We are updating resources on a bi-weekly basis, please refer to the date above to ensure information is up to date or visit our website at www.cjfhc.org and click on ‘County Resource Updates during COVID-19’.

CENTRAL JERSEY FAMILY HEALTH CONSORTIUM NEWSLETTER
https://conta.cc/2XfNgY3
Hunterdon Harvest Family Success Center
United Way Hunterdon
UPDATED 10/06/2020 Child Care Relief Program- Human Services Expands School-Age Child Care Assistance to Families with Incomes Up to $150,000. Between October 1st and December 30th, families with children in remote schooling can access as much as $1,900 to support child care:
Please visit the link for more details- https://www.childcarenj.gov/COVID19
Please visit the link for application - https://www.childcarenj.gov/COVID-19-School-Age-Tuition-Assistance-Application

HEALTHCARE
UPDATED 10/06/2020

The Family Resource Network helps families understand the enrollment process and connected them with health insurance so that they could receive affordable health care for 2020. For more information on how we help visit their website (https://frnnavigator.org/) or call (800) - 355 - 0271.

Vaccine Finder CDC - https://vaccinefinder.org/find-vaccine
Hispanic Heritage Month Bilingual Twitter Chat October 8 – 2-3 pm ET
Join us, the FDA Office of Minority Health and Health Equity, and the Centers for Disease Control and Prevention this Thursday at 2 pm ET for a bilingual Twitter chat about healthy behaviors and resources for Hispanics/Latinos including the flu vaccine and clinical trials in light of the COVID-19 pandemic. Use #HealthyLatinos to participate.

ARE YOU A CANCER SURVIVOR?
ENROLL NOW IN THE FREE ONLINE WORKSHOP
CANCER THRIVING & SURVIVING

Maintain an Active & Fulfilling Life

ADULTS OF ALL AGES AFFECTED BY CANCER ARE INVITED TO JOIN THIS WEEKLY SERIES THAT WILL HELP YOU:
- Manage symptoms of fatigue, pain and difficulty sleeping
- Deal with difficult emotions, relationships and body changes
- Communicate with your health care team, family and friends
- Eat well, stay fit and set priorities

DATES: Wednesdays 2020
- October 7, 14, 21, 28, November 4, 11, 18
TIME: 1:00 p.m. – 3:00 p.m.
WHERE: Online via Zoom
  - Detailed instructions provided upon registration
  - All attendees receive the book “Living a Healthy Life with Chronic Conditions” (a $20 value).

Space is Limited & Pre-Registration Required:
CALL TODAY 908-237-2328 (Registration closes after 10.14.2020)
SIDC Center of New Jersey
Selected Safe Sleep Education Resources

1. Free Mobile Phone Apps
   - SIDS Info
     The free, newly updated SIDS Center of New Jersey app can be accessed from both iOS and Android platforms from mobile phone app stores by searching for: SIDS Info. It provides safe infant sleep information in accordance with the most recent American Academy of Pediatrics policy statement. It includes graphics, text, and voice-overs by maternal and “baby” voices to overcome any literacy challenges. The text and voice-overs are available in both English and Spanish. Resources in the menu include helpful links and education tools. The app can be used by nurses, physicians, and social service providers who educate parents about safe sleep. After reviewing the contents with parents, they can assist them in downloading the app. Parents can also download it directly and then share with grandparents and others who help with baby. Our app received a New Jersey Department of Health Public Health Innovation Award.

   - Baby Be Well
     This app was developed in association with Rutgers University and volunteers at Microsoft. At this time, it can be accessed from only from Android platform, by searching for: Baby Be Well. Through its “baby book” feature that allows for storage and sharing of milestones and photos, it encourages return visits throughout the first 12 months of life. At each visit, safe sleep guidance can be reviewed and safe sleep tips of the day are offered. An interactive volume allows the user to test safe sleep knowledge.

2. Webinars
   - The SIDS Center of New Jersey provides live and on-demand webinars. Live webinars are announced by the host institution and ce credits provided at the discretion of the host.
   - To arrange a live webinar for your organization, please contact the SIDS Center via scnj@rwjms.rutgers.edu and provide a contact name and phone number.
   - The SIDS Center of New Jersey has also developed short SIDS Center on-demand webinars in both English and Spanish, designed for parents and other caregivers as well as providers. To receive electronic copies of downloadable flyers describing the resource and containing a link, please contact the SIDS Center via scnj@rwjms.rutgers.edu.
     To access the English version of the webinar directly, use the following link:
     https://medias.rutgers.edu/mediaweb3/Podcast/cn=760336aad6dd8008ce10
     To access the Spanish version of the webinar directly, use the following link:
     https://medias.rutgers.edu/mediaweb3/Podcast/cn=760336aad6dd8008ce10
   - Due to the pandemic, presentations will continue to be provided exclusively via webinar. On-site education will resume once conditions allow.

3. Educational Material
   - SIDS Center of New Jersey’s newly updated flyers in English, Spanish, Arabic, Haitian Creole, and Portuguese are available. Some electronic examples are attached to this email. Please let us know if you would like to receive additional downloadable electronic versions. A supply of hard copies is also available. To request electronic and/or hard copies, please contact the SIDS
WE ARE HERE FOR YOU!

In the midst of the COVID-19 pandemic, many individuals with disabilities need legal assistance navigating issues related to:

- Housing, including rent and mortgage obligations, eviction, or need for repairs
- Stimulus check issues
- Unemployment benefits
- Health insurance coverage
- Food Assistance
- Wills, Powers of Attorney, and Advance Directives
- Family matters such as child support, visitation, or domestic violence
- Other issues that may be affecting them during this crisis

If you are a person with a disability and need legal help, please call one of our offices closest to you. A staff member will get back to you as soon as possible. Stay healthy!

