

**New Resources are highlighted in yellow**

**From SEL4NJ**

- ***Reunite, Renew, and Thrive: Social and Emotional Learning Roadmap for Reopening School***, Collaborative for Academic, Social, and Emotional Learning (CASEL)
- ***How to Talk to Children about the Coronavirus***, Harvard Medical School
- ***Talking to Children About COVID-19 (Coronavirus): A Parent Resource***, National Association of School Psychologists
- ***Coronavirus Public Health Emergency: Psychological Tips for Children and Adolescents' Emotions***, Department of Human Sciences, University of Verona
- ***Social-Emotional Learning During COVID 19 Crisis: Equity Lens Reflection***, Karen Craddock, PhD
- ***Just for Kids: A Comic Exploring the New Coronavirus***, NPR
- ***Social and Emotional Learning Supports for Children and Young Adults Around Covid-19***, SEL4TX
- ***5 Ways to Help Children Cope with Coronavirus Anxiety***, Education Development Center
- ***Coronavirus, Online Learning, Social Isolation, and Cyberbullying: How To Support Our Students***, Cyberbullying Research Center
- ***Ethical Considerations: School Counseling in a Virtual Setting***, American School Counselors Association

\*[https://sma.org/covid19-resources/?gclid=EAIaIQobChMI68j-64yi6QIV5QiICR3k8QpZEAAYAiAAEgIcTfD\\_BwE](https://sma.org/covid19-resources/?gclid=EAIaIQobChMI68j-64yi6QIV5QiICR3k8QpZEAAYAiAAEgIcTfD_BwE)

- [https://globalgenes.org/coronavirus-covid-19-resources/?gclid=Cj0KCQiA-rj9BRCAARIsANB\\_4ABHqex6eeFV047oO48zk3o8zHIcyJecJbG5iEQFYFLRzNJP3AXrUG4aAoaQEALw\\_wcB#Coverage%20and%20Benefits](https://globalgenes.org/coronavirus-covid-19-resources/?gclid=Cj0KCQiA-rj9BRCAARIsANB_4ABHqex6eeFV047oO48zk3o8zHIcyJecJbG5iEQFYFLRzNJP3AXrUG4aAoaQEALw_wcB#Coverage%20and%20Benefits)
- <https://covid19.nj.gov/faqs/nj-information/assistance-and-benefits/what-types-of-benefits-or-assistance-are-available-to-me-during-the-coronavirus-outbreak>
- [https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources?gclid=Cj0KCQiA-rj9BRCAARIsANB\\_4ACIIRGNWBdO\\_-ykuJIQC-Vz2Yp1GZ8dldvXJne-pX6VzTaCr5vr968aAvOcEALw\\_wcB](https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources?gclid=Cj0KCQiA-rj9BRCAARIsANB_4ACIIRGNWBdO_-ykuJIQC-Vz2Yp1GZ8dldvXJne-pX6VzTaCr5vr968aAvOcEALw_wcB)
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New Jersey McKinney-Vento Education for Homeless Children and Youth Program

<https://www.state.nj.us/education/homeless/>

Housing and community development

<https://www.hcdnnj.org/coronavirusresources>

NJ Homeless and Runaway Youth

<https://www.acf.hhs.gov/fysb/grants/new-jersey-rhy>

\*Testing Update Ocean County

<https://www.msn.com/en-us/news/us/ocean-county-extends-coronavirus-testing-days-hours-at-oc/c/ar-BB1baUZd>

### **\*\*FREETESTING**

In **Ocean County**, residents have the option of getting **tested** at the COVID-19 drive thru **testing** site located at **Ocean County** College. Please visit the **Ocean County** Health Department website at [www.ochd.org](http://www.ochd.org) for clinic dates and times and to schedule an appointment or call 732-341-9700 ext.

- **Testing updates**

- <https://covid19.nj.gov/pages/testing>

- <https://www.walgreens.com>

- <https://www.medexpress.com/covid19>

- <https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>

- Rite aid, cvs, walgreens, planned parenthood, urgent care

- <https://nic.egov.com/tourhealth>

- <https://www.greaterbergen.org/post/free-covid-19-testing-for-all-paterson-residents>

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- <https://www.insidernj.com/ocean-county-offers-update-covid-19-testing-site-operation/>

- <https://covid19.nj.gov/search.html?query=Testing+Centers+in+NJ>

- Labcorp is also doing \$10 antibody testing :  
<https://www.labcorp.com/coronavirus-disease-covid-19/patient-information/covid-19-testing-options>

- <https://questdirect.questdiagnostics.com/products/covid-19-immune-response>

- <https://www.app.com/story/news/health/2020/03/30/coronavirus-nj-ocean-county-test-site-opens/2938006001/>

- <https://www.solvehealth.com/nj/c/toms-river-nj-urgent-care>
- [https://covid19.nj.gov/pages/testing?gclid=EAIaIQobChMI75nmnvWY6wIVBovICh21MAPJEAAAYASAAEgIZJfD\\_BwE](https://covid19.nj.gov/pages/testing?gclid=EAIaIQobChMI75nmnvWY6wIVBovICh21MAPJEAAAYASAAEgIZJfD_BwE)
- [https://www.nj211.org/coronavirus-covid-19?gclid=EAIaIQobChMI75nmnvWY6wIVBovICh21MAPJEAAAYAiAAEgJujfD\\_BwE](https://www.nj211.org/coronavirus-covid-19?gclid=EAIaIQobChMI75nmnvWY6wIVBovICh21MAPJEAAAYAiAAEgJujfD_BwE)
- <https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>

### **Insurance information**

<https://www.uhc.com/health-and-wellness/health-topics/covid-19/coverage-and-resources>

<https://www.npr.org/sections/health-shots/2020/06/19/880543755/insurers-may-only-pay-for-coronavirus-tests-when-theyre-medically-necessary>

<https://www.medicare.gov/coverage/coronavirus-disease-2019-covid-19-tests>

<https://www.healthaffairs.org/doi/10.1377/hblog20200625.139207/full/>

<https://www.aetna.com/health-care-professionals/covid-faq/patient-coverage.html>

### **Well what if I dont have insurance?**

The **COVID-19 testing** cost will be waived for uninsured individuals eligible for charity care. Information on the Charity Care Program can be found at: <https://www.nj.gov/health/charitycare>. You should talk to a medical provider before going to your local hospital.

<https://covid19.nj.gov/faqs/nj-information/testing-and-treatment>

<https://www.state.nj.us/dobi/covid/faq.html>

### **NEW JERSEY COVID-19 Information Hub**

Call (General COVID-19 Questions): 2-1-1 (7a-11p)

Call (Clinical Questions): 1-800-962-1253 (24/7)

Text NJCOVID to 898-211 to receive alerts on jobs, tax info, closures, etc.

