



BOYS AND GIRLS CLUBS OF
PALM BEACH COUNTY



FAMILY RESOURCE GUIDE



Enabling those who need us the most!

WWW.BGCPBC.ORG

The resources provided here are intended to assist families during the Covid-19 pandemic. Due to the uncertainty associated with the Coronavirus, all information is subject to change and should be verified prior to utilizing. Our Family Services Coordinators are here to assist you with all that you may need!

RESOURCES
DURING COVID-19
CLOSURE

Boys & Girls Clubs at Home



AT HOME

Parents go to
www.BGCPBC.org
to give permission
for your child's
participation!

For more information go to: WWW.BGCPBC.ORG

Boys & Girls Clubs at Home to the Rescue! We are ready to help your child navigate the challenges of distance learning.

Here is how we can help:

- Live homework help
- Live group mentoring
- Online Career and Academic Support
- Parental Resources
- Fun activities to fight boredom
- STEM Challenges
- Digital arts and more

Please go to www.bgcpbc.org to give automatic permission!

If you need tech support or you don't have WI-FI or devices, please contact your Club for more details.



Many of our programs that our Club members enjoy are being offered online!



Homework Help LIVE

Elementary and High School meets daily from 4:00 – 6:00 pm
Middle School meets daily from 4:45 – 6:45 pm



Family Sessions LIVE and Recorded

Every Thursday from 3:30 - 4:30 pm.
All sessions are recorded so come back anytime to view past sessions.

THURSDAY LIVE SESSIONS

WITH A FAMILY SERVICE COORDINATOR

To access Live Streaming: Go to BGC at Home
and click on Parent Resources

JOIN US ON ZOOM
TIME: 3:30-4:30PM
PASSWORD: BGC

Meet The Coordinators

Belle Glade Elementary

Fel-Kerra Millner

Email: FMillner@bgcpbc.org

Tel: (561) 408-6827

Belle Glade Teen Center

Wismicka Lemene

Email: WLeMene@bgcpbc.org

Tel: (561) 285-7241

Boca/Delray

Tyeisha Knight

Email: TKnight@bgcpbc.org

Tel: (561) 325-9065

Canal Point/Rosenwald

Elementary

Keenan Bullard

Email: KBullard@bgcpbc.org

Tel: (561) 320-6222

Florence De George

Alexander Serrano

Email: ASerrano@bgcpbc.org

Tel: (561) 881-9565

Glade View Elementary

Jarius Gilliam

Email: JGilliam@bgcpbc.org

Tel: (561) 463-2652

Gove Elementary

Irene Rodriguez

Email: IRodriguez@bgcpbc.org

Tel: (561) 449-3950

Marjorie S. Fisher

Shaneika Anderson

Email: SAnderson@bgcpbc.org

Tel: (561) 683-3392

Max M. Fisher

Donique Mickens-Harris

Email: DMickens@bgcpbc.org

Tel: (561) 842-5234

Pioneer Park Elementary

Demonia Scott

Email: DScott@bgcpbc.org

Tel: (561) 320-3006



FLORIDA'S 21ST CENTURY
COMMUNITY LEARNING CENTERS

You may reach a Family Service Coordinator on weekdays from

9am until 4:30pm

Made with PosterMyWall.com



BOYS & GIRLS CLUBS
OF PALM BEACH COUNTY



**BOYS & GIRLS CLUBS
OF PALM BEACH COUNTY**

**FREE BREAKFAST, LUNCH, DINNER AND
SNACK**

Available during Club Closures!

A breakfast, lunch, dinner and healthy snack is being provided to ALL kids 18 and under at our Clubs during temporary COVID-19 closures.
Food pick up is drive-thru style.

MONDAY-FRIDAY 11 A.M. - 1 P.M.

Clubs located inside Belle Glade elementary schools can pick up their meals at the Belle Glade Teen Center.

Club Locations:

Belle Glade Teen Center
350 S.W. 10th Street
Belle Glade, Florida
33430

Florence De George Club
4105 Pinewood Avenue
West Palm Beach, Florida
33407

Delray Beach Club
1451 S.W. 7th Street
Delray Beach, Florida
33444

Boca Raton Club
300 Newcastle Street
Boca Raton, Florida
33487

Marjorie S. Fisher Club
905 Drexel Road
West Palm Beach, Florida
33413

Neil S. Hirsch
Boys & Girls Club
1080 Wellington Trace
Wellington, Florida 33414

Max M. Fisher Club
221 W. 13th Street
Riviera Beach, Florida
33404

All Clubs are providing these meals in partnership with the Juvenile Transition Center.

FARM TO FAMILY



FIGHTING HUNGER TOGETHER

WHAT: Boys & Girls Clubs of Palm Beach County and Fresh Rx will provide Club Families, with healthy food during the COVID-19 pandemic.

WHEN: Every Friday, from 2 to 5 pm.

WHERE:	Boys & Girls Club of Delray Beach 1451 S.W. 7th Street Delray Beach, FL 33444 Phone: (561) 279-0251	Max M. Fisher Boys & Girls Club 221 West 13th Street Riviera Beach, FL 33404 Phone: (561) 842-5234
	Marjorie S. Fisher Boys & Girls Club 905 Drexel Road West Palm Beach, FL 33413 Phone: (561) 683-3392	Smith & Moore Family Teen Center of the Glades 350 SW 10th Street Belle Glade, FL 33430 Phone: (561) 992-5399

WHO: Club Family Members ONLY of all Boys & Girls Clubs of Palm Beach County.