<table>
<thead>
<tr>
<th>ADMINISTRATIVE OFFICE</th>
<th>SHORE AREA</th>
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<tbody>
<tr>
<td>(973) 275-1175</td>
<td>(732) 380-1012</td>
<td><a href="mailto:chlpinfo@chlp.org">chlpinfo@chlp.org</a></td>
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<tr>
<td><a href="mailto:Bloomfield@chlp.org">Bloomfield@chlp.org</a></td>
<td><a href="mailto:Trenton@chlp.org">Trenton@chlp.org</a></td>
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| NORTH JERSEY                           | CENTRAL JERSEY     |         |
| (973) 680-5599                         | (609) 392-5553     | Bloomfield@chlp.org | Trenton@chlp.org |

| EAST JERSEY                            | SOUTH JERSEY       |         |
| (908) 355-8282                         | (856) 858-9500     | Elizabeth@chlp.org | Collingswood@chlp.org |

UPDATED 10/06/2020

- Join them on Wednesday September 23rd from 10 to 12 at the Harvest Family Success Center to complete the 2020 Census!
- You’ll earn a $10 gift card once your 2020 Census has been completed with us!
- No need to register, just stop on by, its quick and easy and we will have bilingual assistants available as well.
- Stand up and be counted, Hunterdon County!
- They will be moving to a new location soon – 5th E. Main Street, Flemington NJ
- Veggie Palooza will be available for 2 more Wednesdays (Sept 23rd and Sept 30th)
- Tutoring Services provided by bilingual High School students for parents that need help with virtual learning.
- Parenting Program available in Spanish and English.

UPDATED 9/22/2020
NONTRADITIONAL CAREERS

Why Not Me?

October 15th
4:30-7:00pm

908.824-0582

NORWESCAP
Center for Women
norwescap.org
Power Up to Thrive!
(a workshop for women)

We all want to thrive in life and to thrive, we need to power up.

What does it mean to power up?

- Recognize your inner strengths and natural abilities
- Manage self-defeating thoughts
- Focus attention on the changes you want
- And rise above adversity with persistence

Join us for 4 Free virtual (online) sessions of group discussions and self-reflective exercises to power up!

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Session</th>
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<tr>
<td>October 5</td>
<td>6:00 to 7:30 p.m.</td>
<td>Explore rising above adversity—acceptance, focus, persistence and work</td>
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<tr>
<td>October 7</td>
<td>6:00 to 7:30 p.m.</td>
<td>Recognize your skills and strengths and their positive impact</td>
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<tr>
<td>October 12</td>
<td>6:00 to 7:30 p.m.</td>
<td>Identify the changes you want for your life and the stages of change: recognition, commitment, learning, sharing and time</td>
</tr>
<tr>
<td>October 14</td>
<td>6:00 to 7:30 p.m.</td>
<td>Examine principles of personal management—reacting versus responding, urgent versus important and scheduling priorities</td>
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</table>

Register today: claire@uwhunterdon.org or call Claire at 908-303-4311

Please plan to attend all sessions

Presented by Jerene Ridenhour, Coordinator, Foundations of Success Workshops, Dress for Success Northern NJ—10 Counties
Jerene has thirty years of experience teaching and facilitating customized workshops covering a wide range of topics related to empowerment for women's groups, work readiness programs, behavioral health centers, anti-poverty initiatives, mental health groups, and substance abuse prevention & recovery programs in northern and central New Jersey.
Join BTC for a free webinar series that will explore how early childhood programs, home visitors, health and mental health providers, and community agencies can support father engagement and co-parenting. We will share strategies, tools, and outcomes from the Supporting Father Involvement (SFI) Program, an evidence-based research and intervention program that has increased father involvement in families that are culturally and economically diverse.

**Webinar 1:** *Focus on Father Involvement and Co-parenting: Why It Matters*
Tuesday, September 29, 2020, 2 PM ET / 11 AM PT

**Webinar 2:** *Parent and Child Voices: The Importance of Fathering and Co-parenting*
Tuesday, October 20, 2020, 2 PM ET / 11 AM PT

**Webinar 3:** *From "Second Shift" to "First Shift": Supporting Fathers as Central to Family Life*
Tuesday, November 17, 2020, 2 PM ET / 11 AM PT

Maternal Health

*New! Domestic Violence Prevention and Education Series*

Domestic violence incidents have been rising steadily since the start of the COVID-19 pandemic. Join us in recognizing Domestic Violence Awareness Month **Thursdays in October from 2:00-3:00 PM**, during our free, 4-part webinar series. These vital presentations will educate community and health care professionals on how to recognize the signs of abuse and the role they play in helping to prevent it. [Learn more and register.](#)

**Thursday, October 8**
*How to Screen for Domestic Violence*

**Thursday, October 15**
*Understanding Domestic Violence and Strangulation*

**Thursday, October 29**
*Recognizing the Signs of Teen Dating Violence*

**Tuesday, October 13**
*2:00 – 3:30 PM*  
[Learn more and register.](#)

This webinar will provide an introduction to perinatal loss, including miscarriage, stillbirth, neonatal death, and termination. Our distinguished panel of maternal child health professionals will discuss racial disparities, a father’s perspective, perinatal loss and COVID-19, and perinatal loss and mental health. Recommendations for ways health care professionals can provide support for both mothers and fathers, and resources for families and professionals will be shared.
Hunterdon Updates
UPDATED 9/8/2020
YMCA Hunterdon- On Saturdays 10:30 am; At the Flemington Baptist Church, 170 Main St., Flemington. Held in the parking lot or basement.
- Every other Monday at 10:00 am at the Evangel Chapel, 55 Leigh Street, Clinton.
- Every other Monday at 10:00 am at the Rockaway Reformed Church, 115 Main St., Whitehouse Station.
- For more information contact Gabriela Bonnavent, 908-892-7369.

