



Community Resource List

Dear Families

I am sending you this community resource list I received from our partner, Edgewood-Brookland Collaborative. Please feel free to forward it to others.

Principal

Food for Families

- **Martha's Table** will continue to offer no-cost groceries at The Common's Market (2375 Elvans Road SE) and the Maycroft Market (1474 Columbia Road NW). For more information, visit their [website](#).
- **DC Dream Center** (2826 Q Street SE) is giving out hot meals every day at 12:00 PM until they run out.
- **Dreaming Out Loud** and Little Sesame will be giving out meals Monday through Friday from 3:00 PM to 5:00 PM at Kelly Miller Middle School (301 49th Street NE).

- The **YMCA's in DC** will be providing fresh produce to anyone in need, regardless of their affiliation with the YMCA. Distribution will occur on Mondays from 4:00 PM - 6:00 PM at the following locations: YMCA Anthony Bowen (1325 W Street NW) and YMCA Calomiris Program Center (1906 Allison Street, NE).
- **SOME's** food pantry offers non-perishable food items and fresh produce to those who are in need of extra help. In response to COVID-19, the food pantry is currently operating by appointment only. To make an appointment, contact Ann Ourand at aourand@some.org or call 202-695-7816.
- **Capital Area Food Bank** will be distributing food every Tuesday at Kelly Miller Middle School (301 49th Street NE) from 12:00 PM - 2:00 PM.
- **Nourish Now** provides food assistance, but clients must call ahead for an appointment.
- **DC Mutual Aid** is a grassroots organization that is providing food and toiletries to families living in Ward 7 and Ward 8. For more information, check out their [flier](#).
- **Expensify.org/hunger** will reimburse families up to \$50 for essential goods and groceries that were purchased on a SNAP card. Here's how it works: purchase food as normal with your SNAP card, [Download](#) Expensify on your phone (for free), agree to the [Expensify.org/hunger](#) policy, [SmartScan](#) the receipt, submit it to volunteer@expensify.org, and set up your [bank account](#) to receive the funds. Please note that Expensify is hoping to submit reimbursement the next day, but wait times may be longer due to increased demand.
- **Our Streets** is an app launching the week of March 30 which will show which stores have groceries and other toiletries. For more information, check out [this article](#).
- **Salvation Army** (3335 Sherman Avenue NW) is offering free lunch on Mondays, Wednesdays, and Fridays at 12:00 PM
- There is a free food pantry at **Spanish Catholic Center** (1618 Monroe Street NW) every Wednesday from 1:00 PM - 3:00 PM
- **Israel Metropolitan CME Church** (557 Randolph Street Northwest) is distributing packaged food every Wednesday at Friday at 10:00 AM. They also serve breakfast every Wednesday and Friday at 10:00 AM

Food for Youth

- **Schools in Washington D.C.** are offering free meals to anyone under the age of 18. You can find a complete list of the meal sites [here](#).
- **KIPP** is giving out three breakfast meals and three lunch meals per student at its meal sites (Webb Campus: 1375 Mt. Olivet Road NE, Douglass Campus:

2600 Douglass Road SE, and Benning Campus: 4801 Benning Road SE). If there are questions, email mail@kipppdc.org.

- **Momma's Safe Haven** will be offering rides to families to and from DCPS meal sites. If in need of a ride, please call 202-903-5122.
- **Purple Patch** (3155 Mt Pleasant St NW) will be offering free "grab and go" breakfasts for children between 8 AM and 10 AM.
- **DC Food Project** <https://dcfoodproject.org>
- **Daybreak Ministries** (5017 Banks Street NE), serving breakfast and lunch to ages 18 and under, Monday-Friday from 11:00 am - 1:00 pm
- **Greater Love Church** (4421 Jay Street NE), serving breakfast and lunch to ages 18 and under, Sunday- Saturday from 11:00 am - 1:00pm
- **Grab & Go Dinner** for children available from 2-6pm (M-F) @ Nationals Youth Baseball Academy (3675 Ely Pl SE)
- **Free Snack and Dinner** for ages 8 and up and caregivers, starting April 1- April 24 from 3:00 pm - 6:30 pm at Fihankra Akoma Ntosa, 2815 Stanton Road, SE, (202) 380-9390
- **Free meals at the Total Family Care Coalition** (1214 I Street, SE Apt. 11) Mondays, Wednesdays & Fridays starting Mar 30 - Apr 24, 8:00am - 6:30pm, Ages 18 and under
- **Restaurants and locations** below are offering free food for children during the school closure:
 1. Po Boy Jim, 709 H Street NE
 2. Good Stuff Eatery, 303 Penn Ave SE
 3. We The Pizza, 305 Penn Ave SE
 4. Santa Rosa, 313 Penn Ave SE
 5. Ebenezers Coffee House, 201 F Street NE, 7 days per week, box lunches "to go" from 1-3 pm
 6. DC Dream Center, 2909 Penn Ave SE, Monday- Friday, box lunches "to go" 12 pm - 4 pm

