

COVID 19 Resources Guide

<p>Assistance Resources Local organizations and businesses that are providing assistance</p>	<p>Family Resources Links to articles to help families understand and talk about COVID19 (Parent centered)</p>	<p>Social Stories & Videos Learning, understanding, and coping with COVID19 through videos. Talk with students about COVID19 using age appropriate stories (Student centered)</p>		<p>Visuals & Activities Visual aid support Rewrite/ reproduce, Printable, Interactive activities</p>
<p><u>GENERAL AID</u> City of Evanston Emergency Safety Concerns: Call 911 Emergency Basic Needs: Call 311 <i>Undocumented parents do not qualify for this aid.</i></p> <p>https://evanstoncarenetwork.auntbertha.com/ Enter zip to locate free and low cost local access to services including childcare, unemployment, job training, food, housing, and much more.</p> <p>Evanston Aid: Coordinated by Evanston area resident/community groups including D65 PTA Council and parent Facebook groups.</p> <p>Help for Illinois Families: Relief for Households Across the State</p> <p>MoveOn Coronavirus Resource Hub</p> <p>Back on Their Feet Facebook group. backontheirfeetevanstonil@gmail.com https://findhelp.org/ Enter zip code to find local resources</p>	<p>Navigating worries with your student about COVID-19</p> <p>Supporting children who are worried about Coronavirus: English / Spanish</p> <p>Help Kids Manage Anxiety around the Coronavirus (4 Expert Videos)</p> <p>Supporting Individuals with Autism through Uncertain Times</p> <p>8 tips to help comfort and protect children</p> <p>Helping Children Cope With Changes Resulting From COVID-19</p> <p>How to emotionally support your anxious child</p>	<p>English</p> <p>Why Can't I Go To School? (Available in English, Spanish, Chinese, Korean, & Turkish)</p> <p>Read the Adapted Book: All About Covid19 then complete the Comprehension Test for understanding.</p> <p>COVID19/ Coronavirus Social Story</p> <p>What is the Coronavirus? Social Story</p> <p>Coronavirus Social Story (English)</p> <p>You've Got Questions About Coronavirus?</p>	<p>Spanish</p> <p>Coronavirus Espanol</p> <p>Libro de Actividades (Coronavirus)</p> <p>Coronavirus Social Story (Spanish)</p> <p>Wearing Masks in Public (Spanish)</p>	<p>Daily Mindfulness Bingo</p> <p>Create a daily routine</p> <p>Feelings: Roll & Respond</p> <p>Feelings Tracker</p> <p>Grounding Strategies</p> <p>April Coping Calendar</p> <p>May Coping Calendar</p> <p>Stay active with these DIME (Dance Is My Everything) dancing videos</p> <p>Second Step Materials</p>

<p>Moran Center for Youth Advocacy School-Based Civil Legal Clinic, email mmcclung@moran-center.org or call 224-714-0518</p> <p>Drive-in Wifi/Hotspot- http://www.ildceo.net/wifi This tool will allow you to search for sites near your location. Once you have located a site, click on the WIFI icon to get more information and a link to the site on Google Maps.</p> <p>Enter zip code and search under their specific need, anything from food, childcare, health, money, etc. https://evanstoncarenetwork.org/</p> <p>Jewish Child and Family Services (JCFS) Emergency Family Assistance</p> <hr/> <p style="text-align: center;">HEALTHCARE</p> <p>Individuals without a healthcare provider can access: at 847.432.5849 (847-HEALTH9) for questions. E-visits can be scheduled through www.northshoreconnect.org/immediatecare or can also be scheduled through NorthShore Connect through COVID-19 EVisit www.northshore.org/COVID</p> <p>PEER Services substance use support- To join or receive more information, please email Gabriela at ggarcia@peerservices.org</p> <hr/> <p style="text-align: center;">FOOD</p>	<p>through COVID19</p> <p>Helping Children and Teens Cope with Anxiety About COVID-19</p> <p>Managing Children's Fear, Anxiety in the Age of COVID-19</p> <p>COVID-19: your voices against stigma and discrimination</p> <p>Coping w/Loss and Grief</p> <p>ISBE Mental Health Resources</p> <p>Aunt Bertha: online resource guide you can use to search for food, housing, childcare, health care, etc</p> <p>COVID 19 Reponse Programs via Aunt Bertha</p> <p>Cradle to Career COVID 19 Resources</p> <p>This Pandemic of Grief Helpful suggestions</p>	<p>Wearing Masks in Public (Eng)</p> <p>Wearing a Mask</p> <p>Why We Stay Home</p> <p>Sesame Street</p>		
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<p>Pick up free cold breakfasts/lunches for youth up to age 18 on Mondays from 1 p.m. to 4 p.m at City of Evanston Community Centers listed below. For more information call 847-448-4311 or dial 311.</p> <ul style="list-style-type: none"> • Fleetwood-Jourdain Community Center, 1655 Foster St. • Robert Crown Community Center, 1801 Main St. • Kamen Park David Wood Fieldhouse, 1111 South Blvd. • Mason Park, Church Street & Florence Ave <p>- Evanston Mutual Aid Network Support</p> <p>- To Go Meals Around Evanston</p> <p>Community organizations and food resources listed for Evanston residents in need of meal assistance during this time: Food Resources (Recursos de alimentos) and/or North Shore/Chicago Food Resources</p> <p>For Latino/x Families: support with food for residents 60+ yrs old, connection to rental & utilities assistance. Call Stephanie Mendoza from Evanston Latinos 224-408-0579 email evanstonlatinos@gmail.com</p> <p>Tania Margonza from Evanston Cradle to Career is also designated to support Latino/x families tmargonza@evanstonc2c.org</p> <p>"Give and Take" Bins: Shelf-stable food donation bins are available throughout Evanston. This MAP will be updated as new sites are added. (Map contains both donation bin sites (red lids) as well as City of Evanston Monday distribution sites (yellow lids).</p>	<p>for grief related to distancing</p> <p>Supporting your Child after a Loss (Eng)</p> <p>Apoyando a su hijos (Span)</p> <p>School Crisis Center: Covid 19 Resources</p> <p>Sesame Street Grief Resources Sesame Street Community</p> <p>Grief Resources for Parents and Teachers</p> <p>How to Create a Mask (CDC)</p> <p>How to Create a Mask (Span)</p>			
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If your family is interested in signing up to host a donation bin, please click [HERE](#).