UPDATED 9/8/2020
Full Care will be available for children that are part of the Flemington –Raritan and Readinton School District. Children that belong to the before and after care can participate. It will be a full day 7 am until 6 pm. Children will be in a large class room/ Gymnasium with access to Wi-Fi and computers so they can do they school work. Snacks will be offered by children need to bring their own lunch. The locations will be at Deer Path with space for 60 kids and Hollings Brook with space for 80 kids. The cost is $110 a month.
If interested in financial assistance for camp or child care programs (Before/After School or Child Learning Center), you must also download and complete the Camp/Childcare application below and forward it to NORWESCAP at 350 Marshall St., Phillipsburg, NJ 08865.

UPDATED 9/8/2020
Every 1st Friday of the month from 6:30-8:00pm, we invite your family to join us for an evening of themed crafts, activities, snacks, and fun. Spaces are limited-early registration encouraged.
Please contact Hunterdon YMCA at 908-782-1030 or contact Gabriela Bonabente at 908-892-7369

UPDATED 9/8/2020
Family Movie Night Sat @ 6:30 PM-8:00 PM (1 hour 30 minutes)
Location
Round Valley Branch
1410 Route Family Movie Night –
Date and Time- 22 West
Annandale, NJ 08801
View Map
Description
Held outdoors at our Round Valley Branch. Registration is PER FAMILY and includes space for up to 5 family members, safely distanced from other participants. A picnic blanket is recommended
Eligibility
Open to everyone
Costs
Member: $5.00
Non-Member: $12.00
Program Member: $8.00
Contact
Cameron Bullard
cbullard@hcymca.org
(908)483-4934
Headquarters and North County Branch Libraries are Open Monday, Friday, Saturday 9:00 am -2:00 pm; Tuesday, Wednesday, Thursday 9:00 am -7:00 pm. Library materials will be quarantined for four days after they are returned for the safety of staff and other patrons; items will stay on your library record. Fines will adjusted accordingly.

TUMBLEBOOKS

TumbleBooks' databases are easy to use and feature unlimited access from home! Your patrons can read as many books as they want, when they want, and on any device. There are no check-outs, holds, or bulky downloads. Books are available instantly.

DON'T HAVE AN HCL LIBRARY CARD
Click here to get started: http://www.hclibrary.us/policies/librarycard.htm.

HERITAGE QUEST

The New Jersey State Library has negotiated at home access of HeritageQuest for New Jersey residents without a library card. This access will be in place for as long as the current COVID-19 situation exists. Please contact the Adult Services Department at 908-788-1434 or reference@hclibrary.us to receive the password.

TESTING

COVID-19 Testing - How do I get tested?
If you are exhibiting symptoms of COVID-19 these are your options for testing:
   1. Call your primary care provider for an assessment or advice.
   2. If you do not have a primary care provider, please call Hunterdon Healthcare’s Physician Referral Service at 1-800-511-4462.

https://covid19.nj.gov/pages/testing#test-sites

Information about COVID-19 in New Jersey and COVID-19 Information Hub
(800) 962-1253; https://covid19.nj.gov/

Hunterdon Healthcare’s COVID-19 Community Hotline
908-788-6440
Helps triage and navigate patients to their primary care provider or a designated Respiratory Illness office for further assessment and testing.

Hunterdon Healthcare Urgent Care – Flemington Urgent Care Clinic
63 Church St., Flemington, NJ 08822. (908) 237-4036. Open: 8AM-8PM
We strongly recommend you to call the clinic ahead of the time to schedule and verify that they still do COVID-19 testing. Supplies may be limited. https://carbonhealth.com/coronavirus/covid-19-testing-centers/New-Jersey

Hunterdon Urgent Care – Raritan Urgent Care Clinic
45 Route 206, Raritan, NJ 08869 (908) 237-4122
We strongly recommend you to call the clinic ahead of the time to schedule and verify that they still do COVID-19 testing. Supplies may be limited. https://carbonhealth.com/coronavirus/covid-19-testing-centers/New-Jersey
Walmart Drive-thru testing site
152 NJ-31 N, Flemington, NJ 08822. Questions about testing and appointments, call Quest’s COVID-19 line at 866-448-7719 open Monday, Wednesday and Friday from 7 to 9 a.m.
All locations are open weather-permitting; there will be no testing inside Walmart stores.
Testing for adults who meet CDC and state/local guidelines on who should be tested, including first responders, health care providers, and others with symptoms of COVID-19, and those in high-risk groups without symptoms. Appointment required. Appointments can be made online at www.MyQuestCOVIDTest.com. At the time of the appointment, residents will wait in their vehicle and wear a mask.

