



SSCPS Community Care Resources

The COVID-19 pandemic has generated a lot of struggle within our communities. The intention of this document is to share resources to help communities during this time.

Please share this document with anyone and everyone you think will benefit from the information to help spread relief, care, and aid

- Food Insecurity
 - Food banks/pantries in the South Shore
 - Weymouth Food Pantry open Thursdays 10am (781) 331-7682
 - Norwell Food Pantry open on Thursdays 2pm (781) 690-5050
 - Marshfield Food Pantry open on Tuesdays 9:30am (781) 837-0359
 - Rockland Food Pantry open Wednesdays 10am (781) 878-1544
 - Brockton Pantry open Tuesdays & Fridays 1pm (508) 583-1896
 - Brockton Assembly of God open Fridays 10am (508) 586-9587
 - Visit <https://www.gbfb.org/need-food/> and enter your zipcode to find more pantries and meal programs near you!
 - Dorchester Community Fridge with free food (labeled ingredients, date made) at 1471 Dorchester Ave, Dorchester; feel free to take & give food
 - Hunger and Food Resources: <https://www.projectbread.org/>
 - Take advantage of your local school lunch program
- Housing
 - Emergency eviction and foreclosure hotline: (617) 934-5006 for English and (617) 397-3773 for Spanish
 - Affordable housing for working people in the Greater Boston area: <https://caritascommunities.org/what-we-do/>
 - Discounted housing for essential workers in Boston: <https://offers.compassfurnishedapartments.com/compass-cares-essential-workers>
 - Muslim American Society Mutual Aid Resources: <https://docs.google.com/document/d/1997F2eAFbTS-C707wydkOIXIBYmOwh9jMnxbpuW2M8M/edit?fbclid=IwAR1Edi8XIAARusyuN2pidvcgqXzY9J1hPpfOgn4z38uSE34yEibqI7F9MQY>
 - Find help paying for bills, food, health, and more through your zip code at <https://www.findhelp.org/>
 - Get a heavily discounted apartment as a first responder in the Boston area: <https://go.furnishedquarters.com/COVID-19>

- Education resources for Students:
 - List of the some good educational YouTube channels for students: [Best educational Youtube channels for online learning](#)
 - Read books! Check out a book from your local library:
 - Use this app to easily check out audiobooks and ebooks: <https://www.overdrive.com/apps/libby/>
 - Follow this [link](#) to find the website of your local library in South Shore MA to check out a book
 - Use [Khan Academy](#) as a study tool for lots of classes!

- Resources for Parents:
 - A document made by parents & caregivers to share resources, tips, and activities to do with kids during online learning: https://docs.google.com/document/d/1hOQrtB3ae-Vbc_roGNRiKUncXjViA61xWQKbWWev5Bk/edit
 - Over 250 enrichment activities for kids with parents working from home: <https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/edit#gid=1594403014>
 - [GIANT LIST OF IDEAS FOR BEING HOME WITH KIDS](#)
 - Learn at home with Scholastic: <https://learnathome.scholastic.com/thanks.html>
 - An article on how to help your child deal with anxiety from school closures: <https://hechingerreport.org/helping-kids-who-are-feeling-isolated-and-anxious-after-schools-shut-down/>
 - An article on how to help your child cope with the pandemic: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

- Education resources for Teachers:
 - An online platform for educators to share helpful online resources with each other: <https://www.amazingeducationalresources.com/>
 - Advice on how to humanize online teaching: https://docs.google.com/document/d/1Umj2HpNZcscye2REOZPTONfKMjevC-qBsB5NneJ-HF0/edit?fbclid=IwAR1iIXKKLYkQU5lqMIK8cFdxMqXKH1-qgE8g_kngoO4gq7k2C3ZXxK41B_
 - Toolkit for facilitating an online meeting: https://docs.google.com/document/d/1NyrEU7n6IUI5rgGiflx_dK8CrdoB2bwyyl9XG-H7iw8/preview?mc_cid=7262139d15&mc_eid=55cec8ddab

- Mental Health
 - Minimize your screen time, spend time in nature, maintain a self care ritual, reach out to friends and loved ones, exercise, take on a new hobby, know you're not alone!
 - Experiencing a crisis? Text HOME to 741741 to connect with a crisis counselor. For more information visit: <https://www.crisistextline.org/>
 - Boston community trauma support; Access to support hotline 24/7 365 days a year: (617-431-0125)
 - National DV Hotline: 1-800-799-7233. Webchat at <https://www.thehotline.org/>
 - MA DV Network: https://www.janedoe.org/find_help/
 - Connect with a therapist virtually in regards to anxiety about the pandemic: <https://www.pandemictherapists.com/>
 - Therapy for Black girls: <https://therapyforblackgirls.com/contact/>
 - Connect with Black therapists: <https://www.blacktherapistsrock.com/home>
 - Professional virtual therapy for the LGBTQ+ community: <https://www.pridecounseling.com/>
 - Connect with therapists of color in MA and RI: <http://bit.ly/maripoctherapists>
 - Therapy for Latin American people: <https://www.therapyforlatinx.com/>
 - List of: [Additional Mental Health Resources](#)

- Some ways to Help:
 - Donate/give to a homeless shelter: https://docs.google.com/document/d/125OsyETZvzqX_n7JCyqaFXOfYU_Dok70gQd1UHjKlys
 - Donate/give to a food pantry; Find your local pantry here: <https://www.gbfb.org/need-food/>
 - Do you know businesses with excess food? Prevent food waste and feed your community at: <https://www.rescuingleftovercuisine.org/donate-food>
 - Volunteer your time and energy to a mutual aid program: <https://www.southshoremutualaid.com/volunteer>
 - Help Boston artists during this time: [Artist Relief Funds](#)
 - Mutual Aid for incarcerated people struggling during this time: [Help MA Prisoners](#)
 - Check in on your neighbors and community members
 - Eat local, support small businesses!

If you have any questions or additional resources to add to this list, please contact me at dominique_childs@student.sscps.org Please stay safe and healthy!