



COVID-19 EMERGENCY RESOURCES LIST

Prepared by Head Start, Early Head Start and Pre-K Early Childhood Education Programs
East Bay Community Action Program – April 2020

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COMMUNITY RESOURCES

United Way 2-1-1 in Rhode Island

www.211ri.org/

AMOR

https://docs.google.com/document/d/1RiG9NTR67XZQJJ3PysBES4ww-TKalZuNJsA9OuSb4ec/mobilebasic?urp=gmail_link

Rhode Island Department of Labor and Training Center

General Complex, 1511 Pontiac Avenue, Cranston, RI 02920// 401-462-8000

<http://www.dlt.state.ri.us/>

Support for Individuals Out of Work Due to COVID-19 (Employment Resources)

<http://www.economicprogressri.org/wp-content/uploads/2020/03/COVID-19-Rhode-Island-Resources-3.2020.pdf>

Catholic Social Services of RI

Distributing Stop and Shop gift cards to individuals who are temporarily out of work due to COVID-19. The gift cards, ranging from \$25-50, will be available for distribution at the Diocesan Social Service Satellite Offices in Woonsocket, West Warwick, and Wakefield. To receive a gift card and more information, please call the following: West Warwick Office: 401-823-6211, Woonsocket Office: 401-762-2849, Wakefield Office: 401-783-3149.

Food Distribution Services

<https://rifooodbank.org/wp-content/uploads/2020/04/FAL-4.1.20-11am-updates.pdf>

Breakfast and Lunch Meals for Children

<https://health.ri.gov/diseases/ncov2019/about/foodsites/>

EBCAP Food Pantries

In Newport call: 401-848-6697, ext. 212

In East Providence call: 401-437-0006, ext. 127

<https://www.ebcap.org/programs/food-pantries/>

<https://www.ebcap.org/covid-19-important-information/>

EBCAP Ocean State Senior Dining

https://www.ebcap.org/wp-content/uploads/2020/03/MealSites_BaggedLunchesMarch2020.pdf

RI Delivers

401-462-4444

http://www.oha.ri.gov/deliveryoptions/?mc_cid=474b6d7f23&mc_eid=c52b2bf7c0

Roch's Fresh Food

Offers two convenient ways to order, by emailing or calling either site.

Roch's Distribution Center - 401-392-4230 - Orders@Rochs.com

Roch's Store Front - 401-284-2900 - NarrDelivery@Rochs.com

<https://www.rochs.com/>

Amazon Pantry and Whole Foods

<https://www.amazon.com/>

Instacart

Services the following store customers: Aldi, Price Right, Shaw’s, Stop & Shop, Target, CVS, BJ’s Wholesale, and Petco.

<https://www.instacart.com/>

Imperfect Foods

<https://www.imperfectfoods.com/>

Peapod

Services Stop & Shop customers.

<https://www.peapod.com/>

Walmart

Services Walmart customers.

<https://www.walmart.com/>

Farm Fresh Rhode Island’s Market Mobile Program

Twice/week delivery service.

<https://www.farmfreshri.org/>

WhatsGood

A RI-based app that organizes delivery and pick-up of locally grown vegetables & meats and locally made kitchen staples.

<https://sourcewhatsgood.com/>

The Dr. Martin Luther King Jr. Community Center’s Food Pantry

Delivery service available for those who are quarantined, elderly, or disabled and need food. Please call: in Newport: 401-845-5501, Middletown 401-842-6556, and Portsmouth 401-643-0379 to arrange a food delivery

<https://www.mlkccenter.org/hunger-services>

<p>Women, Infants, and Children (WIC) Program EBCAP – serving East Providence, Bristol County and Newport County WIC East Providence: 401-437-1007 WIC Bristol: 401-253-7577 WIC Newport: 401-619-5970 WIC Tiverton: call Newport for assistance 401-619-5970</p>	<p>Women, Infants, and Children (WIC) Program State of Rhode Island Department of Health 3 Capitol Hill, Providence, RI 02908// 401-222- 5960 Sheng Yang, Nutritionist Coordinator// 401-222-4605 http://www.health.ri.gov/find/services/detail.php?id=44</p>
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For Newport/Middletown Families: Infant Formula Will be Available at The MLK Community Center and The Salvation Army (Newport)

MLK Community Center, 20 Dr. Marcus F. Wheatland Blvd. Newport, 401-846-4828.