***First come first served, while supplies last**

***Please bring your child's membership ID**

**WE
ARE
BIGGER
TOGETHER!**

fR_xesh

PARTNERS:

LOX FARMS



**BOYS & GIRLS CLUBS
OF PALM BEACH COUNTY**



FARMERS:

Aioli
Gratitude Gardens
Holman's Harvest
Kai Kai Farms
Old School Bakery
The Garden Network
Rav's Heritage

TABLE OF CONTENTS

Coronavirus Information.....	pg 1
Domestic Violence Resources.....	pg 2
Employment Assistance.....	pg 3
Federal Tax Resources.....	pg 5
Financial Support.....	pg 6
Food Assistance.....	pg 8
Food Distribution.....	pg 9
Grocery Stores & Restaurants.....	pg 12
Healthcare & Medical Assistance.....	pg 17
Important Numbers to Know.....	pg 21
Internet & Cell Phone Assistance.....	pg 23
Rent & Housing.....	pg 26
Senior Resources.....	pg 29
Veteran Resources.....	pg 31

Coronavirus Information

Centers for Disease Control and Prevention (CDC)

Call: 800-232-4636 <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Federal Emergency Management Agency (FEMA)

<https://www.fema.gov/>

Florida Department of Health

The COVID-19 Call Center is available 24/7 at 1 (866) 779-6121 or by email at COVID-19@flhealth.gov

<https://floridahealthcovid19.gov/>

Palm Beach County Testing Sites

Individuals must be preapproved by phone screening and have an appointment to be tested. Call for a phone screening before arriving to the testing center. If approved for testing, then an appointment date and time will be provided. There are two testing locations.

FITTEAM Ballpark of the Palm Beaches: (561) 642-1000

South County Civic Center: (561) 804-0250

World Health Organization (WHO)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

U.S. Department of Health & Human Services

<https://www.usa.gov/Coronavirus>

Domestic Violence Resources

Aid to Victims of Domestic Abuse (AVDA)

Call for assistance anytime (561) 265-2900 or (800) 355-8547

Palm Beach County Sheriff's Office

Website has information on general services, getting help, victims rights and the justice system for anyone who experiences domestic abuse, sexual abuse, domestic violence and stalking. <http://www.pbso.org/services/domestic-violence>

Victim Services

Call for assistance (561) 355-2418, press option 3

YWCA of Palm Beach County (Harmony House)

Harmony House mission is to assist victims of domestic violence by incorporating emergency shelter and support services without regard to race, color, religion, national origin, sex, age, sexual orientation, gender identity, marital status, military status, pregnancy, disability and/or handicap. Our mission will be implemented, but not limited to, empowerment, education, support services, advocacy and community awareness. Harmony House is fully dedicated to eliminating domestic violence and promoting self-sufficiency while providing a safe and nurturing environment through mutual trust, confidence, and respect.

Hotline: (561) 640-9844

Phone: (561) 640-0050

TDD: (561) 965-8530

<https://ywcapbc.org/what-we-do/empowering-women/domestic-violence.html>

Employment Assistance

CareerSource Palm Beach County

The library has many free online resources to help you advance your career during the “Safer at Home” order. You can learn new skills, rework your resume, and take actions to prepare you to return to the workforce. They also provide assistance for job seekers and can help you with the reemployment application.

<https://www.careersourcepbc.com/>

FedEx

FedEx Corp. is making available paper unemployment-compensation applications at about 100 sites in Florida and free mailing. Please call your local store to find out if they are providing free printing & mailing of reemployment assistance applications.

Find the FedEx nearest you here: <https://www.fedex.com/en-us/shipping/store/all-location-types.html>

Reemployment Assistance

Have you been impacted by efforts to mitigate the spread of COVID-19 in the state of Florida? File your Reemployment Assistance Claim through CONNECT, Florida’s online Reemployment Assistance System. CONNECT (under Florida Department of Economic Opportunity) provides online access for claimants to apply for benefits, view and maintain claimant account information, view claim status and payments, view overpayment balance and make payments. Also, visit the Frequently Asked Questions for information about resetting your PIN or documents you may need to file your claim.

States can now choose to issue unemployment benefits under these specific circumstances:

- an employer temporarily closes or ceases operations due to coronavirus
- an individual is quarantined and expected to return to work after the quarantine
- an individual leaves employment due to risk of exposure or infection, or to care for a family member

Claims can be filed online at <http://floridajobs.org/>

For assistance or additional information, you use contact numbers:

General information: 800.204.2418

How to file a claim: 800.681.8102?

To Create a PIN: 800.297.0586 To Create a PIN: 800.297.0586

Reemployment Assistance Paper Application

For those having trouble completing the State's unemployment process online, there's now a paper application.

