



Employee & Family Well-being **Resources for Children & Families**



This resource guide includes community resources for children and families in Western Massachusetts. In this guide you will find resources for:

- 1. Food*
- 2. Mental health & recovery*
- 3. Education and other community programs*

We acknowledge that this is not an exhaustive list of resources. Please contact facilities directly for eligibility requirements and in case of schedule changes/closings.

SOURCES: Collaborative for Educational Services, Northampton, MA; Community Action Family Center, Greenfield, MA; North Adams Public Schools; North Adams, MA; RECOVER Project, Greenfield, MA; Springfield Public Schools, Springfield, MA; Square One, Springfield, MA; UMass Amherst, Amherst, MA

TABLE OF CONTENTS:

[Hamden County.....Page 3](#)

[Hampshire County.....Page 5](#)

[Franklin County.....Page 6](#)

[Berkshire County..... Page 10](#)

[Online/Phone Mental Health & Recovery Resources.....Page 13](#)

[Free Educational Resources.....Page 15](#)

COUNTY: HAMDEN

- **Food Resources** *(Please contact food pantries for eligibility requirements and for availability of baby formula)*

Greater Springfield

Springfield Public Schools offering breakfast and lunch 11 AM- 1 PM: Bowles, Chestnut Middle School, Commerce, Dorman, Glickman, Indian Orchard, Kensington, Liberty, Lincoln, Rebecca Johnson, South End, Talmage, Warner and Washington

Open Pantry Community Services will provide take-out meals at **Loaves & Fishes Kitchen** Noon- 5 PM. Groceries will be provided at the **Emergency Food Pantry** at 2460 Main Street in Springfield will be open 9 AM- 3PM on Monday, Tuesday, Wednesday and Friday. Families can call (413) 737-5354

The Gray House Food Pantry at 22 Sheldon Street, Springfield will be open Thursdays, 9 AM-12 PM; 2nd & 4th Friday of the month from 4 PM- 6 PM (ID, proof of income and address needed- intake form to complete). Please contact (413) 734-6696

The Martin Luther King Jr. Family Services Emergency Food Pantry at 3 Rutland Street in Springfield will be open on Thursdays from 6 – 11 AM. Please contact (413) 746- 3655

The Salvation Army Emergency Food Pantry at 170 Pearl Street in Springfield will be open Tuesday, Wednesday and Thursday from 9 AM- Noon. Please call (413) 733-1518

The Community Survival Center Food Pantry at 240 Main Street, Indian Orchard will be open Monday, Tuesday and Friday from 9 AM – 3 PM and Thursday 9 AM- 4:30 PM. *They serve Ludlow, Wilbraham, Hampden, Sixteen Acres, Indian Orchard and Pine Point.* Please contact (413) 543-3930

Breakfast & Lunch Pick-up Sites for Springfield Youth: Any person 18 or under is eligible for these meals and no identification, registration or address is required. If you or your child are feeling ill, please refrain from attending meal pick-up. Meals are also available to persons over 18 who participate in school programs for people who are mentally or physically disabled. Parents or guardians cannot pick up meals for people who are not physically present at time of pickup. Service will be grab-n-go style at the in the front lobby of the locations listed here from 11 a.m. to 1 p.m. Monday-Friday until school resumes: **Bowles, Chestnut Middle School, Commerce, Dorman, Glickman, Indian Orchard, Kensington, Liberty, Lincoln, Rebecca Johnson, South End, Talmage, Warner and Washington.**

Weekend Meal Pick-Up Sites: Saturday and Sunday meals will be provided on Fridays between 11am and 1pm at all of the meal sites in Springfield. The meal sites are at the following schools: Bowles, Chestnut Middle, Commerce, Dorman, Glickman, Indian Orchard, Kensington, Liberty, Lincoln, Rebecca Johnson, South End, Talmage, Warner and Washington. Families are asked to bring a reusable bag on Fridays if possible to carry home the food for the weekend.

Chicopee

Chicopee Public Schools offering breakfast and lunch 8 AM- 1 PM: Barry, Belcher, Bellamy, PE Bowe, Bowie, Chicopee High, Chicopee Comp, Dupont, Fairview, Lamber-Lavoie, Litwin, Stefanik and Streiber **Lorraine’s Soup Kitchen and Pantry** at 170 Pendexter Avenue in Chicopee will be serving take-home food supplies Monday – Friday 10 AM- 2 PM for Chicopee residents. Families can call (413) 592- 9528.

