

Community Resources

<u>Food</u>	<u>Internet/Phone</u>	<u>Mental Health</u>	<u>Child Care</u>	<u>Other</u>
Food pantry on property for community members and families <u>Link to restaurants/free meals</u> https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJPs7E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0 Salvation Army -- Food shelf Mondays & Wednesdays @ 9am, Tuesdays and Thursdays @ 1pm Address: 401 W. 7th St., ST. Paul Phone number: 651-224-4316 Catholic Charities Opportunity Center (St. Paul)--The Opportunity Center provides 3 free meals a day.	Comcast is offering free internet for 2 months Charter/Spectrum Charter will offer free Spectrum broadband and WiFi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. Installation fees will be waived for new student households. To enroll: Call 1-844-488-8395 **Note: Ask for Sales department, and indicate that you are calling about the promotion available for students impacted by the COVID-19 closings** **Additional note: Set a reminder for 60 days after service starts, to call and	Face to Face offering virtual therapy- no new intakes https://face2face.org/ Safezone:SafeZone Drop-In Center: Providing food, transportation assistance, and personal hygiene products to go; medical and mental health care continues on-site https://face2face.org/ Minnesota Department of Human Services--Teledelivery of Mental Health Services: https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=DHS16_160257&fbclid=IwAR2msuO8fix6fl-agZ4-rJKxpkqAjlul0s5ivHrByDan6-_R2MHUf6iemkA Coping with Stress During An Infectious Disease Outbreak: https://store.samhsa.gov/system/files/sma14-4885.pdf Meditation Apps for Kids	YMCA- no activities but offering child care Activity resources for home: https://kiddominds.com	Right Track applicants will be emailed by 3/23, all activities suspended until April 10th. Service/volunteer opportunities for youth: http://ysa.org/covid/ https://leadasap.ysa.org/gysd/#ideas Unemployment Benefits: https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR25EQWwrHelCfIFRYzaGDQqjXQAx0P1iAMUEchlR2JivWb-Y567uryWCQ Talking to Children about Covid-19: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html Free Virtuwel online COVID-19 Assessment https://blog.virtuwel.com/coronavirus-assessment/ Participants are asked a series of questions outlining symptoms, travel history, exposure etc. If a user meets testing criteria they will be connected with a

	cancel service so that you are not charged for when the promotion ends** T-mobile (as of 3/16/20) ALL current T-mobile and Metro by T-Mobile customers who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming). Providing T-Mobile and Metro by T-Mobile customers and additional 20GB of mobile hotspot/tethering services for the next 60 days - coming soon. For more info: https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response	and Families: https://www.common sensemedia.org/lists/meditation-apps-for-kids?j=7698356&sfmc_sub=170498159&l=2048712_HTML&u=143332603&mid=6409703&jb=723&utm_source=covid19_resources_jim&utm_medium=email CLUES, Group programs postponed temporarily, other services to be delivered remotely CLUES offices (Minneapolis, Saint Paul, Willmar and Austin) will be closed to the general public beginning Wednesday, March 18, through Friday, March 27, to reduce person-to-person contact. Phone-based, online and emergency services will continue to be provided to the general public, while individual programs and staff will be reaching out to their clients and participants to connect and continue working together during this time of physical distancing. http://www.clues.org/wp_clues_espanol/	nurse for a more comprehensive assessment [Free online yoga classes through Corepower Yoga: https://www.corepoweryogaondemand.com/keep-up-your-practice United Way- call 211 for information about food, housing, employment, transportation, health services, eldercare, and other crisis hotlines https://www.gtcuw.org/211-find-help-3/ Bridge to Benefits is a project by Children's Defense Fund-Minnesota to improve the well-being of families and individuals by linking them to public work support programs and tax credits. http://mn.bridgetobenefits.org/Home2 Activities for families: kiddominds.com https://www.allaboutbirds.org/news/how-to-make-these-next-few-weeks-a-little-easier-courtesy-of-birds/?fbclid=IwAR1QkV04AXvY3oD
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		Prairie Care: Outpatient Mental Health Appointments via Telehealth. To Schedule a free needs assessment: Call 952-826-8475. https://www.mnteenmentalhealth.org/resources This website has a lot to offer in terms of resources, links and tools!		Free online cooking classes for kids: 5dollardinnerfans (Facebook) or 5dollardinner (Youtube) Ramsey County Sherriff's Dept is offering help with grocery delivery and more for people who have been affected by the covid virus: https://www.twincities.com/2020/04/01/ramsey-county-sheriffs-office-launches-help-team-for-coronavirus-victims/