<http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants/rapaperapplication?fbclid=IwAR3Xw1n2FmR9btlape9JpyVw8kYtg8nWAnxRDnWaecMQMXVr2FKm5yrY6hA>

Federal Tax Resources

H&R BLOCK

2020 Stimulus Information, qualifications & filing info.

<https://www.hrblock.com/tax-center/filing/credits/stimulus-payment-information/>

Internal Revenue Service

If you have not filed a 2019 tax return and normally would, then there is still time to file for FREE. file a 2019 tax return, you can still use Free File now. The due date to file federal income taxes are extended to July 15, 2020 due to the coronavirus pandemic. Free fillable forms are offered by the IRS depending on your income in 2019. Go to the website for more information and to begin a tax return.

<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

Turbo Tax

Online free filing tax returns, fast, easy and accurate step by step process.

https://turbotax.intuit.com/?cid=int_redirect_turbotaxintuit

Financial Support

Basics 4 Babies

Emergency pantry that provides formula, baby food and diapers for children ages birth to three in Palm Beach County for families who face financial hardship. All items are based on inventory). Call for availability. Three locations:

- West Palm Beach: Monday & Wednesday from 10am-3pm
- Greenacres: Tuesday & Thursday from 10am – 3pm
- Belle Glade: Tuesday from 9am - 4:30pm

Phone: (561) 623-2800

Email: pantry@hmbpbc.org

Car Payment Relief

Edmunds is providing information for car owners who have been financially impacted by coronavirus. This information page has links and general guidelines for top car manufacturers and how they are helping customers with loan payments during this time. The information page also has answers to top questions on loan deferment so you can make informed decisions.

<https://www.edmunds.com/car-news/coronavirus-car-payment-relief-programs.html>

Early Learning Coalition of Palm Beach County

For assistance with childcare resources, in need of predetermining your current childcare case, or want to obtain child care applications

Contact Information: 561-514-3300 or <https://www.elcpalmbeach.org/>

Peggy's Pantry

Peggy's Pantry assists families in Palm Beach County with life essential supplies such as wet and dry food for cats and dogs. You must submit an application online at web address below. Food pick-ups are scheduled by appointment, Tuesday - Saturday 10:00 am - 6:00 pm. To learn more or schedule an appointment use email below.

Email: Peggyspantry@peggyadams.org

<https://www.peggyadams.org/what-we-do/peggys-pantry>

Utility Assistance

Low Income Home Energy Assistance Program (LIHEAP) and Elderly Home Energy Assistance Program (EHEAP) is designed to provide financial relief from high-energy costs to prevent service disconnection for families, the elderly and those with special needs in crisis.

Applications for assistance may be made by contacting the nearest Community Action Service Center. For additional information or to schedule a group intake, contact Kathryn McNealy at 561-355-4794. Schedule an appointment for a callback over-the-phone appointment or request that an application is sent via email/regular mail by calling 561-355-4792.

Check eligibility and apply for LIHEAP services online at <https://secure.co.palm-beach.fl.us/CSDServiceEligibility/Account/Login.aspx>

Food Assistance

SNAP Benefits

Apply or check status of an application for the SNAP program through ACCESS Florida. All building locations are closed at this time. Use the online system to apply or check on assistance information. The ACCESS Florida system allows customers to connect with their public assistance information 24/7, through the online application and MyACCESS Account. Here you can find information on eligibility and how to apply for the below programs. If you are already receiving benefits, you can find out information about changes or increases to assistance programs during the COVID-19 crisis.

- Medical Assistance (Medicaid)
- Food Assistance (SNAP)

Contact: 850-300-4323 or <https://www.myflorida.com/accessflorida>

WIC (Women, Infants & Children)

WIC is a nutrition program for women who are pregnant or breastfeeding or who have recently been pregnant, infants & children under age 5.

WIC provides the following at no cost:

- healthy foods
- nutrition education and counseling
- breastfeeding support
- referrals to health care, immunizations, and community services

Call to apply in Palm Beach County: 561-357-6007 or 1-877-693-6703

<http://palmbeach.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic/index.html>

Food Distribution

Boys and Girls Clubs of Palm Beach County

Free breakfast, lunch, dinner and a healthy snack for Children 18 and Under- Monday through Friday from 11 a.m. to 1 p.m. at all Clubs outside of elementary schools. Club members who attend Clubs inside Glade's area elementary schools can get lunches at the Smith & Moore Family Teen Center in Belle Glade.

Boys and Girls Clubs of Palm Beach County and Fresh Rx

The Farm to Family program is only for Club families. It provides 1000 Club families a week's worth of organic produce, dry goods, protein, milk, eggs and other staples every Friday at five Club locations. Distribution sites are open 2-5 p.m. This program is done with a partnership with Food RX Kids. Friday Club distribution sites are located at Delray Beach Club, Belle Glade Teen Center, Marjorie S. Fisher Club in West Palm Beach, Wellington Club and Max. M. Fisher Club in Riviera Beach.

https://www.bgcpcb.org/index.cfm?fuseaction=news.details&ArticleId=197&tp_preview=true

2-1-1

Text “FLKIDSMEALS” to 2-1-1 and you will be provided all locations nearby that are providing free meals.

Boca Helping Hands

Services available for qualified Boca Raton families to receive food through the TEFAP commodities program. Apply at distribution points (East Boca and Boynton Beach) for supplemental bag of groceries and frozen meat and/or fresh produce, when available. Both sites serving drive thru hot lunch meals from 11:00 am- 12:30 pm and open to all PBC residents.

