



Chester County Department of Human Services:

**"WE'RE STILL HERE  
FOR YOU"**

Please know, during the Coronavirus (COVID-19) pandemic,  
our services are still available.

## **A Comprehensive List of Chester County Resources to Address Community Needs during the COVID-19 pandemic**

*Updated: October 15, 2020*

The Coronavirus (COVID-19) pandemic is having a great impact on our community in many ways. This guide will help you locate resources in Chester County for specific human service needs during the COVID-19 pandemic.

In an effort to connect Chester County residents with the wealth of community resources available, the Chester County Department of Human Services created a COVID-19 Community Resource Guide. We hope you'll join us by sharing this guide with your communities.

Feel free to use any of the information listed in this guide, or any of the information found on [Chesco.org](https://chesco.org) [chesco.org/226/Human-Services](https://chesco.org/226/Human-Services), [Chesco.org/DrugandAlcohol](https://chesco.org/DrugandAlcohol) or [Chesco.org/MHIDD](https://chesco.org/MHIDD).

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## 1. COVID-19 General Information

### a. Chester County COVID-19 Information

- i. The Chester County Government is launching a weekly newsletter to keep residents informed on current information specific to Chester County, such as COVID-19 updates, county programs and services, and other county news.
  - To read the inaugural issue of the newsletter, please follow the link at <https://bit.ly/2Z7yuGU>
  - If you would like to sign up to receive future newsletters, please subscribe at <https://www.chesco.org/4487/County-Newsletter>
- ii. COVID-19 Homepage: <https://chesco.org/4376/Coronavirus-COVID-19>
- iii. Data and Maps for Chester County: <https://chesco.maps.arcgis.com/apps/opsdashboard/index.html#/975082d579454c3ca7877db0a44e61ca>
- iv. FAQ and General Resources: <https://www.chesco.org/4429/Coronavirus-COVID-19-General-Resources>
- v. How You Can Help: <https://www.chesco.org/4437/Coronavirus-COVID-19-How-to-Help>
- vi. Testing Information: <https://chesco.org/DocumentCenter/View/54233/Testing-for-Coronavirus>
- vii. Support Strategies and Resources: <https://www.chesco.org/4440/Coronavirus-COVID-19-Support-Strategies>
- viii. Cleaning and Hygiene: <https://www.chesco.org/4431/Coronavirus-COVID-19-Hygiene-Cleaning>
- ix. Face Mask Guide: <https://www.chesco.org/4458/Coronavirus-COVID-19-Face-Mask-Guidance>
- x. Things to do at Home: <https://www.chesco.org/4427/Coronavirus-COVID-19-Things-to-do-at-Hom>
- xi. Southern Chester County Social Sector COVID-19 Response: <https://sccnetwork.org/response>

### b. Centers for Disease Control and Prevention (CDC) and PA Dept. of Health

- i. PA Dept. of Human Services COVID-19 Response, Guidance and Actions (Updated May 13<sup>th</sup>): <http://www.paproviders.org/wp-content/uploads/2020/05/5.13-DHS-COVID-Response.pdf>
- ii. General Resources: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- i. PA Department of Health Translated COVID-19 Printable Pages: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Translated.aspx>
- ii. PA Department of Health ASL COVID-19 Videos: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/ASL.aspx>
- iii. PA Department of Health COVID-19 Daily Briefing in Spanish: <https://pacast.com/live/es>
- iv. PA Department of Developmental Programs COVID-19 Updates: <https://www.myodp.org/mod/page/view.php?id=26882>

## 2. COVID-19 Chester County Resources

### a. United Way of Chester County 2-1-1 (All Resource Phone Line)

- i. This is a phone line which call specialist connect callers with local resources needed.
  - Resources such as food, housing, employment, etc.

- 211 call specialists are available 24/7 by calling 2-1-1 or 1-866-964-7922.
- TTY and language services are available in more than 170 languages and dialects.
- Chester County residents can also text their zip code to 898-211.

**b. Chester County Information and Referral Agencies**

- Human Services Inc. (West Chester Area):** 610-429-3033
- La Comunidad Hispana (Kennett Area):** 610-444-7550
- Maternal and Child Health Consortium (Coatesville Area):** 484-378-4030
- Oxford Area Neighborhood Services Center (Southern Chester County):** 610-932-8557
- Phoenixville Area Community Services (Phoenixville Area):** 610-933-1105

**c. Chester County Refer Web**

- Community Resource Directory online application for the Chester County Department of Human Services. Refer Web is for anyone who would like to or needs to gain more information about health and human services available in Chester County.**
  - Access Refer Web: <http://www.referweb.net/chesco/>
  - More Information on Refer Web: <https://www.chesco.org/1418/Refer-Web>

**3. Mental Wellness**

**a. Warm Lines and Crisis Lines**

- Warm Lines-** If you're feeling lonely, worried, anxious and need to talk to someone, call:
  - Chester County Warm Line: **1-866-846-2722.**
  - Pennsylvania COVID-19 Statewide Support and Referral Line: **The toll-free number to call is 1-855-284-2494.**
- Crisis Lines-** If you or someone you know is experiencing a mental health or emotional crisis, call:
  - **Chester County Valley Creek Crisis Center (24 hours a day, 7 days a week):** 610-280-3270.
  - **National Suicide Prevention Life Line (Línea Nacional de Prevención del Suicidio):** 1-800-273-8255.
  - **If you would rather be in touch via text message, use the National Crisis Text Line:** 741-741.
  - **Veterans Crisis Line**
    - National Veterans Suicide Prevention Life Line: **1-800-273-8255 PRESS #1.**

