



Middlesex County Resources Updates due to COVID-19

12/29/2020

We are updating resources on a weekly basis, please refer to the date on top of this page to ensure information is up to date or visit our website at www.cjfhc.org and click on 'County

Central Jersey Family Health Consortium

- ASQ Developmental Screening event will be until December 2020
- Early Childhood Corner Facebook Page <https://www.facebook.com/pages/category/Local-Service/Early-Childhood-Corner-109475490783895/>

Contact Ashley Watson, Allison Reinking, or Claritza Pena for more information on upcoming events and virtual support groups hosted by Central Jersey Family Health Consortium

– awatson@cjfhc.org or agoldchlagreinking@cjfhc.org visit

*

<https://www.cjfhc.org/index.php/en/>

Middlesex CCYC. RCastillo@preventchildabusenj.org

Parent and Caregiver Guide can be found on www.preventchildabusenj.org



- Men's Club with Mobile Family Success Center

Family Success Centers

- Greenway Family Success Center (Facebook page) - <https://www.facebook.com/GreenwayFamilySC/>
- Mobile Family Success Center of Middlesex County (Facebook page) - <https://www.facebook.com/MFSCMiddlesex/>
- Bayside Family Success Center (Facebook Page) <https://www.facebook.com/BaysideFamilySuccessCenter/>



Harmony Family Success Center Event

COVID-19 Child Care

With the school year starting in New Jersey amid the ongoing COVID-19 pandemic, the state announced plans to dedicate \$250 million in funding from the federal Coronavirus Relief Fund, which will provide additional support to children and their families as well as for thousands of child care providers with resources.

- To learn more visit the NJ state department of Division of Family Development [Website](#)

The YMCA: Bridges to Employing Youth

"Through a grant from the Department of Labor and Workforce Development, the YMCA is seeking to provide services to pregnant or parenting youth between 16-24 years of age residing in Middlesex County who are out of school, and not employed. To inquire, please contact Shomone Wheeler, Program Coordinator, at (E) Shomone.wheeler@rbaymca.org or (P) 732.442.3632 Ext.397"

Center for Financial Social Work:

Registration is requested for all of the programs - each flyer has details on how to register, but people can find and register for these programs on the library events calendar at: <https://link.zixcentral.com/u/fc019623/VulsZske6xGil2DrW9GfSwu=https%3A%2F%2Febpl.org%2Fcalendar>

Middlesex County Resource Link

<http://www.middlesexcountynj.gov/Government/Departments/PSH/Pages/COVID-19-Resident-Resources.aspx>

Middlesex County Resources <http://www.middlesexresourcenet.org/>

<https://covid19.nj.gov/>

<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

WIC Offices

Will be mailing out checks, if you need to recertify call to make an appointment. Contact phone numbers Perth Amboy (732) 376-1188 and New Brunswick (732) 249-3513.

WIC program website: <https://wic.nj.gov/participantportal>.



CLOTHING & FOOD BANK INFORMATION:

Food Banks

<https://www.foodpantries.org>

Due to low food supply, please visit website to confirm hours of operation.

Cathedral Community Development Corporation (CCDC)

282 McClellan St

Perth Amboy, NJ 08861

Main phone - (732) 826-0447 (Open only for emergency, please call and leave a message at 908-848-3219). The charity is part of a Middlesex County coalition that has clothes, food, referrals to the WECARE card pantry network, and more.

Community Food Bank of Central NJ

<https://cfbnj.org> – Middlesex County Food Security Program, has database for all pantries as well.

Distribution of Food

Perth Amboy High School & Robert N. Wilentz School in Perth Amboy, Monday thru Friday 8:00am - 11:00am.

Elijah's Promise

They have continued to see a rise in people picking up meals and are asking for donations to help as the numbers of meals needed rises daily.

McFoods has an abundance of school lunches and if anyone is interested in these you can reach out to jennifer.apostol@mciath.com for further information.



COVID-19
MCFOODS Directory

Emanuel Evangelical Lutheran Church

Address: 3-5 Kirkpatrick St.