Recursos de la comunidad

<u>Comida</u>	<u>Internet / teléfono</u>	<u>Salud mental</u>	<u>Cuidado de los niños</u>	<u>Otro</u>
Dispensa de alimentos en la propiedad para miembros de la comunidad y familias <u>Enlace a restaurantes / comidas gratis</u> https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJP57E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0 Ejército de Salvación - Estante de comida los lunes y miércoles a las 9 a.m., martes y jueves a la 1 p.m.	Comcast ofrece internet gratis por 2 meses Charter / Spectrum Charter ofrecerá acceso gratuito a Internet y banda ancha Spectrum durante 60 días a hogares con estudiantes de K-12 y / o estudiantes universitarios que aún no tienen una suscripción de banda ancha Spectrum en cualquier nivel de servicio de hasta 100 Mbps. Las tarifas de instalación no se	Cara a cara que ofrece terapia virtual: no hay nuevas tomas https://face2face.org/ Safezone: SafeZone Drop-In Center: proporciona alimentos, asistencia de transporte y productos de higiene personal para llevar; la atención médica y de salud mental continúa en el sitio https://face2face.org/ Departamento de Servicios	YMCA- no hay actividades pero ofrece cuidado de niños Recursos de actividades para el hogar: https://kiddominds.com	Los solicitantes de Right Track recibirán un correo electrónico antes del 3/23, todas las actividades se suspenderán hasta el 10 de abril. Oportunidades de servicio / voluntariado para jóvenes: http://ysa.org/covid/ https://leadasap.ysa.org/gysd/#ideas Beneficios de desempleo: https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR25EQWwrHelC

Dirección: 401 W. 7th St., ST. Pablo Número de teléfono: 651-224-4316 Catholic Charities Opportunity Center (St. Paul): el Opportunity Center ofrece 3 comidas gratis al día.	aplicarán a los nuevos hogares de estudiantes. Para inscribirse: llame al 1-844-488-8395 ** Nota: pregunte por el departamento de ventas e indique que está llamando sobre la promoción disponible para los estudiantes afectados por los cierres de COVID-19 ** ** Nota adicional: establezca un recordatorio para 60 días después del inicio del servicio, para llamar y cancelar el servicio para que no se le cobre cuando finalice la promoción ** T-mobile (a partir del 16/03/20) TODOS los clientes actuales de T-mobile y Metro by T-Mobile que tengan planes con datos tendrán datos ilimitados de teléfonos inteligentes durante los próximos 60 días (excluido el roaming). Brindando a los clientes de T-Mobile y Metro by T-Mobile y 20GB adicionales de	Humanos de Minnesota - Teledelivery de Servicios de Salud Mental: https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&docName=DHS16_160257&fbclid=IwAR2msuO8fix6fi-agZ4-rJKxpkqAjlul0s5ivHrByDan6-R2MHUf6iemkA Lidiando con el estrés durante un brote de enfermedad infecciosa: https://store.samhsa.gov/system/files/sma14-4885.pdf Aplicaciones de meditación para niños y familias: https://www.common sense media.org/lists/meditation-apps-for-kids?j=7698356&sfmc_sub=170498159&l=2048712_HTML&u=143332603&mid=6409703&jb=723&utm_source=coj19_resm_source=coj19_reservados Pistas Programas grupales pospuestos temporalmente, otros servicios se entregarán de forma remota Las oficinas de CLUES (Minneapolis, Saint Paul, Willmar y Austin) estarán cerradas al público en general desde el miércoles 18 de marzo hasta el viernes 27 de		fIFRYzaGDQqjXQAx0P1iAMUEchIR2JivWb-Y567uryWCQ Hablando con los niños sobre Covid-19: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html Evaluación gratuita en línea de Virtuwel COVID-19 https://blog.virtuwel.com/coronavirus-assessment/ Se les hace a los participantes una serie de preguntas que describen los síntomas, el historial de viaje, la exposición, etc. Clases gratuitas de yoga en línea a través de Corepower Yoga: https://www.corepoweryogaonline.com/keep-up-your-practice United Way: llame al 211 para obtener información sobre alimentos, vivienda, empleo, transporte, servicios de salud, cuidado de ancianos y otras líneas directas de crisis https://www.gtcuw.org/211-find-help-3/ Bridge to Benefits es un proyecto del Children's Defense Fund-Minnesota para mejorar el bienestar
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	servicios de conexión / conexión móvil para los próximos 60 días, próximamente. Para más información: https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response	marzo, para reducir el contacto de persona a persona. Se seguirán brindando servicios telefónicos, en línea y de emergencia al público en general, mientras que los programas individuales y el personal se comunicarán con sus clientes y participantes para conectarse y continuar trabajando juntos durante este tiempo de distanciamiento físico. http://www.clues.org/wp_clues_espanol/		de familias e individuos al vincularlos a programas de apoyo al trabajo público y créditos fiscales. http://mn.bridgetobenefits.org/Home2 Actividades para familias: kiddominds.com
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Kheyraadka Bulshada