The Salvation Army, 51 Memorial Boulevard, Newport, 401-846-3234.

Project Undercover [Assistance with diapers, children’s socks and underwear, or baby wipes]

401-871-5866

<http://www.projectundercover.org/>

Family Service of RI

401-331-1350

<https://www.familyserviceri.org/programs>

RI Right to Life

(401) 521-1860

http://www.rirtl.org/site/page.php?s=04_02_00

The Sensational Child Inc.

Lafayette Mill Complex Lower Level (rear of building)

650 Ten Rod Road, North Kingstown, RI 02852

<https://sensationalchild.org/our-diaper-program/>

(401)667-2797 | (401)667-2788 (fax)

Email: sensationalchildinc@gmail.com

Infant and Young Child Feeding in Emergencies, including COVID-19

<http://www.usbreastfeeding.org/emergencies>

SNAP

<http://www.dhs.ri.gov/Programs/SNAPEligibility.php>

apply online at: <https://healthyrhode.ri.gov/HIXWebI3/CreateGenericUserAccount?accountFlow=true>

RI Works (Temporary Cash Assistance)

<http://www.dhs.ri.gov/Programs/RIWorksEligibility.php>

apply online at: <https://healthyrhode.ri.gov/HIXWebI3/CreateGenericUserAccount?accountFlow=true>

LIHEAP (Low Income Home Energy Assistance Program)

<https://www.ebcap.org/programs/heating-and-energy/>

Evictions

Public housing residents with questions can contact Rhode Island Legal Services at 274-2652 x123.

Tenants in private rental housing can call the Rhode Island Center for Justice at 401-491-1101.

<https://ripin.org/ripin/wp-content/uploads/2020/03/tenants-faq-032320.pdf>

Providence Housing Authority

401-751-6400

https://www.waitlistcheck.com/RI1104?mc_cid=a85a148a50&mc_eid=c52b2bf7c0

Email: waitlist@provhousing.org

The Rhode Island Division of Public Utilities and Carriers

401-780-9700

89 Jefferson Blvd, Warwick RI 02888

<http://www.ripuc.ri.gov/>

Family Court

www.dcyf.ri.gov/documents/communications/Order%20from%20Family%20Court.pdf

Taxes/Tax Relief Resources

The federal government has rescheduled the tax filing deadline for 2019 income taxes to July 15, 2020. Additionally, Rhode Island has also rescheduled its income tax filing date to July 15, 2020. If your income is less than \$69,000, you may be eligible to utilize software to file a federal tax return for free.

- <http://www.tax.ri.gov/>
- <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>
- <https://irs.treasury.gov/freetaxprep/>

For those individuals who anticipate owing federal taxes, the links below provide information about payments, short- or long-term payment plans, and/or offers-in-compromise.

- <https://www.irs.gov/payments>
- <https://www.consumer.ftc.gov/articles/0137-tax-relief-companies>

Financial Resources

The U.S. Small Business Administration is offering low-interest federal disaster loans for working capital to Rhode Island small businesses suffering substantial economic injury as a result of COVID-19.

- <https://commerceri.com/covid-19/>
- <http://www.providencechamber.com/blog/greater-providence-chamber-today-219/post/sba-working-capital-loans-available-to-ri-businesses-due-to-coronavirus-22953>

List of Shopping Times for Seniors at Local Stores:

<https://www.wpri.com/health/coronavirus/list-senior-shopping-times-at-local-stores/>

US Census 2020

<https://my2020census.gov/>

<https://2020census.gov/en/about-questions.html>

HEALTH & WELLNESS RESOURCES

List of Pharmacies Offering Delivery of Medications:

<https://health.ri.gov/publications/notices/Delivering-Pharmacies.pdf>

Dental Care

EBCAP will be scheduling emergency patients only on Fridays 8 a.m. to 2 p.m.

