**MERCER COUNTY RESOURCE LIST-COVID 19- August 11, 2020**

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](http://www.cjfhc.org) and click on ‘County Resource Updates during COVID-19’.

**FOOD PANTRIES/ FOOD DISTRIBUTION**

**UPDATED 8/11/2020**

Community Food Pantry Available In Princeton / West Windsor for All Mercer Residents

- JFCS (Jewish Family & Children’s Service) is operating a prepared bag model where community members can set up a time for no-contact pick up of a pre-packed bag of groceries which includes non-perishable items, as well as fresh fruit and vegetables, cheese and chicken.

- **Where to find the JFCS Pantry?**
  Our pantry is located at 707 Alexander Road, Suite 204 Princeton, NJ 08540. The office is located just off of Route 1 and accessible via NJ Transit Bus Route #600/Carnegie Center stop.

- **How to set up a pick up time?**
  Call our offices at 609-987-8100 Ext 237 to set up a pick up time. Staff is available Monday – Thursday 9 AM – 5PM and Fridays 9 AM – 4 PM.

- For additional details please visit:
  - Website: [www.jfcsonline.org](http://www.jfcsonline.org)
  - Facebook: [www.facebook.com/JFCSMercer](http://www.facebook.com/JFCSMercer)
  - Twitter: [www.twitter.com/JFCSMercer](http://www.twitter.com/JFCSMercer)
  - YouTube: [www.youtube.com/JFCSMercer](http://www.youtube.com/JFCSMercer)
  - LinkedIn: [www.linkedin.com/company/JFCSMercer](http://www.linkedin.com/company/JFCSMercer)

**UPDATED 7/28/2020**

- **MEAL ON WHEELS OF MERCER COUNTY**
  320 HOLLOWBROOK DR. EWING TOWNSHIP (609) 695 8483 Only Prepared food for people who are 65 years

- **Abundant Life Christian Fellowship**
  1901 N. Olden Avenue, Suite 25, Ewing (609) 902-5547: Every 4th Saturday from 10:00am-4:00pm.

- **Arm In Arm**
  **Food Distribution by appointment**
  Locations:
  123 E. Hanover Street, Trenton, NJ
  48 Hudson Street, Trenton, NJ
  61 Nassau Street, Princeton, NJ
  **PLEASE CALL AND LEAVE A VOICE MESSAGE**
  609-396-9355. For more information please to visit Arm In Arm's website - [https://arminarm.org/2020/03/10/coronavirus-service-change](https://arminarm.org/2020/03/10/coronavirus-service-change)

  *Pantries are not open for walk-in service.* If you would like to be added to a mobile delivery list, please call 609-396-9355 ext. 11. Please speak very slowly and clearly. Leave a message with your full name, full address and best phone number to reach you - a representative will be in touch with you. Estimated week or more until Arm
in Arm will reach your neighborhood for delivery. You will be notified 24 hours in advance of future delivery to your address. Must be a resident of Mercer county.

- **Catholic Charities** 132 North Warren St., Trenton (609) 394 8847: Monday, Tuesday, Thursday 9:00am-12:00 pm
- **Home Front** 1800 Princeton Ave., Lawrenceville (609) 989 9417: Monday-Friday 10:00am-1:00pm they provide Food, and Diapers.
- **Jewish Family Center** 707 Alexander Rd., Princeton (609) 987 8100 126: 1st and 2nd Monday of each month, 2:30-3:30pm; all other inquiries please call.
- **Lutheran Church of Redeemed** 189 S. Broad St., Trenton (609) 396 2411 4th Thursday of each month, 8:30-10:30am
- **Mount Carmel Guild** 73 North Clinton St., Trenton (609) 392 3402: Monday-Friday 9:00-11:00am and 1:30-3:00pm
- **Princeton Deliverance Church** 301 Southern St., Trenton (609) 392 9161: Fridays, 12:00-3:00pm
- **Rescue Mission** 96-100 Carrol, Trenton (609) 695 1436: Monday-Thursday-Friday 12:00-1:00pm adults only. Contact: Jossie
- **Sacred Heart Church** 343 South Broad, Trenton (609) 393 2801: 3rd Thursday of each month 2:00-6:00 pm
- **United Progress** 162 West State Street, Trenton (609) 392 2161: Wednesday-Friday 9:00am-12:00pm
- **Trinity Church** 801 West State Street, Trenton (609) 392 3805 Thursdays 4:30 to 6:00 pm
- **Elyon Bible Church** 118 Montgomery St., Trenton (609) 462 3254 4th Saturday of each month, 10:00am-1:00 pm
- **Primera Iglesia Pentecostal Alpha and Omega** 347 Second St., Trenton (609) 571 9135: Wednesdays 6:30-7:30 pm.
- **Salvation Army Trenton**, NJ 575 East State Street Trenton, NJ 08609 609 599 2345. Monday through Friday from 9 am - 2 pm.