Holyoke

Holyoke Public Schools offering breakfast and lunch 8:30 AM- 12:30 PM: Donahue, Holyoke High North, Kelly, Lawrence and Sullivan

Kate's Kitchen at 51 Hamilton Street, Holyoke will be open 7 days a week 12-2 and **Margaret's Pantry** at 56 Cabot Street, Holyoke will be open Monday – Friday from 11 AM- 12 PM and 3 PM- 5 PM. No referral needed. Please call (413) 536-9109 (This pantry does not serve residents of Springfield)

The Salvation Army Emergency Food Pantry at 271 Appleton Street in Holyoke will be open Tuesday and Thursdays at 11 for baked goods and vegetables. In addition, the pantry will serve 20 people a day on Tuesday, Wednesday and Thursdays beginning March 24th.

Longmeadow

Springfield Prep Charter School, located at 594 Converse Street in Longmeadow: Any child under the age of 18, is able to participate, free-of-charge, during the closure period. This "grab and go" meal service will be provided at the school's front entrance every weekday between 11:30am and 12:30pm. No identification is required to participate.

Palmer/Eastern Region

Palmer School's Breakfast and Lunch in one bag:

- Endelson Play Grounds, 9:30 -10 Monday-Friday
- Converse Middle School 9:30- 10 am Monday-Friday
- Hryniewicz Play Grounds Three Rivers 10:15 10:45 Monday-Friday
- Thorndike Play Ground, Thorndike 10:15 10:45 Monday-Friday

Monson Public Schools

GRAB AND GO breakfast and lunch program

WHEN: March 17, 18, 20, 23, 25 and 27

WHERE: The preschool pickup/drop-off loop at Quarry Hill Community School

TIME: 11:00 a.m. to 1:00 p.m.

COST: Free to all children 18 years and younger

Pull up in the circle and we will deliver TWO breakfasts and TWO lunches for each child. No need to get out – we will come to you! Questions? Contact our Department of Food Services at 413-267-4158

Quaboag Regional High School

Bagged breakfast meals are available Monday- Friday for pick up from 8-9AM in the morning and bagged lunch meals are available for pick up Monday- Friday from 11-12:30. Quaboag students can access any of our schools at these times. Students will not be allowed access to our cafeteria as this is for pick up only. Pick up locations are:

- Warren Community Elementary School student drop off area in the back of the school
- West Brookfield Elementary School back of the school in the parking lot near the cafeteria entrance
- Quaboag Regional High School main entrance
 - Non-students can purchase breakfast for \$2 and lunch for \$4. If you have questions or concerns please contact Quaboag's Food Service Director Melissa Mansfield at mmansfield@quaboagrsd.org or 413-436-9256.

Trinity Church food pantry known as Jubilee Cupboard in Ware

Hardwick Food Pantry: <https://www.look4help.org/search/?id=39959513>

Belchertown has 3 church-based food pantries at St. Francis Catholic Church; Dwight Chapel and the Congregational Church

Palmer, Monson, Brookfield, and West Brookfield food pantries: <https://www.foodpantries.org/ci/malmer>

Westfield

Westfield Boys & Girls Club is expanding its distribution network to five locations.

- Kids are now able to get a double meal, a lunch and a breakfast, at the Franklin Avenue Elementary School and at the Abner Gibbs Elementary School on West Silver Street between 11:30am and 12:30pm weekdays.
- Meals will also be distributed beginning Monday at Powdermill Village on Union Street and at the Colonial Pine Acres housing complex on Southampton Road.
- The Boys & Girls Club will be handing out a “grab and go” cold meal at the club’s West Silver Street location from 4:30pm-6:30pm and from 5:00pm-6:00pm at the Franklin Avenue Elementary School, Powdermill Village, Colonial Pine Acres and the Edgewood Apartments complex on Union Street.

➤ **Diaper Resources**

Springfield WIC providers (North and South) will offer emergency diapers to WIC participants with a scheduled appointment.