401-845-0564

East Bay Dental Center

Jean E. Hicks Center, 19 Broadway, Newport RI

Healthcare

If you are concerned that you may be sick with COVID-19, call your healthcare provider before going to the facility; follow link below.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

RIDOH has activated an information line for COVID-19. For general COVID-19 questions, please call 401-222-8022 or email RIDOH.COVID19Questions@health.ri.gov.

EBCAP Health Centers

PLEASE CALL FIRST! We remain open by appointment only.

- East Bay Dental Health, Newport, RI: (401) 845-0564
- East Bay Family Health Center, Newport RI: (401) 848-2160
- East Bay Family Health Center, Riverside, RI: (401) 437-1008
- East Bay Health Center, Barrington, RI (401) 246-1195

The Rhode Island National Guard

has three mobile testing locations set up at **RIC, Community College of Rhode Island in Warwick** and **University of Rhode Island in South Kingstown**. Will be open seven days a week, from 9 a.m. to 3 p.m., but individuals should call their primary care physician, an urgent care center, or the Department of Health to request an appointment for one. You will not receive a test without an appointment.

Medication Delivery

Most major pharmacies, like [CVS](#) and [Walgreens](#), are offering free delivery of prescriptions during the crisis. [Contact your pharmacy to see if they are offering delivery in your area.](#)

Behavioral Healthcare

BH Link: People experiencing a behavioral health crisis can call BH Link at 401-414-5465.

Kids' Link: Parents seeking information about urgent behavioral health issues their kids are experiencing should call Kids' Link—a separate service administered by Bradley Hospital/Lifespan: 1-855-543-5465. This is available 24/7.

EBCAP Behavioral Health ACCESS

ACCESS is booking telephonic intakes ONLY.
401-246-1195

EBCAP Behavioral Health Emergency Services

401-246-0700

EBCAP Outpatient Behavioral Health

No in-person appointments are available. All therapy appointments are telephonic only for routine visits. Please call the location where you are normally seen to book appointments.

EBCAP Behavioral Health Community Support Services

Hours remain unchanged.
401-246-1195

Parent Resources

- [Promoting Fathers' Mental Health During Children's Early Childhood](#)
- [COVID-19 Tips for Parents – YouTube Video](#)
- <https://www.nichq.org/insight/promoting-fathers-mental-health-during-childrens-early-childhood>

East Bay Recovery Center

401-289-2055

31 Railroad Avenue

Warren, RI 02885

<https://www.ebcap.org/programs/east-bay-recovery-center/>

First Connections

Visiting Nurse Home and Hospice – They are offering non-essential families visits via phone or televideo conferencing. “Essential” families, (families in DCYF, NAS and NICU babies, and families with behavioral health issues), CAN be seen in their home, if needed. Visiting nurses continues to be open for pediatric patients.

Early Intervention (EI)

All 9 EI agencies are taking referrals and utilizing Telehealth to provide services for families who are choosing this option.

Health Insurance: HealthSource RI

In response to the growth of Coronavirus (COVID-19) cases, HealthSource RI has opened a special health insurance enrollment period through April 15th for qualified individuals who are uninsured. Those completing an [online application](#) should indicate that they have experienced an "Other" SEP event and note COVID-19 or Coronavirus as the explanation. Coverage will begin on the first of the month following the application.

[COVID19: Getting Health Coverage and Health Care](#) [Spanish Version](#)

[Health Insurance Changes in Response to COVID-19: What Comers Need to Know Recorded Webinar RIPIN](#)

Need help with a health insurance related issue?

Call the RIPIN Call Center at (401) 270-0101. EBCAP Navigators are also available to assist with enrollment in health insurance plans or to resolve account issues and are working via conference calls only with HSRI.