Hygiene Supplies

- **DC Mutual Aid Network** has launched a hotline for Ward 7 and Ward 8 residents who need childcare, groceries, translators, hygiene products and more. Call 202-630-0336 for assistance
- **The Diaper Bank** will begin distributing diapers, sizes 1-6 diapers at The Commons (2375 Elvans Rd. SE WDC 20020) on Mondays and Fridays from 11-3 with proof of child's birthdate (birth certificate, enrollment in school, immunization record, etc.)

- If you or someone you know is a **service industry worker** in need of meals or other hygiene supplies, email hello@hookhallhelps.com to request a delivery

Financial Help

- If you or someone you know works as a **bartender, barback, or server**, you can apply for financial support through the [United States Bartender Guild's National Charity Foundation](#)
- Mayor Bowser and Chief Financial Officer DeWitt Announce **2019 Tax Filings and Payment deadline extended to July 15**
- Capital Area Asset Builders (CAAB), with the support from Capital One Bank, has launched [EmergencySavingsPlus](#), an emergency savings program for **residents of ward 7 and ward 8**. It will give residents access to matched savings incentives to establish an emergency savings account as well as receive financial education classes, credit counseling, and one-on-one financial coaching sessions. Through the end of August 2020, each program participant is incentivized to save \$100 into a savings account and then they can receive a \$300 match from CAAB.
- **Betancourt Macias Family Emergency Fund** is financial help for undocumented individuals affected by Covid-19. They need to fill out a quick survey or call the number. Funds are distributed based on donations.
- All payments on **federally held student loans** are allowed to be suspended through September 30, 2020, with no accrual of interest or late penalties. For more information, click [here](#).
- This **Go Fund Me page** is for people who may be struggling to pay their rent.
- The **US Treasury Department and the Internal Revenue Service** announced yesterday, March 30th, that distribution of economic impact payments will begin in the next three weeks and will be distributed automatically, with no action required for most people. For more information visit [IRS.gov/coronavirus](https://www.irs.gov/coronavirus)

Utilities

- Residents who are unable to make **utility payments** can apply for utility assistance online at [DOEE](#).
- Under the Mayor's State of Emergency declaration, **utility providers cannot shut off services to clients**
- **Pepco** is suspending service disconnections and waiving new late payment charges at least until May 1 and will be working with customers on a case-by-

case basis to establish payment arrangements and identify energy assistance options

- **Washington Gas** is waiving late fees during public health emergency
- **DC Water** is waiving late fees and offering more lenient repayment terms for customers who fall behind on their bills during the public health emergency
- If you need access to internet, **Xfinity** has opened up hot spots for free wifi access. You can read more [here](#) or check out the [available hot spots](#).
- **Comcast Internet Essentials** is offering two months of [free internet services](#) to families who apply by April 30, 2020. Additionally, for new and existing customers, speeds are increased at no charge. Call 1-800-934-6489
- As of March 13, 2020, all **T-Mobile and Metro by T-Mobile customers** who have plans with data will automatically have unlimited smartphone data through May 13 (excluding roaming).
- The **DC Office of the Chief Technology Officer (OCTO)** has installed hotspots in every Ward to provide convenient, citywide Wi-Fi Internet access. Click [here](#) to find the nearest public WiFi spot to you.

Housing and Evictions

- Washington DC has suspended **evictions of all tenants and foreclosed homeowners**.
- If you are a **renter** and have questions during this time, you can complete this [form](#) to ask for assistance from the District's Chief Tenant Advocate.
- Anyone experiencing homelessness can contact [The Community Partnership](#) at 202-399-7093.
- If there is a **homeless patient** that does not have anywhere they can isolate you can call the DHS COVID-19 Hotline at 202-671-3076. They will be able to help set-up transportation to take the patient to the isolation site.
- This [Go Fund Me page](#) is for people who may be struggling to pay their rent.

Unemployment

- Many **groceries stores are hiring** additional employees immediately. See postings from Safeway, Giant, Walmart, 7-Eleven, and Whole Foods on their websites. Pharmacies like CVS and Walgreens are also hiring additional employees to meet demand.
- You can find out more information about how to access **unemployment benefits** [here](#).