- **Alfa y Omega Church** 347 Second St. Fridays from 3:30- 5:30 pm They provide food and Baby formula.
- **Samaritan Baptist Church** 531 Martin Luther King Blvd, Trenton NJ 609 393-0016 Contact Jewell Holmes. Thursdays 4:00 pm-6:00 pm and Saturdays of each month.
- **South Trenton Area Soup Kitchen/ First Baptist Church** 128-140 Centre St. Trenton NJ 609 393 8810 Monday-Tuesday-Wednesday Dinner served from 4:30-5:00 pm
- **St. Bartholomew Lutheran Church** 609 393 6060 contact Vicar Erich Kussman
- **Trenton Deliverance Center Pantry** 1100 S. Clinton Ave, Trenton NJ 609 396 2299 Contact Joan Broach. Daily from 11:30 am - 2:00 pm
- **United Methodist Church/ [www.makers.org](http://www.makers.org)** /Diapers 609 751 9128 with appointment only. Columbus Park, West Trenton, and Downtown.
- **Hamilton Neighborhood Center Food Pantry** 169 Wilfred Ave., Hamilton (609) 393 6480: Monday-Friday 9:00am-4:00pm
- **Bromley Center Food Pantry** 1801 East State St., Hamilton: Tuesday-Thursday 9:30-11:30am and 2:30-3:30pm info@cyobromley.org
- **St. Raphael Holy Angels Food Pantry** 151 Gropp Ave. Hamilton NJ 609 585 3848 Contact John Marginic
- **The Victorious Church Food Pantry** 32 Hollowbrook Drive Ewing 609 771 2345 Contact Rev. Terry Collins Wed-Fridays from 11:00 am-2:30 pm
- **The Shop at The College of NJ** 2000 Pennington Rd. Ewing 609 771 2345 Open to the public. Contact campus police and they will open the pantry as needed. No restrictions
• **Mobile food pantry in Hopewell Valley:**

• **Mercer Street Friends Grab & Go**
  Weekend Meal Bags @ Gregory Elementary School
  609-396-1506
  Mercer Street Friends distribution, 11am to 12:30pm. One day every 2 weeks, First come, first served, Family of 4 receives 1 bag; family of 4+ receives 2 Bags. No restrictions. Keep checking back for updates as these sites will alternate weekly.
  Locations:
  ➢ 500 Rutherford Avenue, Trenton, NJ
  ➢ 1300 Stuyvesant Avenue, Trenton, NJ
  ➢ 401 Brunswick Avenue, Trenton, NJ
  ➢ 45 Stokley Avenue, Trenton, NJ
  ➢ 400 Chambers Street, Trenton, NJ
  ➢ 331 Emory Avenue, Trenton, NJ

**MATERNAL HEALTH**

**WIC**

**UPDATED 8/11/2020**

• Participants may call or text (609) 610-0338 or (609) 610-0496 someone will answer and or return their calls.

• Participants can also still call (609) 498-7755

• Additionally participants may access the Participant’s Portal at [https://wic.nj.gov/participantportal/](https://wic.nj.gov/participantportal/). Messages/ information is retrieved from the Participant’s Portal daily with response to the participants.

• For questions about WIC e-mail WICNutritionist@chsofnj.org.

• Children’s Home Society of NJ updates about WIC. Anyone with questions about WIC, can email WICNutritionist@chsofnj.org.

**UPDATED 8/11/2020**

*Free Safe Sleep Birth to 12 Months* webinar series during the month of August.