**b. Accessing Mental Health Services**

- If you have health insurance,** call the number on the back of the member card to ask about mental health or behavioral health coverage.
- If you have Medical Assistance/HealthChoices,** contact Community Care Behavioral Health at 866-622-4228 for information about services.
- In PA, most children under age 19 with serious mental health needs qualify for Medical Assistance **regardless of family income.**
  - By using both private health insurance and Medical Assistance, the family gets more treatment choices as well as more financial help.
- You can apply for Medical Assistance by completing the [COMPASS application](#). Our local service providers shown below can help you get the benefits for which you qualify.
  - **Adults and children:**
    - [Human Services, Inc.](#)

Thorndale: 610-873-1010

Oxford: 610-998-1807

Spanish language services at some locations

- [Holcomb Behavioral Health Services](#)

Exton: 610-363-1488

Kennett Square: 610-388-7400

Spanish language services available

- [Creative Health Services](#)

Pottstown: 484-941-0500

- **Adults Only:**

- [Fellowship Health Resources](#)

Phoenixville: 610-415-9301

- **Children Only:**

- [Child Guidance Resource Centers](#)

Coatesville: 610-383-5635

Toll free: 866-799-3325

- [Devereux Community Services](#)

Phoenixville - 610-933-8110 - Until 03/31/2020

Malvern - 610-933-8110 - Effective 04/01/2020

800-935-6789

**c. Mental Wellness Resources**

i. **Mental Health America 2020 Back to School Toolkit:** <https://mhanational.org/back-school>

ii. **Managing Grief during a Pandemic:** [https://afsp.org/story/managing-grief-during-a-pandemic?utm\\_source=All+Subscribers&utm\\_campaign=18e785e8f9-hope\\_hub\\_october\\_17\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_3fbf9113af-18e785e8f9-385487049](https://afsp.org/story/managing-grief-during-a-pandemic?utm_source=All+Subscribers&utm_campaign=18e785e8f9-hope_hub_october_17_COPY_01&utm_medium=email&utm_term=0_3fbf9113af-18e785e8f9-385487049)

iii. **3 Steps to Build resilience and Practice Self-Care in Uncertain Times:**  
<https://centerforadolescentstudies.com/3-steps-to-build-resilience-and-practice-self-care-in-uncertain-times/>

iv. **When You're Too Busy and Too Tired for Self Care:**  
<https://blogs.psychcentral.com/weightless/2020/04/when-youre-too-busy-and-too-tired-for-a-self-care-practice/>

v. **Family Services of Chester County COVID-19 video series:** <https://www.familyservice.us/>

- Family Services of Chester County is a non-profit counseling and human service agency that provides services at a low rate—and in many cases, for free—to any Chester County resident in financial need. Health insurance is not required. Locations in West Chester, Coatesville and Kennett.

vi. **Help lines and warm lines:** <https://namimainlinepa.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>

vii. **Crisis Phone Numbers:** <https://namimainlinepa.org/crisis-numbers/>

viii. **National Suicide Prevention Lifeline "Online Chat":**  
<https://suicidepreventionlifeline.org/chat/>

ix. **National Crisis Text Line:** <https://www.crisistextline.org/>

- x. **NAMI Montgomery County Virtual Support Groups (Chester County residents welcome):** <https://files.constantcontact.com/3e18f979001/6aef24a4-a669-450a-9709-c5a94ca1f945.pdf>
- xi. **Mental Health America Online Support Groups:** <https://www.mhanational.org/find-support-groups>
- xii. **Self-Care for Adults:** [http://www.ccacescoalition.com/p/blog-page\\_14.html](http://www.ccacescoalition.com/p/blog-page_14.html)
- xiii. **NAMI Main line Online and Telephone Support Groups:** <https://namimainlinepa.org/online-and-telephone-support-groups/>
- xiv. **National NAMI:** <https://www.nami.org/Home>
- xv. **Psychology Today Finding a Mental Health Professional Near You:** <https://www.psychologytoday.com/us/therapists>
- xvi. **West Chester University Center for Contemplative Studies Zoom Meditation and Mindfulness:** <https://ramconnect.wcupa.edu/cfcs/home/>
- xvii. **LGBTQ Support:** <https://www.nami.org/Find-Support/LGBTQ>
- xviii. **Perspective of social isolation:** <https://www.nami.org/Blogs/NAMI-Blog/April-2020/Being-Socially-Isolated-with-Mental-Illness-A-Pers>
- xix. **Chester County Suicide Prevention Task Force:** <http://chestercountysuicideprevention.com/>
- xx. **Crime Victims Center of Chester County:** <https://www.cvcofcc.org/covid-19-udate>
  - **24/7 Hotlines:**
    - Sexual Assault- (610) 692-7273
    - Other Crimes- (610) 692-7420
- xxi. **Youth and Young Adult Move PA (Age 14-29) Virtual Drop in COVID-19 Meetings:**
  - Youth Virtual Drop-In Meetings that are all about getting some social interaction, even if we can't go out and do our normal activities like school, sports, going to the game store, or hanging out with our friends.
  - Zoom every Monday and Friday from 3:30 pm to 4:30 pm.
  - Meeting link: <https://zoom.us/j/410999098>
  - Meeting ID: 410-999-098
- xxii. **Managing Stress during the COVID-19 Outbreak:** [https://www.ptsd.va.gov/covid/COVID\\_managing\\_stress.asp](https://www.ptsd.va.gov/covid/COVID_managing_stress.asp)
- xxiii. **Stress and Coping:** [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)
- xxiv. **Coping with Stress during Infectious Disease Outbreaks:** <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>
- xxv. **Tips for Self Care during a Pandemic:** [https://centerforyouthwellness.org/aces-quarantine-tips/?fbclid=IwAR36TLoYhODI\\_ZyT4mwI7LZRnwIbGiCkwZDdxQ2jH86hsKPaVhyLhp7wGIl](https://centerforyouthwellness.org/aces-quarantine-tips/?fbclid=IwAR36TLoYhODI_ZyT4mwI7LZRnwIbGiCkwZDdxQ2jH86hsKPaVhyLhp7wGIl)
- xxvi. **Supporting Teenagers and Young Adults during the Coronavirus:** <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>
- xxvii. **Center for Loss and Bereavement COVID-19 Support:** <http://bereavementcenter.org/covid-19-info/>