<https://www.bocahelpinghands.org/>

CROS Ministries

Five pantries remain open and distributing pre-made bags of food during normal hours and days of operations. Please check out our website for times of operations, locations, and updates. Our Caring Kitchen program in Delray Beach is serving to-go meals from one location, the Delray Beach Public Library, Parking Lot 100 W Atlantic Ave, Delray Beach. One meal per person. Bag lunches continue to be given out at Cason United Methodist Church 342 N. Swinton Ave., Delray Beach, and every Saturday from 9:00 am to 9:30 am. Contact: (561) 233-9009

<https://www.crosministries.org/food-pantries/>

Feeding South Florida

This organization is scheduling drive-thru distributions in high-need areas throughout the community to supplement closed agency sites, schools and meal sites. Feeding & distribution sites list are updated daily. Use the “Distribution Locator” to find the location near you. <https://feedingsouthflorida.org/covid19/>

FLIPANY (Florida Introduces Physical Activity and Nutrition to Youth)

Provides ‘Grab and Go’ meal backs for children ages 18 and younger Monday through Friday 11:00 am – 1:00 pm. View the locations for free meals in Palm Beach County at <https://flipany.org/covid-19-updates>

Hospitality Helping Hands (Hospitality Industry ONLY)

Hospitality Helping Hands is helping to feed hospitality workers, their families, local charities, and others in need due to the coronavirus shutdown. West Palm Beach hospitality workers who have been laid-off due to COVID-19 mitigation are encouraged to claim their free, freshly prepared meal on behalf of Hospitality Helping Hands.

Meal distribution sites:

- Howley's Restaurant: 4700 S. Dixie Highway, West Palm Beach, FL. Daily 1:00 pm-6:00 pm
- Hullabaloo: 517 Clematis St., West Palm Beach, FL. Daily 1:00 pm-6:00 pm
- Warehouse: 3950 Georgia Avenue, West Palm Beach, FL 33405 Weekly, Weds 3:00 pm-7:00 pm

Palm Beach County Food Bank

The Palm Beach County Food Bank (PBCFB) supports close to 200 partner agencies that provide food to our neighbors in need. Our partner agencies are food pantries, soup kitchens, residential facilities, and other social services organizations that are located throughout Palm Beach County. To find a list of locations visit their website.

Phone: (561) 670-2518 <https://www.pbcfoodbank.org/find-food>

Palm Beach County School District (Grab & Go Meals)

Boxed meals will be distributed from 11 a.m. to 1 p.m. and are FREE to anyone under 18 years of age (22 ESE), regardless of financial need. Students must be present in order to receive the meal. For updates on distribution sites visit their call or visit their website. Contact: 561-969-5840

https://www.palmbeachschools.org/news/what_s_new/feeding_sites_open_during_school_closure

Summer Break Spot

With Florida schools closed due to the COVID-19 pandemic, Commissioner Nikki Fried, the Florida Department of Agriculture and Consumer Services, and the Division of Food, Nutrition, and Wellness encourage families to take advantage of alternative school meals that may be offered at these locations. Use the map to find a location near you.

<https://summerbreakspot.freshfromflorida.com/>

Grocery Stores & Restaurants

Grocery Delivery Services

Use social distancing by having food delivered to your home. Below is a list of delivery services for groceries.

- AmazonFresh
- Boxed
- Costco
- Hungryroot
- Instacart
- Publix Grocery Delivery & Curbside Pickup by Shipt
- Target Same Day Delivery by Shipt
- Walmart Grocery

Grocery Delivery Services for Florida Residents Receiving SNAP Benefits

Beginning April 16, 2020, Florida residents receiving SNAP benefits can use their EBT cards to buy groceries online. Florida officials worked with the U.S. Department of Agriculture (USDA) to approve a waiver request allowing Florida food stamp recipients to purchase their groceries online.

Online groceries can ONLY be purchased from Walmart and Amazon with an EBT card. If the cost of the groceries is over \$25, then there is no delivery charge on Amazon. Otherwise, the EBT card can't be used for Amazon delivery charges.

Grocery Store Updates

Aldi: As of March 16, Aldi stores across the United States are open daily from 9 a.m. to 7 p.m. Some stores might have limited hours to accommodate restocking and cleaning. Employees are concentrating on restocking supplies such as water, pantry staples, premade meals, cleaning supplies, and toilet paper, and they may post signs designating quantity limits on in-demand items.

The Fresh Market: The Fresh Market has designated Monday through Friday from 8 a.m. to 9 a.m. as special shopping hours for seniors and other individuals most at risk. All stores will continue to operate under regular business hours. (Check your local store for details.) All in-store food and beverage sampling has been stopped temporarily. The Fresh Market offers online shopping, delivery, and curbside pickup available at select locations.

Publix: The supermarket chain has adjusted store hours to allow for additional cleaning and restocking time. All Publix locations will be open daily from 8 a.m. to 8 p.m. daily, and pharmacies will operate Monday through Saturday from 9 a.m. to 6 p.m. Sunday pharmacy hours remain the same. The chain is working to restock shelves continuously, and some locations have placed purchase limits on high-demand items such as milk and toilet paper.