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

<https://www.nj.gov/health/cd/topics/ncov.shtml>

[https://covid19.nj.gov/faqs/nj-information/general-public/there-is-a-silent-killer-stalking-our-streets-but-you-can-help-stop-it.?gclid=EAIaIQobChMIhYzDiYai6QIVxNSzCh3btwqKEAAYASA AEgKitvD\\_BwE#direct-link](https://covid19.nj.gov/faqs/nj-information/general-public/there-is-a-silent-killer-stalking-our-streets-but-you-can-help-stop-it.?gclid=EAIaIQobChMIhYzDiYai6QIVxNSzCh3btwqKEAAYASA AEgKitvD_BwE#direct-link)

## **Contact Tracing**

Return safe app

[https://covid19.nj.gov/pages/testandtrace?gclid=EAIaIQobChMI5IPQ4fDK6wIVgevjBx3rmw0HEAAYASAAEgLmBvD\\_BwE](https://covid19.nj.gov/pages/testandtrace?gclid=EAIaIQobChMI5IPQ4fDK6wIVgevjBx3rmw0HEAAYASAAEgLmBvD_BwE)

<https://covid19.nj.gov/faqs/nj-information/slowing-the-spread/what-is-contact-tracing-how-does-it-stop-the-spread-of-covid-19>

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

<https://www.nj.com/coronavirus/2020/08/most-nj-covid-19-patients-arent-giving-contact-tracers-the-information-they-need.html>

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

<https://www.njspotlight.com/2020/06/contact-tracing-plan-for-nj-what-we-know-now/>

<https://www.npr.org/sections/health-shots/2020/08/14/902271822/13-states-make-contact-tracing-data-public-heres-what-they-re-learning>

## **State Resources**

- <http://njleap.org/covid-19resources>
- [https://www.firstnations.org/coronavirus/?gclid=EAIaIQobChMIvo2dmcyJ6gIVg4taBR3lZQVbEAAAYAiAAEgIjY\\_D\\_BwE](https://www.firstnations.org/coronavirus/?gclid=EAIaIQobChMIvo2dmcyJ6gIVg4taBR3lZQVbEAAAYAiAAEgIjY_D_BwE)
- [https://icisf.org/covid19-resources/?gclid=EAIaIQobChMIvo2dmcyJ6gIVg4taBR3lZQVbEAAAYAyAAEgIQWPD\\_BwE](https://icisf.org/covid19-resources/?gclid=EAIaIQobChMIvo2dmcyJ6gIVg4taBR3lZQVbEAAAYAyAAEgIQWPD_BwE)
- <https://coronavirus.jhu.edu/>
- <https://www.ncsl.org/research/health/ncsl-coronavirus-covid-19-resources.aspx>
- [https://www.seasideparknj.org/wp-content/uploads/2020/03/IMG\\_105yes](https://www.seasideparknj.org/wp-content/uploads/2020/03/IMG_105yes)
- <https://wctcam.com/2020/03/20/new-jersey-covid-19-resource>
- NJ's 4<sup>th</sup> District Resources:
- <https://www.njconsumeraffairs.gov/COVID19>
- 211 NJ

- Live help on COVID-19 information is available. Speak to a healthcare professional at 1-800-962-1253. For general information & basic needs, dial 211. For alerts/updates, text NJCOVID to 898-211.
- Homelessness  
]https://endhomelessness.org/category/covid-19/?post\_type=resource&gclid=EAIAIQobChMI25O8iMvR6QIVD7bICh1b2wyUEAAYASAAEgIz4vD\_BwE
- https://endhomelessness.org/category/covid-19/?post\_type=resource&gclid=Cj0KCQiA-rj9BRCAARIsANB\_4AApJ5v2RxzaPUYBkRMhppLZbxq53KoiUBZsgeN\_s-5WqkPW5kHNRDAaAmFrEALw\_wcB
- State resources and restrictions:  
https://web.csg.org/covid19/state-covid-19-websites-and-related-resources/
- https://www.nam.org/covid-19-state-resources/
- Work help https://aflcio.org/covid-19/state-resources
- https://www.ncsl.org/research/health/ncsl-coronavirus-covid-19-resources.aspx
- https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-reopening-guidance-businesses-and-workers
- https://chrissmith.house.gov/specialfeatures/coronavirus-county-information-page.htm
- NJ211 https://www.nj211.org/coronavirus-covid-19
- https://www.nj.gov/health/cd/topics/ncov.shtml
- https://www.nj.gov/education/covid19/
- https://www.njconsumeraffairs.gov/COVID19
- https://bit.ly/nj211c19\_31
- https://www.arcnj.org/information/covid-19-updates-information.html
- https://www.visitmonmouth.com/Page.aspx?Id=5012
- HHS.gov
- https://www.njtvonline.org/news/uncategorized/tracking-the-coronavirus-in-new-jersey/
- https://libguides.njstatelib.org/covid2019
- https://www.njea.org/covid-19/
- https://njbja.org/coronavirus/
- https://morriscountynj.gov/2020/03/covid-19-caring-for-your-mental-health-during-this-unprecedented-crisis/
- https://cfbnj.org/coronavirus/
- https://covid19.nj.gov/pages/testandtrace?gclid=EAIAIQobChMIyZ-yopC-6gIVFrbICh3AEgoSEAAYASAAEgLELvD\_BwE
- NJDOH twitter
- https://6abc.com/new-jersey-quarantine-nj-states-yorkers-returning-home/6304527/
- https://abc7ny.com/travel/nj-officials-link-covid-19-spike-to-myrtle-beach-wedding/6305707/

- <https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide>
- [https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources?gclid=CjwKCAjw74b7BRA\\_EiwAF8yHFMufokZYbQDoBwcHPSa6fotxgK7cuRYxT5-nqOHHwPuh23Xq\\_6HV9hoCMaoQAvD\\_BwE](https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources?gclid=CjwKCAjw74b7BRA_EiwAF8yHFMufokZYbQDoBwcHPSa6fotxgK7cuRYxT5-nqOHHwPuh23Xq_6HV9hoCMaoQAvD_BwE)
- <https://www.nj.gov/health/cd/topics/ncov.shtml>

**Ocean County Quick Reference Contacts List:** <http://www.co.ocean.nj.us/Contact.aspx>

### **Ocean County Resource Guide**

- [COVID-19 Information & Resources | United Way of Monmouth and Ocean Counties \(uwmoc.org\)](https://www.uwmoc.org/COVID-19-Information-&Resources)
- [https://www.bcpo.net/images/pdf/NJSP\\_DMI\\_COVID-19\\_Resource\\_Guide.pdf](https://www.bcpo.net/images/pdf/NJSP_DMI_COVID-19_Resource_Guide.pdf)
- <https://echoesoflbi.com/library-resources-during-the-covid-19-pandemic/>
- <https://www.rwjbh.org/community-medical-center/>
- <https://www.njnnonprofits.org/COVID-19.html>
- <https://www.hcdnnj.org/assets/documents/ocean%20county%20resource%20guide.pdf>
- <https://theoceancountylibrary.org/resources/covid-19>
- <https://www.co.ocean.nj.us/OC/frnCoronavirus.aspx>
- <https://www.uwmoc.org/coronavirus>
- <https://www.oceanresourcenet.org>
- <https://www.ochd.org/covid19/>
- <http://www.manchestertwp.com/ocean-county-health-dept-covid-19-resources/>
- <https://insight.livestories.com/s/v2/covid-19-dashboard-ocean-county-nj/235d7065-93ef-441b-a62d-54c1813abd8a>
- <https://www.barnegatschools.com/site/default.aspx?PageType=3&ModuleInstanceID=9945&ViewID=5C8B25C6-C8F8-4BD5-923B-8A7C70A93DDA&RenderLoc=0&FlexDataID=432&PageID=5972&Comments=true>
- <http://www.oceanfirstfdn.org/covid-19-grants-awarded/>

