 123
    - Private Rental Housing tenants: Contact RI Center for Justice @ (401) 491-1101
- [Homeless Response Team Services Map](#) -- map of local meal sites (youth and adult), shelters, warming centers, hygiene stations, and mobile showers
- [Housing Help RI](#) -- Households may receive a **grant of up to \$5,000** to use for any combination of the following eligible housing expenditures: past due rent payments; late fees on a rental account; or moving costs associated with relocation. See the link for eligibility requirements
- [West Elmwood Housing COVID-19 Relief Fund Application](#) -- West Elmwood Housing Development Corporation has established the COVID-19 Relief Fund to support families experiencing life challenges due to the national pandemic. Eligibility: West Elmwood Housing Program participant or 02907 resident.
  - For more information, please contact: Claudette Bannerman, [cbannerman@westelmwood.org](mailto:cbannerman@westelmwood.org), (401) 414-8145
- **Shelters**

- If you are in need of temporary shelter, you can call the Coordinated Entry System operated by Crossroads RI at **(401) 277-4316**. CES staff will conduct a diversion assessment and try to locate shelter for the night. (Info from [RI Coalition for the Homeless](#))
  - Anyone can go to a shelter as long as the shelters have room for individuals (served on a first-come, first-serve basis with screening for COVID-19 symptoms). List of local shelters can be found [here](#).
  - [COVID-19 Constituent Resources](#) (RI Coalition for the Homeless) -- includes meal sites, warming centers, hygiene stations, CAP agencies and health centers, behavioral health providers, AA/NA meetings, wifi hotspots, shelters and sanitation stations, RI shelters, FAQ on evictions
  - If you are homeless and have tested positive for COVID-19 or are under quarantine,
    - Contact the RI Department of Health at **(401) 222-8022** for temporary housing and transportation funding
  - [PVD Workers/Tenants Organizing Resources](#) -- organizing resource documents for workers and tenants in Providence, RI who are experiencing hardship due to COVID-19.
  - [YWCA Gateway to Independence](#)
    - There is a service center and residential program designed to meet the often-unique needs of displaced veterans. It is located in the Olneyville section of Providence, RI. There are a total of fifty beds between the two houses. The criteria for admission to the program are that they accept males only. The person must be homeless and had been honorably discharged from the military. He should be clean and sober for at least 30 days prior to entering the program and he must not have ever been convicted of a sex crime.
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# Utilities

- Utility terminations (gas, electric, water, and wastewater) for non-residential and residential have been suspended by order of the RI Division of Public Utilities until May 31. (Source: [City of Providence](#))  
**Note:** Utility companies will continue to charge so it is important to continue trying to pay bills on time. Once this is lifted, disconnections may begin right away. Thus, having shut-off protection forms ready would be very beneficial if necessary.
  - **Rhode Islanders who need energy assistance** due to COVID-19 should contact their [local Community Action Program \(CAP\) agency](#). CAP agencies use the guidelines found [at this link to determine eligibility](#).
  - **Providence Water:** Providence water will not be turning off service due to non-payment at this time.
  - **National Grid:** National Grid is suspending collections-related activities, including service disconnections, according to statewide orders.
  - **Internet:**
    - [Accessing the Internet in-home during COVID-19](#) -- RI specific info
    - Several companies including AT&T, Comcast, Cox, RCN, Sprint, T-Mobile and Verizon have pledged not to terminate service for overdue bills. [Contact your provider directly](#).
    - A list of free public wifi hotspots compiled by the RI coalition for the homeless: <https://www.rihomeless.org/wifi-hotposts>
  - **George Wiley Center** -- Utility Organizing: Know-your-rights, advocacy, and organizing for utility access in RI, including protection from shut-offs and long-term affordability for electricity, gas, water, sewer, and internet. Active campaign during covid-19 pandemic for extended shut-off protections and payment relief for low-income utility consumers.
    - Address: 32 East Ave, Pawtucket, RI
    - Office phone: 401-728-5555
    - Email: [georgewileycenterri@gmail.com](mailto:georgewileycenterri@gmail.com)
    - Phone and email responses daily or as soon as possible. Office closed to walk-ins during pandemic stay-at-home order, but typically open during weekdays and for Wednesday evening utility organizing meetings.
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# Childcare Supports

