COVID-19 Resource Guide

TOGETHER WE CAN CRUSH COVID-19

270 Ohio River Blvd
Baden, PA 15005
Website: thepreventionnetwork.org
Phone: 724-869-2222
## Table of Contents

<table>
<thead>
<tr>
<th>Resource</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table of Contents</td>
<td>1</td>
</tr>
<tr>
<td>The Prevention Network, Family Group &amp; Class Academy</td>
<td>2</td>
</tr>
<tr>
<td>Food Distributions</td>
<td>3-4</td>
</tr>
<tr>
<td>More Food Resources</td>
<td>5</td>
</tr>
<tr>
<td>Housing &amp; Utility Assistance</td>
<td>6-7</td>
</tr>
<tr>
<td>State Assistance</td>
<td>8-9</td>
</tr>
<tr>
<td>Federal Assistance</td>
<td>9</td>
</tr>
<tr>
<td>Mental Health Resources</td>
<td>10-11</td>
</tr>
<tr>
<td>Mental Health Webinars</td>
<td>12</td>
</tr>
<tr>
<td>Mental Health Apps</td>
<td>13</td>
</tr>
<tr>
<td>Drug &amp; Alcohol Resources</td>
<td>14</td>
</tr>
<tr>
<td>Misc. Services Available</td>
<td>15</td>
</tr>
<tr>
<td>School Districts</td>
<td>16-17</td>
</tr>
<tr>
<td>Educational Resources</td>
<td>18-20</td>
</tr>
<tr>
<td>Addresses to Resources</td>
<td>21</td>
</tr>
<tr>
<td>Allegheny Resources</td>
<td>22</td>
</tr>
</tbody>
</table>

### Coronavirus symptom checker

https://c19check.com/start

### Covid Test Site search

The Prevention Network

While the crisis has changed many things in our community, The Prevention Network has adjusted to work more virtually with our students, clients, and families. We believe in working together to get through these critical times. Not only have we stepped up, but so has the entire community.

Please check out our following Social Media platforms:

YouTube: [https://www.youtube.com/channel/UC1zxbGwMmpYSqABbAkcDxkw/videos](https://www.youtube.com/channel/UC1zxbGwMmpYSqABbAkcDxkw/videos)

TikTok: [https://vm.tiktok.com/pcnqwM/](https://vm.tiktok.com/pcnqwM/)

Facebook: [@ThePreventionNetwork](https://www.facebook.com/ThePreventionNetwork)

Instagram: [@ThePrevnet](https://www.instagram.com/ThePrevnet)

CLASS ACADEMY

is serving their students virtually.

- virtual classrooms
- virtual counseling
- virtual field trips

Family Group Decision Making & Family Finding

- Virtual Family Groups up
- Virtual/Phone Family group Introductions

Together we can do great things.

Mother Teresa
**Monday**
9am-1pm Twelve Loaves
10am-12pm Faith Restorations (Veterans Only)
4pm-5pm Central United Methodist
5:30pm-6:30pm The Ladle At St John’s Lutheran Church

**Tuesday**
11:30am-1pm Central United Methodist
11am-1pm Church in the Round Aliquippa
5:30pm-6:30pm Manna House of Prayer
6pm-8 Faith Restorations

**Wednesday**
9-1pm Christ Episcopal
11-1pm Church in the Round Aliquippa
12pm-1pm Broadcast Street Café
4-5pm First Presbyterian Church

**Thursday**
9am-1pm Christ Episcopal
11am-1pm Church in the Round Aliquippa
11am-1pm Faith Restorations (Veterans)
4pm-5pm Central United Methodist
6-7pm Grace Lutheran Church
10am-4pm (Appt Only) Focus Emergency Pantry
412.876.7118 St. John Evangelist
**Friday**
9am-1pm Twelve Loaves
4pm-5pm Central United Methodist
5pm-6pm Agape Mobile Soup Kitchen* Call 724.375.2008

**Saturday**
9am-11am Beaver Falls Breakfast Ministry
9am-10:30am 1st & 2nd Sat: Central United Methodist
9am-11am 3rd Sat: Focus Ministry - St. John Evangelist Orthodox
9am-11am 4th Saturday: First Baptist
9am-11am 5th Saturday: Calvary United Presbyterian
11am-1pm For Freedom Community:
   - food pantry on the gazebo and hot lunch

**Sunday**
3-4 Beaver Falls Salvation Army
(Doors open at 2:30)

Updates list for Grab and Go meals
(all areas):

