



Dr. Jennifer Green, Superintendent

# Community Resource Guide

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248.746.8500 | [www.southfieldk12.org](http://www.southfieldk12.org)

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# Food

## School District Provided Meals (Nearby districts providing food)

Many districts are offering breakfast and lunch to any student (18 years old and under or 26 for persons with special needs) in need. Please note that students can receive meals at **any district** they go to during food distribution hours. They do not have to be students in that specific district. **Children do not need to be present for a parent to pick up meals.**

### Southfield

- Free breakfast and lunch for all children
- Thompson K-8 International Academy (16300 Lincoln Drive, Southfield, MI 48076), Monday - Thursday, 10 a.m. - 1 p.m.
- On Thursdays: The district will distribute seven days worth of meals (breakfast and lunch) via [pop-up sites listed here](#).
- Students that ride special needs buses will have meals delivered to their homes.
- Buses will be on standby to capture students who may miss the scheduled bus delivery or for special meals.
- Questions? Please call (248) 746-8522.

### Oak Park

- Free breakfast and lunch are being offered
- Curbside pick up available on Wednesdays, 10:30 a.m. - 12:30 p.m. at:
  - Oak Park High School, 13010 Oak Park Blvd, Oak Park 48237

### Ferndale Public Schools

- Free Breakfast and Lunch for all children
- Curbside pickup available on Tuesdays and Fridays, 10 a.m. - noon at:
  - Ferndale High School (871 Pinecrest, Ferndale, MI 48220)
  - Ferndale Upper Elementary (24220 Rosewood St, Oak Park, MI 48237)
  - University High School (2521 Bermuda St, Ferndale, MI 48220)

## Other Community Food Resources

*Please note: Food pantries are making constant changes, please contact the pantry to confirm their availability before visiting. Please bring a picture ID.*

- **Church of the Transfiguration** (248) 356-8787  
25225 Code Road, Southfield, MI 48033  
Monday - 9 a.m. to 11:30 a.m.  
Wednesday - 9 a.m. to 11:30 a.m.  
All families are welcomed and would need to have a picture ID to register.
- **St. David's Episcopal Church** (248) 557-5430  
16200 W. Twelve Mile Road, Southfield, MI 48076  
Monday through Friday - 9 a.m. to noon
- **Forgotten Harvest** - [find a food program here](#)
- **Other Food and Security Resources:**
  - <https://www.mi211.org>
  - McKinney-Vento Eligible Email - [ollie.colvard@southfieldk12.org](mailto:ollie.colvard@southfieldk12.org)
  - Sarah Orris - Consultant for Oakland Schools Homeless Students Services 248-209-2414

## Housing/Shelter

- **Oakland County**
  - The Sanctuary – Common Ground, 248-547-2260, 1228 S. Washington, Royal Oak, MI 48067
- **Wayne County**
  - Covenant House (housing, food, basic necessities such as showers, laundry, etc)  
<https://covenanthousemi.org/connect/>
  - Detroit Phoenix Center (Housing, Food assistance) [www.detroitphoenixcenter.org](http://www.detroitphoenixcenter.org)
  - Wayne Metro Community Action Agency  
<https://www.waynemetro.org/housing-and-food-assistance/>
  - Detroit Housing Commission [Detroit Housing](#)
  - Wayne County Department of Health and Human Services [Wayne listed by Zip Code](#)
  - United Community Housing Coalition 313-963-3310

## Internet Access

- **Comcast**
  - Free 25 Mbps internet access to low-income qualified families for 60 days. All new customers will receive a free self-install kit that includes a cable modem and WiFi router. There is no term contract.
  - To sign up, applicants can simply visit [www.internetessentials.com](http://www.internetessentials.com). The accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.

- **Charter Services**
  - Call 1-844-488-8395
- **T-Mobile**
  - Call 1-844-301-2667 or visit [here](#).