<u>Cunto</u>	<u>Internetka / Telefoonka</u>	<u>Caafimaadka Maskaxda</u>	<u>Daryeelka Ilmaha</u>	<u>Wax kale</u>
Weelka cuntada ee hantida xubnaha bulshada iyo qoysaska <u>Iskuxirayaasha makhaayadaha / cuntada bilaashka ah</u> https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJP7E641tMHmPvWXPQxf4DvcREOQzyA/edit#gid=0 Ciidanka Badbaadinta - shelf cunto Isniinta & Arbacooyinka @ 9	Comcast waxay bixisaa internet bilaash ah 2 bilood Jaartarka / Spectrum Charter wuxuu siin doonaa Spectrum Broadband iyo marin marin lacag la'aan ah oo 60 maalmood ah qoysaska leh K-12 iyo / ama ardayda kuleejka ee aan horeyba u laheyn rukumada Sbandrum Broadband heerka heer adeeg ilaa 100 Mbps.	Wejiga Wajiga oo bixiya daaweyn toos ah - majirto wax damacyo cusub ah https://face2face.org/ Safezone: Xarunta Soo-gelitaanka SafeZone: Bixinta cunno, gargaar gaadiid, iyo alaabooyin nadaafadeed oo shaqsiyeed si ay u baxaan; daryeelka caafimaadka iyo caafimaadka dhimirka waxay ku sii socdaan barta internetka https://face2face.org/	YMCA- waxqabadyo ah maahee waa bixinta xanaanada cunugga Kheyraadka waxqabadka guriga: https://kiddominds.com	Codsadayaasha loo yaqaan 'Right Track' waxaa e-mayl loo diri doonaa 3/23, dhammaan howlaha la hakiyey illaa Abriil 10-keeda. Fursadaha shaqo / tabaruc ee dhalinyarada: http://ysa.org/covid/ https://leadasap.ysa.org/gysd/#ideas Faa'iidooyinka Shaqo

