

# COVID- 19 Resource Guide



**THE PREVENTION  
NETWORK**

270 Ohio River Blvd  
Baden, PA 15005

Website: [thepreventionnetwork.org](http://thepreventionnetwork.org)

Phone: 724-869-2222



# Table of Contents

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

**Coronavirus symptom checker**

<https://c19check.com/start>

**Covid Test Site search**

<https://carbonhealth.com/coronavirus/covid-19-testing-centers?>

[amp=1](https://carbonhealth.com/coronavirus/covid-19-testing-centers?amp=1)

# 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>

TikTok:

<https://vm.tiktok.com/pcnqwm/>

Facebook:

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

Instagram:

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



# THE PREVENTION NETWORK

AND



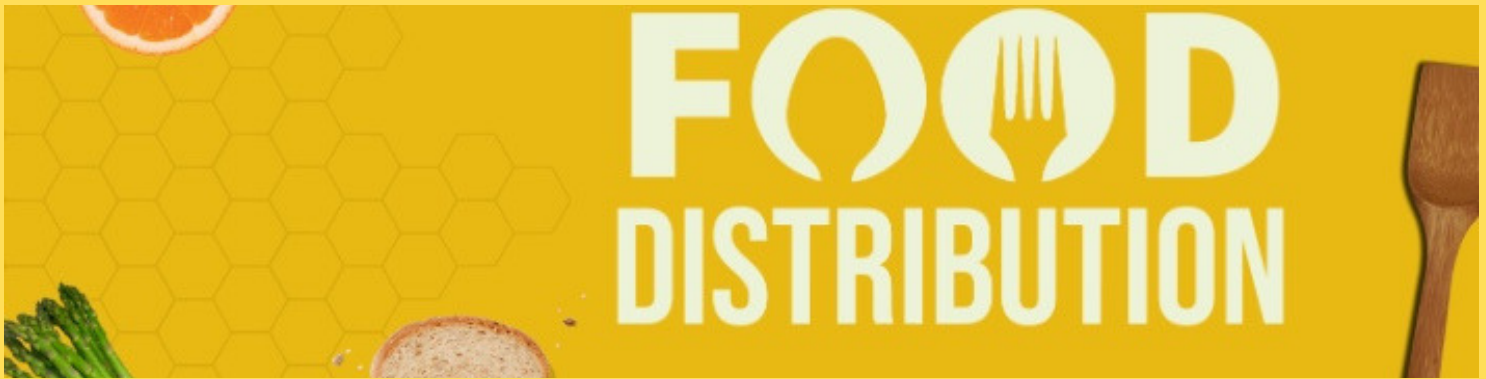
is serving their students virtually.

- virtual classrooms
- virtual counseling
- virtual field trips

## Family Group Decision Making & Family Finding

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





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**

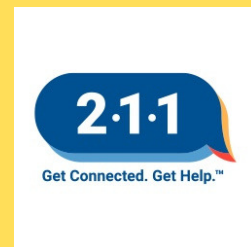
9am-11am Beaver Falls Breakfast Ministry  
9am-10:30am **1st & 2nd Sat:** Central United Methodist  
9am-11am **3rd Sat:** Focus Ministry -St. John Evangelist Orthodox  
9am -11am **4th Saturday:** First Baptist  
9am- 11am **5th Saturday:** Calvary United Presbyterian  
11am-1pm For Freedom Community:  
-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-and-go-sites/>



<https://www.uwp.org/programs/2-1-1/>

**Sheetz's Kidz Meal Bagz program**

[sheetz.com/news/kidzmeals](http://sheetz.com/news/kidzmeals)

use link to locate where you can pick up

**Light of Salvation**

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

**First Baptist Church**

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

**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

**Salvation Army**

Mobiles Services:  
Schedule attached

More  
Food

resources

**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



# Housing & Utility Assistance

## 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.

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*

### 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 household's financial situation before they become delinquent. There are many programs that can possibly 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.

**STAY CONNECTED**  
*with Lifeline Telephone and Broadband Assistance Program*

**1**  
Number of benefits allowed per household

**TO APPLY:**  
Contact Your Service Provider  
Visit [www.lifesupport.org](http://www.lifesupport.org)  
Or Call 1-800-234-9743

**\$7.25**  
Average discount on monthly basic service

Program Discounts		
Effective Date	Voice (Fixed & Mobile)	Broadband (Fixed & Mobile)
12/1/2019	\$7.25	\$9.25
12/1/2020	\$5.25	\$9.25

# State Assistance

PA Unemployment

[www.uc.pa.gov](http://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>

**THE PREVENTION NETWORK**



*"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](http://www.compass.state.pa.us)

**Medical Assistance  
Transportation Program**

Will be limited due to social distancing





<https://www.uwp.org/programs/2-1-1/>

**Hebrew Free Loan Association:**

Call 412.422.8868

<http://hflapgh.org/coronavirusloan/>

**Small Business Administration:**

Loans are available to small business owners.