### **Ocean County CoronaVirus Information**

- <https://usafacts.org/visualizations/coronavirus-covid-19-spread-map/state/new-jersey/county/ocean-county>
- <https://www.app.com/story/news/2020/07/03/coronavirus-ocean-county-town-town-covid-19-list-july-3/5373831002>
- <https://www.co.ocean.nj.us/OC/frnCoronavirus.aspx>

- <https://www.google.com/amp/s/amp.app.com/amp/5146761002>
- <https://www.google.com/amp/s/amp.app.com/amp/2982333001>
- <https://www.jerseyshoreonline.com/ocean-county/total-cases-of-covid-19-in-ocean-county-updated/>
- <https://www.app.com/story/news/local/ocean-county/2020/05/06/coronavirus-ocean-county-town-town-covid-19-case-list-may-6/5179953002/>
- <https://www.jerseyshoreonline.com/ocean-county/updated-total-cases-of-covid-19-in-ocean-county/>
- <https://www.tapinto.net/towns/barnegat-slash-waretown/sections/coronavirus-news/articles/ocean-county-coronavirus-update-fewer-communities-with-new-cases>
- <https://www.oceanresourcenet.org/search/>
- [https://www.needhelppayingbills.com/html/ocean\\_county\\_assistance\\_progra.html](https://www.needhelppayingbills.com/html/ocean_county_assistance_progra.html)
- <https://www.mhanj.org/mhanj-in-ocean-county/>
- <https://www.psychologytoday.com/us/therapists/umr/nj/ocean-county>
- <https://www.app.com/story/news/local/ocean-county/2020/06/16/coronavirus-ocean-county-town-town-covid-19-case-list-june-16/3201774001/>

### **Ocean County Health Department**

**Guidance and Resources:** <https://www.ochd.org/covid19/>

175 Sunset Avenue, P.O. Box 2191 Toms River, NJ 08754

Toll Free- 800-342-9738 Phone: 732-341-9700 Email: [info@ochd.org](mailto:info@ochd.org)

**Ocean County COVID-19 Hotline** at 732-341-9700, ext. 7411, email [covid@ochd.org](mailto:covid@ochd.org)

### **Local County Offices for Child Support**

- <https://www.njchildsupport.org/Services-Programs/LOCATE-LOCAL-COUNTY-OFFICE.aspx?mapclick=ocean>
- [https://family.unbundledlegalhelp.com/child-support/toms-river-nj?t=%2Bchild%20%2Bsupport%20%2Bocean%20%2Bcounty&gclid=EAIAIQobChMI\\_6\\_Fj5K-6gIVSuDICH3f5AvTEAAYASAAEgLPZfD\\_BwE](https://family.unbundledlegalhelp.com/child-support/toms-river-nj?t=%2Bchild%20%2Bsupport%20%2Bocean%20%2Bcounty&gclid=EAIAIQobChMI_6_Fj5K-6gIVSuDICH3f5AvTEAAYASAAEgLPZfD_BwE)
- <https://njcourts.gov/courts/probation/childsupport.html>
- <https://www.co.ocean.nj.us/OC/SocialServices/frmContact.aspx>
- Ocean County Family Support Organization, Inc. Address: 36 Washington St #201, Toms River, NJ 08753, Hours: **Open** · Closes 5, Phone: (732) 569-633

### **Resources for Children**

- <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>
- <https://www.childlife.org/resources/covid-19-resources>
- <https://childrensnational.org/visit/resources-for-families/wellness-resources/coronavirus>
- <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- <https://www.acf.hhs.gov/cb/resource/covid-19-resources>
- [https://www.pta.org/home/family-resources/coronavirus-information?gclid=EA1aIQobChMI6MyCgc\\_R6QIVFo\\_ICh2zmOpLEAAYASAAEgJGs\\_D\\_BwE](https://www.pta.org/home/family-resources/coronavirus-information?gclid=EA1aIQobChMI6MyCgc_R6QIVFo_ICh2zmOpLEAAYASAAEgJGs_D_BwE)
- [https://www.charities.org/coronavirus-covid-19-donations-funds-and-resources?gclid=EA1aIQobChMI6MyCgc\\_R6QIVFo\\_ICh2zmOpLEAAYAiAAEgLS4\\_D\\_BwE](https://www.charities.org/coronavirus-covid-19-donations-funds-and-resources?gclid=EA1aIQobChMI6MyCgc_R6QIVFo_ICh2zmOpLEAAYAiAAEgLS4_D_BwE)
- <https://www.chsofnj.org/covid-19-resources-and-announcements/#.Xs0XgG5Fyus>
- <https://www.childcarenj.gov/Child-Care-for-COVID-19>
- <https://www.cpcbehavioral.org/covid-19-information>
- [DCF | UPDATED October 22, 2020: COVID-19 Resources for Families/Youth \(nj.gov\)](#)
- [NJ Parent Link|COVID-19 \(Coronavirus\)](#)
- [Child Care In New Jersey - Coronavirus Disease 2019 \(COVID-19\) \(childcarenj.gov\)](#)
- [Child Care In New Jersey - COVID-19 Child Care \(childcarenj.gov\)](#)
- [One Stop Shop Child Care Resources COVID-19 Information – Child Care Resources \(ccrnj.org\)](#)

### **Mental Health Resources( State and Ocean County)**

- **Text HOME to 741741 to connect with a crisis counselor 24/7**
- **[Resources to Maintain Wellbeing and Balance in COVID-19 Times - Bergen ResourceNet](#)**
- [https://www.rainn.org/get-help?gclid=Cj0KCQiA-rj9BRCAARIsANB\\_4AC18ACA-PfFymciRTNrpWfn\\_91Q6sFwj\\_zN8ZS8L1DPpvsXW60mkb\\_UaAjHbEALw\\_wcB](https://www.rainn.org/get-help?gclid=Cj0KCQiA-rj9BRCAARIsANB_4AC18ACA-PfFymciRTNrpWfn_91Q6sFwj_zN8ZS8L1DPpvsXW60mkb_UaAjHbEALw_wcB)
- **Teen Resources:**
  - [Advocates for Youth](#)**
  - [Youth Activism Project](#)**
  - [Alliance for Youth Action](#)**
  - [Healthy Teen Network](#)**
  - [Amaze.org](#)**