subaxnimo, Talaadooyinka iyo Khamiista @ 1pm Cinwaanka: 401 W. 7th St., ST. Bawlos Lambarka taleefanka: 651-224-4316 C at fursadaha sadaqada sadaqada (St. Paul) - Xarunta Fursadda waxay bixisaa 3 cunno oo bilaash ah maalintii.	Khidmadaha rakibaadda waxaa looga dhaafi doonaa qoysaska ardayda cusub. Si aad iskaga diiwaangeliso: Soo wac 1-844-488-8395 ** Xusuusin: Weydiiso waaxda libka, oo tilmaan soo inaad soo waceyso wax ku saabsan xayeysiinta loo heli karo ardayda ay saameyn ku yeelanayso xiritaanka COVID-19 ** ** Qoraal dheeri ah: Xusuusin xusuusin ah 60 maalmood kadib markii adeegu bilaabmay, inaad wacdo oo aad joojiso adeegga si aan lacag lagaa qaadin markii dallacsiinta uu dhammaado ** T-mobile (laga bilaabo 3/16/20) DHAMMAAN T-mobile-ka hadda jira iyo Metro ee macaamiisha T-Mobile ee leh qorshooyin xog leh waxay lahaan doonaan xogta taleefanka casriga aan xadidneyn 60-ka maalmood ee soo socda	Waaxda Adeegyada Aadanaha ee Minnesota - Bixinta Adeegga Caafimaadka Maskaxda: https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=DHS16_160257&fbclid=Iwari2dkcdkd-d-d5cd Sida loola tacaalo walaaca fekerka inta lagu guda jiro dillaaca cudurada faafa: https://store.samhsa.gov/system/files/sma14-4885.pdf Barnaamijyada Dhex-dhexaadka ee Caruurta iyo Qoysaska: https://www.common sense media.org/lists/meditation-apps-for-kids?j=7698356&sfmc_sub=170498159&l=2048712_HTML&u=143332603&mid=6409703&ib=723&utm_source=moogole_source_mailjuumi MUUQAALKA, Barnaamijyada kooxda dib ayaa loo dhigay, si ku-meelgaar ah, adeegyo kale ayaa loo gaarsiin doonaa meel fog Xafiisyada CLUES (Minneapolis, Saint Paul, Willmar iyo Austin) waa loo xiri doonaa dadweynaha guud ahaan laga bilaabo Arbacada, Maarso 18, illaa Jimcaha, Maarso 27, si loo yareeyo xiriirka ka		La'aanta: https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR25EQWwrHelCfIFRYzaGDQqjXQAx0P1iAMUEchIR2JivWb-Y567uryWCQ Kalahadalida caruurta wax ku saabsan Covid-19: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html Khadka bilaashka ah ee Virtuwell khadka COVID-19 https://blog.virtuwell.com/coronavirus-assessment/ Ka qeybgaleyaa waxaa la weeydiinayaa su'aalo taxane ah oo qeexaya astaamaha, taariikhda safarka, soo bandhigida iwm. Fasallo yoga tooska ah oo bilaash ah oo toos loo maro oo loo maro Corepower Yoga: https://www.corepoweryogaonline.com/keep-up-your-practice United Way- wac 211 si aad u hesho macluumaad ku saabsan cuntada, guryaha, shaqada, gaadiidka, adeegyada caafimaadka, daryeelka waayeelka, iyo khadka kale ee dhibaatooyinka https://www.gtucw.org/211-find-help-3/
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	(marka laga reebo socodka). Bixinta T-Mobile iyo Metro ee macaamiisha T-Mobile iyo 20GB dheeraad ah oo ah adeeg hotspot / tethering ah 60-ka maalmood ee soo socda - dhow. Faahfaahin dheeri ah: https://www.t-mobile.com/new/s/t-mobile-update-on-covid-19-response	dhexeeya qof-ka-qofka. Adeegyada ku saleysan taleefoonka, khadka tooska ah iyo kuwa xaaladaha degdegga ah ayaa loo sii wadayaa in la siiyo dadweynaha oo dhan, halka barnaamijyada shaqsiyaadka iyo shaqaaluhu ay gaari doonaan macaamiishooda iyo kaqeybgalayaasha si ay ugu xirnaadaan oo ay u sii wadaan wada shaqeynta waqtigaan murugada jirka. http://www.clues.org/wp_clues_es_pano1		Buundada Faa'iidooyinka waa mashruuc ay sameysay Sanduuqa Difaaca Caruurta-Minnesota si loo wanaajiyo wanaaga qoysaska iyo shakhsiyaadka iyadoo lagu xiriirinaayo barnaamijyada taageerada shaqada ee dadweynaha iyo dhibcaha canshuurta. http://mn.bridgetobenefits.org/Home2 Hawlaha loogu talagalay qoysaska: kiddominds.com
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Cov Kev Pab Hauv Zej Zog