- xxviii. **Care for Caregivers:** <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>
- xxix. **Minding Your Mind Resources for Students and Parents:** <https://mindingyourmind.org/virtual-resources/>
- xxx. **A Path to Hope COVID-19 Support, Local Resources, Etc.:** [https://www.facebook.com/pg/apathtohope/posts/?ref=page\\_internal](https://www.facebook.com/pg/apathtohope/posts/?ref=page_internal)
- xxxi. **The Brightening Center COVID-19 Virtual Support Groups and Programming:** <https://www.thebrighteningcenter.com/CommunityGroups.en.html>
- xxxii. **Psychological First Aid Webinar—Addressing Mental Health during Disasters:** [https://emergency.cdc.gov/epic/learn/2020/webinar\\_20200422.asp?platform=hootsuite](https://emergency.cdc.gov/epic/learn/2020/webinar_20200422.asp?platform=hootsuite)
- xxxiii. **Child Guidance Resource Center Free Therapeutic Virtual Services:**
  - **Virtual meet-ups twice weekly on zoom, registration required (just to get the link).**
    - Fridays at 12:30 is open group led by a Child Guidance therapist, and the topics can be whatever the group needs.
    - Monday evenings is a topic group, topics will be announced on Facebook the week before the meet-up, also led by a Child Guidance therapist.
    - Contact [Lrichmond@cgrc.org](mailto:Lrichmond@cgrc.org) to register.
  - **Facebook 10 at 10**
    - Monday, Wednesday and Friday mornings we are hosting a 10 minute Facebook Live with a Child Guidance clinician on a variety of topics.
    - Fridays will be Autism Friendly Fridays and we will offer tips specific to support families with a child with autism.
  - **Mental Health Tool Kit**
    - These are quick articles by therapists specific to different topics.
    - I have attached the first couple of PDFs in case you want to share them (anyone can use them).
    - The full Tool Kit is hosted here: <http://www.cgrc.org/blog>. We are adding articles every week.

#### 4. Substance Use

##### a. Substance Use Recovery Support Groups and Virtual Meetings

##### i. General Substance Use Recovery Resources

- Pennsylvania Recovery Organization Alliance (PRO-A) Online and Virtual Recovery Support List: <http://pro-a.org/wp-content/uploads/2020/04/01-PROA-Online-Recovery-Support-Resource-list-4120-1.pdf>
- Pennsylvania Department of Drug and Alcohol Programs (DDAP) COVID-19 Resource Page: <https://www.ddap.pa.gov/Get%20Help%20Now/Pages/Coronavirus.aspx>
- Pennsylvania Department of Drug and Alcohol Programs (DDAP) Online Support groups and podcasts: <https://www.ddap.pa.gov/Get%20Help%20Now/Documents/COVID-Individuals.pdf>
- Podcasts Supporting Recovery: <https://conversation.zone/podcasts/>
- “Whatever it Takes” Virtual AA Meeting: <https://files.constantcontact.com/b67ca7a6601/b2f86612-5d0a-4735-bce4-2c5eed642653.pdf>

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- Addiction Policy Forum Smartphone App: <https://www.addictionpolicy.org/connections-app>
- Meeting Finder Created by Be a Part of the Conversation: <https://conversation.zone/meetings/>
- Herren Project Online Support Groups and Virtual Meetings: [https://herrenproject.org/online-support-groups/?fbclid=IwAR1-c9IGnTmIG3RhpwtBTHzXj9Eok\\_Qb1Hn5VtrNWwJit-hnNTsifo3JD00](https://herrenproject.org/online-support-groups/?fbclid=IwAR1-c9IGnTmIG3RhpwtBTHzXj9Eok_Qb1Hn5VtrNWwJit-hnNTsifo3JD00)
- Free Digital All-Recovery Meetings: <https://unityrecovery.org/digital-recovery-meetings>
- Digital Social Determinants of Recovery Workshops: <https://unityrecovery.org/sdor>
- Free Yoga, Crossfit, AA, Meditation: <https://myrecoverylink.com/digital-recovery-support/>

#### ii. Veteran Substance Use Resources

- REBOOT COMBAT Virtual Recovery: <https://rebootrecovery.com/military>
- Virtual All-Recovery Meetings for Veterans in Recovery Zoom Meetings:
  - Thursdays at 6:00pm ET
  - <http://zoom.us/j/4696059639>
  - Meeting ID: 469 605 9639
  - Dial in Phone Number: 929-205-6099

#### iii. Parent/Loved One Substance Use Resources

- Al- Anon Virtual Support Groups: <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- Nar-Anon Virtual Support Groups: <https://www.naranonchat.com/>
- Adult Children of Alcoholics: <https://adultchildren.org/resources/internet-meeting/>
- “Parent Partnership” Hosted by Be A Part of the Conversation”: <https://conversation.zone/parent-partnership/>
- Podcasts Supporting Recovery: <https://conversation.zone/podcasts/>
- Meeting Finder Created by Be a Part of the Conversation: <https://conversation.zone/meetings/>
- Herren Project Online Support Groups and Virtual Meetings: [https://herrenproject.org/online-support-groups/?fbclid=IwAR1-c9IGnTmIG3RhpwtBTHzXj9Eok\\_Qb1Hn5VtrNWwJit-hnNTsifo3JD00](https://herrenproject.org/online-support-groups/?fbclid=IwAR1-c9IGnTmIG3RhpwtBTHzXj9Eok_Qb1Hn5VtrNWwJit-hnNTsifo3JD00)