## Clothing

- |                             |              |                      |                  |       |
|-----------------------------|--------------|----------------------|------------------|-------|
| ● CARES in Farmington Hills | 248-882-7800 | 27835 Shiawasse St   | Farmington Hills | 48336 |
| ● Salvation Army            | 313-897-2914 | 3729-89 West Chicago | Detroit          | 48206 |
| ● Detroit Rescue Mission    | 313-366-3409 | 5225 East Davison    | Hamtramck        | 48212 |
| ● Christ Church of Redford  | 313-534-3436 | 14350 Wormer         | Redford          | 48239 |
| ● Redford Interfaith Relief | 313-387-9802 | 17715 Brady          | Redford          | 48240 |

## Emotional Support

- [SEL Resources for Parents, Educators & School Communities Related to COVID-19](#)
- Parent Resources for talking to their children about COVID- 19
  - [COVID-19\\_parent\\_handout.pdf](#)
  - [Teaching Tolerance, GREAT guide](#)

## Bereavement

- Henry Ford SandCastles <https://aboutsandcastles.org/for-families/>
  - Contact Information <https://aboutsandcastles.org/contact/>

## Talking to Kids About COVID

- *How to Talk to Children about the Coronavirus*, [Harvard Medical School](#)
- *Talking to Children About COVID-19 (Coronavirus): A Parent Resource*, [National Association of School Psychologists](#)
- *Coronavirus Public Health Emergency: Psychological Tips for Children and Adolescents' Emotions*, [Department of Human Sciences, University of Verona](#)
- *Just for Kids: A Comic Exploring the New Coronavirus*, [NPR](#)
- Social and Emotional Learning Supports for Children and Young Adults Around Covid-19, [SEL4TX](#)
- *Coronavirus, Online Learning, Social Isolation, and Cyberbullying: How To Support Our Students*, [Cyberbullying Research Center](#)
- <https://zerotothrive.org/>

## Self-Care / Stress Management

- **Self-Care**
  - [How Stress Affects Your Brain](#) - Watch this video to learn the impacts of stress on the brain along with what you can do to deal with stress in healthy ways.
  - [10 Stress Management Apps](#) - Feeling stressed out? There's an app for that.
  - [Stress Management Tips for Students](#) - As students move on after high school and toward real world expectations, make sure they have some positive coping strategies.
  - [7 Healthy Tips for a Better Night's Sleep](#) - Watch this video to learn how to improve your sleep.

## Mindfulness

- **Mobile Apps for Mindfulness**
  - [Breathe](#): Free app for Apple and Android mobile devices.
  - [Liberate Meditation](#): Liberate is the only meditation app by and for Black, Indigenous, and People of Color on their journey of finding inner peace.
  - [Calm](#): Free website and mobile app for Apple and Android mobile devices with guided meditation and relaxation exercises.
  - [Stop, Breathe and Think](#): Free website and mobile app for Apple and Android mobile devices for youth with meditations for mindfulness and compassion.
  - [Headspace](#): There are a lot of unknowns in the world right now. But one thing is certain — Headspace is here for you. To help support you through this time of crisis, we're offering some meditations you can listen to anytime.
- **Online Resources for Students**
  - [Mindfulness Lessons](#)
  - [Mindfulness for Teenagers](#): Virtual Meditation : *Inward Bound Mindfulness Education (iBme)* Join iBme each weekday for a live, 30 minute meditation at 2pm EST/ 11am PST
  - [Guided Meditation: Facing What's Here with Compassion](#)
- [Meditate Together](#): free, live, and online, daily meditation and reflection groups to help keep you connected while we are isolated, help you stay calm during a time of great anxiety, and an opportunity to support one another.

## Health and Wellness

- [Oakland County Health Division](#)
- [Covid 19 Health Department Modified Services](#)
- [Oakland County Health Division Covid 19 website](#)
- [Domestic and Sexual Violence](#)

## Unemployment/Career Assistance

- [Unemployment Offices in Oakland County, Michigan](#)
- [Southfield Michigan Works](#)

**If you are in need of resources that have not be identified in our guide, please contact the Student Support Network team:**

- [Daryl Beebe](#) - Director of Student Support Network and Stakeholder Engagement
- [Aaron Marshall](#) - Student Support Coordinator and Retention Specialist