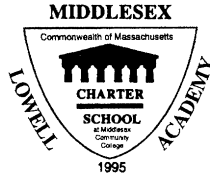
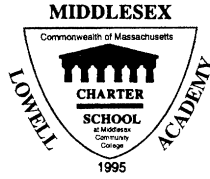


## Local Resources

Lowell	
<p><b>United Way COVID 19 Community</b> Economic Relief Fund: help with bills, rent, food 1-866-211-9966</p> <p><b>Community Teamwork Inc.</b> COVID 19 Emergency Response:</p> <ul style="list-style-type: none"><li>• Resource Center and HCEC 978-654-56-7. Email: CovidResponseCTI@ commteam.org</li><li>• Fuel and Heating Assistance 978-459-6161 Email: <a href="mailto:fuelassistance@commteam.org">fuelassistance@commteam.org</a></li><li>• WIC 978-454-6397 Email: <a href="mailto:WICCovidResponseCTI@commteam.org">WICCovidResponseCTI@commteam.org</a></li><li>• Rental assistance 978-654-5726. Email: <a href="mailto:CTIRentalAssistance@commteam.org">CTIRentalAssistance@commteam.org</a></li></ul> <p><b>Clinics &amp; Hospitals</b></p> <p><b>Lowell Community Health Center</b> (978) 937-9700 Call or check website before going to Lowell Community Health Center <a href="https://www.lchealth.org/">https://www.lchealth.org/</a> and guidelines <a href="https://www.lchealth.org/covid19">https://www.lchealth.org/covid19</a></p> <p><b>Lowell General Hospital</b> <a href="https://www.lowellgeneral.org/">https://www.lowellgeneral.org/</a> VISITOR RESTRICTIONS effective 3/15. To protect the health of our patients and staff, Lowell General Hospital is restricting all visitors — unless pre-approved by each patient's care team. View <b><u>COVID-19 (Coronavirus) updates online</u></b> or call LGH information hotline at 978-942-2850.</p>	<p><b>Youth Services</b> 978-905-7385 Email: CTIyouthservices@commteam.org</p> <p><b>Child and Family Services</b> ChildcareCovidCTI@commteam.org</p> <p><b>Catie's Closet</b> <a href="https://www.catiescloset.org/contact-us">https://www.catiescloset.org/contact-us</a></p> <p><b>Salvation Army Food Pantry</b> 150 Appleton ST. Lowell, MA (978) 458-3396 HOURS: Mon, Wed, &amp; Fri from 9:00-11:00am <a href="https://massachusetts.salvationarmy.org/MA/Lowell">https://massachusetts.salvationarmy.org/MA/Lowell</a> <a href="https://massachusetts.salvationarmy.org/MA/LOWNEedHelp">https://massachusetts.salvationarmy.org/MA/LOWNEedHelp</a></p> <p><b>Lowell- Testing &amp; other resources</b> RAPID Covid 19 testing site – Lowell, MA. Up to 1,000 tests per day in the Showcase Cinemas Parking Lot. Pre-register in advance online at cvs.com <a href="https://www.cvs.com/minuteclinic/clinic-locator/covid-19-testing/lowell-covidma1.html">https://www.cvs.com/minuteclinic/clinic-locator/covid-19-testing/lowell-covidma1.html</a></p> <p>*If you feel COVID- 19 symptoms, stay home to avoid exposing others. Check your symptoms and connect to telehealth: <a href="https://www.buoyhealth.com/symptom-checker/?configuration=ma_covid&amp;concern=coronavirus">https://www.buoyhealth.com/symptom-checker/?configuration=ma_covid&amp;concern=coronavirus</a></p>