FOOD BANKS, WIC & SNAP
UPDATED 9/8/2020

Flemington Area Food Pantry
- Delivery from food pantry - Until further notice … The Flemington Area Food Pantry has instituted a drive-thru service - with optional ONLINE ordering during our normal business hours.
- Online Ordering link - https://flemingtonfoodpantry.org/order (Available also in Spanish)
- A volunteer will greet you at your car to take your order. You will receive the same amount of food and you will select your meat, produce, personal items, eggs and yogurt.
- Clients will NOT need to enter the pantry.
- Open Monday-Thursday 9-11:30, every other Wednesday night from 5:30-8:00 on- Sep/16
- And every other Saturday morning from 9:30-11:30 on- Sep/19

Address: 154 Route 31 North Flemington, NJ Located across the parking lot from the front of the Flemington WalMart.
Telephone-(908) 788-5568
Link- http://flemingtonfoodpantry.org/
ALSO PROVIDES DIAPERS

The Pantry is open from 5:30pm – 8:00pm on the following WEDNESDAY evenings: September 16, 2020 - October 7, 2020 - October 21, 2020 - November 4, 2020 - November 18 - December 2 - December 16
Note: The Pantry is now open the third Tuesday of each month FOR SENIORS ONLY. 12pm - 3:30pm.

YMCA Food Distribution
908-892-7369
YMCA will be able to deliver food to families who do not have a car.

Fisherman’s Mark Food Pantry
37 South Main Street. Hibernia Firehouse, Lambertville, NJ 08530. (609) 397-0194
Mon/Wed/Fri: 10-12 noon; Tues & Thurs: 3-5pm. Closed the last Wednesday of every month. No proof of income required during these times – For All Hunterdon County Residents.Case management appointments by phone only (help with utilities, housing and resources).

Salvation Army Flemington - The Father's Table Community Meal and Soup Kitchen
40 E Main St, FLEMINGTON, NJ. (908) 237-9008
Friday community meal is served as a delivery on a limited basis, families can sign up https://www.facebook.com/183924187196/posts/10157002539727197/?d=n.
Important: Sign up needs to be done before Fridays.
You can also contact Adam Boynton, Lieutenant at adam.boynton@use.salvationarmy.org

**The Salvation Army. Summer Meals for Kids**
40 E Main St, FLEMINGTON, NJ. (908) 237-9008  
Lunch Time: 1:00 p.m.-2:00 p.m.

**Open Cupboard Food Pantry**
37 Old Highway 22, Clinton, NJ 08809 between I-78 and Rte 31, Rite-Aid Shopping Center next to the A&P.  
(908) 730-7320
The Pantry is open to give and receive food, 9:00 am- 12:00 pm Tuesday through Saturday and Thursday and Friday evenings from 4:30-7pm

**Delaware Valley Food Pantry**
1 Cherry Street #1, Lambertville NJ 08530. 609-638-7888  
Remains open on Wednesdays from 2pm to 4 pm and Saturdays from 10 am to noon.  
SPANISH - Sigue abierto los Miércoles de 2pm a 4pm y Sábados de 10am a 12pm medio día

**Frenchtown Presbyterian Church**
22 4th Street, Frenchtown, NJ 08825. 908.996. 2227  
Mondays 10-10:30am.

**Readington Area Starfish**
390 Main Street Route 523, Whitehouse Station, NJ 08889. 908-534-0974  
Provides food for local Readington Township residents. If interested in referring anyone in the area, email name and contact information to Christine Dey @ ss@readingtontwp-nj.org. Proof of residency is required.

**The Village Pantry at Presbyterian Church of Milford**
70 Bridge Street, Milford, NJ. 908-507-3943  
Remains open, individuals can come in, one person at a time. Pantry is open for everyone.  
Can also call Jody Leffler ahead to order and she’ll put it together for pick up  
Hours of Operation: Sundays: 11:30am to 1:30pm; Tuesdays: 6pm to 8pm; Thursdays: 6pm to 8pm  
UPDATE 7/28/20

**WIC**
908-454-1210; WIC portal [https://wic.nj.gov/participantportal](https://wic.nj.gov/participantportal).  
Office is closed for clients. Contact office by phone.
- Accepting new clients. After application is done over the phone, a follow up call with a nutritionist will follow.  
- Existing clients. WIC is sending checks via mail. Client has to contact WIC office directly over the phone to renew application, make any changes and verify address for checks.  
If a client is currently enrolled or has been in the program before (even if client is not enrolled at this time), they can process their checks and/or reopen their application over the phone.  
*In light of COVID-19, New Jersey WIC is allowing additional food items in anticipation of limited food selections related to recent events.*

**Supplemental Nutritional Assistance Program** (SNAP)  
Hunterdon County Department of Human Services. Community Services Building. 6 Gauntt Place - PO Box 2900, Flemington, New Jersey 08822  
908-788-1300; [https://www.co.hunterdon.nj.us/humanservices.html](https://www.co.hunterdon.nj.us/humanservices.html); [https://oneapp.dhs.state.nj.us/](https://oneapp.dhs.state.nj.us/)
County residents who wish to apply for SNAP food assistance, or cash assistance under the Work First New Jersey program can do so online at NJHelps.org. Social Services can conduct interviews by phone
The New Jersey Department of Human Services and the New Jersey Department of Agriculture will issue P-EBT benefits to current Supplemental Nutrition Assistance Program (SNAP) households and non-SNAP households, which include children eligible for free and reduced price school meals, through the State’s SNAP EBT card system. The State will use procedures described in its approved plan to identify eligible children in both SNAP and non-SNAP households. As detailed in its approved plan, the State will use existing case information to issue benefits to current SNAP households and the State will obtain all necessary data to issue EBT cards to eligible non-SNAP households. The State will issue benefits only to households of children whose schools were closed for at least 5 consecutive days during the emergency designation and who would have received free or reduced price meals under the Richard B. Russell National School Lunch Act if not for the school closures. The State will conduct a public information campaign to alert those receiving benefits regarding the purposes of P-EBT and how P-EBT benefits and EBT cards are to be used, as described in the plan. The State must also provide information to non-SNAP households about what to do if they do not wish to receive or use P-EBT benefits. *P-EBT is not considered public charge.