### b. Accessing Substance Use Treatment

- If you *have insurance*, including Medicaid, please call the number listed on the back of your insurance card to get information on how to access drug and alcohol services.
- If you *do not have insurance*, please call one of the following agencies which is closest to you, for help:
  - Gaudenzia Coatesville(Coatesville) - 610-383-9600
  - Mirmont Outpatient (Exton) - 484-565-1130
  - Holcomb Behavioral Health Systems (Kennett Square) - 610-388-9225
  - Creative Health Services (Phoenixville)- 610-933-1223
  - Gaudenzia West Chester(West Chester) - 610-429-1414

#### iii. Accessing Services in Chester County Map:

<https://www.chesco.org/DocumentCenter/View/18451/Accessing-Services?bidId=>

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- iv. **PA Get Help Now:**
    - <https://www.ddap.pa.gov/Get%20Help%20Now/Pages/COVID-19-Information-for-Individuals.aspx>
    - 24/7 Help Line: 1-800-662-HELP (4357)
  - v. **PA Get Help Now Chat:**
    - <https://m2.icarol.com/ConsumerRegistration.aspx?org=72331&pid=125&cc=en-US>
  - vi. **Chester County Tobacco Cessation:** <https://chesco.org/2485/CCTFC>
- c. **Other Resources**
- i. **Chester County Family Help Book:**  
<https://chesco.org/DocumentCenter/View/52302/Family-Help-Book>

## 5. Resources for Parents and Caregivers of Children

### a. How to Help your Child Cope with COVID-19

- i. **Parenting During a Pandemic Support Group:**  
<https://thecounselingcenter.zoom.us/meeting/register/tJcuceuvrTkoG9Air--mb8W2BBS2rD4yz2Xs>
- ii. **Engaging Resistant Families during COVID-19:** <https://www.eventbrite.com/e/kidspace-clinical-cafe-webinar-engaging-resistant-families-registration-125381620803>
- iii. **PA Parent and Family Alliance Upcoming Webinars:**  
<https://www.paparentandfamilyalliance.org/upcoming-events>
- iv. **Tips for Managing “On Edge” Nerves in Home:** [https://www.screenagersmovie.com/tech-talk-tuesdays/nerves-on-edge-in-your-home?mc\\_cid=1b5dbe7fa9&mc\\_eid=d0231e3c6b](https://www.screenagersmovie.com/tech-talk-tuesdays/nerves-on-edge-in-your-home?mc_cid=1b5dbe7fa9&mc_eid=d0231e3c6b)
- v. **Navigating Behavioral Challenges with Remote School Learning for Parents:**  
<https://www.mhanational.org/events/navigating-behavioral-challenges-remote-schooling-parents>
- vi. **Mental Health America 2020 Back to School Toolkit:** <https://mhanational.org/back-school>
- vii. **Talking with children about Coronavirus Disease 2019:**  
[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html)
- viii. **Children and COVID-19: Tips to keep children healthy while school’s out:**  
[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html?deliveryName=USCDC\\_2067-DM23953](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html?deliveryName=USCDC_2067-DM23953)
- ix. **Helping Children Cope with Changes Resulting from COVID-19:**  
<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>
- x. **Supporting Kids during COVID-19:** <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>
- xi. **Nemours Children’s Hospital COVID-19 Resources:**  
<https://www.nemours.org/about/coronavirus.html>
- xii. **Child Guidance Resource Center Supporting your Child with Autism during COVID-19:**  
<https://cgrc.org/supportduringlockdown/>
- xiii. **Child Guidance Resource Center Free Therapeutic Virtual Services:**

- **Virtual meet-ups twice weekly on zoom, registration required (just to get the link).**
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- xiv. **PA Childcare Finder:** <https://www.dhs.pa.gov/providers/Providers/Pages/Coronavirus-Child-Care.aspx>
- xv. **Summer Camp Updates:**  
<https://westchesterpa.macaronikid.com/guides/58aaf0e57c5b1b56f532ba17/chester-county-summer-camps>
- xvi. **Essentials Needed?**
  - **Chester County Women's Services is providing free emergency bags filled with essentials** (diapers, wipes, formula, baby shampoo, etc.) for anyone in the community who needs them. Items will be made available for porch pickup.
    - They can call us during normal business hours. 610-383-0930.
  - **Philadelphia Diaper Bank:** <http://philadelphiadiaperbank.org/>
  - **"In This Together" Phoenixville Resources:** <https://www.inthistogetherpxv.com/>
  - **Tredyffrin Easttown Care and COVID-19:** <https://www.tecare.org/>
- xvii. **COVID-19 Fact Sheet for Grandparents and Multigenerational Families:**  
<https://files.constantcontact.com/0974815a701/527b71d5-b4ba-4e57-bac7-93e4ba61a0dc.pdf>
- xviii. **COVID-19 Trauma Information from Chester County Adverse Childhood Experiences Coalition:** <http://www.ccacescoalition.com/p/covid-19-information.html>
- xix. **Supporting Teenagers and Young Adults during the Coronavirus:**  
<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>
- xx. **Minding Your Mind Resources for Students and Parents:**  
<https://mindingyourmind.org/virtual-resources/>
- xxi. **PA Department of Developmental Programs COVID-19 Updates:**  
<https://www.myodp.org/mod/page/view.php?id=26882>
- xxii. **Cerebral Palsy Association of Chester County COVID-19:** <https://www.ccdisability.org/>
- xxiii. **Youth and Young Adult Move PA (Age 14-29) Virtual Drop in COVID-19 Meetings:**
  - Youth Virtual Drop-In Meetings that are all about getting some social interaction, even if we can't go out and do our normal activities like school, sports, going to the game store, or hanging out with our friends.
  - Zoom every Monday and Friday from 3:30 pm to 4:30 pm.