New Brunswick, New Jersey, 08901

Telephone number - (732) 545 – 2673

Open only Wednesday 9am to 12pm

FISH

456 New Market Rd

Piscataway, New Jersey, 08854

(732) 356 – 0081 (Call leave a message for emergency only)

This charity organization has a food pantry and clothing pantry on site that offers meals, perishable items, commodities, and other aid. The social services available from the Middlesex County charity can help the needy and low income in the community by not only offering emergency food, but also by getting them on the path to stability.



House of Peace Center

Food distribution, possible low food supply
1284 St. George Avenue Avenel NJ, 07001
Open: Every other Wednesday from 5:30pm to 6:30pm
Phone: (732) 277-0604
Open only on Wednesdays from 5:30pm to 6:45pm

Help Get Healthy Food to Those in Need At the EARTH Center

The EARTH Center for its outreach to local **food banks** and its mission to bring fresh produce and ... Against Hunger division of the New Jersey Ag Society and MCFOODS, the County **food bank**. ...

<http://www.middlesexcountynj.gov/News/Pages/Help-Get-Healthy-Food-to-Those-in-Need-At-the-EARTH-Center.aspx>

Hands of Hope for the Community

2136 Woodbridge Ave
Edison, NJ 08817
Call the soup kitchen - food bank at (732) 236-3330 (Open only for emergency, please leave a message someone will return call).
Free holiday meals are for very low-income families, children, and the homeless among others.

Middlesex NJ Salvation Army

Location is 433 State St.
Perth Amboy, New Jersey, 08861
Phone number - (732) 826 – 7040 (Call leave a message for emergency only)
Resources provided include shelter, hot and cold meals, food pantry, and referrals. May also have baby formula, diapers, a clothing closet, and thrift store. Locate more New Jersey Salvation Army centers.

Puerto Rican Association Board

90 Jersey Ave, New Brunswick, NJ 08901
(732) 828-4510
Food pantry only has been operating by appointment and by delivery to homes.

Trinity Episcopal Church

Location is 650 Rahway Ave
Woodbridge, New Jersey, 07095
Call the church at (732) 634 – 7422 for hours. OPEN to the public only on **Thursdays from 9am to 12pm**
Whether it is household cleaning supplies or a box of non-perishable food, the church may assist.



Central Jersey Diaper Bank

222 Livingston Avenue

New Brunswick, NJ 08901

Telephone: (732) 296-9922 **(Please call to make sure someone is available)**

New information for the Diaper Bank of New Brunswick.

August 27th will be open distribution from 9am to 12 pm. Will repeat every month, must call to find out which Thursday of the month.

Delivering of diapers for registered clients are once every other month

Clients to call 732-296-9922 to make plans with Andrea.

Child Care Solution application online @website: www.Communitychildcaresolution.org

Central Jersey Family Health Consortium – New Mom Support Groups – Weekly Virtual

Meetings Pregnant and New Moms with babies under one year, this is a stressful time for us all. Join us from the comfort on your home. Pre-registration required. Email Pat Vena at pvena@cjfhc.org (Please include subject line: 'New Mom Support Group')

Tuesdays 1pm and Thursdays 1pm.

You can also dial in using your phone: United States: +1 (646) 749-3122 Access Code: 505-793-653Or

join my meeting from your computer, tablet or smartphone: <https://www.gotomeet.me/PatriciaVena>

This is the permanent call in/link for the English groups

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/505793653>

Central Jersey Family Health Consortium – Grupos de Apoyo para Nuevas Mamás – Reuniones

Virtuales Semanales (Spanish) Mujeres Embarazadas y Nuevas Mamás con bebés de menores de un año, está es una época estresante para todos. Acompáñenos desde la comodidad de su hogar. Necesita registrarse con anticipación. Envíe un email a Mariela Flores a mflores@cjfhc.org (Por favor escriba 'Grupos de Apoyo para Nuevas Mamás') Puede llamar usando su celular: **1 (571) 317-3122**

Código de Acceso Code: **802-793-781**

O puede usar su computadora. Visite: <https://global.gotomeeting.com/join/802793781>

<https://global.gotomeeting.com/install/802793781>



NEW MOM SUPPORT GROUPS

Pregnant and new moms with babies under one year, this is a stressful time for us all. Join us from the comfort of your home

virtual groups

English

Tuesdays: 1:00pm

Thursdays: 1:00pm

Spanish

Wednesdays: 1:00pm

Preregistration required.