**Bayard Rustin Center for Social Justice**

**The Trevor Project**

**Trans Lifeline**

**2nd floor.org**

- [https://www.mrhs.net/apps/pages/index.jsp?uREC\\_ID=1702738&type=d&pREC\\_ID=1941236](https://www.mrhs.net/apps/pages/index.jsp?uREC_ID=1702738&type=d&pREC_ID=1941236)
- <https://socialworklicensemap.com/social-work-resources/mental-health-resources-list/>
- **Help/text lines:**
  - 2nd Floor Youth Helpline/ call or text: 888-222-2228**
  - NJ Hopeline 1-855-654-6735**
  - National Suicide Prevention Lifeline 1-800-273-8255**
  - Domestic Violence Hotline: 1-800-572-7233**
  - Mental Health Hotline: 1-866-202-4357**

o **Ocean County Mental Health Services:** <https://oceanmhs.org/resources/>

<https://www.cpcbehavioral.org/covid-19-information>

Mental Health Association of NJ : <https://www.mhanj.org/mhanj-in-ocean-county/>

OceanResource

<https://www.oceanresourcenet.org/health-services/behavioral-mental-health/mental-health/>

o **Harbor House:** <https://www.oceansharborhouse.org/programs/family-crisis-intervention-unit/>

o <https://www.oceanresourcenet.org/health-services/behavioral-mental-health/>

o <https://starr.org/>

o Traumatic Loss Coalitions for Youth Phone: 732-235-2810

o <http://ubhc.rutgers.edu/TLC>

o <http://www.tlc4teens.org/>

o Contact: Stephanie Valenziano, LCSW The Community YMCA 732-963-7132  
svalenziano@cymca.org

o Family helpline : the family helpline allows parents facing difficulties to reach out for support to prevent a crisis before it occurs Open 24/7 18008435437

O Psychologytoday.com

O <https://.imagine.the.possibilities.family.therapy.com>

O

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

O <https://www.nami.org/covid-19-guide>

O <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>

O <https://mhanational.org/covid19>

O <https://psychhub.com/covid-19/>

[https://bestrong.global/?gclid=EAIaIQobChMI-pyJjtHR6QIVFo\\_ICh2zmQpLEAAAYASAAEgIMYPD\\_BwE](https://bestrong.global/?gclid=EAIaIQobChMI-pyJjtHR6QIVFo_ICh2zmQpLEAAAYASAAEgIMYPD_BwE)

[https://hangsuicide.org/get-help-now/?gclid=EAIaIQobChMI-pyJjtHR6QIVFo\\_ICh2zmQpLEAAAYAAEgKZWfD\\_BwE](https://hangsuicide.org/get-help-now/?gclid=EAIaIQobChMI-pyJjtHR6QIVFo_ICh2zmQpLEAAAYAAEgKZWfD_BwE)

### **Behavioral**

### **Health**

### **Resources:**

<http://www.co.ocean.nj.us/WebContentFiles//6d0b5bcc-93d7-49ad-8d79-e973d1f0e660.pdf>

**Go-To-Meeting' account has been established in efforts to facilitate public participation.**

**Please join my meeting from your computer, tablet or smartphone.**

<https://global.gotomeeting.com/join/614697173>

**You can also dial in using your phone.**

United States (Toll Free): 1 866 899 4679

United States: +1 (571) 317-3117

**Access Code:** 614-697-173

- <https://nycwell.cityofnewyork.us/en/covid-19-digital-mental-health-resources>
- <https://nj.gov/humanservices/coronavirus.html>

- <https://www.kearnynj.org/wp-content/uploads/2020/03/COVID-19-Mental-Health-Resources.pdf>

### **Intellectual and Developmental Disabilities:**

- **The ARC Ocean County Chapter:** <https://www.arcocean.org/>

### **Children and Families:**

- **Family Support Services:**  
<https://www.oceanresourcenet.org/community-services/family-support-services/>

- **Ocean County Board of Social Services:** <http://www.co.ocean.nj.us/OC/SocialServices/>

- **Family Planning Center of Ocean:** <https://familyplanningcenterofoceancounty.com/>

- **United Way:** <https://www.uwmoc.org/coronavirus>

- **The Children's Home Society:** <https://www.chsofnj.org/>

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<https://www.chsofnj.org/covid-19-resources-and-announcements/#.Xp3qjchKhPY>

- **Jersey Shore Baby Pantry:** <http://jerseyshoredreamcenter.org/baby-supply-pantry/>

- **WIC Office-**<https://www.womeninfantschildrenoffice.com/ocean-city-health-department-lakewood-nj-wic-wcl2455>

o **Toms River:** 175 Sunset Avenue, Toms River, NJ – 08754, (732) 341-9700

o **Lakewood:** 1771 Madison Avenue Lakewood, NJ 08701, 732-370-0122

- **Anchor Family Success Center** *Anchor Family Success Center*

*101 Prosper Way, Brick NJ 08723, Phone: 848-241-9346, Fax: 732-475-7734*

<https://www.chsofnj.org/family-success-centers/anchor-family-success-center-ocean-county/#.XoSaEohKhPY>

- **Good Grief** <https://good-grief.org/?s=covid>

<https://familyplanningcenterofoceancounty.com/>

- **Shelters and emergency housing:**
  - o [https://www.hud.gov/states/new\\_jersey/homeless/shelters/ocean](https://www.hud.gov/states/new_jersey/homeless/shelters/ocean)
  - o [https://endhomelessness.org/category/covid-19/?post\\_type=resource&gclid=EAIaIQobChMI68j-64yi6QIV5QiICR3k8QpZEAAYASAAEgIxx\\_D\\_BwE](https://endhomelessness.org/category/covid-19/?post_type=resource&gclid=EAIaIQobChMI68j-64yi6QIV5QiICR3k8QpZEAAYASAAEgIxx_D_BwE)
- **Ocean County Family Support Organization:** <http://www.oceanfso.org/>

### **School Resources:**

- **School Districts Links:**  
<https://www.k12academics.com/national-directories/school-district/New%20Jersey/Ocean>
- **Social Emotional Learning Support:**  
[https://docs.google.com/document/d/1r7F6D4u5dQXHRwB0f4yy8\\_l2NyBNknrLtFcEHAvp8hw/edit](https://docs.google.com/document/d/1r7F6D4u5dQXHRwB0f4yy8_l2NyBNknrLtFcEHAvp8hw/edit)
- **Jackson School District:** <https://www.jacksonsd.org/Page/12811>
- **Ocean County College Resources:** <https://www.ocean.edu/coronavirus/>
- **Ocean County Library:** <https://theoceancountylibrary.org/covid-19>
  - o <http://theoceancountylibrary.org/resources/covid-19>
- **Office of Secretary of Higher Education:**  
<https://www.state.nj.us/highereducation/COVID-19.shtml>
- **Point Pleasant School District:**  
[https://www.pointpleasant.k12.nj.us/apps/pages/index.jsp?uREC\\_ID=439620&type=d](https://www.pointpleasant.k12.nj.us/apps/pages/index.jsp?uREC_ID=439620&type=d)

### **Financial Assistance:**

**NJ COVID-19 and Residential Mortgage Relief**

<https://www.state.nj.us/dobi/covid/mortgagerelief.html>

- **Jobs:** <https://www.indeed.com/q-Temporary-l-Ocean-County,-NJ-jobs.html>
- Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance to Needy Families (TANF), and/or General Assistance (GA): <https://www.njhelps.org/>
  - **If you need help paying the rent**  
The State Rental Assistance Program provides rental assistance grants. To get more information and determine your eligibility, visit: <https://www.nj.gov/dca/divisions/dhcr/offices/srap.html>
  - **If you are caring for family members with special needs**  
The New Jersey Department of Human Services has guidance for individuals and families caring for people with developmental disabilities: <https://nj.gov/humanservices/coronavirus.html>
  - **Financial Success Center (FSC) Network: virtual Financial Coaching**, Call **732-414-6745** and leave a message with your contact information for a Financial Coach to return your call.