- Meeting link: <https://zoom.us/j/410999098>
- Meeting ID: 410-999-098

**b. School District COVID-19 Updates**

- i. **Engaging Resistant Families during COVID-19:** <https://www.eventbrite.com/e/kidspeace-clinical-cafe-webinar-engaging-resistant-families-registration-125381620803>
- ii. **Helping Parents and Caregivers Navigate the School Year like No Other:** <https://files.constantcontact.com/133d1eb5701/bb214b66-e88e-4028-981b-4a8c9ac06dc3.pdf>
- iii. **Mental Health America 2020 Back to School Toolkit:** <https://mhanational.org/back-school>
- iv. **Avon Grove School District:** <https://www.avongrove.org/district/administration/director-of-pupil-services/covid-19-communications>
- v. **Coatesville Area School District:** <https://www.casdschools.org/site/Default.aspx?PageID=7305>
- vi. **Downingtown Area School District:** <https://www.dasd.org/Page/9166>
- vii. **Great Valley School District:** <https://www.gvsd.org/reopening>
- viii. **Kennett Consolidated School District:** <https://www.kcsd.org/news/2020/03/16/food-distribution-plan/>
- ix. **Octorara School District:** <https://www.octorara.k12.pa.us/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=13&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=3747&PageID=1>
- x. **Owen J. Roberts School District:** <https://www.ojrdsd.com/Page/9838>
- xi. **Oxford Area School District:** [https://www.oxfordasd.org/cms/lib/PA02218845/Centricity/Domain/4/8\\_6\\_Public\\_Meeting.mp4](https://www.oxfordasd.org/cms/lib/PA02218845/Centricity/Domain/4/8_6_Public_Meeting.mp4)
- xii. **Phoenixville Area School District:** [https://www.pasd.com/our\\_district/coronavirus\\_developments](https://www.pasd.com/our_district/coronavirus_developments)
- xiii. **Tredyffrin-Easttown School District:** <https://www.tesd.net/coronavirus>
- xiv. **Unionville-Chadds Ford School District:** <https://www.ucfsd.org/covid19/resources/faqs>
- xv. **West Chester Area School District:** <https://www.wcasd.net/Page/12726>
- xvi. **Summer Camp Updates:** <https://westchesterpa.macaronikid.com/guides/58aaf0e57c5b1b56f532ba17/chester-county-summer-camps>
- xvii. **Coalition Against Hunger Summer Meals Program:** <http://www.hungercoalition.org/summermeals>

**c. Back to School, Other Tips and Resources to do at Home**

**i. Back to School**

- **Parenting During a Pandemic Support Group:** <https://thecounselingcenter.zoom.us/meeting/register/tJcuceuvrTkoG9Air--mb8W2BBS2rD4yz2Xs>
- **Aramark Offering Free Meals for Children:** <https://www.dasd.org/Page/9477>
- **Helping Parents and Caregivers Navigate the School Year like No Other:** <https://files.constantcontact.com/133d1eb5701/bb214b66-e88e-4028-981b-4a8c9ac06dc3.pdf>

- **Mental Health America 2020 Back to School Toolkit:** <https://mhanational.org/back-school>
  - **PA Parent and Family Alliance Talk Line:** [https://www.paparentandfamilyalliance.org/time-to-talk?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=we\\_hear\\_you\\_and\\_we\\_are\\_here\\_for\\_you&utm\\_term=2020-08-21](https://www.paparentandfamilyalliance.org/time-to-talk?utm_source=newsletter&utm_medium=email&utm_campaign=we_hear_you_and_we_are_here_for_you&utm_term=2020-08-21)
  - **Navigating Behavioral Challenges with Remote School Learning for Parents:** <https://www.mhanational.org/events/navigating-behavioral-challenges-remote-schooling-parents>
- ii. **Things to do at Home**
- **Jenkins Arboretum Activities to do at Home (Nature Bingo, Mindfulness Walk and More!):** <https://www.jenkinsarboretum.org/jenkins-at-home/>
  - **Cultural Coloring Book Download:** <http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html>
  - **Oxford Art Alliance Free Art Lesson Plans:** <https://www.oxfordart.org/free-art-lesson-plans>
  - **Arts Holding Hands and Hearts (AHHAH) Virtual Yoga and other Activities:** <https://www.facebook.com/pg/ArtsHoldingHandsAndHeartsInc/events/>
- iii. **Parenting During a Pandemic Support Group:** <https://thecounselingcenter.zoom.us/meeting/register/tJcucevvrTkoG9Air--mb8W2BBS2rD4yz2Xs>
- iv. **8 Tips for Working from Home with Kids during COVID-19:** <https://www.yalemedicine.org/stories/8-tips-work-at-home-with-kids-covid-19/>
- v. **Care for Caregivers:** <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>
- vi. **ChescoLife** a free program supported by Chester County Dept. of Human Services and serves families who have a child or adolescent that struggles with emotional behavioral, social needs, intellectual disabilities involved with the dependency or delinquency systems.
  - Families can call **1-484-348-6392**.
  - Link: <https://www.accessservices.org/services/chesco-life-program>
- vii. **“In This Together” Phoenixville Resources:** <https://www.inthistogetherpxv.com/>
- viii. **Autism Support Group:** <https://paautism.org/support-groups/>
- ix. **PA Autism Services COVID-19:** <https://paautism.org/resource/coronavirus-resources/>
- x. **PA Safe2Say Anonymous Tip Line:** <https://www.safe2saypa.org/>
  - 1-844-723-2729

## 6. Food Providers and Hot Meals

### a. Finding Locations

- i. **Coalition Against Hunger Summer Meals Program:** <http://www.hungercoalition.org/summermeals>
- ii. **PA Food Resource Finder:** <https://panen.org/covid-19-food-resources>
- iii. **Chester County Food Bank COVID-19 Update:** <https://chestercountyfoodbank.org/community-partners/member-agencies/>