English: Email Pat Vena, MSW, LCSW

pvena@cjfhc.org

Spanish: Email Mariella Flores mflores@cjfhc.org

sponsored by



30 Silverline Drive - 2nd Floor - Suite 1 - North Brunswick, NJ - 08902

www.CJFHC.org

(732) 937-5437 (732) 937-5540

@info_CJFHC @CentralJerseyFamilyHealthConsortium



NEW DAD SUPPORT GROUPS

Expectant and new fathers with babies under one year, this is a stressful time for us all. Join us from the comfort of your home

Wednesdays: 7:30pm

virtual group co-facilitated by a therapist and an experienced father of twins

Preregistration required.

Email Pat Vena, MSW, LCSW pvena@cjfhc.org

sponsored by



30 Silverline Drive - 2nd Floor - Suite 1 - North Brunswick, NJ - 08902

www.CJFHC.org

(732) 937-5437 (732) 937-5540

@info_CJFHC @CentralJerseyFamilyHealthConsortium



Eric B. Chandler Health Center

Chandler is open to care through Telehealth, to make sure people who are healthy are still getting the help they need. Newborn children and pregnant women are still have in-person visits in order to be sure that they are getting all necessary check-ups. People who call should leave a message and they will be called back to get the help they need through a phone call basis. Routine dental care has stopped, unless there is some sort of emergency due to dental care being high risk to spread the virus.

Family Support Organization

We at The Family Support Organization have been working diligently in providing support virtually to our community during the pandemic of COVID-19. Therefore, with much excitement is that we are announcing that the FSO of Middlesex County will be providing ONLINE SUPPORT GROUPS for caregivers both in English and Spanish. Please feel free to share with others and stay safe.

Community Outreach Coordinator/Youth Coach Family Support Organization of Middlesex County

1 Ethel Rd Suite 108

Edison, NJ 08817

Office: (732)-287-8701 ext.200

Cell: (848)-219-8732

FB: Middlesexfso

Web: <https://www.middlesexfso.org/>



Division on Women
Resource.pdf

Helping NJ Moms

Please share the following survey, <https://www.surveymonkey.com/r/TSH79JP> via social media, email, etc., with any and all moms throughout the state so that we can better understand the specific needs that our out there and how we can best assist.

Jewish Renaissance Foundation (JRF)

Please allow 24 hours for someone to return all calls and emails, working virtually. Continue to reach out because they want to hear questions, comments and suggestions about how they can continue to provide support to families.

For general agency information call or email: (732) 324-2114 ext. 124 or info@jrfnj.org

- For Family & Community Services: Contact Sherri Goldberg via email at sherri.goldberg@jrfnj.org
- For Educational Services: Contact Dr. Natasha James-Waldon via email at njw@jrfnj.org



- For Health Services: Kristi Zayas via email at kristi.zayas@jrfnj.org
- AmeriCorps: Tawayna Bailey via email at tawayna.bailey@jrfnj.org

Please follow on Instagram at: [jrfwantsyoutoknow](https://www.instagram.com/jrfwantsyoutoknow)

Visit on the Web: WWW.JRFNJ.ORG

Check out Facebook at:

<http://www.facebook.com/pages/Jewish-Renaissance-Foundation/332331010123517>

<https://www.facebook.com/Bayside-Family-Success-Center-100130791635236/>

Lazos America Unidas

There was an issue going around with some people not having ID to get tested at certain locations. There are some places that are not requiring an ID or social security number and this might be more comfortable for those who cannot provide those documents. Middlesex County testing is only for residents of Middlesex County, which does require some sort of ID including any passport and a proof of residence (for example, a utility bill) in order to prove their address.