The Gray House Food Pantry at 22 Sheldon Street, Springfield will be open Thursdays, 9 AM-12 PM; 2nd & 4th Friday of the month from 4 PM- 6 PM (ID, proof of income and address needed- intake form to complete). Please contact (413) 734-6696

The Family Resource Center at 18 Gaucher Street, Springfield will provide emergency diapers. They are open Monday- Friday 9 AM- 5 PM. Please contact (413) 733-7699

The Square One Family Center at 1095 Main Street, Springfield will continue to offer emergency diapers to families. They are open Monday – Friday 9 AM- 5 PM. Families must call ahead: (413) 732-5183

Open Pantry Community Services Emergency Food Pantry at 2460 Main Street in Springfield will provide emergency diapers. They are open 9 AM- 3 PM on Monday, Tuesday, Wednesday and Friday. Families can call (413) 737-5354

➤ **Community Programs**

- **413cares.org** - 413Cares is an innovative community portal that provides online access for residents of Western Massachusetts to available resources from housing, to healthcare, early education and more. The intent is to build a community where all will thrive.

COUNTY: HAMPSHIRE

➤ **Food Resources** *(Please contact food pantries for eligibility requirements and for availability of baby formula)*

- The Food Bank | <https://www.foodbankwma.org/>
- Easthampton Community Center | <https://easthamptoncommunitycenter.org/>
- Northampton Survival Center | <https://www.northampton-survival.org/>
 - Providing outdoor distribution, including additional food for families whose children are not receiving breakfast and lunch in school.

- Amherst Survival Center | <https://amherstsurvival.org/>
- First Baptist Church in Amherst has a food pantry on Wednesday afternoons.
- Amherst Regional Public Schools are having lunches delivered in 13 locations for kid ages 5-18, Amherst Regional Public Schools has schedule on its website <https://www.amherstfood.com/>
- **Northampton Public Schools:** Free bagged breakfast and bagged lunch to children 18 and younger at 4 sites throughout Northampton, Florence and Leeds. Meals will be available at the following sites, Monday through Friday from **11-12pm** and distributed from yellow school buses:
 - Hampshire Heights
 - Florence Heights
 - Meadowbrook Apartments
 - 236 Pleasant Street
- Food Bank Food Pantry Locator by zip code: <https://www.foodbankwma.org/get-help/locate-a-local-feeding-program/>

➤ **Community Programs**

- **413cares.org** - 413Cares is an innovative community portal that provides online access for residents of Western Massachusetts to available resources from housing, to healthcare, early education and more. The intent is to build a community where all will thrive.
- **Community Action Family Center** is closed for walk-in appointments, playgroups, and group programming, but staff are available for individual and family support and are working to connect participants to resources by phone. Diaper distribution will be arranged by phone. 413-475-1555.
- **WIC:** If you are concerned about your WIC appointment for any reason, please call us for assistance. We will do our best to help all families navigate services. 413-367-1160. If you know a family that is struggling, please visit our web-based online resource directory, [Look4Help](#) or call us at 413-774-2318.

COUNTY: FRANKLIN

➤ **Food Resources** *(Please contact food pantries for eligibility requirements and for availability of baby formula)*

FOOD PANTRIES

Monthly Mobile Food Banks are cancelled until further notice

- **SHELburnE FALLS**

- West County Emergency Food Pantry, 51 Maple St., Shelburne Falls: 2nd 3rd and 4th Wednesday 11am-5pm
 - Will provide pre-made bags for sidewalk pick up.
 - No weekly produce-only pick-ups.
 - If someone is sick and is exhibiting symptoms such as cough and fever we ask that they stay home or remain in their vehicle. Those who are ill or in

quarantine should please call us at (413) 773-5029. We will do our best to get food to those in need in these challenging times.

- Call to check about any changes/updates.
- **GREENFIELD**
 - Center for Self-Reliance Food Pantries, 3 Osgood St. Greenfield: Monday, Tuesday and Thursday 10am-5pm
 - Will provide pre-made bags for sidewalk pick up.
 - No weekly produce-only pick-ups.
 - If someone is sick and is exhibiting symptoms such as cough and fever we ask that they stay home or remain in their vehicle. Those who are ill or in quarantine should please call us at (413) 773-5029. We will do our best to get food to those in need in these challenging times.
 - Call to check about any changes/updates.
 - Salvation Army, 72 Chapman Street: Bag lunches 11:30am -12:30pm, Monday to Friday
 - Food pantry: 9am to 1pm, Monday to Friday.
 - Call first for intake to use Food pantry: (413) 773-3154
- **LEVERETT**
 - North Leverett Baptist Church Food Pantry, 70 North Leverett Rd
 - Open on 1st & 3rd Monday of every month from 7pm-8pm
 - Questions: 413-367-2619 or office@nlbcma.org
- **ORANGE**
 - Orange Food Pantry, 118 East Main Street, Orange
 - Open on Thursdays 10am-3pm for drive through food pick-up
- **NORTHFIELD**
 - Northfield Food Pantry, in the basement of the Dickinson Library
 - Open on the 2nd and 4th Saturday of the month - 11:30-2:00pm for Northfield Residents
 - Emergency Food Program
 - Northfield Residents can call 498-2038 to request a food voucher from Foster's.

