

Family Resources

RESOURCES FOR FAMILIES DURING SCHOOL CLOSURE

Updated 03.18.20

FREE/REDUCED INTERNET

Comcast is offering free/reduced price internet for those of low-income who are forced to work or study remotely due to COVID-19.

<https://variety.com/2020/digital/news/comcast-free-broadband-low-income-households-coronavirus-1203532765/>

Berkeley Residents call 311 (510-981-2489) for updates on ANY services available.

COUNTY SERVICES

Alameda County Services

Call 211 (888-886-9660) for all updates

211alamedacounty.org/2-1-1-alameda-county-resource-finder/

Help Paying Bills

www.needhelppayingbills.com/html/alameda_county_assistance_prog.html

Contra Costa Services

Text 'HOPE' to 20121 for <https://www.contracosta.ca.gov/6106/211-Contra-Costa>

FOOD NEEDS

The Berkeley Food Network's on-site pantry will remain open during this period of COVID-19 containment as long as we are able to source food. Anyone in need of free

food is welcome to visit. Be assured that our staff and volunteers are using recommended practices to ensure that everyone who visits our pantry stays healthy

Hours:

Monday – Thursday 10am – 2pm;

Monday and Wednesday 5 – 7pm;

1st and 3rd Saturdays 10am – 12pm

Location: 1925 Ninth St., Berkeley Enter through the door facing the parking lot

Berkeley Food and Housing Project offers a weekday community meal program served by volunteers.

Where: Lutheran Church of the Cross, [1744 University Ave, Berkeley, 94703](https://www.google.com/maps/place/1744+University+Ave,+Berkeley,+CA+94703)

When: Mon, Tues, Thurs & Fri* 3:30–4:45pm

*A free spaghetti meal is provided by the Lutheran Church of the Cross on Wednesdays from 3:30–5:30pm.

Alameda County Food Bank:

Call our Helpline at: 1-800-870-FOOD (3663) or 1-510-635-3663

Or, visit [FoodNow.net](https://www.foodnow.net)

Contra Costa Food Bank: To find services near you, please contact the Food Bank at 1-855-309-3663 (FOOD) for help and information.

RENT ASSISTANCE

If you need help paying rent during this difficult period here are some resources:

Alameda County Season of Sharing 510-272-3700 Oakland residents only Catholic Charities 510-768-3100

WORK CONCERNS

If you are laid off due to your business shutting down or reducing staff, you may apply for unemployment without a waiting period:

edd.ca.gov/Unemployment/File_an_Unemployment_Insurance_Claim.htm

If you get sick and need to apply for disability, you can file a claim here with a medical provider's authorization: edd.ca.gov/Disability/Disability_Insurance.htm

If your family member becomes sick and you must take care of them, you can file a claim for paid family leave and/or FMLA with a medical provider's authorization:

edd.ca.gov/Disability/Paid_Family_Leave.htm

MEDICAL CARE

Lifelong Medical Care offers Immediate Care Clinics open to anyone with or without medical insurance at three locations:

Lifelong West Berkeley Health Center

837 Addison St., Berkeley, CA 94710 (510) 981-4100

Community Health Services

www.lifelongmedical.org/

2001 Dwight Way, Suite 1388 call 510-204-7979

William Jenkins Health Center

150 Harbor Way, Richmond call 510-877-3365

Lifelong San Pablo Immediate Care Center 2023 Vale Road, San Pablo 510-231-9800

MENTAL HEALTH Services:

For psychiatric emergencies call the Mobile Crisis Number: (510) 981-5900

For support consultation or resources for uncomfortable thoughts call the Crisis Line:
(510) 981-5244

Alameda county teens who are feeling mentally unsafe can text 'SAFE' to 20121 between the hours of 4pm-11pm, to communicate with a counselor.

Alameda County Suicide Prevention (Se hablan Español): 1-888-628-9454 For an immediate Alameda County mental health referral Call ACCESS (open 24/7): 1-800-491-9099

MENTAL HEALTH & COPING during COVID-19 Includes specific resources for children & families section below	
Speaking of Psychology: Coronavirus Anxiety	American Psychological Association: https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety
Coronavirus & Emerging Infectious Disease Outbreaks Response	Center for the Study of Traumatic Stress (CSTS): https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response
“Taking Care of your Emotional Health”	US Centers for Disease Control & Prevention (CDC): https://emergency.cdc.gov/coping/selfcare.asp
“Coping with Stress”	US Centers for Disease Control & Prevention (CDC): https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html
“Mental Health and Coping During COVID-19”	US Centers for Disease Control & Prevention (CDC): https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html

<p>Coronavirus & Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks</p>	<p>American Psychiatric Association (APA): https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks</p>
<p>Resources specifically FOR CHILDREN & FAMILIES</p>	
<p>“Helping Children Cope with Emergencies”</p>	<p>US Centers for Disease Control & Prevention (CDC): https://www.cdc.gov/childrenindisasters/helping-children-cope.html</p>
<p>Taking Care of your Family during Coronavirus Fact Sheet</p>	<p>Center for the Study of Traumatic Stress (CSTS): https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf</p>
<p>Parent/Caregiver Guide to Helping Families Cope with COVID-19</p>	<p>The National Child Traumatic Stress Network: https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf</p>
<p>Just for Kids: A Comic Exploring the New Coronavirus</p>	<p>National Public Radio: https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus</p>
<p>Talking to Teens & Tweens about Coronavirus</p>	<p>The New York Times: https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html</p>

FAMILY PATHS 1 800-829-3777

<https://mailchi.mp/familypaths/breaking-news-family-paths-announces-parenting-stress-helpline?e=7f3b28bcff>

Family Paths continues to offer live phone support for parents through our newly renamed Parenting Stress Helpline, as stress levels go up over health and well-being due to COVID-19.

Today, we're announcing that the portal to live support and our mental health treatment and supportive services changed from the 24-Hour Parent Support and Resource Hotline to the Parenting Stress Helpline. The Helpline is here for Alameda County parents during this acutely stressful time and can be accessed by parents, and those in parenting roles, without leaving their homes. Fathers or father-figures are encouraged to call.

Staffed by trained Parent Support Counselors, we will continue to connect Alameda County parents of children/youth to resources, provide voice-to-voice support, and free & confidential counseling. The Helpline offers unique access to our database of 900+ community resources. Families can call in any language and a professional Language Line can be accessed for in-the-moment translation services for over 400 languages. We will continue to offer additional support through regular callbacks or one-time anonymous calls.

Family Paths encourages all Alameda County parents to utilize this Helpline for their everyday parenting stress as well as heightened stress by calling **1-800-829-3777**