Live Well has focused on providing up to date information on social media platforms on everything related to Covid-19. It was asked for partners to share their information to be updated on live well by sending to livewellnb@gmail.com

Middlesex County Board of Social Services

Clients are to process applications via Online, Mail, Fax, or by phone. If you are homeless, emergency shelter, lock out notice or utility shut you may enter the building.

<http://middlesexsocialservices.com>

<https://covid19.nj.gov/forms/renter>

This is called an “eviction moratorium,” and means that no tenant may be removed from his or her home as a result of an eviction proceeding, with rare exceptions for cases such as when a tenant is violent or endangering other tenants.

Mortgage Relief Effort: During a press conference, Governor Murphy announced that New Jersey would give homeowners mortgage relief during the Coronavirus outbreak. www.nj-ne.ws/JcJVnsa



Office of U.S. Sen
Cory Booker_ A Corc



2019-Novel_CV-TP-0
4092020.108177.pdf



parents_guide_during_pandemic-v6.pdf



NAMI - Providing state wide support groups: 2 family support groups a week and 2 peer recovery support groups a week. All this information can be found on NAMINJ.org. Some support groups will be in Spanish starting next week offered in Middlesex County, Hudson County and Hunterdon County. Many webinars are being held on a weekly basis that can be found on all social media platforms. A gap is being seen in older adults and finding a way to communicate with them taking in mind they might not have access to internet or telephone devices. There is an idea of using television services in order to reach them as best possible.

NJDOH visitor exception for those with disabilities <https://www.autismnj.org/wp-content/uploads/2020/04/DOH-Visitor-Policy.pdf>

NJ 211 <http://www.211.org/>

You can call 211 or go online to receive different resources in your community.
Stay Informed TEXT NJCOVID to 898-211

NJ Family Care/Seguro Medico www.njfamilycare.org

NJ Helps <https://www.njhelps.org> – Self screen for NJ Benefits and Resources

NJ One App <https://oneapp.dhs.state.nj.us/> - Health and Social Services Applications

Here is the resources for parents:

<https://www.aei.org/wp-content/uploads/2020/05/A-Blueprint-for-Back-to-School-One-Pager.pdf>

<https://www.zerotothree.org/resources/series/parent-favorites>

SPAN Fact Sheets relating to Covid-19 <https://spanadvocacy.org/covid-19-fact-sheets/>

<https://www.eventbrite.com/e/families-talk-about-covid-19-tickets-101384770578?ref=ecal>

Resources for Undocumented / Uninsured Resident



COVID-19
Resources for Undoc



COVID-19_Resource
s_for Spanish.pdf

Robert Wood Johnson Traumatic Loss Coalitions for Youth Resource List



TLC County
Contacts Resource l



Rutgers Translates COVID-19 Information for New Jersey's Diverse Population...

https://www.rutgers.edu/news/rutgers-translates-covid-19-information-new-jerseys-diverse-population?utm_source=newsletter&utm_medium=email&utm_campaign=rutgerstoday&utm_content=Community

SIDS, Safe sleep & COVID-19

<https://www.aappublications.org/news/2020/04/02/infantcovidguidance040220>

[https://www.cdc.gov/coronavirus/2019-ncov/need-extraprecautions/pregnancy-breastfeeding.html#breastfeeding.](https://www.cdc.gov/coronavirus/2019-ncov/need-extraprecautions/pregnancy-breastfeeding.html#breastfeeding)

Supplemental Nutritional Assistance Program (SNAP) SNAPSUPPORT@Mid-BOSS.com formerly known as Food Stamps/Cupones de Alimentos; General Assistance (GA) GASUPPORT@Mid-BOSS.com Temporary Assistance for Needy Families (TANF) TANFSUPPORT@Mid-BOSS.com

-or- <https://oneapp.dhs.state.nj.us/>

Unemployment Offices

All unemployment offices will be closed until further noticed, please visit

<https://myunemployment.nj.gov/> or call:

North Jersey: (201) 601-4100

Central Jersey: (732) 761-2020

South Jersey: (856) 507-2340

HEALTH INFORMATION:

<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

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Coronavirus & Pregnancy (English)- https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html

Coronavirus & Pregnancy (Spanish)- <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms-sp.html>



Middlesex County Office of Health Services & Volunteers -

<http://www.middlesexcountynj.gov/Government/Departments/PSH/Pages/2019-CoV.aspx>

<https://discovermiddlesex.com/volunteer/>

Pharmacy Deliveries: The State of New Jersey and the NJ Chief of Pharmacy Services released a list of NJ Pharmacies offering delivery. CVS and Walgreens have also announced free delivery. Please find several local pharmacies on this list. <https://monroetwp.com/index.php/news/649-nj-pharmacies-offering-home-delivery-3-27-20>

Robert Wood Johnson Fitness and Wellness – hosting virtual videos on exercising from home

<https://try.rwjfitandwell.com/at-home/>

<https://www.youtube.com/watch?v=Cl21-mx0V5Q&feature=youtu.be&fbclid=IwAR2pKFU1i-MueEPMSCmEpYdoEsCh438honHVuV9VErXjCS-27ovM26VptA4>



CDC Foundation
graphics for social n

HOTLINES:



Behavioral Health
Tele Online Support

COVID-19 Public Hotline 1-800-222-2222

National Domestic Violence hotline numbers:

800-799-7233

800-878-3224 TTY

855-812-1001 video chat

National Suicide Prevention Lifeline: 1-800-273-8255 or Text HOME to 741741.

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

NJ Hotline Self-Help Page - <https://nj.gov/humanservices/dmhas/home/hotlines/#1>

Poison Center Public Hotline 1-800-962-1253

Safe & Sound (Managing Grief and Loss during COVID-19) Call or Text 24-hour hotline 1-866-685-1122



TLC County
Contacts Resource |



HOUSING INFORMATION:



Truman Square AH
App.pdf

INFORMATIONAL WEBSITES with REAL TIME UPDATES:

Edison Department of Health: https://www.edisonnj.org/departments/health_department/index.php -

provides link and real time updates with the Alert System. Must sign up to receive alerts

https://www.edisonnj.org/emergency_notifications/index.php

Phone: 732-278-0900 (follow prompts)

NJ Department of Health

www.nj.gov/health – provides general State information and guidance

NJ Department of Human Services

<https://nj.gov/humanservices/coronavirus.html> - Guidance and announcements for Human Services Programs

NJ State Library

<https://libguides.njstatelib.org/covid2019> - Various resource guides and information

US Center for Disease Control & Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html> - Medical and health information and real time updates

TELEVISION INFORMATION:

There is a program offered by Comcast, which may help by providing free internet access for two months. There are certain limitations with the plan - to apply click the link <https://www.internetessentials.com/covid19>

INFORMATION:

The agency and governors of New York and New Jersey are telling residents that only essential employees should be traveling, as 100% of nonessential businesses have been forced to close and people are being told to work from home.

Bus & Rail

METRO bus and rail will operate on a Sunday schedule during this Coronavirus. RAPID and Express buses will not be in operation.

Customer Service will be open from 8 a.m.-5 p.m. and can be reached at (602) 253-5000.



Transportation
Services.docx



Mental Health Videophone Support

New Jersey can call the videophone helpline at 973-870-0677 for free, confidential support. Direct

NJ Mental Health Cares offers free, confidential support seven days a week from 8 a.m. to 8 p.m. New Jersey can call 1-866-202-HELP (4357) to reach live, trained specialists. Deaf and hard of hearing individuals can also call 1-877-294-4356 TTY.

The Division of Deaf and Hard of Hearing has also launched a website for the latest COVID-19 information: <https://nj.gov/humanservices/ddhh/coronavirus.shtml>. The website offers videos with ASL translation, communication access tips for dealing with healthcare professionals during COVID-19, as well as COVID-19 communication cards available in English and Spanish.