• Live: August 13 at 1 pm
  o Register: [https://attendee.gotowebinar.com/rt/6085423434482088464](https://attendee.gotowebinar.com/rt/6085423434482088464)

• Live: August 24 at 2 pm (Spanish)
  o Register: [https://attendee.gotowebinar.com/register/141623735596854273](https://attendee.gotowebinar.com/register/141623735596854273)

• On Demand: August 14 - 28
  o Register
    English: [https://attendee.gotowebinar.com/register/3522982998647989264](https://attendee.gotowebinar.com/register/3522982998647989264)
  o Register
    Spanish: [https://attendee.gotowebinar.com/register/775196090528371432](https://attendee.gotowebinar.com/register/775196090528371432)
August 19th Breastfeeding Month Webinar. Breastfeeding Protections, New Jersey Laws and Family Leave

CENTERING SERVICES

- **Centering Parenting** available at Henry J. Austin
  Link of Facebook Live were HJA is discussing Centering Parenting [https://www.facebook.com/HJAHCNJ/videos/689985471567501/](https://www.facebook.com/HJAHCNJ/videos/689985471567501/)
  - *What is Centering Parenting?* This is a program that brings 6-8 parents, partners, support people and their same-age infants together in community with their healthcare providers and other parents who are experiencing similar things at the same time.
  - [https://www.centeringhealthcare.org/what-we-do/centering-parenting](https://www.centeringhealthcare.org/what-we-do/centering-parenting)

- **Centering Pregnancy** will be available starting next month at Capital Health- Health Start Prenatal Clinic (Bellevue Ave. Trenton NJ.)
  - *What is Centering Pregnancy?* This is a program changes routine prenatal care by bringing women out of examination rooms and into groups for their care. Women are placed into groups of 8 to 12 based on estimated dates of delivery and meet for ten 90-minute prenatal or postpartum visits at regular intervals.

MOM SUPPORT GROUPS

Central Jersey Family Health Consortium
Pregnant and new moms with babies under one year-
Virtual Groups:
- English: Tuesdays & Thursdays- 1:00 pm
- Spanish Wednesdays- 1:00 pm
For registration in English email pvena@cjfhc.org
Para registrarse en Español envíe un email a mflores@cjfhc.org
**Children Home Society:**

- Vilma Aguirre 609.807.1925 (Spanish groups)
- Shahera Hutchinson 609.474.0732 (English)
- Breastfeeding classes - Gladis Martinez 609.301.0912
- Infant massage for infants 0-6 mos - Shahera Hutchinson 609.474.0732

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**WEBINARS & VIRTUAL EVENTS**

**STROLLING THUNDER**

**UPDATED 8/11/2020**

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Please visit - [https://acnj.org/issues/early-learning/birth-to-three/strolling-thunder-new-jersey-2020/?eType=EmailBlastContent&eld=d9e485ac-4bac-46d2-b2a3-c25970eef136](https://acnj.org/issues/early-learning/birth-to-three/strolling-thunder-new-jersey-2020/?eType=EmailBlastContent&eld=d9e485ac-4bac-46d2-b2a3-c25970eef136)

Join New Jersey Strolling Thunder 2020!
Be one of the first 100 families that fully completes the registration and attends the strolling thunder event and you will be eligible for a $25 Gift card.

**Terms and Conditions**
Gift Cards - ACNJ is offering a $25 gift card to the first 100 registrants with a baby/toddler UNDER THE AGE OF 3 who fully complete the registration form and attend the virtual New Jersey Strolling Thunder Any questions? Feel free to email Patricia Canning at pcanning@acnj.org

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**READY...SET...ASQ! Virtual Events in August**

**UPDATED 8/11/2020**

- The Central Jersey Family Health Consortium’s Early Childhood Specialist Program will be holding 4 more events in August. 2 in English and 2 in Spanish.
A raffle of $25 gift cards will be available for each event!
• **The Trenton Public Library** is open from Tuesdays to Thursdays 9:00 am to 5:00 pm. Is open to the public to check out books, use the computers, print documents.

Address: 120 Academy St, Trenton, NJ 08608
Phone: (609) 392-7188

• **Nature Story Time** with Miss Kelly from the Mercer County Park Commission has been extended for 2 more weeks! Join us tomorrow morning at 10 at the Trenton Free Public Library Garden!

![Nature Stories in the Garden](image)

• **The Trenton Public Library** is also offering virtual educational webinars about Arthritis. Meet experts in arthritis care who will inform you about current scientific evidence and management strategies in the treatment and care of osteoarthritis, rheumatoid arthritis, and juvenile arthritis.

• For more information, visit [https://trentonlib.org/event/experts-in-arthritis/](https://trentonlib.org/event/experts-in-arthritis/)

![Experts in Arthritis](image)

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**UPDATED 7/28/2020**

**Building Resilience in Children & Families During the COVID-19 Pandemic**

On Thursdays, join CARC for a 4-week Resiliency Workshop. Every participant will receive an incentive and a certificate of completion. Spaces for every workshop are limited. Workshops in Spanish 9.30-10.30 am and 12-130 pm, and workshops in English 12-1 pm every Thursday! You can still enroll - Call CARC at 732-774-3282 to sign up.