Sedano's: Sedano's continues with regular hours of operation (check your local store for details) but is limiting online orders. Beginning Thursday, March 19, seniors aged 65 or older and those who are immunocompromised will have the store to themselves from 7 to 8 p.m. daily.

Target: All Target locations close at 9 p.m. until further notice. (Check your local store for details.) In addition, the chain has closed all in-store cafés, Pizza Huts, snack bars, beverage bars, Starbucks seating areas, and condiment stations. On Wednesdays, the first shopping hour (varies by location) is dedicated to seniors and people with underlying health conditions. The retailer is stocking shelves and will impose limits on popular items such as toilet paper and hand sanitizer. The company is also covering up to 14 days of quarantine and illness pay for team members with confirmed cases of COVID-19.

Trader Joe's: Until further notice, all Trader Joe's stores are open from 9 a.m. till 7 p.m., and stores will be restocked regularly.

Walmart: Beginning Thursday, March 19, and until further notice, Walmart stores and Neighborhood Markets will be open from 7 a.m. to 8:30 p.m. The early closure will give associates more time to clean and restock products. In addition, from March 24 through April 28, all stores will host an hour long senior shopping event each Tuesday for shoppers aged 60 or older, which will begin one hour before the stores open to the public. There are also limits on paper products, milk, eggs, cleaning supplies, hand sanitizer, water, diapers, wipes, formula, and baby food.

Winn-Dixie: All Winn-Dixie stores will close at 9 nightly until further notice. (Check your local store for details.) Plus, stores are no longer offering self-service deli bars; instead, customers can purchase prepackaged items. Shoppers who use the company's delivery service can opt for "Drop and Leave" to avoid personal contact with the delivery person.

Whole Foods Market: All stores in the United States and Canada will close up to two hours early each day for cleaning and restocking. (Check your local store for details.) During that time, the stores will remain open for pickup, and Prime orders will continue to be fulfilled. The markets will open one hour early for customers aged 60 or older. Whole Foods has also closed all hot bars, salad bars, soup bars, and self-serve pizza. Seated restaurant areas are closed and offer takeout only. Indoor and outdoor café seating is closed until further notice. Self-serve offerings such as olive bars and juicers are closed.

Restaurant Deals (Take Out & Delivery Services)

&Pizza: All health care workers and hospital staff get a free pizza with a valid hospital ID or texting 200-03 HERO for free delivery.

Boston Market: All online and app orders come with free delivery. Get a free cookie when you join Boston Market's Rotisserie Rewards program.

Buffalo Wild Wings: Get BOGO traditional wings on Tuesdays, and BOGO boneless wings on Thursdays. All orders placed online and through the app are eligible for free delivery.

Burger King: Orders \$10 and up are eligible for free delivery, depending on location.

The Cheesecake Factory: From now through April 16, get a complimentary free slice of cheesecake for all orders of \$30 or more through DoorDash delivery. Choose your slice, add it to your cart, and use code FREESLICE at checkout.

Chili's: Get free delivery on all orders over \$15.

Chipotle: All orders over \$10 are eligible for free delivery. Now through May 31, purchase a Healthcare Heroes egift card to support healthcare workers on the frontlines, and they'll match and donate 10 to Direct Relief.

Cracker Barrel: Get free, contact-less delivery for all orders over \$5.

Cumberland Farms: Healthcare professionals get a free cup of hot or iced coffee in any size.

Del Taco: All orders are eligible for contact-free delivery on Grubhub, Postmates, and DoorDash. Download the app or sign up for eclub to get 2 free Del Tacos.

Dunkin' Donuts: Every Friday through April 24, DD Perks members (enroll now) get a free donut of their choice with any beverage purchase. Now through April 19, get free delivery on Grubhub deliveries of \$10 or more.

IHOP: Now through April 19, use code IHOP20 at checkout to get 20% off your first online order. Free delivery with no minimum required.

Jersey Mikes: Get free delivery on all orders placed through the app until further notice.

KFC: Now through April 26, all orders come with free delivery. With Grubhub delivery orders, you can select the option for contact-free delivery at checkout.

Krispy Kreme: Every Monday from March 30 to May 6, health care workers get free dozens of Original Glazed Doughnuts. On Saturdays beginning March 28, Krispy Kreme will add a free dozen Original Glazed® Doughnuts to every pick-up, drive-thru, and delivery order that includes a full price dozen Original Glazed Doughnuts or more.

Little Caesars: Get free delivery on online orders over \$10. Starting April 13, you can "Pie it Forward" by donating a pizza to their nearby hospitals, police, and fire departments during checkout online or the Little Caesars app.

McDonald's: Order McDelivery on Uber Eats or DoorDash. Select locations are giving free meals to kids. Call your local chain to get more information.

Moe's Southwest Grill: Now through April 12, get free delivery on orders over \$10.

O'Charley's: For \$5, get the Bacon Cheddar Burger, Classic Cheeseburger, or Hamburger with fries. All orders are eligible for free delivery.

Olive Garden: Get two meals for the price of one \$12.99 with their "Buy One, Take One" promotion. Free, no-contact delivery is available on orders with a \$40 minimum.

Panda Express: Until April 17, feed the whole family with a \$20 Family Meal when you order online or through the Panda Express app.