Dracut	Tyngsboro
<p><b>Meals and Food Pantry</b>            St. Vincent De Paul &amp; St. Marguerite            D'Youville Parish (978) 957-0322            1340 Lakeview Ave.            Dracut, MA 01826</p> <p><b>Catie's Closet</b> <a href="https://www.catiescloset.org/contact-us">https://www.catiescloset.org/contact-us</a></p> <p><b>End 68 Hours</b> <a href="https://www.end68hoursofhunger.org/">https://www.end68hoursofhunger.org/</a></p>	<p><b>Board of Health</b>  <a href="http://www.tyngsboroughma.gov/departments/inspectional-services/health/novel-coronavirus-disease-covid-19-information/">http://www.tyngsboroughma.gov/departments/inspectional-services/health/novel-coronavirus-disease-covid-19-information/</a></p> <p><b>Tyngsboro resource &amp; assistance page</b>  <a href="http://www.tyngsboroughma.gov/wp-content/uploads/2020/03/Tyngsborough-Where-To-Go-for-Help.pdf">http://www.tyngsboroughma.gov/wp-content/uploads/2020/03/Tyngsborough-Where-To-Go-for-Help.pdf</a></p> <p><b>End 68 Hours</b> <a href="https://www.end68hoursofhunger.org/">https://www.end68hoursofhunger.org/</a></p> <p><b>Catie's Closet</b> <a href="https://www.catiescloset.org/contact-us">https://www.catiescloset.org/contact-us</a></p>
Lawrence Area	Methuen
<p><b>Lawrence Community Works</b>            978-685-3115  <a href="https://www.lawrencecommunityworks.org/">https://www.lawrencecommunityworks.org/</a>            Email: <a href="mailto:infor@lawrencecommunityworks.org">infor@lawrencecommunityworks.org</a></p> <p><b>We are Lawrence website</b>  <a href="https://www.wearelawrence.org/">https://www.wearelawrence.org/</a></p> <p><b>Greater Lawrence Community Action Council (GLCAC)</b></p> <ul style="list-style-type: none"> <li>• Community Service Center 978-681-4905</li> <li>• LIHEAP Low Income Energy Assistance Program 978-681-4905              Email: <a href="mailto:liheap@glcac.org">liheap@glcac.org</a></li> </ul> <p><b>Lawrence General Hospital Community (COVID-19) Screening</b> 978-946-8409</p> <p><b>Lazarus House-</b> Food, Clothing, Housing &amp; Work Preparation <a href="https://lazarushouse.org/">https://lazarushouse.org/</a></p> <p><b>Bread &amp; Roses</b> 978-681-8768 Generally a soup kitchen, however during the COVID Crisis is delivering groceries.</p>	<p><b>Family Support Center</b> 978-681-4985</p> <p><b>WIC</b>            WIC - 978-681-4963            Email: <a href="mailto:wic@glcac.org">wic@glcac.org</a></p> <p><b>Methuen Board of Health</b>  <a href="https://www.cityofmethuen.net/coronavirus">https://www.cityofmethuen.net/coronavirus</a></p>



## Haverhill

**WIC:** Northern Essex WIC offices are limiting visits; please wait for a call with instructions on how to further obtain benefits. If new to WIC, please call 978-374-2191.

### Haverhill School: Food Distribution

Bagged breakfast and lunches for all Haverhill residents aged 1-18

- Hunking School – 11:00 am to 1:00
- Consentino School – 11:00 am to 1:00 pm
- Nettle School – 11:00 am to 1:00 pm
- YMCA – 11:00 am to 1:00 pm
- Boys & Girls Club – 11:00 am to 1:00 pm

### Haverhill- Clinics & Hospitals

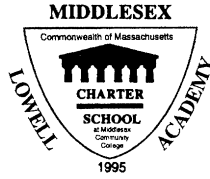
- Pentucket Medical Associates.- routine/ well visits are cancelled. Families please call the office, before going for the clinicians to find alternative ways to help. (978) 521-3200
- Holy Family Hospital (formerly known as Merrimac Valley Hospital): currently restricting visitors to patients, with exceptions for special circumstances. Please call 978-374-2000 with questions.