- iv. **Kennett Area Community Service (KACS) COVID-19 Food Distribution:** <https://www.kacsonline.net/>
  - v. **“In This Together” Phoenixville Resources:** <https://www.inthistogetherpxv.com/>
  - vi. **Tredyffrin Easttown Care and COVID-19:** <https://www.tecare.org/>
  - vii. **Parkesburg Point Youth Center:** <https://parkesburgpoint.com/its-a-chaotic-and-stressful-time-coronavirus-update/>
  - viii. **Octorara Area Food Cupboard:** <https://octfood.com/>
  - ix. **211 Services from the United Way available 24/7 by calling 2-1-1 or 1-866-964-7922.**
    - TTY and language services are available in more than 170 languages and dialects.
    - Chester County residents can also text their zip code to 898-211.
- b. Applying for Supplemental Nutrition Assistance Program (SNAP)**
- i. **PA Dept. of Human Services COVID-19 Response, Guidance and Actions (Updated May 13th):** <http://www.paproviders.org/wp-content/uploads/2020/05/5.13-DHS-COVID-Response.pdf>
  - ii. **Food and Nutritional Assistance Update:** <https://www.fns.usda.gov/disaster/pandemic/covid-19>
  - iii. **Updates about SNAP during COVID-19:** <http://www.hungercoalition.org/covid19>
- c. School District COVID-19 Meal Updates**
- i. **Aramark Offering Free Meals for Children:** <https://www.dasd.org/Page/9477>
  - ii. **Coalition Against Hunger Summer Meals Program:** <http://www.hungercoalition.org/summermeals>
  - i. **Avon Grove School District:** <https://www.avongrove.org/district/administration/director-of-pupil-services/covid-19-communications>
  - ii. **Coatesville Area School District:** <https://www.casdschools.org/site/Default.aspx?PageID=7305>
  - iii. **Downingtown Area School District:** <https://www.dasd.org/Page/9166>
  - iv. **Great Valley School District:** <https://www.gvsd.org/reopening>
  - v. **Kennett Consolidated School District:** <https://www.kcsd.org/news/2020/03/16/food-distribution-plan/>
  - vi. **Octorara School District:** <https://www.octorara.k12.pa.us/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=13&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=3747&PageID=1>
  - vii. **Owen J. Roberts School District:** <https://www.ojrsd.com/Page/9838>
  - viii. **Oxford Area School District:** [https://www.oxfordasd.org/cms/lib/PA02218845/Centricity/Domain/4/8\\_6\\_Public\\_Meeting.mp4](https://www.oxfordasd.org/cms/lib/PA02218845/Centricity/Domain/4/8_6_Public_Meeting.mp4)
  - ix. **Phoenixville Area School District:** [https://www.pasd.com/our\\_district/coronavirus\\_developments](https://www.pasd.com/our_district/coronavirus_developments)
  - x. **Tredyffrin-Easttown School District:** <https://www.tesd.net/coronavirus>
  - xi. **Unionville-Chadds Ford School District:** <https://www.ucfsd.org/covid19/resources/faqs>
  - xii. **West Chester Area School District:** <https://www.wcasd.net/Page/12726>

- xiii. **School Guidance from PA Dept. of Education during COVID-19:**  
<https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/Pages/AnswersToFAQs.aspx>

**d. Other Resources**

- i. **PA Dept. of Human Services COVID-19 Response, Guidance and Actions (Updated May 13th):** <http://www.paproviders.org/wp-content/uploads/2020/05/5.13-DHS-COVID-Response.pdf>
- ii. **PA Dept. of Human Services Announces Emergency Assistance Program (EAP) to help low-income families who lost wages and are experiencing financial challenges due to the COVID-19:** <https://www.mychesco.com/a/news/government/pa-human-services-launches-emergency-assistance-program-to-help-low-income-families-amidst-covid-19/>
- iii. **Food Assistance during COVID-19:**  
<https://www.agriculture.pa.gov/FoodForThought/Pages/Article.aspx?post=71>
- iv. **Emergency Food Assistance During COVID-19 Mitigation:**  
[https://www.media.pa.gov/pages/Agriculture\\_details.aspx?newsid=900](https://www.media.pa.gov/pages/Agriculture_details.aspx?newsid=900)
- v. **Phoenixville Area Community Services (PACS) COVID-19 Message:**  
<https://www.pacsphx.org/our-message-about-covid19>
- vi. **Tredyffrin Easttown Care and COVID-19:** <https://www.tecare.org/>

**7. Housing and Utilities**

**a. Housing**

- i. **Rent and Mortgage Assistance for those Financially Impacted by COVID-19:**  
<https://www.phfa.org/pacares/>
- ii. **COVID-19 Housing Protection Update for Home Owners and Renters:**  
<https://www.equalhousing.org/updated-information-on-covid-19-and-eviction-protections-for-renters/>
- iii. **Prohibition of Eviction/Displacement from Residence:** <https://housingalliancepa.org/wp-content/uploads/2020/04/4.1-HAP-Statement-updated.pdf>
- iv. **Homeless Coordinated Entry: Call 2-1-1**
- v. **Housing Authority of Chester County COVID-19 Notice:**  
<http://www.haccnet.org/documents/COVID-19%20Public%20Housing%20Notice.pdf>
- vi. **Housing Partnership of Chester County:** <http://housingpartnershipccc.com/index.html>
- vii. **Legal Aid of SEPA COVID-19 Resources:** <https://www.lasp.org/>
- viii. **Open Hearth Goal Achievement Program COVID-19 Support:**  
[http://www.pacareerlinkchesco.org/wp-content/uploads/2020/04/Goal-Achievement-Program\\_External.pdf](http://www.pacareerlinkchesco.org/wp-content/uploads/2020/04/Goal-Achievement-Program_External.pdf)