- **If you are a frontline worker (includes medical professionals, emergency workers, grocery store and pharmacy employees, and members of law enforcement)**  
[Care.com](#) is providing three months of free, premium access to their site in support of your important service to the community at this difficult time. There may be some volunteer caregivers who can offer childcare free of charge.
- **Child Care Info:** The State mandated closure of child care sites, family and center, will expire on May 31st. Rhode Island has authorized child care programs to reopen as of June 1, 2020 under new, emergency child care licensing regulations.
- **[Discounted internet access for online learning \(Cox\)](#)**  
To qualify for the Cox Connect2Compete affordable internet program, your household must have at least one K-12 student and participate in a government assistance program.
- **[Coronavirus quarantine resources for parents and caregivers](#)**  
Frequently updated google doc with many online educational resources (not RI specific).
- **Talking to children about coronavirus**
  - ❖ [The Yucky Bug \(video\)](#) (Julia Cook)
  - ❖ [Just For Kids: A Comic Exploring The New Coronavirus](#) (NPR)
  - ❖ [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#) (SAMHSA)
  - ❖ [What is the Coronavirus? Story](#) (The Autism Educator)
  - ❖ [Helping Children Cope With Changes Resulting From COVID-19](#) (National Association of School Psychologists)
  - ❖ [Talking to Kids About the Coronavirus Crisis](#) (Child Mind Institute)
  - ❖ [Cómo hablar con los niños sobre el coronavirus](#) (Child Mind Institute)
- **Activities for kids**
  - [113 free coloring book downloads](#)
  - [Jr NBA Mindfulness Exercises](#)
  - [Tools for Creating an Active Home](#)
  - [Scholastic Learn at Home](#)  
Day-by-day self-guided projects to keep kids reading, thinking, and growing. Specified by grade level.
  - [Skilltastics Family Fitness Calendar](#) (English and Spanish)
  - [Story reading online for young children](#)
  - [Famous museums virtual tours](#)
  - [URI Snap-Ed cooking videos](#)
  - *Other resources and lists of things to do*

- [Ideas and free online resources for your kids to use during Covid-19 outbreak](#)
  - [101 FUN Things to do in COVID-19 Isolation](#)
  - [22 Super Duper Activities to do with Kids at Home](#)
  - [Playworks Games to Play at Home](#)
  - <https://www.facebook.com/HollyGJury/posts/10160193011426515>
  - [At Home Enrichment Activities and Resources](#) -- includes some useful resources for children with autism
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- [Anti-Oppressive/Anti-Racist Home School Options During Quarantine](#) -- collection of crowdsourced homeschool curriculum ideas and resources for families impacted by closures caused by the coronavirus
  - [Keeping your children safe online during COVID-19](#) (Family Services RI) -- video discussion with Meghan Martinez
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# Recovery & Mental Health Supports

## RECOVERY AND HARM-REDUCTION

- **Virtual Meetings**
  - SMART Recovery (Self-Management and Recovery Training)
    - [SMART Recovery local meetings](#)
    - [SMART Recovery online forum](#)
  - Alcoholics Anonymous
    - [Online Meetings Directory](#) (Online Intergroup of Alcoholics Anonymous)
    - [Online AA Meetings During COVID-19](#) -- includes recorded speaker tapes
  - Narcotics Anonymous
    - [Virtual NA meetings](#)
- [COVID-19 Harm Reduction Resources](#) addresses these questions:
  - What can I do to use drugs safely right now?
  - Where can I get my safer drug use supplies?
  - Where can I get recovery support?
- **Safer Drug Use During the COVID-19 Outbreak** (Harm Reduction Coalition)
  - [In English](#)
  - [En Español](#)
- [RICAREs resources](#)
  - **Naloxone/Narcan and Fentanyl Test kits delivery** anywhere in RI  
Text (401) 680-0198
  - **Telephone companionship and support from trained Peer Recovery Specialists**  
Call (401) 408-6804 to be connected with a peer
- [RI Recovery Peer Specialists Facebook Group](#) -- join for mental health and addictions peer support and resources
- [NAMI RI Connection Recovery Support Groups](#) -- free recovery support group for people living with any mental illness
- [Teen Support Group \(Anchor Recovery\)](#) -- for people 13-19 years old in recovery, meetings on Fridays at 2pm  
Join the meetings [here](#) or call in (415) 762-9988 Code: 582-425-6109
- **BH Link** -- 24/7 mental health and substance use crisis hotline.
  - Call **(401) 414-5465**

