

PHYSICAL WELLBEING

Low Cost Food Options:

Many public schools in Norfolk County are still serving breakfast and lunch options for children. Some schools out of district are offering meals for any child (student or not). This link will provide information on those services in your community:

www.projectbread.org/news-and-events/news/covid-19-hunger-food.html

HUNGER HOTLINE: PROJECT BREAD FOOD SOURCE HOTLINE (160 LANGUAGES)

1-800-645-8333

Most Food Pantries and Community Resources are still operating within their normal hours, which vary, to provide meals. Give your local pantry, church, or community center a call:

First Baptist Church- Food and Friends Community Kitchen

52 N. Main Street

Mansfield, MA

508-339-7047

Free hot meals for anyone, no questions asked, on Tuesdays at 4:30 p.m.

Franklin YMCA

45 Forge Hill Road

Franklin, MA

508-528-8708

Free bagged family meals to pick up

Atlantic Neighborhood Community Center

308 W. Squantum Street

Quincy, MA

617-376-1381

Avon Baptist Church Food Pantry

Address of pantry - 119 North Main Street

Avon, MA

508-583-8076

Canton Food Pantry

715 B Washington Street

Canton, MA

781-821-8062

Dedham Food Pantry

St. John's Church Basement 50 Oakdale Avenue

Dedham, MA

781-230-9442

First Baptist Church- Braintree

Church address - 594 Washington Street
Braintree, MA
781-843-0109

ERSCC/Quincy Crisis Center

Address is 282 Billings Rd
Quincy, MA 02170
617-471-7075

Ben-Emmanuel Pantry

810 North Main Street
Randolph, MA
508-816-7433

Milton Community Food Pantry

158 Blue Hills Parkway
Milton, MA 02186
617-696-0221

Foxboro Discretionary Pantry

35 Neponset Ave.
Foxborough, MA
508-543-5235

Friends of the Homeless of the South Shore

8 Driftway
North Weymouth, MA
781-340-1604

Holbrook Food Pantry

322 South Franklin Street Route 37
Holbrook, MA
781-767-4656

Interfaith Social Services

105 Adams Street,
Quincy, MA
617-773-6203

Loaves & Fishes Food Pantry

Saint Blaise Church 1158 South Main Street
Bellingham, MA
508-966-1274

Needham Community Council

51 Lincoln Street
Needham, MA
781-444-2415

Norwood Food Pantry

150 Chapel Street
Norwood, MA
781-291-3663

Salvation Army of Norfolk County Massachusetts

Location is 6 Baxter Street
Quincy, MA
617-472-2345

Self Help, Inc.

80 West Central Street
Franklin, MA
508-528-3115

Bread of Life - Carter Memorial United Methodist Church

Location is 800 Highland Ave
Needham, MA
781-444-2460

Dedham Food Pantry

600 Washington Street
Dedham, MA
781-710-8464

Stoughton Food Pantry/ Isle Marks Food Pantry

Seaver Street
Stoughton, MA
781-828-2475

Walpole Community Food Pantry

1303 Washington Street
Walpole, MA
508-668-0106

EFSP Weymouth Council for the Hungry

Address: 189 Pleasant Street
South Weymouth, MA
781-337-3174

Weymouth Food Pantry

Location - 1189 Commercial Street
East Weymouth, MA
781-331-7682

EMOTIONAL WELLBEING

Talk To Someone:

HOTLINES FOR SUPPORT:

Domestic Violence Ended (617-471-1234): 24/7 free, offers confidential support and resources for those experiencing domestic violence.

Safelink (877-785-2020 / TTY 877-521-2601): 24/7 free, offers confidential support and resources for those experiencing domestic violence, available in all languages. Can help with relocating to DV shelter

Parental Stress Line (1-800-632-8188): 24/7 free, trained counselors offering confidential support for parents and caregivers, available in all languages.

Samaritans Suicide Helpline (877-870-4673): 24/7 free, confidential suicide prevention and support hotline.

National Suicide Prevention Lifeline (1-800-273-8255) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Pause a While Inc. [425-436-6360](tel:425-436-6360), Access code 422932#)- Daily 2pm EST virtual AA meetings during the outbreak

Alcoholics Anonymous Audio Calls offered at <https://www.aaonlinemeeting.net>

Boston Area Rape Crisis Center Hotline (1-800-841-8371/ TTY 1-800-439-2370): 24/7 free, confidential support for survivors of sexual violence (over 12 years old) and their families.

