# CALS SUMMER





# FOOD PANTRIES AND MEALS

ID NOT REQUIRED UNLESS SPECIFIED. FIND MORE FOOD BANKS AT: HTTPS://WWW.FOODBANKNYC.ORG/GET-HELP/ IF YOUR CHILD QUALIFIES FOR FREE-REDUCED LUNCH, YOU SHOULD GET INCREASED SNAP BENEFITS AUTOMATICALLY ON YOUR EBT CARD MID-JUNE.

## Masbia of Flatbush

1372 Coney Island Ave Brooklyn, NY 11230 (718) 972-4446 Sunday-Thursday (dinner) 3:00pm-7:30pm Fridays (groceries) 7:00am-11:00am

#### **United Church of Faith**

643 East 88th Street Brooklyn, NY 11236 (347) 449-0235 Saturdavs 12:00pm-1:00pm

## **Christian Church of Canarsie**

602 East 89th Street Brooklyn, NY 11236 (347)742-7651 Saturdays 10:00am-2:00pm

#### Holy Cross Church Food Pantry

2530 Church Ave Brooklyn, NY 11226 (718) 469-5900 Tuesdays & Thursdays 2:00pm-3:30pm

## Triumphant Breakthrough Pantry

889 Rutland Road Brooklyn, NY 11203 (718) 774-4696 Thursdays 4:00pm-6:00pm

## **United Community Baptist Church**

545 Utica Ave Brooklyn, NY 11203 (718) 467-7708 Saturdays (ID required) 10:00am-12:00pm

## Brooklyn Faith SDA Church

5518 Church Ave Brooklyn, NY 11203 (347) 691-0293 Fridays (ID required) 12:00pm-3:00pm Thursdays 2:00pm-4:00pm

## **Calvary Pentecostal Church**

151 Woodruff Ave Brooklyn, NY 11226 (718) 469-8252 Thursdays 11:00am-1:00pm

## **Our Lady of Miracles**

757 East 86th Street Brooklyn, NY 11236 (718) 722-6001 Saturdays 10:00am-11:30am

## **Redeemed Christian Church of** God

781 East 93rd Street Brooklyn, NY 11236 (917) 346-7461 Saturdays 11:00am-12:00pm

#### **Christian Cultural Center**

716 Chester Street Brooklyn, NY 11212 (718) 306-1000 Thursdays 9:00am-1:00pm



## HEALTH

- call your primary care doctor, they may be conducting doctor consultations via phone or video chat
- Medicare/Medicaid are now covering health services provided via phone or video chat
- if you need assistance finding a provider, login to your insurance website and follow the steps under "Find A Doctor"
- if you must go to Urgent Care or the ER, please follow safety precautions and wear a mask

# MENTAL HEALTH RESOURCES

IF YOU REGULARLY RECEIVE MENTAL HEALTH SERVICES, CALL YOUR PROVIDER, THEY MAY BE CONDUCTING CONSULTATIONS VIA PHONE OR VIDEO CHAT

#### **NYC Well**

mental health support for many issues including anxiety, depression, addiction 24/7

Text: WELL to 65173

Call: 1-888-NYC-WELL
Chat: https://nycwell.cityofnewyork.us/en/get-help-now/chat-with-a-counselor-now/

#### **National Suicide Prevention Hotline**

support for those struggling with thoughts of suicide and their loved ones 24/7

Call: 1-800-273-8255

Chat: https://suicidepreventionlifeline.org/chat/

#### NYC COVID Cares Network

matches essential workers, their families, and NYC residents without insurance with a counselor for free mental health services)

Request services by filling out this form:

https://www.nyccovidcare.org/request

## **National Parent Helpline**

listening line Monday - Friday 1:00pm - 10:00pm 1-855-427-2736

# LEGAL SERVICES

#### **Catholic Migration Services**

191 Joralemon St, 4th Floor Brooklyn, NY 11201 (718) 236-3000

Free legal services (housing, immigration, employment and more

Do not go to the office - schedule appointment via phone

## **Brooklyn Legal Services**

105 Court St, 3rd Floor Brooklyn, NY 11201 (718) 237-5500

Free legal services (housing, immigration, employment and more)

Do not go to the office - 917-661-4500 to schedule appointment via phone

## **Brooklyn Defender Services**

177 Livingston Street 7th Floor
Brooklyn, NY 11201
(718) 254-0700
Free legal representation
Do not go to the office - schedule appointment via phone









# RESOURCES FOR DISCUSSING RACISM WITH CHILDREN

31 Anti-Racist Children's Books https://blog.usejournal.com/31-childrens-books-to-support-conversationson-race-racism-and-resistance-9dbabc28360e

Love Every - Resource List https://lovevery.com/a/blog/resources-for-addressing-race-and-racism-withyoung-children/

**Social Justice Books** <a href="https://socialjusticebooks.org/">https://socialjusticebooks.org/</a>

Elementary Social Justice Resources <a href="https://www.dcareaeducators4socialjustice.org/black-lives-">https://www.dcareaeducators4socialjustice.org/black-lives-</a> matter/resources/young-children#books

Talking Race with Young Children https://www.npr.org/2019/04/24/716700866/talking-race-with-youngchildren

Raising Race Conscious Young Children http://www.raceconscious.org/

How to Talk to Your Kids About Race https://vimeo.com/296101859

Something Happened in Our Town

https://docs.google.com/presentation/d/IncOh28PkCRsoKQRPUmdHAsijuGOhVmYY29n M3zYvul/edit#slide= id.g87b99851ed 0 0

Black Lives Matter - Adult Resources https://blacklivesmatter.com/resources/

# MINDFULNESS RESOURCES

**Sound** <a href="https://musiclab.chromeexperiments.com/Experiments">https://musiclab.chromeexperiments.com/Experiments</a>

**Taste** https://www.mindfulschools.org/video/how-to-eat-more-mindfully/

Breathe <a href="https://family.gonoodle.com/activities/rainbow-breath">https://family.gonoodle.com/activities/rainbow-breath</a>

Flow on GoNoodle <a href="https://family.gonoodle.com/channels/flow">https://family.gonoodle.com/channels/flow</a>

Mindful Schools https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/#episodes

Calm Corner https://www.counselorkeri.com/2020/04/18/calm-corner-at-home/



# VIRTUAL ESCAPE ROOMS

Disney Escape Room Dog Man Escape Room Aquarium Escape Room <u>Hogwarts Escape Room</u> Jurassic Park Escape Room Minecraft Escape Room Jumanji Escape Room Wonderland Escape Room

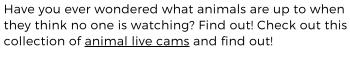












volcanoes, hot springs, and geysers.

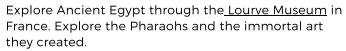
animals come to life.

VIRTUAL VACATIONS

Explore Yellowstone National Park! Check out mud

Explore animals from around the world at the San

Diego Zoo! Videos, stories, and games make the



Explore art in the **Guggenheim Museum** from around the world! Register in advance for virtual tours, activities, and to learn about the arts.