Newport: 401-847-7821 x348

Riverside: 401-437-1000 option 3

Stress and Emotional Well-Being Resources

- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/stressed-about-covid19-heres-what-can-help>
- <https://kevinplummerphd.com/support-your-children-at-home-during-a-stressful-time/>
- <https://www.psychiatry.org/newsroom/news-releases/apa-offers-resources-to-cope-with-covid-19>
- <https://health.ri.gov/publications/guidelines/coping-with-stress.pdf>

Stay Active/Try Something New

Exercise and movement are great ways to relieve anxiety and stress. Taking a walk, riding your bike, or just spending a few minutes stretching each morning are just a few examples of things you can do to maintain your mental and physical health. Check out the following links for more ideas that will keep you and your family moving.

- <https://www.henryford.com/blog/2020/03/fostering-wellness-during-covid-19>
- https://www.exerciseismedicine.org/support_page.php/stories/?b=892

- <https://www.youtube.com/watch?v=1a7URy4pLfw#action=share>
- <https://www.youtube.com/watch?v=p9Dw-4ycMQQ>

Managing feelings of anxiety, isolation, and uncertainty

- <https://newsnetwork.mayoclinic.org/discussion/covid-19-tips-for-mindfulness-coping-with-anxiety/>
- <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>
- https://www.youtube.com/watch?v=BA1Zz9Tif8&list=PLWRp13WDirMNYwoE9Nd6BIJqDT_dPjJq
- <https://insighttimer.com/>
- <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- <https://www.youtube.com/watch?v=VaoV1PrYft4>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

AARP will host a **weekly** live Coronavirus Information Tele-Town Hall on **Thursdays at 1 pm (ET)**. Government officials will answer your questions about avoiding coronavirus scams and providing resources for family caregivers. Call toll-free **855-274-9507** to join the live event. You can also listen to the live stream using the link below during the event. Visit <https://www.aarp.org/health/conditions-treatments/info-2020/tele-town-hall-coronavirus.html?intcmp=ALRT-VIRUS-TOWN-HALL> to learn more.

<https://health.ri.gov/publications/factsheets/share-facts-about-covid-19.pdf>

Disposal of Disinfectant Wipes Guideline

Rhode Island Department of Environmental Management reminds Rhode Islanders to dispose of all disinfectant wipes in the trash, including those labeled “flushable”. There have been reports of damaged pump stations and overwhelmed screening facilities in wastewater collection and treatment systems as a result of flushing disinfectant wipes. [Press release.](#)

Infant feeding in the time of #COVID19: The CDC has breastfeeding guidelines for mothers with confirmed #COVID19: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html>

Parents Frequently asked questions – keeping children safe

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/children-faq.html>

COVID-19 Tips for parents. Keeping Children Healthy

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

World Health Organization

https://www.who.int/docs/default-source/coronaviruse/who-rights-roles-respon-hw-covid-19.pdf?sfvrsn=bcabd401_0

Self-Care during Coronavirus

<https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>

Emergency services:

<https://www.smart911.com/>

EDUCATION RESOURCES

Educational Resources for Learning at Home

Free Resources to Support Learning at Home Noggin Cares Resources (Nickelodeon) to help families learn and stay healthy while they are spending more time at home in the coming months, we are proud to partner with Nickelodeon to make the following resources available free of charge to anyone in the Head Start community:

<https://www.nhsa.org/educational-resources-learning-home>

Home Play Resources

As of April 3rd, state beaches and parks in Rhode Island will be closed. Campground openings will be postponed until at least May 1st. More information about this announcement is [available online](#).

[April Reading Challenge for Kids](#)

Governor Raimondo and Commissioner Infante-Green have challenged all students in Rhode Island to read for at least 20-60 minutes every single day in the month of April.

Guidelines for the amount of uninterrupted reading students should strive to reach each day:

- Pre-K and Kindergarteners read or are read to at least 20 minutes;
- Grades 1-3 read at least 30 minutes;
- Grades 4-5 read at least 45 minutes; &
- Grades 6-12 at least 60 minutes

Visit the [RIDE Reading Log](#) to submit the minutes and books read each day!