VIRTUAL SUPPORT GROUPS, COVID-19 AND PREGNANCY WEBINARS AND WEBSITES

Central Jersey Family Health Consortium – New Mom Support Groups – Weekly Virtual Meetings
TUESDAYS 1pm and THURSDAYS 1pm. Pre-registration required.
Pregnant and New Moms with babies under one year, this is a stressful time for us all. Join from the comfort on your home. Email Pat Vena at pvena@cjfhc.org (Include subject line: ‘New Mom Support Group’).
You can also dial in using your phone: United States: +1 (646) 749-3122
Access Code: 505-793-653
Or join my meeting from your computer, tablet or smartphone: https://www.gotomeet.me/PatriciaVena
New to GoToMeeting? Get the app now and be ready when your first meeting starts:
https://global.gotomeeting.com/install/505793653

Hope for New Mothers: A Virtual Support Group for Pregnant and New Moms Zoom Webinars
Mondays 3-4pm; Tuesdays 1-2pm; Thursdays 11am–12pm. Will focus on techniques to calm anxiety, fear and uncertainty around giving birth during COVID-19. http://partnershipmch.org/programs/support-group/

S.T.A.R.T.* Bulldozes Barriers to Recovery for New Jersey’s Pregnant and Parenting

It’s okay not to be okay. In response to the COVID-19 pandemic, The Center for Great Expectations has increased access to mental health and recovery services in two of its programs.
With the support of the State of New Jersey, S.T.A.R.T. has expanded and offers free teletherapy, teledoulas and virtual peer recovery coaching for pregnant and postpartum persons, striving to overcome use of alcohol and other substances.

Licensed clinicians offer counseling tailored to the needs of mothers in recovery. Certified doulas provide birth education, support at the hospital, and honor the transition to motherhood as a rite of passage. Peer recovery specialists bring the expertise and perspective of someone who has reclaimed their life and gained freedom through sobriety. Complimentary services include an on-staff APN for initiation and maintenance of pharmacotherapy, toxicology screening and therapeutic groups via telehealth to provide connection with other mothers in recovery. Services are provided for up to 18 months in Essex, Hunterdon, Western Hudson, Middlesex, Morris, Somerset, and Union Counties. To schedule your S.T.A.R.T. consultation, call (732) 247-7003 x 422. Text (732) 434-8577 or email cflynn@cge-nj.org.

Roots to Recovery Outpatient Services is offering a full array of virtual substance use and mental health treatment services, including Intensive Outpatient and recovery support. We provide individualized assessments and evaluations to inform client-centered treatment plans, which include virtual individual & group therapy, psychiatric care, Medicated Assisted Treatment (MAT), case management & peer support. For an intake appointment, scheduled at your convenience, call 732-993-6403 ext. 414 or email dscott@cge-nj.org.

The Center for Great Expectations has been serving the most resilient and courageous New Jersey residents for over 20 years and continues to offer a range of free substance use and mental health services during this pandemic. We know times of extraordinary stress provide opportunities for transformation and stand ready to assist clients in elevating themselves and creating an intentional life filled with joy and connection.

**COMMUNITY RESOURCES**

**Family Promise of Hunterdon. Homeless Shelter and Homeless Prevention Program**
908-782-2490; [https://familypromisehc.org/](https://familypromisehc.org/)
Family Promise is actively operating the rental assistance program and homeless prevention program. To contact them, call the office and leave a name and number with a detailed message and a case manager will call back.

**Charity Care**
Hunterdon Medical Center. 2100 Wescott Drive, Flemington, NJ 08822
908-788-6574 o 908-788-6100, ext. 2237; email jleon@cbiz.com
Office re-opens Monday 6/15/20 with precautionary measures in place to ensure the safety of patients and staff.
Office hours will be from 8:30 am to 3pm Monday-Friday, with a lunch break from 12:00-1:00pm. Will resume as normal with walk-ins. *A high volume of patients is anticipated, if anything changes, there will be the need to go by appointments only to eliminate waiting time.

**Improving Pregnancy Outcomes (IPO) Public Health Nurses and Education**
6 Gauntt Place, Flemington NJ. 908-806-4548
Office is closed to public. Still accepting new clients. Referrals should be directed to Public Health Client Navigator Francia Reyes.

**County Special Child Health Services Hunterdon**
Susan Freedman, email: sfreedman@hhsnj.org. Unable to do home visits and working remotely.
Numbers and websites that may provide useful information for Hunterdon County’s 0-21 year-old special needs community. https://www.hunterdonhealthcare.org/service/children/child-development-center/helpful-websites/

**Early Head Start/Head Start**

Early Head Start is conducting virtual summer sessions for enrolled families. EHS center in Flemington is fully renovated, includes 3 classrooms for 8 children each. EHS will be opening in the fall with precautionary measures.

Head Start Center in Ringoes is closed for summer, teachers are providing virtual transitional program for families with children going to kindergarten. HS will be opening in the fall with precautionary measures.

To submit referrals, contact Josefina Mannino at manninoj@norwescap.org or call 908-824-2525.

**Hunterdon County Council for Young Children**

Hunterdon County Council for Young Children has been active in the community through offering parents of young children (prenatal through age 8) the opportunity to have a voice as it relates to overall needs of families in the community, while maintaining a focus on health and education. In the past 4 months, the Hunterdon group has been conducting zoom meeting for families to attend at their convenience and topics have included lectures such as "Managing Stress during Covid-19" which was presented by Allison Goldschlag Reinking of CJFHC. Other zoom meetings have focused on health and recreation, such as a caregiver and child Zumba class.