Panera Bread: Panera is offering free delivery on orders of \$15 or more made via the Panera App or website with the promo code FREEDELIVERY.

Healthcare & Medical Assistance

Clinics/Telehealth

Baptist Health South Florida: Patients can download the free Care On Demand app on their smartphone, computer or tablet and then enroll by providing some personal information. They can then request a virtual visit that connects them with a doctor. Consultations typically last 10 to 15 minutes and, if prescription medicines are needed, they can be sent instantly to pharmacies.

1. There is no appointment required.
2. Providers are available 24 hours a day, seven days a week, 365 days a year.
3. Patients can get urgent care for a wide variety of non-life-threatening conditions, without the cost of a hospital based emergency room visit.
4. Virtual urgent care visits are \$59 (and are now FREE with the code CARE19).
5. No subscription nor insurance is required.

Phone Number: 877-824-5854

https://baptisthealth.net/en/lp/pages/care-on-demand.aspx?gclid=EAlaIQobChMIhumzifGw6AIVJoNaBR2BRq-6EAAYASAAEgljWfD_BwE

CL Brumback Primary Care Clinics: Clinic is giving drive thru COVID testing; testing appointments must be made by phone.

(561) 996-6156

<https://www.hcdpbc.org/about-us/newsroom/2020/april/fitteam-ball-park-covid-19-testing-site-update>

Coronavirus TeleMed Group: People who believe that they may have COVID-19 can book an appointment by visiting go2flu.com. People will be screened online and then they will be connected with a physician, physician assistant or nurse practitioner somewhere in the country if they are deemed to possibly have the virus.

<https://coronatelemed.org/>

Dignity Health: Right now we are offering free virtual health visits for anyone experiencing mild to moderate symptoms of COVID-19, the illness caused by the new Coronavirus. Symptoms include low-grade fever, cough or respiratory problem. Please call, to start a visit from your phone.

(855) 356-8053

Florida Health Finder: Provides an easy, online tool to search for Florida health care facilities

<https://www.floridahealthfinder.gov/facilitylocator/facloc.aspx>

Florida Medical Clinic: Provides a list of Florida Doctors offering Telemedicine Services

www.floridamedicalclinic.com

Medication

CVS Pharmacy: CVS Pharmacy is waiving charges for home delivery of prescription medications, to help patients avoid visiting their local CVS Pharmacy for refills or new prescriptions. Also, CVS is working with all PBM clients to waive early refill limits on 30-day prescription maintenance medications.

<https://www.cvs.com/content/delivery>

Flor Good RX: Obtain needed medication swiftly and safely during COVID-19. Also, provides coupons to help lower the cost of medication without insurance.

www.GoodRx.com

Mental Health

7 Cups: Offers free online chats for support in stressful life events.

www.7cups.com

Crisis Text Line: Connect with a counselor via text. Free 24/7 text line for those in crisis (English only). Text “NAMI” to 741741 to chat with a trained crisis counselor.

Emotions Anonymous: Nonprofessional group focusing on emotional well-being in online weekly chats.

www.emotionsanonymous.org

Mobile Crisis Regions and Contact Numbers: Call for immediate support

- Northern Region- Southern Blvd. to Tequesta, Phone: (561)693-8681
- Main Region- Southern Blvd. to Boca Raton, Phone: (561)637-2102
- Western Region- west of Royal Palm Beach, Phone: (561)382-3555

NamiHelpline: Telephone Based Mental Health Services

Hotline Number: 800-950-NAMI (6264)

1-800-662-HELP (4357)/ TTY: 1-800-487-4889

Pediatric Associates: Find online brochures that discuss Coping with Social Distancing for children.

(561) 798-9417

<https://www.pediatricassociates.com/news/category/coronavirus-covid-19/>

Sequel Youth Services: Mental health treatment, health education, family counseling, medical services, and dietary service.

9680 Weisman Way, West Palm Beach, FL, 33411

561-333-0664

www.sequelyouthservices.com

Substance Abuse & Mental Health Services Administration: SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

National Helpline: 1-800-662-HELP (4357)

Suicide Prevention Center: Find sources for both adults and children to help cope with the effects of COVID-19.

1 (800) 273- 8255

<http://www.sprc.org/covid19>

Warmline Directory: Non-crisis, emotional and preventive care support over the phone

FL MHA SETH Line (954) 578-5640 M-F 6pm-10pm

Medicaid

All building locations are closed at this time. Use the online system to apply or check on assistance information. The ACCESS Florida online system allows customers to connect with their public assistance information 24/7, through the online application and MyACCESS Account. Here you can find information on eligibility and how to apply. If you are already receiving benefits, you can find out information about changes or increases to assistance programs during the COVID-19 crisis.

Phone: 850-300-4323

<https://www.myflorida.com/accessflorida>

Important Numbers to Know

2-1-1 Helpline

Call for your local 2-1-1 helpline for information and assistance for programs you may be eligible to apply for.

Bridges

Provides virtual at home activities for families, Covid-19 update information, health info and tax pre payer information for different areas in Palm Beach County. If you are in need of services or assistance but do not know where to go, you can call today and schedule your appointment. Please call 561-992-8210 to find out more information or make an appointment.