Middlesex County Behavioral Health Resource Guide

A Message from the Middlesex County Office of Human Services

For those who are having difficulty coping with the COVID19 crisis, please call **New Jersey Mental Health Cares**, Mental Health Association in New Jersey, Inc. at **(877) 294-HELP (4357)** between the hours of 8AM to 8PM for emotional support, guidance and mental health referrals as needed.

Additional resources for mental health, addiction recovery, peer support and general information about COVID-19 may be found below.

Telephone Support		
Name	Phone Number	Type of Support
For Psychiatric Crisis/Emergency		
Rutgers Acute Psychiatric Services / Screening (APS) (24/7)	1-855-515-5700	Psychiatric Crisis or Emergency
For Mental Health Urgent Care/Crisis Diversion		
Early Intervention Support Services (EISS)	732-235-4422 or 1-800-969-5300	Offers crisis intervention and stabilization services
Wellness Respite Services	732-354-4403	Peer delivered outreach and support
Addiction Referral/Services/Resources		
Reach NJ	1-844-ReachNJ	Assistance and referral to treatment for substance use



NJ IME Addictions Access Center (24/7)	1-844-276-2777	
Suicide Prevention/Supports		
New Jersey Hope line	1-855-654-6735	Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
Suicide Prevention Lifeline (24/7)	1-800-273-8255 with a specialized Crisis Line for Veterans (press 1)	Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
Call Center/Helplines		
NJ Mental Health Cares	1-866-202-4357	Free, confidential mental health information and referral
New Jersey Peer Recovery (Mon – Fri 8 AM to 10 PM)	1-833-422-2765	Peer-to-peer support intended for those struggling with substance use but is open to everyone
Vets4Warriors (24/7)	1-855-838-8255	Peer-to-Peer support for military members and veterans
Vet to Vet (24/7)	1-866-838-7654	Peer-to-Peer support mental health helpline for veterans
Mom2Mom (24/7)	1-877-914-6662	Peer support for mothers caring for children with special needs
Care2Caregiver (24/7)	1-800-424-2494	Free peer helpline for those caring for someone with memory issues
Cop2Cop (24/7)	1-866-267-2267	Helpline for law enforcement officers dealing with personal or job-related stress
Worker2Worker (24/7)	1-855-327-7482	Helpline for social workers dealing with personal or job-related stress
Aid NJEA (24/7)	1-866-243-6532	Free, confidential, and effective support for NJEA member and their families



The Trevor Project for Youth (24/7 call or text)	TrevorLifeline: 1-866-488-7386 TrevorText: Text 678678	Support for LGBTQ youth in crisis, feeling suicidal or in need of safe and judgement-free place to talk
Peer to Peer Warmline	877-292-5588	Peer-run service providing ongoing telephone support to individuals as they work towards recovery
NAMI Helpline (Mon – Fri 10 AM – 6 PM ET)	Helpline: 1-800-950-NAMI (6264)	Provide support and local resources
Harm Reduction Resources		
NJ Harm Reduction Coalition	877-4NARCAN (877-462-7226) https://njharmreduction.org/	Free harm reduction support via mail to receive free naloxone and fentanyl strips
Family Supports		
New Jersey Connect for Recovery	855-652-3737	Family peer support and information regarding substance use disorder treatment
Intensive Family Support Services (IFSS)	732-235-6184	Information and support for families caring for a loved one with mental illness
NAMI New Jersey	http://www.naminj.org/online-support-groups/	Online weekly support groups
Legal Services		
Central Jersey Legal Services	732-249-7600	Provides free civil legal assistance to low income residents of central New Jersey
National Center for Disaster Fraud Hotline	866-720-5721 disaster@leo.gov	For victims of a scam or attempted fraud involving COVID-19
Domestic Abuse/Violence Resources		
Domestic Violence Hotline (24/7)	1-800-572-7233	Provides confidential access to domestic violence information/services, including crisis intervention, referral, and advocacy
Child Abuse Hotline (24/7)	1-877-652-2873 (1-877NJABUSE)	Provides services for those reporting child abuse and neglect