For more information, please contact HCCYC Coordinator, Heather Spencer at spencerh@norwescap.org

**Catholic Charities**

6 Park Ave, Flemington, NJ (908) 782-7905; https://www.ccdom.org/hunterdon

Counseling, Immigration Services, Youth Services. Full services remain available. Telehealth services can be provided via telephone or video connection.

**Friendship for a New Beginning (Casa Rosada)-New Moms Group**

Starting Wednesday, October 2nd 11am-12pm. Space Limited. Call (908) 806-4444; 162 Main Street, Flemington. Accepting calls from 10am-3pm Monday-Friday.

**UPDATE 7/28/20**

**Free Play Program at Safe Harbor**

171 Main Street, Flemington, NJ (908) 268-4284; safeharbor17info@gmail.com.

Mondays and Wednesdays 10am-2pm; Thursdays 4pm-6pm. Spanish speaking families welcome.


New Facebook page in Spanish:
https://www.facebook.com/SafeHarborChildAccessCentersEnEspanol/?ref=br_rs

**211 (call); 898-211 (text your zip); info@nj211.org (email); www.nj211.org (chat y website)**

For food, shelters, childcare, legal services and other resources in your community.

**HUNTERDON HELPLINE**

908-782-4357 www.helplinehc.org/community-information/

A 24-7/365-day/year hotline for people in need, facing any challenge, any time, in addition to programs and services for seniors, persons with disabilities and other vulnerable populations. The Community Translation Volunteers provide assistance in a variety of languages to people whose first language is not English.
**HUNTERDON HELPLINE** [www.helplinehc.org](http://www.helplinehc.org)
908-782-4357.
Línea de Ayuda para Apoyo a Familias, Refugio de urgencia, Apoyo a Mayores, Servicios para Incapacitados, Prevención del Suicidio, Recursos para Salud Mental, Ayuda Financiera y Centro Comunitario de Traducción.

**St. John the Evangelist Outreach Committee**
609-397-3950. Helps people with housing, driving to appointments, utility shut-offs, payments, car repairs, and other personal needs with the exception of food.

**NORWESCAP Service Updates**
350 Marshall Street, Phillipsburg, NJ 08865 - The main office remains open at this time
908-454-7000; contactus@norwescap.org
[https://norwescap.org/covid-19/norwescap-service-updates/](https://norwescap.org/covid-19/norwescap-service-updates/)
The page has a listing of contact numbers for various resources and information for how to get help. Need help during the current time? Go to the link above and find the ‘Please click here’ section for assistance to connect you to the correct person. Or call (908) 454-7000 x1110.

**Norwescap’s Financial Empowerment** programs are serving the communities by providing: one to one financial case management, critical debt and credit case management services, negotiating with creditors, family income reduction strategies, and Norwescap’s Family Loan Program. The organization is also assisting people having difficulty paying their utilities.

**NORWESCAP Child & Family Resource Services**
908-454-1078
Hours of operations have been extended to process childcare vouchers and help parents access childcare services. There are new more flexible guidelines that provide additional benefits to families and child care providers.

**NORWESCAP Family Loan Program**
Applications & Information are available online. Phone calls are accepted, no walk–ins at this time.
Carolyn Thoens, Program Director at 908-454-7000 x 1116 or thoensc@norwescap.org

**United Way Community Volunteer Center**
20 Fulper Road, Flemington (908) -237-1689.
The UWHC Community Volunteer Center is the county drop off point for Personal Protective Equipment (PPE) that is needed by doctors, nurses and first responders. Donations can be dropped off daily at 20 Fulper Road, Flemington from 9:00am to 6:00pm. #LiveUnitedHC

**The Greater Raritan One-Stop Career Training Service Centers in Flemington & Somerville**
Greater Raritan One Stop will continue to assist customers via email at onestop@co.somerset.nj.us or call 908-541-5780. Job seekers are encouraged to text the word onestop to 56512 for job seeker updates & opportunities.
Hunterdon Educational Services Commission

**Welcome to the Future**

**Earn Your High School Diploma**

WE OFFER FREE, INDIVIDUALIZED INSTRUCTION (including a distance learning option)

CONTACT US FOR MORE INFORMATION:

- Hunterdon County: trailerinfo@hunterdonesc.org
- Somerset County: trailerinfo@hunterdonesc.org

VISIT OUR WEBSITE: www.hunterdonesc.org

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Hunterdon County Educational Services Commission

**Free Virtual High School Equivalency Program (HSE)**

- **How Long Will This Take?**
  - This is always the first question from my students, the answer is, I don't know! We meet our students where they are. In other words, we identify gaps in knowledge and fill those gaps in. After those gaps are filled, it’s time to test.

- **What is the HSE Test Like?**
  - The HSE test will test your knowledge in five subject areas: Reading, Writing, Science, Social Studies, Math. We recommend taking one at a time. There are three versions of the test to choose from: 4G, 4f, 4E. We will help you select the appropriate test.

- **Where Do I Start?**
  - This is an easy question. Register at hunterdonesc.org

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Hunterdon County Educational Services Commission

**Clases Virtuales**

**Gratuitas de Inglés**

- **Qué aprenderé?**
  - Nuestras clases de idioma incluyen gramática, charlas en inglés, educación cívica, tradiciones estadounidenses, y eventos de actualidad.

- **¿Cuáles son los requisitos para participar?**
  - Necesitarás una computadora, tablet, o teléfono y descargar la aplicación gratuita Zoom.