MEALS FOR CHILDREN 18 AND UNDER

- For list of info about meals for children during school closures → [click here](#)
- **GREENFIELD PUBLIC SCHOOLS** is distributing meals in Greenfield, at Newton Elementary School, Greenfield Middle School, Greenfield High School, Oak Courts, Leyden Woods, YMCA and The Days Inn from 11am-1pm Monday-Friday:
 - [School Closure Meal Plan for GPS \(March 16\)](#)
 - [FAQ from Greenfield Public School Food Services](#)
- **GILL-MONTAGUE REGIONAL SCHOOL DISTRICT** is distributing meals at 12 locations in Montague, Turners Falls, Erving, and Gill, Monday-Friday on this schedule:
 - Turners Falls High School/GFMS – Front entrance 11:20-11:50 am
 - Yellow Kuzmeskus school buses will be distributing along these routes:
 - Route 1
 - Hillcrest Elementary (student drop off parking lot) 11:20am – 11:50am

- Unity Park parking lot 11:55am – 12:30pm
 - Lake Pleasant Rutter’s Park 12:45pm – 1pm
 - Route 2
 - Montague Center Town Common 11:30am – 11:45am
 - Millers Falls (Franklin Street – near Carroll) 12pm – 12:20pm
 - Sheffield Elementary (main parking lot) 12:30pm – 1:00pm
 - Route 3
 - Montague Catholic Social Ministries, Turners Falls 11:20am -11:35am
 - Ervingside Park near Fire Station 11:45am -12:00pm
 - Erving Center (Church Street Park near Fire Station) 12:15pm – 12:30pm
 - Four Winds School Riverside, Gill 12:45pm – 1:05pm
 - The Brick House, Turners Falls 1:10pm – 1:30pm
- More info: www.gmrtd.org
- **PIONEER VALLEY SCHOOL DISTRICT** is providing Grab & Go Breakfast and Lunch at PVRS, BES, NES and WCS Monday-Friday 11:15am-12:00am. Curbside pickup.
- **FRONTIER REGIONAL UNION #38 SCHOOL DISTRICT** offering Grab & Go Breakfast and Lunch Bags for pick up at our District Schools. Food will be available for all children 18 years of age and younger. Please notify your town’s school in advance if you are interested so the correct amount of meals can be prepared by our staff.
 - Pickup Times: 11:00am to 1:00pm
 - Locations:
 - Conway Grammar School, 24 Fournier Road, Conway
 - Deerfield Elementary School, 21 Pleasant Street South Deerfield
 - Frontier Regional School, 113 North Main Street, South Deerfield
 - Sunderland Elementary School, 1 Swampfield Drive, Sunderland
 - Whately Elementary School, 273 Long Plain Road, Whately
- **FRANKLIN COUNTY TECHNICAL SCHOOL**, which serves 19 towns, plans to deliver meals by bus to designated stops throughout Franklin County Monday-Friday starting March 16.
 - They note that “all scheduled times are approximate, so please plan to be there 15 minutes early and/or stay 15 later in the event the bus is running late.”
 - Bus 1: Kuzmeskus Bus
 - Pick up meals at Franklin County Tech: (10:35 AM)
 - Drop off at:
 - Unity Park Skate Park: (10:45 AM)
 - Turners Falls Sheffield Elementary School (10:55 AM)
 - Food City Parking Lot (11:05 AM)
 - Farren Care Center (11:15 AM)
 - Yankee Candle Parking Lot (11:30 AM)
 - Whately Diner Parking Lot (11:40 AM)
 - Whately Elementary School (11:55 AM)
 - Sunderland Corner Store (Rt. 47 & 116) (12:10 PM)
 - Montague Center Library (12:25 PM)
 - Bus 2: Kuzmeskus Bus Co.
 - Pick up at Franklin County Tech: (10:35 AM)
 - Drop off at:

- Millers Falls Library: (10:45 AM)
 - Northfield Post Office: (11:05 AM)
 - Dollar General Bernardston: (11:20 AM)
 - Four Leaf Clover Bernardston: (11:30 AM)
 - McDonalds Greenfield: (11:45 AM)
 - YMCA Greenfield: (11:55 AM)
 - Fosters Supermarket: (12:05 PM)
 - Leyden Woods: (12:15 PM)
- Bus 3: Kuzmeskus Bus Co.
 - Pick up at Franklin County Tech: (10:35 AM)
 - Drop off at:
 - Erving Town Hall: (10:50 AM)
 - Executive Inn Orange (off of Rt. 2): (11:05 AM)
 - Post Office Orange: (11:20 AM)
 - Wendell Town Library (11:35 AM)
- Bus 4: Kuzmeskus Bus Co.
 - Pick up at Franklin County Tech: (10:35 AM)
 - Drop off at:
 - Buckland Shelburne Elementary School: (11:05 AM)
 - Colrain Fire Dept. (11:25 AM)
 - Heath Public Library: (11:35 AM)
 - Hawlemont Elementary School Charlemont/Hawley: (11:50 AM)
- More info: www.fcts.us
- **ORANGE/PETERSHAM/WENDELL/NEW SALEM**
 - Bagged lunches will be available to the students of Orange, Petersham, Wendell and New Salem for pickup at Fisher Hill School and RC Mahar throughout the week from 11:00am-12:00pm
 - Thanks to some incredible volunteers, we will be offering delivery to those who cannot make it to the schools.
 - Simply complete this form by 10:00am each day to have your lunches delivered to you: <https://qr.go.page.link/wT3wJ>
 - If you do not have internet access, you can call (978) 575-4202 at 10:30am each day to request a delivery.
 - *Please only make requests if you DO NOT have transportation to one of our sites, as we want to ensure our resources are used efficiently.*

➤ Community Programs

- **413cares.org** - 413Cares is an innovative community portal that provides online access for residents of Western Massachusetts to available resources from housing, to healthcare, early education and more. The intent is to build a community where all will thrive.
- **Greenfield Community Action Family Center Update during COVID-19 Concerns:**
 - We will continue to be open during our regularly scheduled hours which includes 2nd and 4th Saturdays. Staff are available for individual meetings and connecting people to needed

resources in person or by phone. Please call us at 413.475.1555. We do ask you to stay home if you or your children are experiencing symptoms.

- At this time, we are **cancelling all drop-in group programs**, including: **all playgroups**; We Need a Break; New Baby, New Feelings; JIF, Grandparents Raising Grandchildren; Thursday Family Lunch and Saturday Family Breakfast.
- Until further notice, our **playrooms** will not be open for drop-in socialization and play.
- At this time, we are suspending our programs with pre-registered participants including STAND UP!, Parenting Journey and Nurturing Fathers.
- For the time being, we will not be offering any special Family Events or Workshops.
- The Family Center will not be accepting community donations (clothing/household materials, etc.) for our donation area until further notice.
- At this time The Family Center’s donation area is closed.
- Employees and participants will be directed to leave the Family Center if they exhibit symptoms such as fever, coughing or sneezing.
- If you are sick and need support **call the Family Center 413-475-1555** and we will work with you, as we encourage alternative means of service and support such as phone calls/check-ins, and video conferencing.
- The decision to **temporarily** cancel our group programs, though disappointing, was made because we believe it is the best way we can support the health and safety of our community.
- **We will review and revise our decisions about program cancellations regularly and in consideration of changes in guidance from CDC, our agency, our funders, and national, state and local government.**

COUNTY: BERKSHIRE

- **Food Resources** (*Please contact food pantries for eligibility requirements and for availability of baby formula*)

Food/Meal pick up sites for students:

- **Berkshire Hills Regional Hills** will be preparing and sharing to-go meals (lunches and next day breakfasts) starting Tuesday March 17 from 11:30am-12:30pm.
 - Meals will be pick up/drive thru. Stay in you cars.
 - Meals will be available at the following sites:
 - Monument Valley Regional Middle School (in main loop)
 - GB Fire Station (in back parking area)
 - Housie Dome (front entrance)
 - Stockbridge Town Hall (back entrance)
 - West Stockbridge Town Hall (front entrance)
 - Please email meals@bhrs.org to let us know how many meals you want.
- **Adams** - meals will be available at the Hoosac Valley Elementary School site.
 - All children 18 and under can pick up a grab and go breakfast and lunch package for free between the hours of 9:00-11:00am, Monday through Friday, in the Hoosac Valley Elementary School cafeteria.
 - Please go to the back door of the cafeteria near the playground to pick it up.