**b. Utilities**

- i. **PECO:** <https://www.peco.com/SafetyCommunity/Safety/Pages/coronavirus.aspx>
- ii. **Chester Water Authority (CWA) COVID-19 Notice:** <https://chesterwater.com/cwa-statement-on-novel-coronavirus-covid-19/>
- iii. **PA Low Income Energy Assistance Program (LIEAP):**  
<https://www.benefits.gov/benefit/1536>
- iv. **AT&T:** <https://about.att.com/pages/COVID-19.html>
- v. **Comcast:** <https://www.internetessentials.com/covid19>
- vi. **Xfinity Hotspots:** <http://wifi.xfinity.com/>

- vii. **Sprint:** <https://www.sprint.com/en/landings/covid-19.html>
- viii. **T-Mobile:** <https://www.t-mobile.com/brand/ongoing-updates-covid-19#customers>
- ix. **Verizon:** <https://www.verizon.com/about/news/our-response-coronavirus>
- x. **Mint Mobile:** <https://www.mintmobile.com/unlimited/>

## 8. Employment and Financial Resources

### a. Unemployment

- i. **Information for Workers Impacted by COVID-19:**  
<https://www.uc.pa.gov/Pages/default.aspx>
- ii. **Information on Federal CARES ACT:** <https://www.uc.pa.gov/Pages/covid19.aspx>
- i. **Tredyffrin Easttown Care and COVID-19:** <https://www.tecare.org/>

### b. Finding Jobs During COVID-19

- i. **PA Careerlink Job Seeker Resources:** <http://www.pacareerlinkchesco.org/job-seekers/downloads/>
- ii. **PA Careerlink "Hot Jobs" during COVID-19:** <http://www.pacareerlinkchesco.org/wp-content/uploads/2020/03/Covid-19-Hot-Jobs-3-26-20.pdf>
- iii. **Immediate Jobs for Military Veterans:** <https://careers.g4s.com/en>
  - Text "JOBS" TO 561-660-9797 from your smartphone
  - If you have questions regarding the application process or your qualifications, you may contact Brian Reynolds, Director, Veterans Employment and Military Affairs by email at [brian.reynolds@usa.g4s.com](mailto:brian.reynolds@usa.g4s.com) or on his cell at (305) 494-6016.
- iv. **Wings for Success COVID-19 Resources:** <https://wingsforsuccess.org/covid-19-resources/>

### c. Businesses

- i. **Information for Workers Impacted by COVID-19:**  
<https://www.uc.pa.gov/Pages/default.aspx>
- ii. **Information on CARES Act for Small Business:** <https://www.youtube.com/watch?v=Geu-RbGGfCQ&feature=youtu.be>
- iii. **COVID-19 Resources for Businesses, Communities and Local Governments:**  
<https://dced.pa.gov/resources/>
- iv. **Phoenixville Community Health Foundation:** <http://www.pchf1.org/available-grants/mini-grants/>
- v. **Chester County Community Foundation:** <https://chescofcf.org/wp-content/uploads/2020/03/2020-03-CCCF-COVID19-RR-Grant-App.pdf>
- vi. **United Way of Chester County:** <https://www.unitedwaychestercounty.org/covid-19-response-fund>
- vii. **Brandywine Health Foundation:** <https://brandywinefoundation.org/apply-for-a-grant-scholarship/>
- viii. **Delaware County:** <https://delcofoundation.org/apply-for-covid-19-funding/>
- ix. **Montgomery County:** <http://www.mcfoundationinc.org/>

### d. Federal Student Loans

- i. <https://www.ed.gov/coronavirus>

## 9. Other Resources

### a. Seniors

- i. PA Dept. of Human Services COVID-19 Response, Guidance and Actions (Updated May 13th): <http://www.paproviders.org/wp-content/uploads/2020/05/5.13-DHS-COVID-Response.pdf>
- ii. Chester County Department of Aging Website: <https://www.chesco.org/135/Aging>
- iii. ROVER is still transporting folks to the grocery store: <https://www.krapfbus.com/transportation/rover/>
  - Rider must be registered before booking a trip.
  - Registration can be completed online or by calling 484-696-3854.
- iv. Meals on Wheels of Chester County is continuing to provide this service: <https://mowcc.org/>
- v. "In This Together" Phoenixville Resources: <https://www.inthistogetherpxv.com/>
- vi. Activity Book for Seniors: <https://files.constantcontact.com/0974815a701/ad24ad14-2918-45f3-aa04-c6686e86f38e.pdf>
- vii. Alzheimer's Association Webinars and Support Groups during COVID-19: [alz.org/crf](http://alz.org/crf), for a full listing of programs and provider services by zip code.
- viii. COVID-19 Grocery Stores Special Hours for Seniors: [https://c2362fde-8735-48a3-8834-d5cade773a42.filesusr.com/ugd/5fcade\\_e2d11f34a2924719a2b00fa5a4074459.pdf](https://c2362fde-8735-48a3-8834-d5cade773a42.filesusr.com/ugd/5fcade_e2d11f34a2924719a2b00fa5a4074459.pdf)
- ix. Administration for Community Living COVID-19 Update: <https://acl.gov/COVID-19>
- x. Elder Abuse Hotline:
  - <https://elderprotectioncenter.com/state-elder-abuse-hotlines/>
  - Report Elder Abuse Domestic/Community: 1-800-490-8505
  - Report Elder Abuse Nursing Home/Long Term Care Facility: 1-800-254-5164

#### b. Veterans

- i. Chester County Department of Veteran Affairs: <https://chesco.org/882/Veterans-Resources>
- ii. Veteran Caregivers Support Group: <https://www.coatesville.va.gov/calendar.asp?action=detail&EID=419336&thisyear=2020&thisMonth=4&day=8>
- iii. Virtual All-Recovery Meetings for Veterans in Recovery Zoom Meetings
  - Thursdays at 6:00pm ET
  - <http://zoom.us/j/4696059639>
  - Meeting ID: 469 605 9639
  - Dial in Phone Number: 929-205-6099
- iv. Veterans FAQ during COVID-19: <https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>
- i. Immediate Jobs for Military Veterans: <https://careers.g4s.com/en>
  - Text "JOBS" TO 561-660-9797 from your smartphone
  - If you have questions regarding the application process or your qualifications, you may contact Brian Reynolds, Director, Veterans Employment and Military Affairs by email at [brian.reynolds@usa.g4s.com](mailto:brian.reynolds@usa.g4s.com) or on his cell at (305) 494-6016.