[https://www.pittsburghfoodbank.org/covid19/grab-go-sites/](https://www.pittsburghfoodbank.org/covid19/grab-go-sites/)

[https://www.uwp.org/programs/2-1-1/](https://www.uwp.org/programs/2-1-1/)
Sheetz’s Kidz Meal Bagz program
sheetz.com/news/kidzmeals
use link to locate where you can pick up

First Baptist Church
300 11th Street Ambridge, PA 15003
Fridays at 12pm to 3pm in parking lot,
Hot lunches

Salvation Army
Mobiles Services:
Schedule attached

Light of Salvation
3301 Sixth Ave Beaver Falls, PA
4pm to 5:30pm Serving Dinner everyday

Summertime’s Feel Good Foods
1032 Pennsylvania Ave Monaca, PA
11:15am to 12:15pm, serving lunches everyday

Good Samaritan Catholic Parish
725 Glenwood Ave. Ambridge, PA
11am-12pm serving snack and
dinner, served everyday

Beaver County YMCA
2236 Third Ave New Brighton, PA
5pm-6pm Dinner and Breakfast for following
day; served everyday

New Hope Community Church
592 Beaver Rd Ambridge, PA 15003
Wednesday 4pm, serving perishable food

Little Free Pantry - Aliquippa HOP Lutheran
http://www.hoplutheran.org
posted daily what items are available.

United Way
PH:866-211-9966
Community Economic relief fund; helps
with bills, rent and food

THE PREVENTION NETWORK
If you or someone you know needs emergency housing assistance. Please reach out to:

**Beaver County Crisis**

800-400-6180  (Available 24/7)
The Crisis Text Line provides free, 24/7 confidential support via text message to people in crisis when they text PA to 741741.

**The Cornerstone**

600 6th Street
Beaver Falls, PA 15010
724.846.6400

A moratorium on evictions has been put into place for people behind on their rent. No late fees will be charged.

*Please reach out to your landlord to speak to them to see if they are able to work with your household

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**Housing Authority of Beaver County:**

- Walk-in to Housing Authority's main office to pay rent.
- No face to face meetings will be held at this time
- Case managers and building managers continue to remain available via phone for assistance.
- The Community Centers in the public housing buildings are currently closed.
- Maintenance workers will focus on sanitizing communal surfaces and areas.
- Unit turn-over may be delayed.

**Neighborhood Legal Services:**

No walk-ins.
Assistance is available via phone: 1.866.761.6572

**Commonwealth of Pennsylvania Utilities**

- Contact your utility companies to discuss details and qualifications for their customer assistance programs (CAPs), especially if there have been recent changes with household income.
- Customers currently on CAPs who have experienced further reductions in household income should check to see if they qualify for additional assistance or more favorable financial options.
- Reach out to your utilities and discuss your households financial situation before they become delinquent. There are many programs that can possible assist.
- PUC has paused payment related utility terminations. If your service is off, please call and request for it to be reconnected. 1.800.692.7380
Duquesne Light
Suspending shut offs until May 1, restoring services

First Energy
suspending shut offs and offering payment options to ease hardships.
State Assistance

PA Unemployment
www.uc.pa.gov
or
call
1-888-313-7284
UC LiveChat thru
Website: Hours:
Monday – Friday
8a.m. – 5 p.m
You will need the email you used when you filed your initial claim to use the UC LiveChat
• Wait week has been waived
• Will issue statement on additional $600 when these funds will be released
• If your claim is still inactive, please log in every day to continue to try
• review PA Unemployment website/Facebook
• UC Email: uchelp@pa.gov

https://www.uc.pa.gov/Pages/covid19.aspx

"It does not matter how slowly you go as long as you do not stop."
~Confucius

Department of Human Services

SNAP, Medicare, Cash Assistance, Liheap and County Assistance

Apply for services on:
www.compass.state.pa.us

Medical Assistance Transportation Program
Will be limited due to social distancing
Federal Assistance

Small Business Administration:
Loans are available to small business owners.
For assistance contact:
duqsbdc@duq.edu
412.396.1633

CARES Act
Student Loans
Defer payments until September 30, 2020

PA Attorney General
COVID-19 updates
www.attorneygeneral.gov
Mental Health Resources