<http://www.co.ocean.nj.us/OC/SocialServices/>

<https://www.visitmonmouth.com/page.aspx?Id=5021>

[https://www.nj211.org/resource-search/taxonomy/BH-3800/\\_/1](https://www.nj211.org/resource-search/taxonomy/BH-3800/_/1)

<https://www.tomsrivertownship.com/CivicAlerts.aspx?AID=101>

## Health Services:

- **Hospital telemedicine services:**
  - Hackensack Meridian *Health* (Ocean Medical Center, Southern Ocean Medical Center) <https://www.hackensackmeridianhealth.org/covid19/>
    - § [ConvenientCareNow.com](https://www.convenientcarenow.com) for just \$20 using the coupon code **HMH20**.  
If you're 65+, use promo code **HMH FREE** for a free consult
  - RWJ Barnabas Healthcare System (Community Medical Center, Monmouth Medical Center Southern Campus) [RWJBHtelemed.org](http://RWJBHtelemed.org) use code RWJBH15
- CVS and Walgreens are providing **free delivery of prescription medications**. Learn more [here](#)
- Disaster Response Crisis Counselors (DRCCs) volunteering on the phone line, which is available from 9am-8pm. Please call **732-845-2070**.

## **Businesses:**

§ **Score:** <https://oceancounty.score.org/>

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[https://oceancounty.score.org/?\\_ga=2.245616964.1377510805.1502971668-296125960.1502971668](https://oceancounty.score.org/?_ga=2.245616964.1377510805.1502971668-296125960.1502971668)

§ **New Jersey Business Action Center:**  
<https://faq.business.nj.gov/en/collections/2198378-information-for-nj-businesses-on-the-coronavirus-outbreak>

§ **Southern Ocean Chamber of Commerce:**  
<https://visitlbiregion.com/business-resources-for-covid-19/>

§  
<https://www.menendez.senate.gov/imo/media/doc/Menendez%20Small%20Business%20Owners%20Guide%20to%20the%20CARES%20Act.pdf>

§ **SBA** <https://www.sba.gov/offices/district/nj/newark>

## **Senior Services:**

§ **Ocean County Office of Senior Services** can be reached at **732-929-2091**.

§ **Ocean County Meals on Wheels** can call **609-978-6869**

§ **Comfort Keepers:**  
<https://www.comfortkeepers.com/offices/new-jersey/toms-river/resources/coronavirus-resources>

**Ocean County Division of Transportation:**  
<https://www.co.ocean.nj.us/OC/Transportation/frnHome.aspx>

## **Food**

- [https://www.needhelppayingbills.com/html/ocean\\_county\\_food\\_banks.html](https://www.needhelppayingbills.com/html/ocean_county_food_banks.html)



- All Saints Episcopal Church, 213 Madison Ave. Lakewood, New Jersey, 08701 (732) 367-0933. Offers free food, meals, and other support.
- Destiny Community Development Corporation, 236 Brick Blvd Brick, New Jersey, 08723
- East Dover Baptist Church, Address - 974 Bay Ave Toms River, NJ, 08753, Phone number - (732) 270-4888. The pantry is open very limited hours. Call for details as well as the availability of products, such as canned goods or bags of groceries.
- Hope Center, 253 Chestnut St.Toms River, NJ, 08753. One of the leading social service agencies in Ocean County New Jersey. The government center will help single moms apply for WIC vouchers to pay for infant formula, enroll senior citizens in Meals on Wheels, and also offer SNAP applications.
- Lacey Food Bank, 818 W Lacey Rd, Forked River, New Jersey, 08731. (609) 242-2848. Offers food, meals, baby items and formula, and other aid. Call them for hours and more information.
- Lutheran Church of the Holy Spirit, Address: 333 N Main St.Manahawkin, New Jersey, 08050.Call (609) 597-2696 for hours.
- Community Action of Ocean County. The non-profit is the region's main poverty fighting organization. They help feed the hungry in Ocean County, offer applications to SNAP food stamps or USDA commodities address employment, and provide financial help for bills among other serviles. Continue with community action agency in Ocean County.
- Cedar Creek Community Church, 370 Nixon Ave.Bayville, NJ, 08721. Main phone - 732-269-6204. The church helps the low income, poor, homeless, and unemployed in Ocean County. Free food, meat, dairy, coffee, fruits, and more food parcels may be offered.
- Jackson Women of Today, 10 Don Conner Blvd. Jackson, NJ 08527. 732-833-6800. A major focus is on single moms, immigrants, and the vulnerable. Whether food, clothes, housing, or even household goods like brooms, feminine products, diapers, soap, and other similar goods, help is offered.
- St. Joseph's Pantry. 685 Hooper Ave.Toms River, New Jersey. Call - 732-240-1089
- Abundant Grace Pantry,108 Indian Head Rd. Toms River, NJ 08753Main phone - 732-914-2058
- Upper Room S. Kitchen Main address is 155-157 East Fourth St.Lakewood, New Jersey 08701. 732-929-8107. A free soup kitchen. There are also brown bag lunches, Easter, Christmas and Thanksgiving dinners, breakfasts, and snacks for students during the summer. Greater Tuckerton Food Pantry, 148 North Green St. (Rt. 539). Tuckerton, NJ 08087. 609-294-4777.



- PATH Pantry

725 Airport Rd. Suite 7G

Lakewood

732-367-2665 x5152

Assistance includes: Canned chili, Canned soups and stews, Cereal, Juices, Vegetables, Fruit, and many other food boxes.

Faith Community UMC

Main address is 526 Rt 9

Bayville, New Jersey 08721

Phone - 732-269-9850

Hours are Tuesday 5-6pm, Saturday 9am-11am

St. Barnabas Pantry

Main address is 33 Woodland Rd

Bayville, NJ 08721

Call 732-269-2208 ext.107

St. Pius

300 Lacey Rd.

Forked River

Main phone - 609-693-6105

they help the homeless, poor, and families in poverty. The elderly in Oean County can also apply for Meals on Wheels, Or get blankets for the homeless, personal hygiene supplies, as well as other items.