Women Aware (24/7)	https://womenaware.net/ Emergency Shelter: 732-249-4504 Hotline: 833-249-4504	Provide safety planning, crisis intervention and resources for victims of abuse
Resources for Persons with Disabilities		
Alliance Center for Independence	732-738-4388 https://www.adacil.org/ Coronavirus Peer Support Group Meeting – Mondays at 1:00 PM Meeting ID: 919-1614-4439 Join URL: zoom.us/j/91916144439?pwd=dDAzaEJyYkdDdmErQ VlZVStVOGwzdz09 Password: Email cdodge@adacil.org for password Join Phone: 929-205-6099 Coronavirus Peer Recreation Meeting - Thursdays at 1:00 PM Meeting ID: 982-0431-8294 Join URL: zoom.us/j/98204318294?pwd=RWZCNmJWZDExWV FPVzJTMW5iajBSUT09 Password: Email cdodge@adacil.org for password Join Phone: 929-205-6099	Provides information and referral service and develops educational programs for people with disabilities
Disability Rights New Jersey	800-922-7233 advocate@drnj.org	Staff is available to advise and assist person with disabilities and family members
Brain Injury Alliance of NJ (M- F 9 AM to 5 PM)	732-783-6172 info@bianj.org	Free hotline with BIANJ specialists who provide support, resources, and information
Resources for the Deaf/Hard of Hearing		
Helpline (M-F 9 AM to 5 PM)	973-870-0677 VP	Free emotional support helpline for the deaf and hard of hearing
Resources for Older Adults/Caregivers		
Comprehensive Services on Aging (COPSA)	800-424-2494 caregiver@ubhc.rutgers.edu	Free peer helpline for those caring for someone with memory issues



Alzheimer's Association Hotline (24/7)	800-272-3900 https://www.alz.org/help-support/resources/online-tools	Provides services, resources and continued support for caregivers and people living with Alzheimer's
COVID-19 Call Center/Hotlines		
NJ Coronavirus Call Center (24/7)	1-800-222-1222 or 1-800-962-1253	Hotline for COVID-19 questions
Middlesex County Office of Health Services (M-F 8:30 AM-6 PM & Sat-Sun 9AM-3 PM)	732-745-3100, press 1 for call center	Local COVID-19 Hotline for Middlesex County residents
Online Recovery Supports		
Name	Website	Type of Support
Alcoholics Anonymous	http://aaphonemeetings.org/ http://www.aa-intergroup.org/directory.php https://www.aaspeaker.com/	Online 12-Step Resources and Meetings
Narcotics Anonymous	http://www.nabyphone.com/ http://www.na-recovery.org/	Online 12-Step Resources and Meetings
Narcotics Anonymous Online Meeting Directory	https://tinyurl.com/ul34pet	
The Addiction Recovery Guide	https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings	Guide to various online/chat meetings for AA, NA, etc.
Online Group AA Meetings	https://www.onlinegroupaa.org/	Group AA meetings
In the Rooms: A Global Recovery Community	https://www.intherooms.com/home/live-meetings/	Online support live video meetings calendar
Sprout Health Group	https://zoom.us/j/6768320638 Meeting ID: 676 832 0638	Virtual meetings for first responders struggling with substance use every Tuesday @ 7 PM



NJ Department of Human Services	https://nj.gov/humanservices/coronavirus.html	COVID-19 Webpage with information for all NJDHS Departments
NJ Department of Health	https://www.nj.gov/health/cd/topics/ncov.shtml	Communicable Disease Service Webpage
Centers for Disease Control and Prevention	https://www.cdc.gov/coronavirus/2019-nCoV/index.html	CDC Coronavirus main webpage
LifeRing	https://www.lifering.org/online-meetings	Organization of people who share practical experiences and sobriety support based on the idea that there are many ways to live free of drugs and alcohol as there are stories of successful sober people
SMART Recovery USA	https://www.smartrecovery.org/community/	Global community of secular science-based mutual-support groups offering online support and forums including a chat room and message board
Sober Grid	Download the App via Google Play , iTunes or https://www.sobergrid.com/	Platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same.