#### c. Transportation

- i. Rover Schedule: [http://1loxz73lopdw2z0qdd2rrul6-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/ROVER-Expanded-Grocery\\_R2.pdf](http://1loxz73lopdw2z0qdd2rrul6-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/ROVER-Expanded-Grocery_R2.pdf)
- ii. Septa Regional Rail Service Plan: <http://septa.org/service/rail/midday-schedule.html>

- iii. **CHESCOBUS COVID-19 Notice:** [https://17694525-d80e-4114-adb7-9e7221fec05.filesusr.com/ugd/e51675\\_ff4af26b04c14d478a9ec31c0b87c0b1.pdf](https://17694525-d80e-4114-adb7-9e7221fec05.filesusr.com/ugd/e51675_ff4af26b04c14d478a9ec31c0b87c0b1.pdf)
- d. **Domestic Violence**
  - i. **24-hour, free hotline** 888-711-6270 or 610-431-1430
  - ii. **If you are in immediate danger, DIAL 911.**
    - If you cannot call, you can TEXT 911 if you are in Chester County.
  - iii. **National Domestic Violence:** <https://www.thehotline.org/>
  - iv. **Wings for Success COVID-19 Resources:** <https://wingsforsuccess.org/covid-19-resources/>
- e. **Access and Functional Needs**
  - i. **Philadelphia Autism Project Conference:**  
<https://www.phillyautismproject.org/event/conf2020/>
  - ii. **PA Parent and Family Alliance Upcoming Webinars:**  
<https://www.paparentandfamilyalliance.org/upcoming-events>
  - iii. **PA Department of Developmental Programs COVID-19 Updates:**  
<https://www.myodp.org/mod/page/view.php?id=26882>
  - iv. **Cerebral Palsy Association of Chester County COVID-19:** <https://www.ccdisability.org/>
  - v. **Autism Support Group:** <https://paautism.org/support-groups/>
  - vi. **PA Autism Services COVID-19:** <https://paautism.org/resource/coronavirus-resources/>
  - vii. **COVID-19 Communication Rights Tool Kit:** <https://communicationfirst.org/covid-19/>
  - viii. **Deaf and Hard of Hearing COVID-19 Communication Card:** <https://www.mass.gov/service-details/covid-19-card>
  - ix. **National Federation of the Blind COVID-19 Resources:**  
<https://www.nfb.org/resources/covid-19-resources>
  - x. **Child Guidance Resource Center Supporting your Child with Autism during COVID-19:**  
<https://cgrc.org/supportduringlockdown/>
  - xi. **Emergency Access Information for Deaf, Hard of Hearing and Deaf/Blind:**  
<https://emergencyaccess.info/>
  - xii. **PA Department of Health Translated COVID-19 Printable Pages:**  
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Translated.aspx>
  - xiii. **PA Department of Health ASL COVID-19 Videos:**  
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/ASL.aspx>
  - xiv. **PA Department of Health COVID-19 Daily Briefing in Spanish:** <https://pacast.com/live/es>
  - xv. **PA Department of Developmental Programs COVID-19 Updates:**  
<https://www.myodp.org/mod/page/view.php?id=26882>
- f. **Physical Health**
  - i. **ChesPenn Center for Family Health (Medical, Dental and Behavioral Health):**  
<http://www.chespenn.org/>
  - ii. **Community Health and Dental Care COVID-19 Update:** <https://ch-dc.org/category/community-corner/corona-virus/>
  - iii. **Coatesville Center for Community Health:** <http://www.coatesvillecenter.org/>
  - iv. **Community Health and Dental Care:** <https://ch-dc.org/>
  - v. **Community Volunteers in Medicine COVID-19 Update:** <https://cvim.org/covid-19/>
  - vi. **COVID-19 Communication Rights Tool Kit:** <https://communicationfirst.org/covid-19/>
  - vii. **Arts Holding Hands and Hearts (AHHAH) Virtual Yoga and other Activities:**  
<https://www.facebook.com/pg/ArtsHoldingHandsAndHeartsInc/events/>

**g. Pets**

- i. COVID-19 and Animal Frequently Asked Questions:**  
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID-19-and-Animals>
- ii. Brandywine SPCA COVID-19 Impacted Individuals Contact:**
  - [petresourcecenter@bvspca.org](mailto:petresourcecenter@bvspca.org)
  - 484-301-5200
- iii. Brandywine SPCA COVID-19 General Information:** <https://bvspca.org/covid-19/>
- iv. Concord Pet Stores COVID-19 Update:** <https://concordpetfoods.com/blogs/news/covid-19-consumer-statement-updated-monday-march-16-2020>

**\*\*\*If you were not able to find what you were looking for in this guide, please contact one of our Information and Referral Agencies listed below, try calling Chester County 2-1-1- by dialing 2-1-1 or 1-866-964-7922 (TTY and language services are available in more than 170 languages and dialects) also Chester County residents can also text their zip code to 898-211.\*\*\***

**Chester County Information and Referral Agencies**

- Human Services Inc. (West Chester Area) or 610-429-3033
- La Comunidad Hispana (Kennett Area) or 610-444-7550
- Maternal and Child Health Consortium (Coatesville Area) - or 484-378-4030
- Oxford Area Neighborhood Services Center (Southern Chester County) or 610-932-8557
- Phoenixville Area Community Services (Phoenixville Area) or 610-933-1105