The Network/La Red Hotline (1-800-832-1901): 24/7 free, confidential support for individuals in the LBGTQ community, who are experiencing domestic violence

The Trevor Project (1-800-488-7386): 24/7 free, confidential support and crisis intervention for youth in the LGBTQ community

Crisis Text Line is the free, 24/7, confidential text message service for people in crisis. Text HOME to 741741

CRISIS TEAMS

If you or a family member is experiencing a crisis, please call your local crisis team:

Boston Emergency Services Team (B.E.S.T.)
800-981-4357 (24-hour access number)

Brookline

Riverside Community Care
800-529-5077 (24-hour access number)

**Canton, Dedham, Dover, Foxboro
Medfield, Millis, Needham, Norfolk
Norwood, Plainville, Sharon, Walpole
Wellesley, Westwood, Wrentham**

Aspire Health Alliance
800-528-4890 (24-hour access number)

**Braintree, Cohasset, Milton, Quincy
Randolph, Weymouth**

Brockton Multi-Service Center
800-294-4665 (24-hour access number)

Avon, Holbrook, Stoughton

Riverside Community Care
800-294-4665 (24-hour access number)

Bellingham, Franklin, Medway

Norton Emergency Services Team
800-660-4300 (24-hour access number)

Attleboro, Taunton

COMMUNITY COUNSELING RESOURCES

Quincy Family Resource Center (A Program of Bay State Community Services):

Quincy Family Resource Center- Available by phone or email Monday-Friday 9am-5pm. If you are in need of assistance, please contact Samantha at **617-347-4962** or Caitlin at **617-750-3381** or email us at QuincyFRC@baystatecs.org

The Quincy Family Resource Center (QFRC) helps families to access and navigate resources in the local community. The QFRC provides on-site programs, services, and activities to benefit families. QFRC works any member of the community seeking support and provides help to assess families' needs and connect them to appropriate supports, services, and referrals, including, food, parenting, support groups, housing, employment, cash assistance, health insurance.

Health Imperatives

950 Chestnut Place
Brockton, MA
508-583-3005

- **A New Day (508-588-8255):** A rape crisis center that provides free counseling services for victims of sexual assault, 24-hour hotline, and community resources.
- **SAFEPLAN Court Advocacy Services (508-535-5028):** a free service offering support and advocacy through civil and criminal court proceeding surrounding domestic and sexual violence
- **Penelope's Place (508-588-8255):** A domestic violence shelter and resource for those fleeing imminent danger.

SOUTH BAY COMMUNITY SERVICES, ATTLEBORO

607 Pleasant St., Ste. 115
Attleboro, MA
508-223-4691 x 1375

South Bay is a community-based, behavioral health care organization offering a continuum of services including adult and child behavioral health and substance abuse counseling. They are able to take on new clients, utilizing TeleHealth Services.

TAKING CARE OF YOURSELF

Mental Health and Coping During this crisis:

www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

Recommendations and Ways to Support Your Children During this Time:

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Join a support group:

Parents Helping Parents of Massachusetts | www.parentshelpingparents.org

HEALTH AND WELLNESS APPS

Balance (Meditation App free for one year) Free meditation sessions

<https://apps.apple.com/us/app/balance-meditation/id1361356590>

South Shore YMCA

At-home workouts and group exercise classes.

<https://ssymca.org/program/fitness/homeworkouts/>

Cosmic Kids

Free yoga and mindfulness for children

www.cosmickids.com

www.youtube.com/user/CosmicKidsYoga

Down Dog App

Free yoga, beginner yoga, HIIT and Barre until 5/1/2020 (and July 1 for children K-12)

www.downdogapp.com

Breathe and Learn

A California based children's yoga program. The owner Joan Plake has made some of her digital downloads available for you for free if you enter promotional code "BREATHE" at checkout.

www.breatheandlearn.com/free

Stop Breathe and Think-App

You choose how you are feeling first from several prompts and this app will suggest some appropriate guided relaxations for your current mood/challenge.

Kids: www.stopbreathethink.com/kids/

Teens: www.stopbreathethink.com

Smiling Mind-app for all ages

You can choose a program built specifically for your child's age and preferences in this app.

Mindfulness for Teens-Website

<http://mindfulnessforteens.com>

FUN ACTIVITIES FOR CHILDREN AND FAMILY

- Virtual Storytime with the Weymouth Police: *Go to Weymouth Police's Facebook Page*
- San Diego Zoo Live Feed <https://zoo.sandiegozoo.org/live-cams>
- National Aquarium Virtual Tour <http://samuraivirtualtours.com/example/nadc/index.html>
- Discovery Virtual Field Trips www.discoveryeducation.com/community/virtual-field-trips/
- Online Stories for kids in 230 languages <https://storyweaver.org.in/>
- GoNoodle - Exercise/Dance Videos for younger children www.gonoodle.com/
- 30 Minute Workout Yoga www.youtube.com/watch?v=bWVgTcttq6o
- Free Educational Lessons www.curriki.org
- Getting outdoors: *many public parks and trails remain open, while play grounds are closed*

FINANCIAL WELLBEING

Follow Mass.gov for the latest information regarding filing for unemployment and financial relief.

Comcast (Internet) - New Internet Essentials customers are eligible for 2 months free internet- www.InternetEssentials.com

National Grid - (Electricity) <https://www.nationalgridus.com/MA-Home/covid-19>

Eversource - (Electricity) They have suspended disconnections, late fees and taken other steps to help customers in response to COVID-19. <http://www.eversource.com>

AT&T (Phone/Internet)- They have suspended service terminations and are waiving late payment fees. <https://about.att.com/pages/COVID-19.html>

Verizon (Phone/Internet)- Waives overage charges and late fees to support customers who may be financially affected by the COVID-19 crisis: Announces two months waived internet and voice service charges for current Lifeline customers and new affordable internet option for low-income households. <https://www.verizon.com/about/news/our-response-coronavirus>