CLOTHING

ESCCA (Evanston School Aged Children's Clothing Association): Regular serve hours not available during school closing but for emergency needs call/text 847-224-2708 or 312-613-0314

SHELTER

- [Evanston Homeless & Crisis FAQ](#)
- [Family Promise North Shore](#)
- [Evanston Aid: Housing & Rent](#)
- [YWCA Shelter & Long Term Housing](#)
- YWCA-Evanston North Shore Domestic Violence Program: 847-864-8445
info@ywca-ens.org

MENTAL HEALTH

- [National Helplines & Hotlines](#)
- Call4Calm (Illinois Human Health Services Mental Health Division): Text "TALK" or "HABLAR" to 552020
- [Compass Virtual Health Center](#): 224-306-1879
- [Jewish Children and Family Services](#): 855-275-5237
- [The Josselyn Center](#): Call 847-441-5600 x 1 for teletherapy/phone support
- [Mosaic Therapy Virtual Clinic](#): Send text with parent email to 855-445-0636
- [PEER Services](#): 847-492-1778
- SASS Cares for Kids Hotline: Call

800-345-9049.for emergency mental health services for children with Medicaid

-Lilac Tree for First Responders 847.328.0313
info@thelilactree.org
<http://www.thelilactree.org/>

-[Family Institute at Northwestern University](#) has a clinic providing therapy services remotely. They use a sliding scale payment model. (847) 733-4300

-ETown Wellness <https://etownwellness.com/>

-[Erie Center](#) (Skokie/Evanston) is offering services via video chat or phone. No cost to insured/Medicaid patients, and low cost for uninsured. (312) 666-3494

-NAMI of Cook County, North Suburban: (847) 716-2252. They are offering online support groups. [Nami virtual support groups](#)

-[The Depression and Bipolar Support Alliance](#) is offering online meetings:
<https://www.dbsalliance.org>

- [Turning Point](#): Call 847-933-0051 to initiate services. *Turning Point's Living Room* is a drop-in center for adults over 18 seeking assistance. They are supporting people via phone or video conference, available at (847) 933-9202 M-F, 3pm to 8 p.m.

-[The Trevor Project](#) for LGBTQ+ youth: 866.488.7386

-[Institute for Therapy Through the Arts](#): **Tune-In Tuesdays *On Facebook Live***

- When: Tuesdays, 3 - 3:30pm
- Cost: Free
- Join [Brad Drozdowski](#), Music Therapist, on [Facebook Live](#) for

30 minutes of learning through song. This event is aimed towards children, but people of all ages are welcome!