Crisis Service Line
Ph: 724-371-8060


Child Mind Institute
https://childmind.org/coping-during-covid-19-resources-for-parents/
Our clinical and supportive resources include:
• Facebook Live video chats with expert clinicians (10am and 4.30pm)
• Remote evaluations and telemedicine
• Phone consultations for follow-up about Facebook Live events and other questions about the best way to manage kids at home
• Daily tips for parenting during the crisis, via email

Beaver County Behavioral Health
Mental Health Services
Ph: 724-891-2827

Facebook Live video chats with expert clinicians (10am and 4.30pm)
Remote evaluations and telemedicine
Phone consultations for follow-up about Facebook Live events and other questions about the best way to manage kids at home
Daily tips for parenting during the crisis, via email

Therapy school based

South Side Area School District and Ambridge
To contact Positive Steps school based Staff
Please call 724.728.8411
Aliquippa School District - School based - call Vanessa at 724-857-7500 ext: 4164
New Brighton school Based - email Dawn at brendledawn@yahoo.com
Rochester School Based - email Lori at bollenl@rasd.org
The “Adult Virtual Drop-In”, is a topic-driven, social gathering hour that is scheduled twice a week. While we are all house-bound during this health crisis, let’s take some time for some good old socialization and conversation. We would love to discuss many different topics such as our “favorite things” and our “go to coping skills” with whoever wants to join us. One topic that is off limits is the COVID-19 virus! Meetings will take place using Zoom on Tuesday and Thursday from 1 pm to 2 pm. Meetings will be moderated by Kathy Quick, Jason Rilogio, and Samantha Harkins.
Meeting ID: 131-337-859,
Meeting Link: https://zoom.us/j/131337859

Youth MOVE PA is excited to host a “Youth Virtual Drop-In” that is all about getting some social interaction, even if we can’t go out and do our normal things like school, sports, going to the game store, or hanging with our friends. We know how stressful it can be when our routine is messed up and it is just as frustrating when everyone is talking about Coronavirus as if there might be impending doom!! We would like to help you feel better about the outside world and the stress it may bring by meeting new people who join this group. We will be talking about ourselves, what we like, and be discussing a specific topic with each other during each meeting. This gives us some distraction from the anxiety that can arise from being stuck inside all the time. Our meetings will be hosted every Monday and Friday from 1 pm to 2 pm on Zoom. Meetings will be moderated by Zack Karenchak, Tristan Schnoke and Aaron Zimmerman.
Meeting ID: 410-999-098
Meeting Link: https://zoom.us/j/410999098
Parent Caregiver Guide to Helping Families Cope with the Coronavirus

How to Avoid Passing Anxiety on to Your Kids
https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/

Supporting Kids During the COVID-19 Crisis: Tips for nurturing and protecting children at home

Self Action Plan
offers parents and caregivers insight, knowledge and tools to help them incorporate self-care strategies in their daily lives
https://www.ffcmh.org/online-learning?lightbox=dataItem-jseorong

Teen Depression
http://www.familyaware.org/programs-overview/register-for-a-free-educational-webinar/

Family Stories Depression
http://familyaware.org/familyvideos_depression/
"Every cloud has a silver lining."
~John Milson

**Apps**

- **Mind Shift**
  - Teaches relaxation skills, develops new thinking, and suggests healthy activities. New features for sleep and “riding out intense emotions.

- **What’s Up-A Mental Health**
  - Uses Cognitive Behavioral Therapy and Acceptance Commitment Therapy techniques. Includes a grounding game containing over 100 fun questions to help you stay present when stress is taking over.

- **Mood Mission**
  - Learn new and better ways of coping with stress, low mood, and anxiety. Tell it how you are feeling and it will give you a tailored list of 5 missions that can help you feel better.

- **Mindfulness Coach**
  - App for people who may be experiencing emotional distress and those wanting to maintain healthy coping practices. Audio-guided mindfulness practice. For IOS and Android

- **Woebot**
  - [https://woebot.io/](https://woebot.io/)
  - Provides support for people with depression or anxiety. Provides daily check-ins and lessons to help them change some of their thought patterns.

- **Headspace: Mediation**
  - Teaches you how to breath, meditate, and live mindfully. Exercises on managing anxiety, stress, breathing, sleep, happiness, calm, and focus.

- **Self Help for Anxiety Management (SAM)**
  - Offers a range of self-help methods to manage anxiety

- **CalmHarm**
  - Provides tasks to help you resist on manage the urge to self-harm

- **Calm**
  - Meditation and sleep stories.

- **Oak**
  - Guided meditation app that uses audio and nature sounds to meditate, breath, and assist with sleep.