- **Dónde?**
  - En la comodidad de tu hogar, usando tu computadora, tablet o teléfono.

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**Free Virtual English as a Second Language (ESL)**

- **What will I learn?**
  - Our ESL classes include grammar, conversational English, civics, American customs and traditions, and current events.

- **What do I need to take these classes?**
  - All you need to join the class is a computer, tablet, or phone and the free Zoom app.

- **How Do I Start?**
  - Register at hunterdonesc.org

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**Contact Information:**

- Hunterdon County: trailerinfo@hunterdonesc.org
- Somerset County: trailerinfo@hunterdonesc.org

VISIT OUR WEBSITE: www.hunterdonesc.org
UPDATED 7/28/2020

**NORWESCAP Career & Life Transitions Center for Women**

908-788-1453. Virtual programs, staff is staying in touch with clients via phone.

NEW Spanish Computer Class. Introduction to email and MS Word class for Spanish speaking women who fit the definition of a displaced homemaker. A displaced homemaker is someone who spent several years working unpaid in the home depended on the income of another family member and is no longer supported by that income due to divorce/separation, death of a spouse or spouse or partner becomes permanently disabled or unemployed. Photo ID, green card or visa required.

The classes are free. An individual needs their own computer and internet access to attend the class.
UPDATE 7/28/20

**Wind of the Spirit. Immigration Resource Center.**
40 Sussex Avenue, Morristown NJ 07960. (973) 538-2035; email: office@windofthespirit.net; http://wotsnj.org/
Organizing and Advocacy, Legal Services and Youth Program

**Flemington Shoprite Free Nutrition Consultation (in English & in Spanish)**
908-782-2553, Ext. 6; Susan.LangSaponara@wakefern; book online at https://dietitians.shoprite.com
In-store dietitian: Susan LangSaponara

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**HOUSING ASSISTANCE and OTHER GOVERNMENT SERVICES**

**UPDATED 7/28/20**

**The Hunterdon County Department of Human Services**
All offices are open to the public. Appointment needed. Phone and virtual appointments still available.
Community Services Building, 6 Gauntt Place - PO Box 2900, Flemington, New Jersey 08822
Residents are encouraged to call Social Services at 908-788-1300 if they have an emergency housing need.


**Low Income Home Energy Assistance (LIHEAP) and Universal Service Fund (USF)**
https://www.nj.gov/bpu/assistance/programs/
-Home Energy Assistance Program (LIHEAP) helps very low-income residents with their heating and cooling bills, and makes provisions for emergency heating system services and emergency fuel.
Contact: Fidel Ekhelar - 1 (800) 510-3102 or Utilityhelp@nj211.org or USFHEA-application@dca.nj.gov
-Universal Service Fund (USF). Helps make energy bills more affordable for low income customers. If you are eligible, USF can lower the amount you have to pay for natural gas and electricity.
Contact: Fidel Ekhelar - 1 (866) 240-1347 or email Utilityhelp@nj211.org

**NORWESCAP Housing & Energy Services**
6 Park Ave. Flemington NJ 08822. 908-454-4850; 908-782-0612; 888-454-4778
Energy assistance applications continue to be processed.
Case management services are still being provided via phone. Weatherization is limited to emergency work as of today. Emergencies such as loss of heat/hot water, electricity, plumbing or something threatening the health & safety of individuals. Required docs: SS cards, income proof, copy of lease, heating (gas/oil) and electricity bills

**NORWESCAP Homeless Prevention Program**
908-454-7000 x 118 housing@norwescap.org
Provides rental and housing temporary short term assistance to household who face imminent loss of housing by eviction.

**Emergency Shelters** https://www.nj211.org/resource-search/taxonomy/BH-1800/hunterdon/1
For a list of shelters in and around Hunterdon County

**NJ Helps** https://www.njhelps.org – Self screen for NJ Benefits and Resources
NJ Helps. Help with Basic Needs - Flyer  

Immigrant Eligibility for COVID-19 Relief Programs - Flyer  
https://nj.gov/humanservices/library/slides/ImmigrationFactSheet_v4-ENG.pdf

**Unemployment Offices**  
For news and updates, visit [https://myunemployment.nj.gov/](https://myunemployment.nj.gov/) or call:  
North Jersey: (201) 601-4100; Central Jersey: (732) 761-2020; South Jersey: (856) 507-2340

**UPDATED 7/28/20**
COVID-19 Information Hub – Jobs Section  

**NJOneApp – For information regarding Social Services** [https://oneapp.dhs.state.nj.us/](https://oneapp.dhs.state.nj.us/)  
Screen for Services. Apply for Services. Complete an Unfinished Application. Check Application Status

**Hunterdon County Senior Center**  
Walter Foran Blvd, Suite 2006 Flemington, NJ (908) 788-1361; email at aging@co.hunterdon.nj.us.  
[http://www.co.hunterdon.nj.us/aging/seniorcenter.htm](http://www.co.hunterdon.nj.us/aging/seniorcenter.htm). On site programs are temporarily suspended indefinitely based upon the Governor’s executive orders. However, some of our programs are being offered virtually.  
The **Meals on Wheels program** will continue with a meal drop off program designed to eliminate personal interaction between participants and volunteers (908) 284-0735; [https://mowih.org/](https://mowih.org/)  
The **Mr. Fix-It Appliance Days** have been postponed until further notice.

**NJ Family Care/Seguro Medico**  
1-800-701-0710; [www.njfamilycare.org](http://www.njfamilycare.org)  
Hours of Operation: Monday and Thursday 8 A.M. - 8 P.M.; Tuesday, Wednesday, Friday 8 A.M. - 5 P.M.