Webinars – Virtual Sessions

**THURSDAYS at 9:30 AM** Zoom Event: Social Support Group (For Older Adults)
Drop-in to connect and share with others who are feeling the emotional and psychological impacts of isolation during COVID-19 restrictions. Shirley Bellardo, LCSW, LCADC (Director of
Clinical Services) will help facilitate the conversations, provide resources and advice. There is no formal structure, you are invited to speak, listen, and learn.

**REGISTER NOW** Registration link valid for all future sessions

**Link** - https://zoom.us/meeting/register/tJMtcOihrj4oG9Tm_grtA85E8awM3QRc_mVs

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**NAMI VIRTUAL Family Support Group**

**Tuesdays at 12 pm & Wednesdays at 7 pm**

Register for an online support group. NAMI Family Support Group is a 60-minute support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others’ challenges and successes.

Please visit the link to register-

https://docs.google.com/forms/d/e/1FAIpQLScCAMXBBlD4mNSQPS0V4bCc16pCtma2ZI40enFvqFAGR1CzQg/viewform

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**Heritage Success Center**

"Kits for Kids" sessions - Children get together to do interesting science projects! If you want your child to participate in any of the next weeks, send a message to 609-498-4797 or 609-306-1301 and they will let you know what week you can participate. All our activities are free of cost and for the enjoyment of you, our community!

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**UPDATED 7/28/2020**

Live Chat with LALDEF Office Manager, And Laura LALDEF Community Organizer.

**Tuesdays, 10:00am-11:00am and 12:00pm-2:00pm**

**Thursdays, 10:00am-11:00am and 12:00pm-2:00pm**

During these times, click on the LALDEF icon at the bottom right of their website and begin your conversation.

Visit - https://laldef.org/

**HOUSING**

- Tenants can call Central Jersey Legal Services for legal advice if they get a notice scheduling a landlord/tenant meeting. Reach out to Susan Knispel at 609-695-6249. Visit link at http://centraljerseylegalservices.org/

**Homeless Services**

- TASK can take referrals to assist homeless adults who NEED clothing. This is not just for adults who want new/additional clothing. Call Julie at 609-960-5117.

**TESTING & TELEMEDICINE**

**UPDATED 7/28/2020**
Mercer County is no longer providing free COVID-19 testing to county residents. Below is a list of locations in and near Trenton offering testing. Some locations provide tests at no out-of-pocket cost; others require payment. Some sites require a prescription; others do not.
Visit- https://docs.google.com/document/d/1kkkEwzwB9fo7uosLxHxN13vcginUZ-Qki3m93WKe19k/edit

- There is testing outside of the County process in Robbinsville and at pharmacies.
  - For additional details visit link: https://1t9uir36h40kqq4wd2pa3xu1-wpengine.netdna-ssl.com/wp-content/uploads/2020/05/COVID-Testing-for-Providers4.17.pdf
- **Rite Aid** is now offering free COVID-19 testing for anyone age 18 and over through Project Baseline. A pre-screening and a Google account are required to schedule an appointment.
  - Link: https://www.riteaid.com/pharmacy/services/covid-19-testing
- **CVS** is now offering free COVID-19 testing for anyone age 18 and over that qualify for COVID-19 testing. Proof of identity and in state residence as well as test confirmation email or text required.
  - Link: https://www.cvs.com/minuteclinic/covid-19-testing

**PUBLIC BENEFITS & HEALTHCARE SERVICES**

*Children's Home Society- Medicare Enrollment Assistance Services.*

**UPDATED 8/11/2020**

- The State Health Insurance Assistance Programs (SHIPs) provide free, local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers – in Mercer County SHIP is a program of the Children’s Home Society of New Jersey.
- Children’s Home Society certified SHIP counselors are providing service by telephone and video communication during the Coronavirus (COVID-19) pandemic.
- Contact Cathy Forbes on 609-273-0588 or email cforbes@chsofnj.org to set up your virtual appointment today.

*Children’s Futures - Insurance Enrollment*

**UPDATED 8/11/2020**

Children’s Futures is a designated Certified Application Counselor organization. Our certified application counselors can help you navigate the Healthcare Marketplace.