Whiting Food Pantry

**36 Lacey Road (Reformed Church)**

**Whiting, New Jersey**

**732-350-0232**

**Lakehurst United Methodist**

**(Mobile site)**

**204 Elm Street**

**Lakehurst, New Jersey**

**for hours, dial 732-918-2600**

**The free food pantry may have Canned Meats, Soup, laundry detergency or toiletries, Dried macaroni, banans or milk and other food items.**

**Epiphany Church**

**621 Herbertsville Rd.**

**Brick, New Jersey**

**Main phone 732-458-0434**

**the free, emergency food pantry is open Saturday 10AM-12PM, Monday 10AM-1PM. Groceries, both fresh and canned, may be passed out by volunteers.**

**Osbornville Baptist**

**366 Drum Point Rd.**

**Brick, NJ 08723**

**732-477-0324**

**Calvary Baptist Pantry**

**Location of free food distribution center - 850 Railroad Drive**

**Little Egg Harbor, NJ**

**609-296-4606**

**A thrift store and food bank is on site.**

**Sixth Steet Baptist**

**15 Sixth Street**

**Lakewood, New Jersey 08701**

**Telephone - 732-581-5983**

**The soup kitchen and free bank hours are 2nd & 4th Saturday 10am-2pm**

**Jesus is Lord Pantry**

**2236 Massachusetts Ave.**

**Toms River, NJ 08755**

**732-901-7733**

**Immanuel Lutheran**

**20 Monterey Circle**

**Lakewood, NJ 08701**

**732-363-1599**

**St. Thomas Church Food Pantry**

**135 Salmon St.**

**Brick, New Jersey 08723**

**732-477-5533 Mon.&Thurs. 10am-12:30pm**

**Macedonia Baptist Church**

**143 John St.**

**Lakewood, NJ, 08701**

**Dial (732) 905-3878**

**Call for details on bags of food, excess government commodities, and other support. They also serve Thanksgiving meals (as well as turkeys) and help families living in poverty at Christmas.**

**New Beginning Christian Center**

**236 Brick Blvd**

**Brick, New Jersey, 08723**

Dial 732.451.0777

The food pantry has free groceries, canned goods, and fresh produce. There is also personal hygiene items, household supplies, gift cards, and other support for low income Ocean County families.

Ocean Christian Community Church

Address- 405 Washington St.

Toms River, New Jersey, 08754

Call (732) 240-5998

The church can help people of all backgrounds. Provides people with referrals, meals, clothing, and access to a thrift store. Fresh fruits, vegetables, diapers, and more may be passed out to Ocean County families.

Ocean County Hunger Relief

Address: 917-5 N Main St.

Toms River, New Jersey, 08753

Call (732) 505-4357

The regional non-profit partners with soup kitchens, food banks, and feeding sites. Get baby formula, food for immigrants as well as Hispanics, applications to Summer Food Service Program, and other help.

Saint Anthony Claret Church

Address - 780 Ocean Ave

Lakewood, NJ, 08701

Phone (732) 367-5873

**Saint Francis Community Center**

**4700 Long Beach Blvd**

**Long Beach, New Jersey, 08008**

**Offers social services, food, help in applying for New Jersey and federal government assistance programs, holiday support, and other forms of aid. Easter, Thanksgiving and Christmas meals may be provided too.**

**Saint Martha's Church Roman Catholic Church**

**Address of church is 3800 Herbertsville Rd.**

**Point Pleasant, New Jersey, 08742**

**Dial the center at (732) 295-3630**

**Not only can provide free groceries and other needs (such as clothing or a blanket) but also get information on government programs such as food stamps.**

**Saint Mary of the Lake Church**

**Location is 43 Madison Ave.**

**Lakewood, NJ, 08701**

**Main phone number is (732) 363-0139. Call for information and details on the food pantry.**

**Saint Mary's Church**

**Church food pantry address is 747 W Bay Ave.**

**Barnegat, NJ, 08005**

**(609) 698-5531**

**Salvation Army of Ocean County**

**1738 Route 37 E**

**Toms River, New Jersey, 08753**

**Main number - (732)270-8393**

**Call for food pantry, thrift store, financial assistance for bills, rent, medications, and programs such as Angel tree. There may also be free Thanksgiving turkey meals, summer snacks for kids in Ocean County and Christmas gifts as well as hot meals. More on free food from Ocean County Salvation Army.**

**Visitation Roman Catholic Church**

**730 Lynnwood Ave**

**Brick, New Jersey, 08723**

**Phone (732) 477-0028**

**Clothing, meals, perishable food, emergency food boxes, and case management provided.**

**Your Grandmother's Cupboard**

**173A Route 37 W**

Toms River, New Jersey, 08755

A focus is on helping the elderly and homebound in the community.

House of Hope of Ocean County

253 Chestnut St

Toms River, New Jersey 08753

Phone - (732) 341-4447

An emergency food pantry is open once per month.

Peoples Pantry

Address: 1001 Fischer Blvd

Toms River, NJ 08753

Call (732) 908-9835 for hours.

Lakewood Resource and Referral Center

212 Second St

Lakewood, NJ 08701

(732) 942-9292

Referrals are given to Women Infant & Children Program (WIC), local soup kitchens or pantries, and Supplemental Nutritional Assistance Program (SNAP (formerly Food Stamps)).



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**Saint Vincent DePaul Society - Visitation Roman Catholic Church**

**730 Lynnwood Ave**

**Brick, New Jersey 08723**

**(732) 477-0028**

**Programs include a thrift store, food bank, financial aid for utility bills, and more. Senior citizens can apply for free congregate or Meals on Wheels. There are also paper goods like toilet paper, trash bags, and other programs in Ocean County.**

**Additional free food assistance programs and vouchers in Ocean County**

**If the free emergency pantries near you above can't meet your needs, or if there is not a distribution center near you, dial 732-918-2600 to find the locations of additional soup kitchens as well as food banks in the Ocean County region. Or learn about USDA programs such as free school breakfasts or lunches, Meals on Wheels for the elderly, surplus commodities and more. Other centers provide free groceries and assistance to the needy.**

§ Fulfill:  
[https://fulfillnj.org/fulfill-to-partner-with-jersey-shore-restaurants-to-feed-people-in-need-during-coronavirus-outbreak/?fbclid=IwAR15rJQ1hVZzLFfzTrjo\\_Kkrg-m5TtQqxMaxny\\_7xTtV-WxDscA5iSGi5hI](https://fulfillnj.org/fulfill-to-partner-with-jersey-shore-restaurants-to-feed-people-in-need-during-coronavirus-outbreak/?fbclid=IwAR15rJQ1hVZzLFfzTrjo_Kkrg-m5TtQqxMaxny_7xTtV-WxDscA5iSGi5hI)

§ **grab-n-go food packages:**

Toms River JBJ Soul Kitchen and B.E.A.T. Center

Boys & Girls Clubs of Monmouth County (Asbury Park & Red Bank)