- If under 18 years old, call **855-543-5465**
- **PVD Safe Stations** -- available 24/7, visit any of Providence's 12 fire stations to speak with trained staff and get connected to treatment support and services.
  - [Find a station](#)
- **The Providence Center** -- open and continuing to take new clients for outpatient services.
  - Call **401-274-7111** for mental health crises and emergencies.
  - Call **401-276-4020** for intake.
- **Gateway Healthcare** -- walk-in and emergency services locations
  - Gateway: 103 Beacon Street, Providence. (401) 722-3560
  - Gateway Emergency Services: 1443 Hartford Ave., Johnston. (401) 273-8100
  - South Shore Center: 4705A Old Post Road, Charlestown. (401) 364-7705
- **If you're a harm reduction provider:**
  - [Syringe Services and Harm Reduction Provider Operations During the COVID-19 Outbreak](#)

## OTHER MENTAL HEALTH SUPPORT

- [Behavioral health providers providing services during the COVID-19 crisis](#) (BH Link)
- [Mental health support for RI health care workers](#) (Lifespan)  
**Call (401) 606-6000, Monday through Saturday, 8 a.m. to 8 p.m.**, to make an appointment for free virtual one-on-one support with an individual health care provider. If services are required beyond this support call, the caller will be referred for appropriate treatment.
- [Support, Self-Care, and Resiliency video series](#) (the Womxn Project)
- **Free phone-based crisis counseling**  
 Casey Gallagher, LMHC, LUNA Counseling and Community Care, 401.484.1551
- **Free phone or zoom conversation with coach Kathryn Barr**  
 Kathryn can help you figure out new habits, routines, and mindset while working from home or having your kids at home.  
[Schedule your appointment here](#)
- **Coping with the COVID crisis - mental health info sheets**
  - ❖ [Taking Care of Your Emotional Health](#) (Center for Disease Control)
  - ❖ [Coping with Stress](#) (Center for Disease Control)

- ❖ [Mental health and coping associated with COVID-19](#) (Jacqueline Pistorello, Ph.D. Counseling Services)
  - ❖ [Mental health and psychosocial considerations during the COVID-19 outbreak](#) (World Health Organization)
  - ❖ [Self-Help Guides](#) (Coping with Coronavirus)
  - [COVID-19 related anxiety and Trauma-informed care for Health-care workers](#) (Behavioral Health Integration Program and Trauma-Informed Care Program)
  - **Mindfulness and meditation resources**
    - ❖ [Guided meditations](#) (Tara Brach)
    - ❖ [Top free mindfulness apps](#) (Pure Gym)
    - ❖ [Relaxation exercises](#) (Counseling Services, University of Nevada)
    - ❖ [Center for Resilience Daily Mindfulness Sessions](#) at 8:00pm
  - **If you're being asked to work from home** -- includes resources for people with ADHD
    - ❖ [5 Tips for Working From Home for the First Time in 2020](#) (Inc.com)
    - ❖ [Work from Home](#) (Attention Deficit Disorder Association)
    - ❖ [Twitter thread on working from home with ADHD](#) (by @BadassBowden)
  - [DIY Acupressure Video Series](#) (People's Organization of Community Acupuncture)
  - [Managing Anxiety in the Pandemic](#) (The Brian Lehrer Show)
  - [While at home](#) resources if you are experiencing mental health, substance use, or domestic abuse crises
  - 24/7 Hotlines
    - Disaster Distress Hotline: (800) 985-5990 / Text TalkWithUs to 66746
    - Victims of Crime Helpline: (800) 494-8100
    - National Suicide Prevention Hotline: (800) 273-8255
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# Staying Socially Connected While Physically Distancing

- [11 Apps to Watch Videos with Online Friends](#) (MakeTechEasier.com)
  - [Need someone to talk to?](#) (7 cups) -- free 24/7 Chat with volunteer listeners
  - **Informational music videos about COVID in Spanish (approved by CDC)**
    - [La Cumbia del Coronavirus \(1\)](#)
    - [La Cumbia del Coronavirus \(2\)](#)
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# Medical / Physical Health Supports