- **Uplift**
  - For anxiety and depression. Uses CBT to guide users through 12 sessions and offers a toolkit.

- **Stop, Breath & Think(kid version)**
  - A mindfulness and meditation tool. Check in to how you are thinking and feeling. Guides you to recommended mediations, yoga, or acupressure videos.
Drug/Alcohol Services

24 HR Crisis Line
Ph: 1.800.662.4357

12 Steps/Recovery Groups
https://www.aaonlinemeeting.net/
http://na-recovery.org/Narcotics_Anonymous_Online_Meeting_Schedule.html
https://www.recovery speakers.com/

WarmLine of Beaver County-MHA
Ph: 877-775-9276
Peer- Run Listening line
staffed by people in recovery themselves

YouTube Videos:
AA Speakers
NA Speakers
Celebrate Recovery
SMART Recovery

Podcasts For Recovery:
Mother Recovering: motherrecovering.com/listen/
This Naked Mind: thisnakedmind.com/category/podcast/
Recovery Elevator: recoveryelevator.com/podcasts/
Sober Girl’s Guide: asobergirlsguide.com/podcast
That Sober Guy: thatssoberguy.com/podcast

Matrix
Substance use treatment center for adult woman
ph: 724-6660-4496

RHD Inpatient Rehab
ph: 724-508-3993
**Misc. Services available**

**CBS All Access**
free until April 23
W/ code GIFT.

**Planet Fitness** is streaming live, at-home workouts for free on its Facebook page daily at 7 p.m. Est

**Human Society:**
Help with pets
humanesociety.org

**Krisp, an app** that removes background noise from calls, introduced a free tier that gives all users 120 minutes of free noise cancellation per week. The company is also granting unlimited use of the app, for free, to all students, teachers, and hospital and government workers worldwide for the next six months.

**Docusign:**
Free access to Docusign for managing electronic agreements.

**Comcast**
Discount services for low income
https://www.internetessentials.com

**Fios TV customers** will have 30 days of free access to select premium channels including HBO, Cinemax, and Showtime starting on April 1.

**For Verizon wireless and Fios customers,** Verizon is offering up to 60 days of free access to education resources, tools, and games, including Quizlet, Bookful, Epic! and Chegg.

**Medical:**

**UPMC Health Plan (including UPMC for You aka Medicaid)**
waived all copays AND deductibles for the next 90 days (3/11/20-6/11/20) for **UPMCAnywhere Care** — virtual urgent care visits. Wait times are a bit long, but it’s lot easierand safer waiting from home than in an urgent care.
https://myupmc.upmc.com/anywhere-care/
there is also an app on smartphones called UPMC Anywhere Care clients who have access to smartphones can download.

**CVS**
offering free delivery on prescriptions and essential items
https://www.cvs.com/content/delivery
School Districts with links for current updates

Ambridge
www.ambridge.k12.pa.us

Aliquippa
http://www.quippsd.org

Big Beaver Falls
https://www.tigerweb.org

Beaver
https://www.basd.k12.pa.us

BlackHawk
http://wwwbsd.k12.pa.us

Central Valley
http://www.centralvalleysd.org
School Districts with links for current updates

Freedom
https://www.freedomareaschools.org

Hopewell
http://www.hopewell.k12.pa.us

Midland Bourgh
www,midlandpa.org

New Brighton
www.nbasd.org

Riverside
www.riverside.k12.pa.us

Rochester
https://www.rasd.org

South Side
sssd.k12.pa.us

Western Beaver County
www.westernbeaver.org
Educational

Highlights
www.highlights.com

12 Virtual Museum Galleries

List of Education Companies Offering Free Subscriptions
KIDSACTIVITIESBLOG.COM

Microsoft: Free six-month Office 365 E1 Trial, including Microsoft Teams.

Recipes for homecooking
www.foodnetwork.com

WQED (PBS kids)
https://www.wqed.org/education

Amazon Audible
Free digital listening to books
https://stories.audible.com/start-listen

ABCmouse-Free
a learning resource for ages 2 to 8.

Small Sparks, Big Dreams
free lesson for each of seasons 1-4
https://www.smore.com/dj7gu-small-sparks-big-dreams?ref=email
https://www.smore.com/z0h4w-small-sparks-big-dreams?ref=email
https://www.smore.com/hzevf-small-sparks-big-dreams?ref=email
https://www.smore.com/cvb21-small-sparks-big-dreams?ref=email

I don’t think of all the misery, but of the beauty that still remains.
~Anne Frank
Scholastic is offering free, daily online courses on its recently launched “Learn at Home” website for students from pre-K to grades 6 and higher.