### Community Action Programs (CTI)

Heating/Fuel Assistance is available for new applications and questions by phone only please call 978-373-1971 ext. 218.

### Meals and Pantry Locations:

- The Liz Murphy Open Hand Pantry is open Tuesdays 4-7 located at Unitarian Church at 16 Ashland Street.
- Sacred Hearts Food Pantry is open Monday, Wednesday, and Friday from 8:15 a.m. until 11:00 a.m. 48 S. Chestnut Street Bradford, MA
- Open Heart Ministries are open on Sunday 2 - 3pm 217 located on Main Street Haverhill MA.
- The Salvation Army, located at 395 Main Street Haverhill MA, food pantry service with pre-packed boxes on Mon-Wed-Fri mornings from 9:30-11 am. They are serving bag lunches on Tues-Thurs-Fri



## State Resources

### Massachusetts

#### State COVID information

If you need assistance with anything related to Coronavirus or COVID-19, please dial 2-1-1 from any phone.

Massachusetts COVID 19 texting updates: text COVIDMA to 888-777

**Tax filing** date extended to July 15, 2020

#### From mass.gov:

- Resources for Renters and Homeowners  
<https://www.mass.gov/info-details/covid-19-dhcd-website>
- IRS Economic Impact Payments  
<https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>
- Covid19 updates - <https://www.mass.gov/info-details/covid-19-updates-and-information>

**Project Bread:** comprehensive statewide information and referral service in Massachusetts for people facing hunger. (1-800-645-8333)  
<http://www.projectbread.org/get-help/foodsource-hotline.html>

#### Access to unemployment assistance

Massachusetts Department of Unemployment Assistance (DUA) has set up a special web page with COVID-19-specific information on unemployment insurance claims

<https://www.mass.gov/info-details/massachusetts-covid-19-unemployment-information>

Please note that while DUA highly encourages applicants to apply online, details about phone applications are available on this page

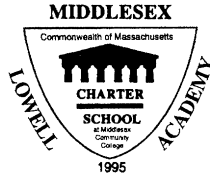
<https://www.mass.gov/how-to/apply-for-unemploymentbenefits>

#### United Way of Massachusetts Bay & Merrimack Valley Financial Support:

The United Way is offering “one-time grants of up to \$2000” to “help families impacted by the COVID-19 crisis meet their basic food, childcare or housing needs.” Dial 2-1-1 for information on where you can access flexible funds through the COVID-19 Family Support Fund. For immediate help,  
<https://unitedwaymassbay.org/resources/need-help/>

#### Statewide Domestic Violence Support

Safelink 24/7 Crisis Hotline: (877) 785-2020



## Federal Resources

### Center for Disease Control (CDC)

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

### Small business Assistance

<https://www.sba.gov/offices/district/ma/boston>

### World Health Organization (WHO)

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

### World Health Organization (WHO) for families -

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

### Domestic Violence Support

- National Domestic Violence Hotline: 24/7 Crisis Hotline (800) 799-7233
- National Sexual Assault Hotline: 24/7 Crisis Hotline (800) 656-4673

### Substance Use

Virtual AA meetings:

- "Pause a While" free conference call meetings 2pm every day (425) 436-6360 access code 422932#
- AA meeting 730 every night 605-313-5684 access code 855830#
- "WEconnect" and "Unit Recovery" are partnering 4x day meetings open format anyone in or seeking recovery 7 days a week 9am, 12pm, 3pm, 9 pm Go to. [Unitrecovery.zoom.us/my/allrecovery](http://Unitrecovery.zoom.us/my/allrecovery)
- Many more by checking here <http://aa-intergroup.org/> NA meetings <https://www.na.org/meetingsearch/>

**Lowell Middlesex Academy Charter School (LMACS)**

Middlesex Community College

33 Kearney Square • Lowell, MA 01852-1901 • 978-656-3165