- **Lee Middle & High School:** During the 2 weeks of no school, Lee Public Schools students can pick up a free grab-and-go breakfast/lunch on Mondays through Fridays.
 - So we can plan ahead, we ask that you call or email the food service department at 413-243-0336 x3333 or lunches@leepublicschools.net and leave a message with the student(s) name(s) the day before you plan on picking up meals.
 - The grab-and-go meals can be picked up between 9:30 and 10:30 at the LES Cafeteria entrance (on the right side of the building).
- **51 Park Restaurant:** Due to recent Berkshire County school closures and lack of access to school lunches, we will be offering free cheese pizza to children 14 and under next week from Monday through Friday between 11:00am-2:00pm
 - This will be offered for those dining in house with no additional purchase required. (One per child, per day).
- **Mount Greylock Regional School District** will be offering access to grab-and-go lunches Monday through Friday for the next three weeks.
 - Meals will be available for pick-up at the Lanesborough Elementary School and Williamstown Elementary School main entrances between 9:30 and 10:30 each day.
 - In an attempt to assist the district in planning, you are asked to call or email the food service department the day before using the following:
 - Phone: (413) 458-9582 x1195
 - Email: lunches@mgrhs.org
 - Leave a message that includes the number of lunches you need and which school will be your pick-up location: Lanesborough Elementary School or Williamstown Elementary School
 - Please identify the student name(s) for whom you are picking up meals.
 - In order to assist us in advance planning, please indicate whether you will be accessing this meal service over the remaining days.
- **North Adams Public Schools** is participating in Grab and Go style meals will be provided to all children without charge.
 - Meals will be provided, at a first come, first serve basis, at the sites and times as follows. Children must be present to receive one breakfast and one lunch per day:
 - Brayton Elementary School 3/16/20-4/3/20 Breakfast and Lunch 11-12
 - Colegrove Park Elementary School 3/16/20-4/3/20 Breakfast and Lunch 11-12
 - Mohawk Forest Apartments 3/17/20-4/3/20 Breakfast and Lunch 11- 12
 - Greylock Valley Apartments 3/17/20-4/3/20 Breakfast and Lunch 11-12
- **Pittsfield Public Schools** will be providing once-a-day grab-and-go breakfast and lunch packages to Pittsfield children.
 - These nutritious grab-and-go food packages will be available between 11:30am and 12:30pm at the following sites in the City of Pittsfield:
 - Morningside Community School (100 Burbank Street, Pittsfield)
 - Conte Community School (200 West Union Street, Pittsfield)
 - Dower Square Housing Village (253 Wahconah Street, Pittsfield)
 - The Berkshire Family YMCA (292 North Street, Pittsfield)
 - Gladys Brigham Center (165 East Street, Pittsfield, MA)
 - Boys & Girls Club of the Berkshires (16 Melville Street)
 - The Brattlebrook Apartments (April Lane, Pittsfield)

- **Christian Center:** We are open 12-1pm every day, Monday through Friday, to hand out bag lunches and food pantry bags

Food Pantries:

- **The Berkshire Food Project** will be open on Monday, Wednesday and Friday this week (3/16-3/20) for meal pick up only. Meals can be picked up at the breezeway doors between 11:30am and 1:00pm. Two meals will be provided each day, to cover the days we are closed. All volunteer shifts are cancelled this week.
- **Friendship Food Pantry** will be open on 3/18 from 10-2 & 3:30-5:30. (1) Pre-packaged box of food per household can be picked up at the front door, 45 Eagle Street. Watch for updates at www.friendshipfoodpantry.org
- **Community Bible Church of Williamstown** will be open Wednesday, March 18th, 12:00-2:00. If there are emergency food needs call the church office at 458-5556 or Phyllis Babcock at 413-663-6094.
- **The FoodBank of Western MA Mobile Food Pantries** are STILL RUNNING. Same days, time and locations in North Berkshire at this point.
- **First Baptist Church, North Adams** Free Saturday Lunches will resume as take out only on Saturday, March 28th, 11:00am-12:30pm.
- **Meals on Wheels is still running.**
- **Salvation Army Food Pantry**, Tuesdays, 12:30-3pm. Please meet at front door to receive food.
- **Harper Center** will continue to provide life support transportation options with the van-medical trips and food shopping fall into this category.