Please call- (609) 695-1977

Hours- 9:00 AM - 4:00 PM

Or contact them via Facebook Messenger as well- https://www.facebook.com/pg/ChildrensFutures/services

**Updated 7/28/2020**

**Prescription services**

*Quality Institute Prescription Assistance Guide* provides an updated list of prescription assistance programs and companies offering prescription delivery during COVID-19.

Family Resource Network - Their navigator department works with enrolling people with Health Insurance such as Medicaid, Medicare, NJ Family care and Marketplace as well. For more details visit - https://www.familyresourcenetwork.org/frn-health/

Health Insurance Navigator
FRN Navigators provide expert assistance in preparing electronic and paper applications to establish eligibility and enroll in coverage through the Health Insurance Marketplace, Medicaid and CHIP.

Contact: 800-355-0271

SNAP EBT cards can be used to purchase groceries online on Amazon beginning 5/27, and Walmart Shoprite and Fresh Grocer beginning 5/28. Feds approved the maximum SNAP benefits through June. Most SNAP households will receive the max SNAP benefits.

United Way Of Greater Mercer County
- They are offering assistance with SNAP, making referrals to emergency food sites, and Medicaid Utility Assistance. For more information call 609-637-4917 or email enroller@uwgmc.org. Website https://www.uwgmc.org/benefits
- GA/TANF application assistance - self refer at www.uwgmc.org/benefits or call an enroller 609.637.4917
- Utility application assistance and referrals & NJSAVES application assistance for Senior & Disabled - self refer at www.uwgmc.org/benefits or call an enroller 609.637.4917
- VITA Free Tax prep referral - self refer at www.uwgmc.org/benefits or call an enroller 609.637.4917
- NJFamily Care application and other benefits assistance - self refer at www.uwgmc.org/benefits or call an enroller 609.637.4917

CLOTHING
- Homeless Services - TASK can take referrals to assist homeless adults who NEED clothing. This is not just for adults who want new/additional clothing. Call Julie at 609-960-5117.
- They are allowing women to initiate prenatal care w/o the proof of pregnancy they’d usually require. Main Phone (609) 394-4111 Address: 433 Bellevue Avenue Trenton, NJ 08618
MENTAL HEALTH SERVICES

Salvation Army - Officers, retired officers, employees, and volunteers across the United States have joined forces to form The Salvation Army’s Spiritual and Emotional Care Hotline (or HOPEline), which is available from 9 a.m. to 1 a.m. ET at 1-844-458-HOPE. The hotline’s theme is “We’re Here to Listen

Barbara and Herb Goodfriend Counseling Center - 609-394-2532. Counselors are doing screening and providing counseling and support by phone until the office reopens.

MILLHILL CHILD & FAMILY DEVELOPMENT- NOW OFFERING TELECOUNSELING SERVICES
Millhill is excited to announce that their Behavioral Outpatient Clinic is providing telecounseling services to bring mental health care directly to those in need. Counseling Services Remain Available
- Millhill is using Doxy Me as the platform for telecounseling for therapists and clients to continue their individual, family, and group sessions.

FOR MORE INFORMATION -Jordan Faiman - JFaiman@millhillcenter.org (609) 989-7333 x202

COPING WITH STRESS
- New Jersey’s Mental Health Hotline at 877-294-HELP (4357) or visit njmentalhealthcares.org for emotional support, guidance, and mental health referrals as needed. You also may call the SAMHSA Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517).

The Rescue Mission is open including their Behavioral Unit
Clients to have 15-minute phone visits on Skype, which can be scheduled in time slots between 9:00 am and 2:45 pm. Clients can reserve time for these calls. Please send to Amanda at amandam@rmtrenton.org or 609.695.1436 ext. 303 and she will have the counselor contact you.

WOMEN ADVOCACY/ DOMESTIC VIOLENCE SERVICES

UPDATED 7/14/2020

The Womanspace counseling office reopened for in-person counseling on Monday, July 6. Counselors will continue to do doing screening, counseling, and support by phone and secure video for clients unable to come to the office. Please call in advance for screening and food.
- Emergency Services that include short-term shelter for families continues to operate with precautions for COVID-19 at the Safe House.
- They continue to provide services to victims and survivors of domestic violence and sexual assault: Mercer County 24-Hour bilingual hotline - 609-394-9000; statewide domestic violence hotline - 800-572-SAFE (7233); statewide sexual assault hotline - 1-800-601-7200; administrative office, crisis intervention teams, education, outreach & training - 609-394-0136;