The Rhode Island Office of Library and Information Services is offering several online literacy platforms:

[Online Library Resources](#): includes e-books ordered by grade level (early elementary, elementary, middle and high school);

[Tumble Book Library](#): a collection of animated talking picture books, read-alongs, ebooks, quizzes, lesson plans, and educational games for beginning readers; &

[Ocean State Libraries Ezone](#): extensive ebook collection available to all Rhode Islanders.

Below are a number of online resources:

- [ActivelyLearn](#): Online books and interactive questions for students in 2nd to 12th grade;
 - [Audible.com](#): Free children's audio books and stories in six different languages that can stream on desktops, laptops, phones or tablets.
- [Gutenberg](#): Free ebook project with a large section for secondary school students
- [Read Works](#): online books, articles and reading passages for students K-12th grade.
- [RICAT](#): school library catalogues with access to ebooks
- [Scholastic Learn at Home](#): online books and projects for students in Pre-K to 9th grade

We encourage families and educators to get creative and help us band together as a community to promote reading as a daily habit for our students. We are hoping you will help make sure this is a fun activity for students.

Show us how the challenge is going by using the using the hashtags #RIReadsAtHome and #ReadTogether on Twitter (@RIDeptEd), Facebook and Instagram (@RIDeptEd)!

[Great Kids, Inc.: Fun Games at Home](#)

[Google Arts & Culture](#)

Science centers, aquariums, zoos, and museums across the country are offering virtual visits to their exhibits.

[Sesame Street: Caring for Each Other Initiative](#)

For families with access to internet this Sesame Street project is a direct response to support families, caregivers, and young children during this time. There are free eBooks, coloring pages, short videos (including hand washing), ways to create routines and more!

[Free Resources for Kids, Families, and Adults](#)

This ever-changing list of resources is a combination of free links, resources and ideas for kids and adults alike. There are virtual tours, live cams, interactive sites and more to enjoy together. And, for the adults, a list of ideas to practice self-care during a time when this may seem impossible.

[Magic of Everyday Moments, Zero to Three](#)

A series focusing on how, through interactions with your baby during everyday moments, you can support your baby's social, emotional and intellectual development.

[25 Amazing Virtual Field Trips for Kids—Spring 2020](#)

[Play to Learn Preschool](#)

[Totschooling](#)

[Teaching Mama](#)

Internet Access: Cox Coronavirus (COVID-19) Response

Cox is helping get families in need connected to the internet through our Connect2Compete program. Qualifications: families with K-12 children who are eligible for the National School Lunch Program, SNAP, and/or TANF; who receive Tenant-Based Vouchers, Project-Based Vouchers or Section 8 Project-Based Rental Assistance (PBRA); and/or who live in Public Housing.

- Limited-time, first two months free of Connect2Compete service, \$9.95/month thereafter.
- Resources for discounted, refurbished equipment through our association with PCs for People.
- Offer expires 5/15/2020. Cox Complete Care in-home support excluded. Program eligibility and other restrictions apply. Learn more at www.cox.com/c2c.

Free Wi-Fi Hotspots

To help all students have internet access for distance learning, Raimondo said wireless carriers, Verizon, Sprint, AT&T, and T-Mobile, are offering free Wi-Fi hotspots to clients with smart phones with a hot spot feature and cellular service plans with one of the participating providers until 5/18/2020 (no fees).

Talking to Children About the COVID-19 Pandemic

- [Healthy at Home: A Toolkit for Supporting Families Impacted by COVID-19](#)
- With the growing impact of the COVID-19 virus, ReadyRosie is developing this free toolkit as a resource to support families with information and resources for supporting the children in their care.
- [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [Caring for Children in a Disaster: Helping Children Cope \(CDC\)](#)
- [Coping After a Disaster \(workbook\) \(CDC\)](#)

- [Helping Young Kids Through the Coronavirus \(COVID-19\) Crisis by Zero to Thrive \(Zero to Thrive, University of Michigan, Medicine\)](#)
- [Tips for Parents: Coronavirus, Zero to Three](#)
- [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Henry the Hand Coloring & Activities

http://www.henrythehand.com/pages_blocks/images/links/HTHActBookWeb.pdf