➤ **Community Based Resources**

- **The Northern Berkshire Community Coalition** is open by appointment. Please call (413) 663-7588 to set up an appointment. For a listing of services please visit www.nbccoalition.org.
- **18 Degrees** is also open at this time. They can be reached at (413) 448-8281 or 18degreesma.org. Their offices are located at 350 West Street, Pittsfield.
- **Multicultural BRIDGE**, Main Street in Lee, is reaching out to connect people with resources. If you need support with food for your family or other essential supplies, please contact us by email adminsupport@multiculturalbridge.org. We are compiling a list of access points and will post them on our page and we also have private donors & volunteers willing to help.
- **The North Adams Public Library** posted information on how residents can access library services while the library is closed to the public: <http://www.napllibrary.com/wp-content/uploads/sites/3/2020/03/NAPL-closing-services.pdf>

➤ **General Information**

BERKSHIRE HEALTH SYSTEMS HAS ESTABLISHED A TOLL-FREE HOTLINE FOR QUESTIONS REGARDING THE NOVEL CORONAVIRUS (COVID-19). IT IS OPEN FROM 7 AM TO 7 PM SEVEN DAYS A WEEK - CALL 855-BMC-LINK, OR 855-262-5465

[Berkshire County Regional Housing Authority Operations Policy](#)

Although the Berkshire County Regional Housing Authority's (BCRHA) physical office space will be closed to the public, BCRHA staff will continue to work with households in need of assistance through telephone and video conferences, when possible. You may leave a message at the following number (413) 443-7138. This number will be checked periodically throughout each weekday. You can also go to BCRHA's website www.bcrha.com to access our staff directory as well. P

Mass211 has set up a line to support residents throughout the ongoing response to COVID-19. Massachusetts residents can call 2-1-1 at any time for real-time COVID-19 information, resources and referrals in multiple languages.

MORE via Massachusetts Department of Public Health: <http://bit.ly/COVID211>

The Department of Public Utilities issued a moratorium to suspend all shut-offs of gas and electric utilities for residential customers during the COVID-19 State of Emergency. This action was taken to ensure that residential customers will continue to have electric and gas utility service during this state of emergency.

MassHealth has expanded eligibility and coverage in response to COVID19. See <https://www.mass.gov/topics/mashealth> for more information.

ONLINE/PHONE MENTAL HEALTH & RECOVERY RESOURCES

If you or a loved one is in immediate danger calling 911 and talking with police may be necessary. It is important to notify the operator that it is a psychiatric emergency and ask for police officers trained in crisis intervention or trained to assist people experiencing a psychiatric emergency.

Mental Health Hotlines

- **SAMHSA National Helpline** 800-662-4357 (Substance Abuse and Mental Health Services Administration)
- **Local Crisis Hotlines** -
 - Northampton CSO 413-586-5555
 - Greenfield CSO 413-774-5411
 - Holyoke BHN 413-532-8016
 - Springfield BHN 413-733-6661
- **The National Alliance on Mental Illness** offers a 24/7 Crisis Textline. Text NAMI to 741741. For mental health resources that are no urgent, contact the NAMI Helpline at 800-950-6264
- **National Suicide Prevention Lifeline:** If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7.
- **National Domestic Violence Hotline:** Please call 800-799-SAFE (7233) to speak with a trained expert advocate. They are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.
- **National Sexual Assault Hotline:** Please call all 800-656-HOPE (4673) to connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline. Free help, 24/7.