For assistance contact:

duqsbdc@duq.edu

412.396.1633

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>



## Federal Assistance

**CARES Act**

Student Loans

Defer payments until September 30, 2020

**PA Attorney General**

COVID-19 updates

[www.attorneygeneral.gov](http://www.attorneygeneral.gov)



# Mental Health Resources



## Crisis Service Line Ph:724-371-8060

<http://www.bc-systemofcare.org/test/wordpress/wp-content/uploads/2016/09/What-Can-I-do-If-I-am-in-CRISIS-brochure-rev-4.pdf>

### 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



**CRISIS TEXT LINE |**

**Text PA to 741741  
Free, 24/7, Confidential**

### ASSERT Autism

<https://paautism.org/>

**THE PREVENTION  
NETWORK**

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

### 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](mailto:brendledawn@yahoo.com)**

Rochester

School Based - **email Lori**

**at [bollenl@rasd.org](mailto:bollenl@rasd.org)**



**Center For Community Resources**  
**24/7 Support and Referral Line**  
**1-855-284-2494**  
**TTY 724-631-5600**

## **PMHCA and Youth MOVE PA**

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 Riligio, 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 1pm to 2pm 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>



# Webinars



## **Parent Caregiver Guide to Helping Families Cope with the Coronavirus**

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-ch>

## **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**

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis>

## **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=datatemp-jseorong>

## **Teen Depression**

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

## **Family Stories Depression**

[http://familyaware.org/familyvideos\\_depression/](http://familyaware.org/familyvideos_depression/)





**"Every cloud has a silver lining."  
~John Milson**

- **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/>
- Provides support for people with depression or anxiety. Provides daily check-ins and lessons to help them change some of their thought patterns.

- **Headspace: Meditation**

- 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.aonlinemeeting.net/>

[http://na-recovery.org/Narcotics\\_Anonymous\\_Online\\_Meeting\\_Schedule.html](http://na-recovery.org/Narcotics_Anonymous_Online_Meeting_Schedule.html)

<https://www.recoveryspeakers.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/](http://motherrecovering.com/listen/)

**This Naked Mind:** [thisnakedmind.com/category/podcast/](http://thisnakedmind.com/category/podcast/)

**Recovery Elevator:** [recoveryelevator.com/podcasts/](http://recoveryelevator.com/podcasts/)

**Sober Girl's Guide:** [asobergirlsguide.com/podcast](http://asobergirlsguide.com/podcast)

**That Sober Guy:** [thatsoberguy.com/podcast](http://thatsoberguy.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](http://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 easier and 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](http://www.ambridge.k12.pa.us)

Aliquippa

<http://www.quipsd.org>

Big Beaver Falls

<https://www.tigerweb.org>

Beaver

<https://www.basd.k12.pa.us>

BlackHawk

<http://www.bsd.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](http://www.midlandpa.org)

New Brighton

[www.nbasd.org](http://www.nbasd.org)

Riverside

[www.riverside.k12.pa.us](http://www.riverside.k12.pa.us)

Rochester

<https://www.rasd.org>

South Side

[sssd.k12.pa.us](http://sssd.k12.pa.us)

Western Beaver County

[www.westernbeaver.org](http://www.westernbeaver.org)





**I don't think of all the misery, but of the beauty that still remains.**  
~Anne Frank

# Educational

**Highlights**

[www.highlights.com](http://www.highlights.com)

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

**12 Virtual Museum Galleries**

[www.travelandleisure.com/attractions/museum-galleries/museums-with-virtual-tours](http://www.travelandleisure.com/attractions/museum-galleries/museums-with-virtual-tours)

**Recipes for homecooking**

[www.foodnetwork.com](http://www.foodnetwork.com)

**List of Education Companies Offering Free Subscriptions**

[KIDSACTIVITIESBLOG.COM](http://KIDSACTIVITIESBLOG.COM)

**WQED (PBS kids)**

<https://www.wqed.org/education>

**ABCmouse-Free**

a learning resource for ages 2 to 8.

**Amazon Audible**

Free digital listening to books  
<https://stories.audible.com/start-listen>

**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>



**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](http://www.scholastic.com/learnathome)

**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](http://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](#)







## Addresses

Faith Restorations  
186 Wagner Rd  
Monaca

Church in the Round  
Griffith Street  
Aliquippa

Twelve Loaves  
1031 2nd Avenue  
New Brighton

Manna House of Prayer  
2100 Irwin St.  
Aliquippa

Central United Methodist  
1227 6th Ave,  
Beaver Falls

Christ Episcopal  
1217 Third Ave  
New Brighton

The Ladle at St. John's Lutheran  
Church  
1320 Church St.  
(Old Economy), Ambridge

Broadcast Street Café  
464 Franklin Ave  
Aliquippa

Grace Lutheran Church  
393 Adams St  
Rochester

First Presbyterian Church  
1103 8th Ave  
Beaver Falls

First Baptist  
616 17th Street

Salvation Army  
414 16th Street,  
Beaver Falls

Calvary United Presbyterian  
6th Ave & 11th St.  
Beaver Falls

# Allegheny County Resources

**Opportunities to find deeper powers  
within ourselves come when life  
seems most challenging.**

—Joseph Campbell, author



**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**

## **School Districts**

### **Moon Area**

**<https://www.moonarea.net>**

### **NorthGate**

**<https://www.northgatesd.net>**

### **Quaker Valley**

**<https://www.qvsd.org>**

**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**

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.**

@teachergoals

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

~Desmond Tutu