Red Bank Borough Public Schools

§ **Toms River Food Pantries:** [https://www.foodpantries.org/ci/nj-toms\\_river](https://www.foodpantries.org/ci/nj-toms_river)

§ **Ocean County Food Pantries:**  
[https://www.needhelppayingbills.com/html/ocean\\_county\\_food\\_banks.html](https://www.needhelppayingbills.com/html/ocean_county_food_banks.html)

§ **Food Banks, Pantries and Soup Kitchens**  
<https://www.homelessshelterdirectory.org/cgi-bin/id/countyfb.cgi?county=Ocean-County&state=NJ>

**Food bank finder**  
[https://cfbnj.org/?utm\\_source=google&utm\\_medium=paidcpc&utm\\_campaign=DD&utm\\_term=Covid&gclid=EAIaIQobChMI\\_qnM48rR6QIVi4jICh1UdQBJEAAAYASAAEgLlzfD\\_BwE#WeAreThere](https://cfbnj.org/?utm_source=google&utm_medium=paidcpc&utm_campaign=DD&utm_term=Covid&gclid=EAIaIQobChMI_qnM48rR6QIVi4jICh1UdQBJEAAAYASAAEgLlzfD_BwE#WeAreThere)

\*Fulfill food bank is providing a service for Monmouth/Ocean counties. If you text FOODFIND to 888-918-2729, they will give you 3 food banks near you

- <https://www.uwmoc.org/coronavirus>
- <https://www.co.ocean.nj.us/OC/frmCoronavirus.aspx>
- <https://www.ochd.org/covid19/>
- <https://insight.livestories.com/s/v2/covid-19-dashboard-ocean-county-nj/235d7065-93ef-441b-a62d-54c1813abd8a>

**COVID Testing:**

§ **Monmouth County Community COVID-19 Community-Based Testing Center at PNC Bank Arts Center in Holmdel** will open at 8am every day and close when tests run out. To be eligible for testing, you must be a NJ resident and experiencing symptoms.

§ An urgent care center in Marlboro has **drive-thru testing for the COVID-19 virus**. Appointments are required, please call 1-855-925-5467. Intake forms are available on [immcare.com](http://immcare.com). Learn more [here](#).

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<https://wrat.com/2020/04/20/ocean-county-continues-testing-for-covid-19-test-site-to-remain-at-ocean-county-college/>

Lapcorp/quest( antibodies testing is 10\$, free with insurance )

Rite aid (free)

CVS(free)

Your local urgent care will do it for free if insurance taken( call and check)

#### **Town/City Resources:**

- Manchester- <http://manchesterpolicenj.com/covid-19-updates/>
  - o - <http://www.manchestertwp.com/covid-19-information-portal/>
  - <http://www.manchestertwp.com/ocean-county-health-dept-covid-19-resources/>
    - <https://www.manchestertwp.org/mtes/news/posts-open/~board/district-news/post/superintendents-message-re-coronavirus-plans>
    - [https://www.mrhs.net/apps/pages/index.jsp?uREC\\_ID=1702738&type=d&pREC\\_ID=1933551](https://www.mrhs.net/apps/pages/index.jsp?uREC_ID=1702738&type=d&pREC_ID=1933551)
    - [https://www.mrhs.net/apps/pages/index.jsp?uREC\\_ID=1702738&type=d&pREC\\_ID=1941236](https://www.mrhs.net/apps/pages/index.jsp?uREC_ID=1702738&type=d&pREC_ID=1941236)

- Jackson- <http://www.jacksontwpnj.net/index.php/covid-19-update>

<https://www.jacksonsd.org/covid19>

<https://www.jacksonlewis.com/publication/special-report-available-new-jersey-covid-19-resource-guide>

<https://nj-jacksontownship.civicplus.com/index.php/using-joomla/extensions/components/content-component/article-categories/78-demo/slides/357-covid-19-novel-coronavirus>

· Toms River- <https://tomsrivertownship.com/AlertCenter.aspx>

<https://nj-jacksontownship.civicplus.com/index.php/using-joomla/extensions/components/content-component/article-categories/78-demo/slides/357-covid-19-novel-coronavirus>

<https://patch.com/new-jersey/tomsriver/nj-coronavirus-reopen-updates-heres-what-you-need-know-june>

· Lakewood-

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<http://www.lakewoodnj.gov/images/db/duvys-7362-Skip-The-Trip-March-2020.pdf>

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<http://www.lakewoodnj.gov/images/db/admin-6737-state-of-nj-covid-19-phone-numbers-links-3.24.20.pdf>

· Howell- <https://www.twp.howell.nj.us/408/Alerts-and-Notifications>

· Freehold- <http://twp.freehold.nj.us/>

· Brick- <http://www.bricktownship.net/index.php/covid-19-information-cancellations/>

· Barnegat- <http://www.barnegat.net/about-barnegat/links/>

· Point Pleasant- <https://ptboro.com/links/>

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Lacey-

[http://www.laceytownship.org/filestorage/3656/COVID\\_19\\_3-16-2020\\_%281%29.pdf](http://www.laceytownship.org/filestorage/3656/COVID_19_3-16-2020_%281%29.pdf)

· Little Egg Harbor (scroll down in news and announcements)- <http://www.leht.com/>

· Stafford- <https://www.staffordnj.gov/>

· Berkeley-[http://twp.berkeley.nj.us/alert\\_detail.php](http://twp.berkeley.nj.us/alert_detail.php)

· Seaside Heights- <https://www.seaside-heightsnj.org/CivicAlerts.aspx?AID=128>

· Tuckerton- <https://tuckertonborough.com/community/public-notice/update-from-tuckerton-borough-march-16-2020>

· Beachwood- <https://www.beachwoodusa.com/>

· Lavallette- <http://www.lavallette.org/Covid19.html>

· Plumstead-

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[https://www.plumsted.org/sites/plumstednj/files/uploads/behavioral\\_health\\_resources.pdf](https://www.plumsted.org/sites/plumstednj/files/uploads/behavioral_health_resources.pdf)

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[https://www.plumsted.org/sites/plumstednj/files/uploads/save\\_the\\_trip\\_to\\_the\\_municipal\\_building\\_1.pdf](https://www.plumsted.org/sites/plumstednj/files/uploads/save_the_trip_to_the_municipal_building_1.pdf)

· Ocean- <http://www.oceantwp.org/content/5931/6793/default.aspx>

· Lakehurst- <https://lakehurst-nj.gov/index.php/coronavirus-covid-19-information>

· Seaside Park- <https://www.seasideparknj.org/>

· Long Beach- <https://www.longbeachtownship.com/tag/covid-19/>

· Mantoloking- <http://www.mantoloking.org/>

· Bay Head- <http://www.bayheadnj.org/bhni/>

· Long Beach Island-

o <https://welcometolbi.com/relief-app/>

o <https://welcometolbi.com/covid-19-lbi-updates/>

· Island Heights- <http://islandheightsboro.com/alerts/>

· Barnegat Light- <http://www.barnegatlight.org/covid19-2/>

· Pine Beach- <http://www.pinebeachborough.us/pinebeach.htm>

· Harvey Cedars

o <http://www.harveycedars.org/>

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<http://www.harveycedars.org/cit-e-access/webpage.cfm?TID=150&TPID=17195>