## HEALTH INSURANCE

- ❖ [Here's What to Do If You Lost Your Job and Health Insurance Because of COVID-19](#) (GoodRx)
- ❖ [Health Insurance Providers Respond to Coronavirus \(COVID-19\)](#) (America's Health Insurance Plans) -- comprehensive list of which COVID-19 services are provided by providers
- ❖ [Live Updates: How the Coronavirus Emergency Stimulus Package Impacts Your Healthcare](#) (GoodRx)

## PRESCRIPTION DELIVERY

- ❖ [CVS free prescription delivery service](#) (CVS)
- ❖ [Green Line Apothecary](#): \$25 over-the-counter (e.g. Tylenol) deliveries are free, \$10 delivery charge for purchases less than \$25

## CALISTHENICS

- ❖ [Calisthenics: The Ultimate Beginner's 7 Day Guide](#) (Biostrap)
- ❖ [A Beginner's Guide to Calisthenics](#) (School of Calisthenics)

## YOGA

- ❖ [16 Free Yoga Videos You Can Practice at Home](#) (Greatist.com)
- ❖ [Online Yoga Classes](#) (DoYogaWithMe) -- 2 free months
- ❖ [Breathing Time Yoga online classes](#) -- \$1-20 donation

## OTHER EXERCISE

- ❖ [Gym-free workouts](#) (UK National Health Service)
- ❖ [GPYMCA At-Home Workouts](#) (LESMILLS)
- [National Disability COVID-19 Healthcare Support and Advocacy Hotline](#)  
Call **(800) 626-4959** if you are disabled and need COVID-19 related medical advocacy or other support

# Reproductive & Sexual Health

- [Project Weber/RENEW](#)
    - Drop-in center (640 BROAD ST PROVIDENCE, RI 02907) open 11am-3pm Monday-Friday with limited services:
      - Narcan/Naloxone
      - Syringe exchange/safe injection kits
      - Fentanyl test strips
      - Condoms
      - Snacks and water
    - May want to contact 401-383-4888 to confirm center is still open
  - [Sex Worker Harm Reduction Resources \(U.S. Based\)](#) (COYOTE-RI)
  - [Emergency COVID Fund for R.I. Dancers / FS Workers](#) -- this fund provides monetary aid to workers in Rhode Island who have been impacted by the COVID-19 pandemic. If you are in need of assistance and would like to apply to the relief fund, please email us at [oceanstateass@protonmail.com](mailto:oceanstateass@protonmail.com)
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## Domestic Violence

- [Staying Safe During COVID-19](#) (National Domestic Violence Hotline)
    - 24/7 Hotline: Call 1-800-799-7233 or 1-800-787-3224 for TTY
    - If you're unable to speak safely, you can log onto [thehotline.org](http://thehotline.org) or text LOVEIS to 22522
  - [COVID-19 Safety Planning](#) (RI Coalition Against Domestic Violence)
  - [Resources for Survivors of Domestic Violence During COVID-19](#) (RI Coalition Against Domestic Violence)
    - RICADV is temporarily increasing the number of available emergency beds. If you need help, call the statewide helpline at 1-800-494-8100 and they will connect you to an agency that can provide shelter.
  - [Agency Services During COVID-19](#) (RI Coalition Against Domestic Violence)
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# Campaigns & Organizing