**NJ Family Care. Coverage and COVID-19 Flyer**  

**NJ Family Care. Cobertura y notas sobre COVID-19 - Folleto**  
[https://nj.gov/humanservices/library/slides/Medicaid%20outreach_v3-SP.pdf](https://nj.gov/humanservices/library/slides/Medicaid%20outreach_v3-SP.pdf)

**UPDATE 7/28/20**
Tri County Care Management Organization  
PerformCare / Contracted Systems Administrator (CSA). 1-877-652-7624  
PerformCare can help a parent or guardian connect their child to Children’s System of Care services. Staff available 24 hours a day, 7 days a week to provide assessment and guidance to families facing challenges to their functioning and well-being.
HEALTH INFORMATION:

**Hunterdon Healthcare Open/Closed Locations**

**County Vaccination Program Public Health Nurses**
Contact Francia Reyes at 908-806-4548

https://findahealthcenter.hrsa.gov/
Enter your zip code to find a free Coronavirus testing center. Go there for free screening and treatment. If you test positive, you will be isolated for 14 days.

**Mom’s Quit Connection for Families’ Quit for Kids Program**
888-545-5191; www.quitforkids.com and www.momsquit.com
Continues to operate as usual. We offer free, one on one counseling services, now by phone and we continue to serve pregnant women, parents, partners, family members and care givers of children up to 8 years old. Provider referrals are accepted along with self-referrals by phone or by registering on the website.

**NJ Hope and Healing Healing Crisis Counseling Program with MHANJ**
The program offers free emotional support for anyone who lives in New Jersey. Given the major effect that COVID-19 can have on a person’s mental health, this is a program to offer to folks in New Jersey at no cost.
- 866-202-HELP (4357), multilingual; or text NJHOPE to 51684
- Facebook: https://www.facebook.com/gomohealth/posts/1317607411778062
- Twitter: https://twitter.com/gomohealth/status/1272884280331587585
- LinkedIn: https://www.linkedin.com/posts/gomo‐health_announcing‐the‐new‐jersey‐hope‐and‐healing‐activity‐667870669112095744‐usOK
- Instagram: https://www.instagram.com/p/CBf2rArnFtn/

UPDATE 7/28/20

**New Hope IBHC**
Kristina Bloodgood, Director of Admissions (ext. 2413), kbloodgood@newhopeIBHC.org
Open. Beds available for adults and adolescents. Detox and rehab. Operating business as usual with a large amount of protective layers in place to keep everyone safe.
- Adolescent Services: Short-Term Residential (STR) and Withdrawal Management (Detox). Option 5
- Halfway House Services: Male and Female. Option 3
- Adult Inpatient Services: Withdrawal Management (Detox) and Short-Term Residential (STR). Option 3

**HOTLINES:**

**Information to the public on COVID-19**
The Poison Control Center and 211 have partnered with the NJ Department of Health. For questions/concerns call 1-800-962-1253 or 1-800-222-1222 or text NJCOVID to 898-211 for text information and to stay informed.

**National Domestic Violence hotline numbers:**
1 (800) 799-7233. National Domestic Violence. English and Spanish
800-878-3224 TTY
855-812-1001 video chat
1 (800) 572-7233. Callers are put in touch with the local resources in their county. English and Spanish
If it’s not safe to call, you can text. Just text LOVEIS in capital letters—one word: L-O-V-E-I-S —to 22522. There’ll
be somebody there to chat with and walk you through what you may need to do to help yourself.
There are resources available at COVID19.nj.gov.

Safe Harbor
908-268-4284 Available 24/7, or safeharbor17info@gmail.com

NJ Mental Health Care 1-866-202-HELP (Crisis - 732-235-5700) or dial 9-1-1


INFORMATIONAL WEBSITES with REAL TIME UPDATES:

Hunterdon County Government
http://co.hunterdon.nj.us/
http://co.hunterdon.nj.us/humanservices.htm

TRANSPORTATION INFORMATION
UPDATE 7/28/20

goHunterdon
goHunterdon staff is available by email. Cathy Taglienti, Community Mobility Coordinator, is available to
respond to inquiries on the status of local transportation services and identifying appropriate transportation
options for travel needs, ctaglienti@gohunterdon.org

The LINK
1-800-842-0531; http://ridethelink.com/ . For printed copies of the new LINK schedule, please email Cathy
Taglienti, goHunterdon Community Mobility Coordinator, ctaglienti@gohunterdon.org.
LINK bus capacity is increased to full capacity except the 1st row behind the driver. Passengers are required to
wear a facial covering while on the LINK vehicles.

UPDATE 7/28/20

Transbridge Lines
www.transbridgelines.com
As of June 8, 2020, TransBridge Lines has resumed operations with modified schedules. Visit website for details.

UPDATE 7/28/20

NJ TRANSIT Raritan Valley Line Rail
www.njtransit.com. As of July 6, 2020 NJ TRANSIT Rail service is operating a full regular weekday schedule.
Raritan Valley Line continues to run the schedule effective 11/3/19. Please visit the NJ TRANSIT website for
schedule information and guidance for passengers. For printed copies of the Raritan Valley Line schedule, please
email Cathy Taglienti, goHunterdon Community Mobility Coordinator, ctaglienti@gohunterdon.org.

Taxis & Other Services
Visit www.gohunterdon.org/public-transit/taxis-and-other for current taxi services that are operating. Call
individual providers for service status. Drivers/passengers are required to wear face masks.