Scholastic Learning
All Subjects
www.scholastic.com/learnathome

Scholastic Classroom Magazine
https://classroommagazines.scholastic.com/support/coronavirus.html

Scholastic Classroom Magazine
https://classroommagazines.scholastic.com/support/coronavirus.html

CK-12
all Subjects
https://www.ck12.org/student/

CommonLit
https://www.commonlit.org/

Prodigy
Math
sign in with Google

Lincoln Learning Solutions
https://lincolnlearningsolutions.org/Resources

Newsela
Literacy, All Subjects
google sign in

Freckle
All subjects
Google Sign-In
https://student.freckle.com/#/login

Duolingo
Foreign Languages
https://www.duolingo.com/

Khan Academy
Google sign-in

Lexia
Literacy APP
Login in
Clever
www.clever.com/hasd
Educational Blogs:

Fostering Ela skills at Home
Get Creative with At-Home Science
Practical Math
5 Tips to teach Social Studies at home

All things are difficult before they are easy.

Thomas Fuller
## Addresses

<table>
<thead>
<tr>
<th>Faith Restorations</th>
<th>Church in the Round</th>
</tr>
</thead>
<tbody>
<tr>
<td>186 Wagner Rd</td>
<td>Griffith Street</td>
</tr>
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<td>Monaca</td>
<td>Aliquippa</td>
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</tbody>
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<tr>
<th>Twelve Loaves</th>
<th>Manna House of Prayer</th>
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<tr>
<td>1031 2nd Avenue</td>
<td>2100 Irwin St.</td>
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<tr>
<td>New Brighton</td>
<td>Aliquippa</td>
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<tr>
<th>Central United Methodist</th>
<th>Christ Episcopal</th>
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<tr>
<td>1227 6th Ave,</td>
<td>1217 Third Ave</td>
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<tr>
<td>Beaver Falls</td>
<td>New Brighton</td>
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<thead>
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<th>The Ladle at St. John’s Lutheran Church</th>
<th>Broadcast Street Café</th>
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<tbody>
<tr>
<td>1320 Church St. (Old Economy), Ambridge</td>
<td>464 Franklin Ave</td>
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<td>Aliquippa</td>
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</tbody>
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<tr>
<th>Grace Lutheran Church</th>
<th>First Presbyterian Church</th>
</tr>
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<tbody>
<tr>
<td>393 Adams St</td>
<td>1103 8th Ave</td>
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<td>Rochester</td>
<td>Beaver Falls</td>
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<table>
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<tr>
<th>First Baptist</th>
<th>Salvation Army</th>
</tr>
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<tbody>
<tr>
<td>616 17th Street</td>
<td>414 16th Street,</td>
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<td>Beaver Falls</td>
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<th>Calvary United Presbyterian</th>
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<td>Beaver Falls</td>
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Opportunities to find deeper powers within ourselves come when life seems most challenging.
—Joseph Campbell, author

Allegheny County Resources

The Central Outreach Wellness Center began offering a limited number of covid-19 tests in a drive-by setting.
127 Anderson Street - Suite 101 Timber Court Building Pittsburgh, PA 15212
Phone: (412) 322-4151

Housing Authority working with its residents who may have their working hours reduced due to the COVID-19 crisis. They will perform timely interim adjustments upon receipt of information.

PWSA no shut offs until May 31, 2020 waiving income qualifications criteria. PWSA is beginning to restore service to previous shut off customers. Customers that have their water shut off should request an acct. review and potential service restoration call 412-255-2423

City of Pittsburgh information-
Negotiated by Mayor Peduto-Gas, electric or water (Pittsburgh Water and Sewer Authority, Columbia Gas, People's Gas, and Duquesne Light) will suspend shut offs for residents through May 1st

School Districts

Moon Area
https://www.moonarea.net

NorthGate
https://www.northgatesd.net

Quaker Valley
https://www.qvbsd.org
If you or anyone is in need, please reach out! You are not alone! We are here to help!

Remember:
Some families are focusing on schoolwork.
Some families are focusing on mental health.
Some families are focusing on survival.
Different families have different needs at this time. Let’s be supportive of that.

"Hope is being able to see that there is light despite all of the darkness."
~Desmond Tutu