Palm Beach County Sheriff's Office

Gun Club Location - (561) 688-4162

The following non-profits can assist with housing expenses, rent, and/or bills. Families can access shelter placement, free food, or permanent housing placement assistance. There may be funds to pay for first month's rent, security deposits, or utility payments. Staff will also generally offer information on local resources and referrals.

Adopt-a-family (561) 434-4960

Alpert Jewish Family & Children Services (561) 684-1991, West Palm Beach

Catholic Charities (561) 842-2406

Community Action (561) 588-3838, Lake Worth and (561) 845-4670, Riviera Beach

Internet & Cell Phone Assistance

AT&T

Connect to AT&T Wi-Fi hot spots. AT&T will keep their public Wi-Fi hot spots open for any American who needs to access them. Get online for free at thousands of locations across the U.S.

Your AT&T device automatically connects to AT&T Wi-Fi network when you're at an AT&T Wi-Fi Hot Spot location.

From a tablet or laptop, make sure your Wi-Fi is enabled.

Select att-wifi or attwifi from your list of available wireless networks.

CENTURY LINK

Century Link is offering low cost Internet options for families in need. You will need to let them know you have a student in the home and call the special number. 1-855-954-6546

COMCAST

To qualify for Comcast's Internet Essentials service, customers must be eligible for public-assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, or SSI. Applicants can visit online or call to enroll in the program. Comcast said it will send all new Internet Essentials customers a free self-install kit that includes a cable modem with a Wi-Fi router, with no term contract or credit check and no shipping fee.

Call (855) 846-8376 for English or (855) 765-6995 for Spanish.

<https://internetessentials.com/>

SPECTRUM

Spectrum is offering two free months of internet and WiFi services to new customers in households with Pre-K to 12 or college students who need remote education. This discount will be applied as a credit for your first two months of internet services. They will waive any installation or pre-payment fees to help get you started.

You can qualify for this offer if you:

- Have a student of qualifying age at your service address with remote education needs
- Have not subscribed to our internet services within the past 30 days

Call 1-855-243-8892 to sign up for this offer or visit

<https://www.spectrum.net/support/internet/coronavirus-covid-19-educational-internet-offer>

Sprint

Sprint is giving 20 GB of free mobile hotspot to customers with hotspot-capable devices, plus unlimited data to enable internet access for devices.

T-Mobile

Customers who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming). T-Mobile customers on plans with smartphone mobile hotspot can add 20 GB of smartphone mobile hotspot (10GB per bill cycle for the next 60 days) via online login or the myTMobile app by adding the COVID-19 Response High Speed Smartphone Mobile HotSpot feature for each voice line. (T-Mobile Connect excluded)

Discount or FREE Cell Phone Services

If you are currently receiving SNAP benefits/EBT Cardholder you may qualify for FREE or low-cost cell phone service for you or a member of your family through the Federal Lifeline Program.

This program provides discounts on cell phone service for qualifying consumers. Here are the cell phone companies that participate in the program Nationwide and their customer service number.

Assurance Wireless – 1 (888) 898-4888

Safelink Wireless – 1 (800) 723-3546

Access Wireless – 1 (866) 594-3644

enTouch Wireless – 1 (866) 488-8719

Q-Link Wireless – 1 (855) 754-6543

Life Wireless – 1 (888) 543-3620

StandUp Wireless – 1 (800) 544-4441

Rent & Housing

Assistance Community Caring Center of Boynton Beach

Offers shelter for up to 2 days. There is also up to \$450 maximum provided for rental assistance, food, medication, and other resources. Call (561) 364-9501

Care Ministry

Limited funds available for qualified Palm Beach County residents. They may assist by issuing loans for a partial rent payment, offer security deposit assistance, and programs for other housing needs. Homeless prevention is always a focus. Call (561) 962-6000

City of West Palm Beach, Dept. of Housing and Community Development

The COVID-19 Rental Eviction Protection Program is created to assist eligible City of West Palm Beach households with temporary rental assistance in order to avoid displacement due to loss of income as a direct result of COVID- 19. The assistance is limited to a one-time payment equal to a maximum of 2 months' rent. Applicants must be able to evidence loss of income due to COVID- 19 and have no other available resources. They must not have utilized any other services for the timeframe of payment request.

Contact Information: 561-822-1250 www.wpb.org/housing

Coalition for Independent Living Options, Inc.

Assistance for people with disabilities with an eviction notice. The rent assistance from the agency can help the disabled supplement what they already receive from SSI.

Call (561) 966-4288

Department of Housing & Economic Sustainability in Palm Beach County

The Mortgage and Housing Investments staff offers assistance through the following programs:

- Foreclosure Prevention: Funding may be provided to assist with delinquent mortgage payments, property taxes and homeowner insurance to prevent foreclosure. Applicants can apply for up to \$20,000.
- The Purchase Assistance: Program assists per-approved applicants with financial assistance to purchase their first home.
- The Rehabilitation/Repair Housing Assistance: Program assists approved clients with rehabilitation or emergency repair to their owner-occupied homes.

