

CALS SUMMER 2020 RESOURCES

From CALS Clinicians



FOOD PANTRIES AND MEALS

**ID NOT REQUIRED UNLESS SPECIFIED. FIND MORE FOOD BANKS AT:
[HTTPS://WWW.FOODBANKNYC.ORG/GET-HELP/](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
*Saturdays
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-conversations-on-race-racism-and-resistance-9dbabc28360e>

Love Every - Resource List <https://loveevery.com/a/blog/resources-for-addressing-race-and-racism-with-young-children/>

Social Justice Books <https://socialjusticebooks.org/>

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

Talking Race with Young Children <https://www.npr.org/2019/04/24/716700866/talking-race-with-young-children>

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/1ncOh28PkCRsoKQRPUMdHAsijuGOhVmYY29n_M3zYvul/edit#slide=id.g87b99851ed_0_0

Black Lives Matter – Adult Resources <https://blacklivesmatter.com/resources/>

MINDFULNESS RESOURCES

Sound <https://musiclab.chromeexperiments.com/Experiments>

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

Breathe <https://family.gonoodle.com/activities/rainbow-breath>

Flow on GoNoodle <https://family.gonoodle.com/channels/flow>

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](#)

[Hogwarts Escape Room](#)

[Jurassic Park Escape Room](#)

[Minecraft Escape Room](#)

[Jumanji Escape Room](#)

[Wonderland Escape Room](#)



VIRTUAL VACATIONS

Explore [Yellowstone National Park](#)! Check out mud volcanoes, hot springs, and geysers.

Explore animals from around the world at the [San Diego Zoo](#)! Videos, stories, and games make the animals come to life.

Have you ever wondered what animals are up to when they think no one is watching? Find out! Check out this collection of [animal live cams](#) and find out!

Explore Ancient Egypt through the [Louvre Museum](#) in France. Explore the Pharaohs and the immortal art they created.

Explore art in the [Guggenheim Museum](#) from around the world! Register in advance for virtual tours, activities, and to learn about the arts.