<u>Khoom Noj</u>	<u>Internet / Xov Tooj</u>	<u>Mob Hlwb</u>	<u>Kev Zov Me Nyuam</u>	<u>Lwm yam</u>
Khoom noj khoom haus pantry ntawm cov cuab yeej rau cov neeg hauv zej zog thiab tsev neeg <u>Txuas rau tsev noj mov / noj mov dawb</u> https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJP7E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0 <u>Salvation Army</u> - Khoom noj khoom haus Hnub	Comcast tab tom muab internet dawb rau 2 lub hlis <u>Daim Charter / Spectrum</u> Charter yuav pub dawb rau Spectrum broadband thiab WiFi siv tau 60 hnub rau cov tsev neeg uas muaj K-12 thiab / lossis cov tub ntxhais kawm qib siab uas tsis tau muaj Spectrum broadband li ntawm ib qib kev pabcuam txog 100	Ntsej muag ntsej muag muab kev kho mob virtual-tsis muaj qhov tshiab nkag https://face2face.org/ Kev Nyab Xeeb: SafeZone Chaw Tso Rau Hauv Chaw: Muab khoom noj khoom haus, kev pab thauj mus los, thiab cov khoom siv tu cev kom mus; kev kho mob thiab kev kho mob hlwb tseem muaj nyob rau ntawm thaj chaw	YMCA- tsis muaj kev ua ub no tab sis muab kev zov menyuam Cov kev ua si rau tsev: https://kiddominds.com	Cov neeg tso cai khiav yuav yog email los ntawm 3/23, tag nrho cov haujlwm raug ncua kom txog lub Plaub Hlis 10. Kev pabcuam / cov sijhawm pabcuam rau cov hluas: http://ysa.org/covid/ https://leadasap.ysa.org/gysd/#ideas

United Way- hu 211 rau cov
ntaub ntawv hais txog zaub
mov, tsev nyob, kev ua
haujlwm, tsheb thauj mus
los, kev pab cuam noj qab
haus huv, kev laus, thiab
lwm yam kev kub ntxhov
<https://www.gtcuw.org/211-find-he>
[lp-3/](#)

	T-Mobile cov neeg yuav khoom thiab ntxiv 20GB ntawm hotspot / tethering kev pabcuam rau 60 hnuv tom ntej - tuaj sai sai. Yog xav paub ntxiv: https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response	hnuv Friday, Peb Hlis 27, txhawm rau txo kev sib cuag ntawm tib neeg. Kev hu xov tooj, online thiab kev pabcuam thaum muaj xwm txheej ceev yuav muab txuas ntxiv rau cov pej xeeb, thaum cov kev pabcuam thiab cov neeg ua haujlwm yuav tau xa mus rau lawv cov neeg siv khoom thiab cov neeg koom nrog sib txuas thiab txuas ntxiv ua haujlwm ua ke thaum lub sijhawm no nyob deb ntawm lub cev. http://www.clues.org/wp_clues_espanol/		Bridge to Benefits yog ib txoj haujlwm los ntawm Children's Defense Fund-Minnesota txhawm rau txhim kho txoj kev noj qab nyob zoo ntawm cov tsev neeg thiab cov tib neeg los ntawm kev sib txuas rau cov haujlwm pab txhawb rau pej xeeb thiab cov nqi se. http://mn.bridgetobenefits.org/Home2 Kev ua si rau tsev neeg: kiddomnds.com
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