Contact 561-233-3600

<http://discover.pbcgov.org/HES/Pages/Housing-Mortgage-Programs.aspx>

Families First of Palm Beach County

Local federal government provider for rent/mortgage assistance and other housing vouchers. The programs are comprehensive in nature. Call (561) 721-2802

Mortgage Payment Relief

Bankrate is providing information for home owners who have been financially impacted by coronavirus. This information page explains the steps to take to communicate financial struggles with your mortgage lender. The information page also explains mortgage forbearance programs so you can make informed decisions.

<https://www.bankrate.com/mortgages/mortgage-lenders-offer-help-to-borrowers-affected-by-coronavirus/>

Palm Beach County Community Services

Funding may be provided to assist with rental security deposits, utility deposits, connection fees, housing stability counseling and rent payments up to 12 months. The best way to apply for assistance is through the Department of Community Services electronic system via the link below or by calling (561) 904-7900.

<https://secure.co.palm-beach.fl.us/CSDServiceEligibility/Account/Login.aspx>

Palm Beach County Human Services

Multiple locations and offices are around the county. After a comprehensive assessment is provided to applicants, you may qualify for one of their options, including Self-Sufficiency Services, Emergency Cash Grants, or Intervention. Examples of services provided include rent payments and other aid.

- Belle Glade (561) 996-1630.
- Delray Beach (561) 274-3130
- Riviera Beach (561) 845-4644

Urban League Emergency Food & Shelter Program

If you are faced with eviction, this non-profit may offer emergency financial assistance for those expenses and other needs. Clients may get help with paying their rent from a loan or other sources. Also, job training, case management and additional self-sufficiency is administered as well. Call (561) 833-1461

Resources for Seniors

Medicare

For seniors on Medicare during coronavirus crisis, Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs. Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine. At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D). If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits beyond the ones described below. Check with your plan about your coverage and costs.

<https://acl.gov/COVID-19>

The Senior Call Center

Assistance is available by phone from Monday through Friday 8:00 AM-5:00 PM. Please call 561-791-4796. Please note that this line is reserved for information about senior services.

Serving Our Seniors (SOS) - City of West Palm Beach residents

Through the Vickers's House, the program can provide financial relief from high-energy costs to prevent service disconnection for seniors 62 and older in crisis. The assistance is limited to a one-time payment not to exceed \$600. Applicants must not have any other resources available.

For more information, please call the City of West Palm Beach Department of Housing and Community Development (HCD) Department at (561) 804-4970.

Stores with Senior Shopping Hours during COVID-19 Crisis

- Aldi
- BJ's
- Costco
- Dollar General
- Fresh Market
- Target
- Publix
- Walmart
- Whole Foods
- Winn- Dixie

Volunteer Help for the Elderly

Sheriff Ric Bradshaw from Pam Beach County Sheriff's Office has established a new program to assist Palm Beach County elderly residents who are unable to get out of their homes to go to the grocery store or the pharmacy. The volunteers are available to deliver orders directly to their doors. All orders must be PREPAID.

Instructions for our Elderly Residents:

- When you place an order online or on the phone, make sure to leave your name on the order.
- You must be home to receive your delivery, please let your gate security know that we are delivering for you and also advise that the Volunteer will be in uniform and driving a PBSO Volunteer vehicle.

For more information or to place an order, call/email the following, between 8:00 am – 4:00 pm: Krysti Nast (561) 688.3918 – nastk@pbso.org OR Nephateri Burrell (561) 681.7241 – burrelln@pbso.org

After 4:00 pm, call - Cpl. Greg Newborn (561) 307.5422

Walgreens

Stores will open at 8 a.m., with the full hour from 8 a.m. until 9 a.m. dedicated to senior citizens. This hour is also available to their caregivers and immediate families may also visit the store during this time. They will offer senior day discount all day on Tuesdays from 8am-9am for customers age 55 and older to receive 30% off regularly priced Walgreens brands and 20% off regularly priced national brands. Restrictions may apply.

Resources for Veterans

First Stop Veterans' Resource Center

Offers wrap around housing services where Veterans and families can apply for government grants for paying their rent, rehousing, mortgage help, and VA benefits. Homeless military members can get help with paying rental or utility deposits as well as free vouchers for a motel room for a night or so.

The location is 3175 S Congress Avenue, Palm Springs, Florida 33461. (561) 968-1612

Palm Beach County Division of Human and Veteran Services

There may be emergency rent assistance provided through two local offices. Call for information or referrals to rent help.

- 225 S. Congress Avenue, Delray Beach, FL 33444, (561) 274-3130
- North County Office is at 1440 Martin Luther King Boulevard, Riviera Beach, Florida 33404, (561)694-7450

PenFed Foundation

The COVID-19 Emergency Financial Relief Program was created to provide financial assistance to all Veterans, Active Duty, Reserves and National Guard who are experiencing a financial challenges due to the COVID-19 pandemic. The Foundation is prioritizing assistance to those who have lost their primary/only income or have an increased financial burden as a direct result of the COVID-19 pandemic. The grant amount will support one month of payment up to \$1500 for rent, mortgage, auto loan/lease and/or utilities.

<https://penfedfoundation.org/apply-for-assistance/coronavirus-emergency-financial-assistance/>

**BOYS AND GIRLS CLUBS OF
PALM BEACH COUNTY**



FAMILY RESOURCE GUIDE



WWW.BGCPBC.ORG