- [Tenant Network RI](#) -- organizing for cancellation of all rent and mortgage payments for the duration of the coronavirus crisis to allow people to do what they need in order to take care of themselves, their loved ones, and their community.
    - [PVD Workers/Tenants Organizing Resources](#) -- organizing resource document for workers and tenants in Providence, RI who are experiencing hardship due to COVID-19.
  - [Tell Gov. Raimondo: prevent COVID-19 in the criminal justice system!](#) (Action Network) -- sign this petition!
  - [RI COVID Response](#) -- a coalition of grassroots, labor, justice, housing, and community organizations fighting for a fair response to the crisis.
  - [George Wiley Center](#) -- Utility Organizing: Know-your-rights, advocacy, and organizing for utility access in RI, including protection from shut-offs and long-term affordability for electricity, gas, water, sewer, and internet. Active campaign during covid-19 pandemic for extended shut-off protections and payment relief for low-income utility consumers.
    - Address: 32 East Ave, Pawtucket, RI
    - Office phone: 401-728-5555
    - Email: georgewileycenterri@gmail.com
    - Phone and email responses daily or as soon as possible. Office closed to walk-ins during pandemic stay-at-home order, but typically open during weekdays and for Wednesday evening utility organizing meetings.
  - [FANG Community Bail Fund](#) -- Donate to help bail people out of jails in Rhode Island and Massachusetts. If you are arrested in Rhode Island and need support with bail, have someone \*text\* 401-648-8902. If you are afraid someone that was arrested will be transferred to ICE, \*call\* the same number instead.
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# Other Resources

- **Resources for Federal Hill and West End residents by City Councilor Rachel Miller**  
English:  
<https://www.millerforward13.com/covid19?fbclid=IwAR12PK8YQPcGjIWdZw.../>  
Spanish:  
<https://www.millerforward13.com/sobre-el-virus-covid19?fbclid=IwAR3.../>
- [\*\*COVID-19 NEIGHBORHOOD HELP - Providence Ward 3 \(Mt. Hope, Summit, Blackstone, Collyer Park, Observatory\)\*\*](#) -- connecting neighbors who are at risk during COVID-19 (whether you're a senior citizen, immune-compromised, or otherwise) with volunteers to help
- **COVID-19 PVD Area Mutual Aid and Community Assistance**  
[Facebook group](#)  
[Resource list](#)
- DIY Fabric face masks
  - [Fabric face masks best practices](#)
  - [DIY Mask Manual](#) -- includes scientific evidence on safety and hygiene, multiple patterns
- [\*\*Aunt Bertha - The Social Care Network\*\*](#) -- use this database to find social services, including housing, health, dental, financial support, in your zip code
- **Rhode Island Pro Bono Volunteer Program:** Rhode Island Legal Services encourages and supports the efforts of Rhode Island attorneys to provide pro bono assistance to low income and elderly Rhode Islanders. While courts are closed, the Volunteer program is still operating and can help assess situations if need be.  
**Phone: (401) 421-7758   Hours: M-F 9:00 - 5:00 PM**
- [\*\*Digital Library Materials via the Providence Community Library\*\*](#)
- [\*\*Support Local\*\*](#) -- local directory of businesses in Providence you can safely support, some of whom are giving back in their own ways
- Narcan/Naloxone home delivery
  - Serenity center: Call/text 401-808-4869
  - Parent Support Network of RI: Call 401-500-2998
  - ACOS/ENCORE: Call 401-781-0665 M-F 10am-1pm
  - RICARES: Text 401-680-0198 M-F 10am-3pm
- Fentanyl test strip home delivery
  - ACOS/ENCORE: Call 401-781-0665 M-F 10am-1pm
  - RICARES: Text 401-680-0198 M-F 10am-3pm

- [Mutual Aid Mourning and Healing Project](#) -- If someone close to you has passed, you can find assistance from death doulas/midwives, therapists, social workers & other healers, in addition to clergy who can facilitate memorial services via video conferencing and chat apps. They are based in Chicago but offering services across the U.S.
- [How to Safely Distribute Supplies During COVID-19](#)
- RIPTA information
  - Any senior/disability bus passes set to expire this month will be automatically extended for at least another month
- **Family Services of RI BE SAFE Kits** -- Fill out their form to receive a kit with supplies based on availability. Supplies may include food (fruits/veggies/protein), masks, hand sanitizer, sani-wipes, toilet paper, and gloves.

Eligibility:

- Adults aged 60+
- Adults with disabilities who reside in a housing facility in which there is a Title IIC meal site
- Adult children with disabilities who reside with a parent aged 60+
- Caregivers + spouses of aforementioned individuals
- Grandparents or caregivers aged 55+ caring for grandchildren or foster children under age 18

- [Request form in English](#)
- [Solicitud en Español](#)
- Can also call The Point (401-462-4444) for more info!

- [Black-owned Businesses in RI](#) -- Support these local businesses!