



Dear The Shore Center Families,

School Nurses around the state have teamed up to provide a list of community and wellness resources to assist students and families in maintaining good health and well being. We are aware that some families may have new or existing financial, physical, emotional, and childcare/educational hardships and we want to help. Please see the list below for local and state resources.

If you have questions or would like to speak privately about your situation, please feel free to email.

Be healthy and safe,
Your School Nurse Margy

Food Resources

Fulfill NJ (formerly Food Bank of Monmouth/Ocean Counties): 732-918-2600 or <https://fulfillnj.org/>

The “FindFood” text system will identify the three nearest food pantries to the person when he or she texts “findfood” (no space) in English or “comida” in Spanish to 888-918-2729. Texters will be prompted to give their zip code and will receive responses in their chosen language.





EMOTIONAL SUPPORT / MINDFULNESS

Get regular exercise, fresh air, stay hydrated, and eat a balanced diet to maintain optimal physical health. Many gym companies are providing free virtual classes that can be streamed from your phone!

Websites to visit:

<https://www.mindful.org/> - mindfulness activities and resources; Yoga for Beginners; Classroom Meditation for all ages (<https://www.calm.com/>) Grounding Techniques - refocus your mind on the positive instead of stress and anxiety

Apps to download:

Ibreathe-free app for relaxation and meditation techniques

(<https://www.jadelizardsoftware.com/ibreathe>)

Calm App - app for meditation and mindfulness (<https://www.calm.com/>)

Insight timer App - free guided meditations (<https://insighttimer.com/>)

Headspace app - meditation so you stress less

(<https://www.headspace.com/headspace-meditation-app>)





Support Resources

Friends' Health Connection (<https://www.friendshealthconnection.org/>): Providing support, education and inspiration. Find and connect with others who have preexisting health conditions. Great website that has forums, blogs, videos, podcasts and an app.

Mom 2 Mom: 1-877-914-6662 (<http://www.mom2mom.us.com/>)/ For Moms of Special Needs Children Peer Supporters available to provide telephone peer support or live chat online and are trained in peer counseling and crisis support.

Parents Anonymous of New Jersey 1 800 843 5437 24 hour Hotline with free and confidential support for parents and guardians. Also online support groups at <http://paofnj.org/>

2NDFLOOR (<https://www.2ndfloor.org/>) is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face at home, at school or at play. If you are between the ages of 10 and 24, live in New Jersey, and need to talk about an issue or problem that you are facing call 888- 222-2228 anytime or text us at 888-222-2228.

Stephy's Place (<http://www.stephysplace.org/sp/>) A support center for grief and loss, providing Virtual Support Groups for those who have lost a loved one.

CONTACT of Ocean & Monmouth Counties (<https://contactoceanmonmouth.org/>) If you're feeling lonely, sad or confused and need to talk to someone, their volunteers are ready to listen to you, 24/7/365. Call 732-240-6100 for completely anonymous support for confidential crisis intervention, information on available resources, and referral to community services.

NJ Mental Health Cares- 1-866-202-HELP (4357). Free helpline- 7 days/week, 8am-8pm is offering free and confidential help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak.

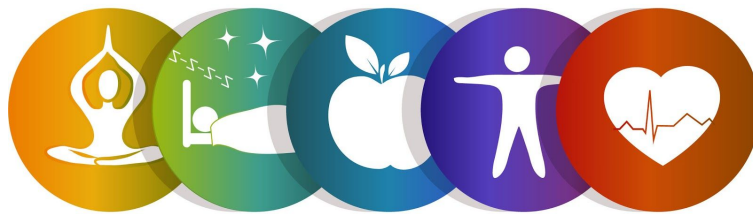
Grief Counseling ([Good Grief](#)) a New Jersey-based nonprofit, is providing free programs and resources to grieving children, families and communities during this crisis.

INTENSIVE IN-COMMUNITY SERVICES (IIC) Laurie Pivnick 732-542-6422 X 114: Provides FREE in-home individual and family therapy for children. The purpose of the intervention is to strengthen the family, to provide stability and to preserve the family unit in the community. The goal of the program is to prevent children with emotional challenges from being placed outside their home, either in a hospital or another substitute caregiving arrangement.

Client Eligibility: Any family in the state of New Jersey is eligible.

To receive the FREE service call 1-877-652-7624 and request MHA as your service provider. The family will then obtain approval thru The Contracted System Administrator – PerformCare.

CONTACT of Ocean & Monmouth Counties- <https://contactoceanmonmouth.org/>. If you're feeling lonely, sad or confused and need to talk to someone, their volunteers are ready to listen to you, 24/7/365. Call 732-240-6100 for completely anonymous support for confidential crisis intervention, information on available resources, and referral to community services.