- **Mindfulness Mondays *On Facebook Live***
 - When: Mondays, 8:30 - 9pm
 - Join Jo Hayes, Dance/Movement Therapist, on Facebook Live for a mindfulness meditation. Take some time for yourself to relax your nervous system and settle into a restful evening.
- CEDA can assist with utilities, counseling, childcare for essential workers, and medical supplies/prescription costs
- Rainbows for Children:
 - Bi-weekly zoom calls for stress-relief activities, craft projects, information, exercise, meditations, etc every Tuesday and Saturday at 10am via <https://zoom.us/j/5851468146>. Recordings of the calls and other resources are available at www.rainbows.org/resources under the link "Peace Amidst the Pandemic". All are welcome and encouraged to join the calls!
 - Many of our sites worldwide are providing virtual groups, or at least checking in regularly with their children and teens. Some have opened their groups up for any youth ages 3-18 experiencing grief for any type of loss (including that related to COVID-19, or who are feeling traumatized by the current state of affairs). Please email Bill Ovca

at bzipp@msn.com for more information.

- Jewish Child and Family Services (JCFS) [Emergency Family Assistance](#)
- Rogers Park Behavioral Health: [Online Autism Support Group for Parents](#)

FINANCIAL AID

- [Temporary Assistance for Needy Families \(TANF\)](#)
- [General Assistance \(for adults without TANF\)](#)
- [Unemployment Insurance](#): 800-244-5631
- [CEDA](#) can assist with utilities, counseling, childcare for essential workers, and medical supplies/prescription costs
- [Help for Illinois Families: Relief for Households Across the State](#)

CHILDCARE

- [Childcare Network of Evanston](#): 847-475-2661
 - [YWCA](#): The YMCA will be supporting our region's first responders, healthcare professionals and other essential workers by providing Emergency Response Childcare. This program will assist families by providing daily childcare in our Buehler and Irving Park YMCA locations. The program will run M-F from 6:30 am - 7:30 pm starting Monday, April 6, 2020.
 - [CEDA](#) can assist with utilities, counseling, childcare for essential workers, and medical supplies/prescription costs
- Is the parent a healthcare worker? If so, look into chicovidsitters.org. Medical students are volunteering to provide childcare to healthcare workers. Also check here: <https://www2.illinois.gov/sites/OECD/Pages/Fo-r-Communities.aspx>

-Do they have the ability to pay? If so, look into www.care.com or <https://family.sittercity.com/chicagoresponds/>

UTILITIES

- [Internet/Telephone](#)

- [Nicor Gas](#): 888-Nicor4U (642.6748)

- ComEd is suspending service disconnections for customers who cannot pay, and waiving new late payment charges, through at least May 1, 2020. Visit LIHEAPillinois.com or 877-411-9276.

-[Open-Communities](#) supports rental assistance, housing counseling education, and legal aid clinic. SW: Email ryan@open-communities.org for referral (then they will reach out to the parent/guardian). For Spanish translation add: sarah@open-communities.org

-COMCAST Low-cost Internet Support <https://Apply.InternetEssentials.com> = English Application Portal

<https://Aplicar.InternetEssentials.com> = Spanish Application Portal

-[CEDA](#) can assist with utilities, counseling, childcare for essential workers, and medical supplies/prescription costs

-[JCFS Chicago](#) can assist with rent, mortgage, utilities, and other funds like food, water, etc.

TRANSPORTATION

- [Metra](#): Alternate Schedules

- [Ventra](#): 7 and 30 Day pass credits. Eligible customers can receive a Transit Value credit reflecting the remaining value of their 7- or 30-Day pass, based on the last day it was used. Transit Value can be used to pay per ride or towards the future purchase of another unlimited rides pass. This offer is currently available through April 13.

TUTORING

During this challenging time of shelter-in-place, ETHS students heard there is a need for homework help, tutoring, and activities for D65 K-8 students. They've responded with providing free support for everything from quick eLearning questions to on-going tutoring and fun!

Sign your child/ren up for Evanston COVID-19 At-Home Tutoring.
<https://sites.google.com/eths202.org/at-home-tutoring/home?authuser=0>

Even more tutors, a Spanish website, and more activities for your child/ren coming soon!

This is provided through a partnership between ETHS students and Evanston Cradle to Career.

PET SUPPLIES

<p><i>The Evanston Animal Shelter</i> is here to help support our community during these tough times. If local families need assistance with pet food or other pet supplies, please contact the shelter directly. 847-866-5082 or EASadoptions@gmail.com. Call Stephanie 224-408-0579 or Ellen 847-344-0225 for Spanish assistance.</p> <p><i>El Refugio de Animales de Evanston</i> está aquí para ayudar a apoyar a nuestra comunidad durante estos tiempos difíciles.</p> <p>Si las familias locales necesitan asistencia con alimentos para mascotas u otros suministros para mascotas, póngase en contacto directamente con el refugio 847-866-5082 o EASadoptions@gmail.com. Llame a Stephanie (224) 408-0579 o a Ellen (847)344-0225 para asistencia en Español.</p>				
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