- **Postpartum Support International:** For those pregnant or postpartum seeking support and not in crisis or an emergency, call 1-800-944-4773 or text (English) 503-864-9453 or (Spanish) 971-420-0294
- **Virtual Support Groups:** <http://www.westernmassrlc.org/hidden-community-happenings-fix/888-on-line-and-phone-supports-march-2020>

Online/Phone Recovery Resources

WEconnect and Unity Recovery - 4 times daily 7 days a week (9am, 12pm, 3pm, 9pm EST)

- Join directly from computer or smart phone - [unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/j/408562921)

Embark Recovery - Daily 12pm & 6 pm

- www.embarkreco.com/events

Herren Project - Sunday's 7:30 EST

- Join directly from computer or smart phone - theherrenproject.zoom.us/j/408562921
- Call 1-646-558-8656 Meeting ID 408 562 921
- Herren Project also offers the following online support groups - www.herrenproject.org
 - Spousal Support Group
 - Tuesdays 7:30 pm EST
 - Family Support Group
 - Mondays 8:00 pm EST and Wednesdays 5:00 pm EST
 - Grief Support Group
 - Tuesdays 8:00 pm EST
 - Parental Support Group
 - Mondays 12:00 pm EST and Tuesdays 8:00 pm EST

In The Rooms Global Recovery Community - 130 online meetings weekly - Multiple Pathways

- www.intherooms.com

Alcohol Anonymous - Follow instructions once on their website for the meeting you want to attend.

- Online meetings: <http://aa-intergroup.org/directory.php>
- Telephone meetings: https://aa-intergroup.org/directory_telephone.php

Pause A While group - Daily 2:00 pm

- Call 1-425-436-6360 Access Code 422932#

Narcotics Anonymous - Follow instructions once on their website for the meeting you want to attend

- Phone meetings: www.nabyphone.com
- Online meetings: <https://virtual-na.org/>

Recovery Speakers: Listen to recovery speakers from many different 12 step groups -

- www.recoveryspeakers.com

Recovery Apps (download to your smartphone via app store/google play/website)

- Sober Grid - App Store
- Celebrate Recovery - App Store
- Smart Recovery - www.smartrecovery.org

Facebook Recovery Groups (logon to Facebook, search group, ask to join)

- Send it! (Recovery Network)
- CLEAN AND SOBER - Addiction Recovery Support Group
- recovery soldiers
- Women in AA

FREE EDUCATIONAL RESOURCES

Springfield Public Schools learning from home resources during school closure → [click here](#)

Scholastic's Learn at Home is a free resource that provides children with exciting articles, stories, videos and learning challenges. www.scholastic.com/learnathome

National Geographic for Kids provides an opportunity for children to learn about geography and fascinating animals. www.kids.nationalgeographic.com

Seussville allows children to read, play games and visit with Dr. Seuss and his friends.

www.Seussville.com

ABCya! provides educational games for grades PreK through 6. www.abcya.com

PBS Kids provides educational games and videos for children. www.pbskids.org

Starfall provides children the opportunity to have fun while they learn and specializes in reading, phonics and math. www.starfall.com

Highlights Kids welcomes children of all ages to play games and discover new jokes, surveys, answers to science questions, crafts and recipes. www.highlightkids.com

Families can access many virtual tours:

Virtual Museum Tours: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Virtual Zoo Trips:

- **San Diego Zoo:** <https://kids.sandiegozoo.org/videos>
- **Zoo Atlanta Panda Cam:** https://youtu.be/_6wbfVWVv8Q
- **Smithsonian's National Zoo:** <https://nationalzoo.si.edu/webcams>
- **Reid Park Zoo Lion Cam in Tucson, AZ:** <http://reidparkzoo.org/cameras/lion-cam/>
- **Ouwehand Park Polar Bear Cubs Rhenen, Netherland:** <https://explore.org/livecams/polar-bears/polar-bear-ouwehand-twin-cubs-cam-2>

Virtual Aquarium Tours:

- **Monterey Bay Aquarium:** <https://www.montereybayaquarium.org/animals-and-exhibits/live-web-cams>
- **Georgia Aquarium:** <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- **National Aquarium:** <http://samuraivirtualtours.com/example/nadc/index.html>
- **Seattle Aquarium:** https://www.youtube.com/watch?v=mY8_n13tKM&feature=youtu.be

Children's Authors:

- **Mo Williams:** <http://pigeonpresents.com/>
- **Dan Gutman:** Follow him on Facebook for a daily read aloud

Adults interested in taking a free online college class can go here: <https://www.classcentral.com/>