- **DOES** is open virtually. For more information about how they are operating, please click [here](#).
- The **Consumer Financial Protection Bureau** has advice on how to protect yourself financially during the outbreak – available in English and Spanish
- DC has expanded the eligibility for **Unemployment Insurance**. If you or someone you know lost a job due to the Coronavirus pandemic, you should apply by calling 202-724-7000

Transportation

- **Metro** will continue to run trains every 15-20 minutes, with several stations closed. Metro Buses are running on a modified Sunday schedule. Fares are waived and travel should be for essential purposes only
- **DC Circulator** continues to run as normal, with no fee to ride
- **MetroAccess** subscription services are cancelled until further notice. Customers with a critical need to travel should call 301-562-5360
- **Street sweeping** is cancelled, so there will be no parking tickets for violating street sweeping hours.
- **The DMV** will extend the due date for driver licenses, identification cards, vehicle registrations, inspections, ticket payments and ticket adjudication responses until April 17, 2020. All driver licenses, vehicle registrations, and vehicle inspections scheduled to expire between March 16 and March 31 will be granted a waiver without penalty until DC DMV reopens at full operating capacity. All tickets will remain in their current status between March 16 and April 17 and no additional penalties will be assessed during this period. In the interim, the public is encouraged to request adjudication and pay citations online. Additionally, all driver license suspensions and revocations will be paused until DC DMV returns to full operating capacity after March 31.

Behavioral Health

- **Community of Hope's** behavioral health team will be working with clients using telehealth (Zoom, FaceTime, or a phone call).
- The **Access Helpline** (1-888-793-4357) will continue to be staffed with a mental health clinician and 24-hour suicide prevention lifeline.
- **ChAMPS** (202-481-1440) is a mobile crisis team for children and adolescents who are having a mental health or behavioral crisis. It is operating normally.
- **The National Suicide Lifeline** (1-800-273-8255) provides free and confidential support and resources for people facing distress 24/7.

- The **Comprehensive Psychiatric Emergency Program (CPEP)** (202-673-9319) is a twenty-four hour/seven day-a-week operation that provides emergency psychiatric services, mobile crisis services and extended observation beds for individuals 18 years of age and older. It is operating normally.
- **DC Mutual Aid** can connect residents to free mental health support through [this form](#).
- **EveryMind** (301-738-2255) is a Maryland-based organization that is offering free phone and text support.
- **DC Safe** (first call DC Victim Hotline at 1-844-4HELPDC to be connected) is a crisis-intervention agency for domestic violence survivors and plans to see an uptick in abusive situations as stress mounts and partners are trapped inside. Their advocates are working remotely and are on-call 24/7.
- **NA and AA groups** will be meeting virtually, so their clients can continue to receive support.
- **SAMHSA's helpline** (1-800-985-5990), is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- If you are a **caregiver or an older adult** or an adult with a disability, you can receive telehealth support. For more information, click [here](#).

Physical Health

- **Health Link** has comprehensive information about the extended benefits available during their Covid-19 outbreak (ie. most providers are waiving copays for Covid-19 testing and treatment, most providers are covering telehealth, etc.)
- **DC Medicaid** is offering special enrollment - to apply, click [here](#).
- **Walgreens and CVS** are waiving costs for delivery of prescriptions.
- **Community of Hope's** medical clinic requests that all patients call prior to coming in. They are cancelling wellness appointments and non-urgent services, but are offering telehealth. They are accepting new patients if the patient is sick, so that everyone has access to a Primary Care Provider.
- **Bread For The City's** medical clinic is open for patient visits from 8:30 AM - 12:00 PM.
- **Whitman Walker** is not currently accepting walk-in appointments and have moved to telehealth services. They will evaluate patients over the phone to limit exposure to additional illness. If a patient still needs to go to a Whitman Walker location after the phone evaluation, Whitman Walker staff will coordinate with the patient.

- **Unity Health** is still open, but also has telehealth services available. They request that patients who have cough, fever, or shortness of breath call prior to coming.
- **Mary's Center** is still open, but requests that patients call prior to coming in if they are experiencing fever, cough, or shortness of breath.
- **Pregnant and breastfeeding** women can look at this [guidance](#) to determine how they can keep their baby and themselves safe throughout the Covid-19 pandemic.

Emotional Wellness Resources

- **With Love DC** offers free yoga and meditation on their [Facebook page](#).
 - Yoga Heights will be livestreaming their classes and putting them on their [YouTube page](#).
 - **Yoga with Adriene** is a free YouTube channel that has yoga and meditation for adults.
 - Check out [this list of meditation tips](#) to reduce anxiety and stress.
 - **Calm** is a meditation and relaxation app that families can try for free
 - **DARE- Break Free From Anxiety** is an evidence-based program that helps with anxiety and stress.
 - **Stop Breathe and Think** has guided meditations
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