· Eagleswood

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<https://docs.google.com/document/d/1kHEYafRdmBdV5jyx0rIbAWbMuoxxy1f7NaDoYmY8Rf8/edit?ts=5e695003>

## News

<https://www.ocean.edu/coronavirus/>

<https://www.statista.com/statistics/1104557/coronavirus-trusted-news-sources-by-us/>

<https://www.cdc.gov/media/dpk/diseases-and-conditions/coronavirus/coronavirus-2020.html>

<https://www.cedars-sinai.org/newsroom/reliable-sources-for-coronavirus-info/>

<https://www.pewresearch.org/fact-tank/2020/07/02/local-news-is-playing-an-important-role-for-americans-during-covid-19-outbreak/>

Asbury Park Press: <https://www.app.com/news/ocean-county/>

News 12 NJ <http://newjersey.news12.com/category/337064/coronavirus-nj-stories>

NJ.com

Jerseyshoreonline.com

Shorenewsnetwork.com

<https://www.nytimes.com/2020/09/22/world/covid-coronavirus.html>

Abcnews

Cnbc

Washington post

Fox Business( for airline update)

<https://www.worldometers.info/coronavirus/country/us/>

<https://www.livescience.com/topics/live/coronavirus-news-live-updates>

## Helpful Apps for Iphone and Androids

- Talkspace online: Affordable therapy, matches you with your best fit of therapist
- Moodpath: depression and stress tracker and tips
- Motivation Daily: good for quotes to uplift during this time
- Headspace: meditation
- I am: positive affirmations
- Mindshift CBT: tips on how to shift mindset during these times
- Youper: mental health assistant, always there to talk
- Apple Covid 19: up to date info
- CDC
- Healthylnked Covid 19 tracker
- Covid Symptom tracker
- Relief Central Coronavirus
- Daily Routine : To do list
- Pearson practice apps for schooling
- Calm: Seven-day free trial. A meditation, sleep, and relaxation app that also provides resources specifically for coping with COVID-19 anxiety
- Stop, Breathe & Think: Always free, and for kids too.
- Insight Timer: Always free. This is not a daily app, but rather a great library where you can search for various types of meditations and lengths by excellent teachers.
- 10% Happier: Free and paid options available. Health care providers can use redemption code HEALTHCARE to unlock all content.
- UCLA Mindful App: Free and has meditation by Diana Winston.
- Mindfulness Coach: Mindfulness Coach 2.0 was developed to help veterans, service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.
- Sanvello: Clinically validated techniques for reducing stress and treating anxiety and depression (free premium access during COVID-19 pandemic)
- Happify: Some free content, including stress reduction and cognitive techniques to address anxiety.
- MindShift CBT: Free content, including cognitive behavioral therapy strategies to address general worry, social anxiety, and panic

- PTSD Coach: Created by VA's National Center for PTSD and the Department of Defense's National Center for Telehealth & Technology. This app provides you with education about post-traumatic Stress Disorder (PTSD), information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.
- PTSD Family Coach: In conjunction with PTSD Coach, the PTSD Family Coach app is for family members of those living with PTSD. The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get the treatment they deserve
- Mothers and Babies Online Course: Available in both English and Spanish, this online course teaches skills to manage changes in how you feel. Designed for pregnant women, new mothers, and those who want to support them
- COVID Coach: Created for everyone, including veterans and service members, to support self-care and overall mental health during the coronavirus pandemic.
- CBT-i Coach - Free cognitive behavioral therapy for insomnia, available for iOS and Android.
- Healthylinked Covid-19 tracker
- Coronavirus COVID tracker
- Healthy together
- Safedistance
- Relief central
- Patientsphere
- Tracecovid
- Howwefeel
- Relief Central
- 1-check covid
- Covid coach
- Citizen safe
- <https://ymcagbw.org/blog/our-top-10-apps-download-during-quarantine>
- <https://www.youtube.com/watch?v=TT948pDYsw8>
- <https://www.cnn.com/2020/04/18/tech/best-apps-in-isolation-coronavirus-trnd/index.html>
- <https://www.androidauthority.com/free-games-apps-coronavirus-quarantine-1096072/>
- Talkspace.
- BetterHelp.
- Reflectly.
- Day One.
- PTSD Coach.
- Happify.
- Sanvello.



- 7 Cups.

### **Contact Tracing**

- [https://covid19.nj.gov/pages/testandtrace?gclid=EAIaIQobChMI5-S4qqT16gIVC5yzCh2hhwohEAAAYASAAEgKSQPD\\_BwE](https://covid19.nj.gov/pages/testandtrace?gclid=EAIaIQobChMI5-S4qqT16gIVC5yzCh2hhwohEAAAYASAAEgKSQPD_BwE)
- <https://www.forbes.com/sites/daveywinder/2020/06/20/have-apple-and-google-suddenly-uploaded-a-covid-19-tracking-app-to-your-phone-android-iphone-exposure-notification-contact-tracing/#63c3e6a26054>
- <https://support.google.com/android/answer/9888358?hl=en>
- <https://www.wired.com/story/covid-19-contact-tracing-apple-google/>
- <https://www.nj.com/coronavirus/2020>

### **New important resource :**

2-1-1 New Jersey

<https://www.nj211.org/get-help-with>

Includes help with :

NJHelps Screening Tool

DCAid Screening Tool

Get Flu Ready!

Affordable Housing

Utility Assistance Hotline

Healthcare Overview

Don't Go Hungry - Get Help

Diabetes Management and Prevention

In Search of Accessible Transportation

Family Matters

Family Success Centers

Call 2-1-1 for Help with Addiction

Kinship Navigator Program

NJ Parent Link

Tweens and Teens

Children and Parents

Senior Services

Help Me Grow (HMG)

Assistance for Military Personnel and their Families - Overview

Emergency Preparedness

NJ Cooling Centers

Cybercrime

NJ Register Ready - Special Needs Registry

Peak Season for Hurricanes Starts in Mid-August in New Jersey

Preparing For A Flood

FEMA Emergency Preparedness Tips

Report Suspicious Activity

Find Current Traffic Conditions at NJ511

Help In Hard Times

Avoiding Foreclosure

Understanding Unemployment Benefits

If Unemployment Benefits Run Out

EITC Tax Credit Helps Working Families

Human Trafficking

Making Ends Meet in New Jersey

Financial Success Center : <https://www.uwmoc.org/FSC>

Offering two upcoming free webinars check them out to register :

- <https://files.constantcontact.com/49c68289001/f7ecdcb1-dfb2-4705-9ef2-9b964514617e.pdf>
- <https://files.constantcontact.com/49c68289001/268b5569-c4ce-4554-9700-8399188c0abd.pdf>

<https://youthinfofocus.org/>

- NJEA provides free lunches for students: <https://www.njea.org/>