PHYSICAL WELLBEING (Covid-19 and beyond)

- Call your health care provider first for mild-moderate illness or concern, many providers will see you over the phone or with a telemedicine visit online.
- Get regular exercise, fresh air, stay hydrated, and eat a balanced diet to maintain optimal physical health
- Many gym companies are providing free virtual classes that can be streamed from your phone!

See links below.

- OrangeTheory Fitness <https://www.orangetheory.com/en-us/athome/>
- YMCA <https://ymca360.org/on-demand#/category/85>

- The link below provides information on other programs available.
<https://www.google.com/amp/s/www.cbsnews.com/amp/news/coronavirus-free-onlineworkout-gyms-live-stream-classes-during-outbreak/>

Up-to-Date Health Information About Covid-19:

Centers for Disease Control:

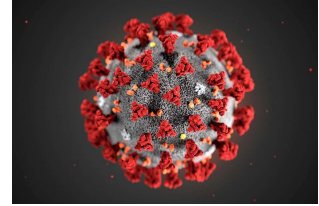
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NJ State: <https://covid19.nj.gov/> (for general info, COVID testing, other state assistance)

Monmouth County Health Department:

<https://co.monmouth.nj.us/page.aspx?ID=1932>

Call: 2-1-1 for general information (24/7) or 1-800-962-1253 for medical information (24/7) Text: NJCOVID to 898-211



Visit www.covid19.nj.gov or www.nj.gov/health for additional information Links to many COVID related resources in NJ <https://singlestop.org/covid19/>

Proper use of protective equipment is essential in protecting yourself. How to wear a facemask (CDC) New Jersey Testing Sites for individuals who are experiencing symptoms of respiratory illness.

Covid-19 Testing sites:

<https://covid19.nj.gov/locations?query=Testing+Centers&tabOrder=all%2CpromotedContent%2Clocations%2Cresources%2Cstatus%2CNJfaqs%2CAASfaqs%2Ccoronavirus>

FINANCIAL SUPPORT



Apply for state unemployment benefits:

<https://myunemployment.nj.gov/before/about/howtoapply/applyonline.shtml>

- Monmouth County residents in need of immediate assistance with household expenses such as rent, groceries, utilities, or medicine can call the Interfaith Neighbors COVID-19 Emergency Assistance Fund at (732) 775-0525 [Rent/Mortgage: Governor Murphy has signed several Executive Orders which prohibit the eviction of tenants or the foreclosures of mortgages while the COVID19 crisis continues. While these orders are in effect, Interfaith Neighbors is currently prioritizing all other COVID-19-related emergencies. Requests for

rental and mortgage assistance will continue to be reviewed, however, but please expect a delay in response time for non-COVID-19 related issues.]

- Stimulus check: the IRS opened its "Get My Payment" tool, allowing residents who have not led a 2019 tax return to provide the IRS with their direct deposit information or an updated mailing address in order to receive their \$1,200 economic impact payment.
- United Way of Monmouth County/Ocean County- Financial Success Center Network-free virtual nancial coaching appointments for the unmet needs of people economically affected by this crisis . Need help finding services that you are eligible for right now? Looking to talk to someone that can help you budget your current income? Need to look for work or update your resume? email info@uwnancialsuccess.org or call 732-431-6745

MEDICATION ASSISTANCE

- Good Rx: <https://www.goodrx.com/>: Prescription Prices, Coupons & Pharmacy Information Discount medications at various pharmacies. Type your med into the search and the cheapest cost. Can not be used with insurance. GoodRX offers consumers (regardless of their income) several different services that can help them save money on their prescription drug costs. Everything they offer is free to use and there are no costs or obligations from any consumer. Find everything from coupons to use on medications to free rebate cards, information on pharmaceutical as well as patient discount programs, sales from local pharmacies, and more.
- Needy Meds: (<https://www.needy meds.org/pap>) Prescription Assistance Prescription assistance can be offered in the way of Patient Assistance Programs (PAPs), which are created by pharmaceutical companies to provide free or discounted medicines to people who are unable to afford them. Each program has its own qualifying criteria.
- Auvi Q (life threatening allergy medication) assistance <https://www.auvi-q.com/get-auviq#product-offers> or call 1-877-30-AUVIQ
- Epi-Pen (life threatening allergy medicine) (<https://www.epipen.com/paying-for-epipen-and-generic>) assistance Access to EpiPen® EpiPen Savings Card It's a savings offer that can provide you up to \$300 savings for each EpiPen 2-Pak® carton per prescription rell.
- CVS & Walgreens are providing free delivery of prescription medications.



CHILDCARE RESOURCES

For Children of Essential Workers:
YMCA of Western Monmouth County-470 East
Freehold Rd., Freehold, NJ 732-462-0464



<https://ymcanj.org/home-news/ymca-expands-support-offers-emergency-child-care-to-essential-workers/>

<https://www.childcarenj.gov/parents/Child-Care-Resource-and-Referral-Agencies>

Most importantly, if you need help ask for it.

WE'RE
HERE
FOR YOU