



## Resources for Families During COVID-19

### Help with Internet Access and Broadband

The Internet First program by RCN is designed to help families and students in low-income households to have reliable and affordable access to the Internet. Visit [www.internetfirst.com](http://www.internetfirst.com) for more information and to apply.

(See reverse side for more resources related to internet access during COVID-19)

### Help with Parenting/Family Life

The Center for Humanistic Change, Inc. (Prevention Coordinator, 610-443-1595)

<https://www.thehc.org/public-online-programs-calendar.html>

Penn State Extension (Denise Continenza, Extension Educator, 610-391-9840)

<https://extension.psu.edu/youth-family-and-health/children-and-families>

<https://extension.psu.edu/programs/betterkidcare/parents-families/explore-engage> (activities for kids)

Lehigh County Dept. of Human Services (Sue Lettera, MSW, Dir. of Integrated Services, 610-782-3201)

<http://www.lehighcounty.org/Departments/Human-Services/Mental-Health/COVID-19-Information-and-Resources>

### Help with Emotional Wellbeing or Substance Abuse

The Center for Humanistic Change, Inc. (Prevention Coordinator, 610-443-1595)

<https://www.thehc.org/public-online-programs-calendar.html>

Penn State Extension (Denise Continenza, Extension Educator, 610-391-9840)

<https://extension.psu.edu/youth-family-and-health/children-and-families/family-resiliency>

## **Help with Emotional Wellbeing or Substance Abuse (Continued)**

Lehigh County Dept. of Human Services (Sue Lettera, MSW, Director of Integrated Services, 610-782-3201)

[Http://www.lehighcounty.org/Departments/Human-Services/Mental-Health/COVID-19-Information-and-Resources](http://www.lehighcounty.org/Departments/Human-Services/Mental-Health/COVID-19-Information-and-Resources)

<https://www.magellanofpa.com/for-providers/communications/provider-announcements/>

## **Help with Feeding my Family**

*Free School Breakfast and Lunch* -for students in WCSD; contact Wayne Walp at (610) 782-0961 or by email at [walpw@whitehallcoplay.org](mailto:walpw@whitehallcoplay.org)

*Snack Pack Pals*- being distributed on 4/23/2020, 5/7/2020, 5/21/2020 at 2 sites- one in Coplay, one in Fullerton. For more information contact Leah Saliby, 484-664-8845

*Whitehall-Coplay Hunger Initiative*, 1080 Schadt Ave, Whitehall Call/text Shari Noctor 610-730-8067, follow Whitehall-Coplay Hunger Initiative on Facebook

*Whitehall Food Pantry*, St Stephen's Episcopal Church, 3900 Mechanicsville Road 18052 Whitehall (484) 246-5715

*Coplay Food Pantry*, Municipal Building, 98 S 4<sup>th</sup> St, Coplay, Jodi (610)-262-0928

## **Additional Broadband Resources**

- FCC agreement stating that providers will waive late fees, not cutoff service for lack of payment, and open hot-spots.
- Comcast COVID-19 response: offers free WiFi for 2 months to low income families plus all Xfinity hot-spots are free to the public during this time
- AT&T COVID-19 response : offers open hot-spots, unlimited data to existing customers, and \$10/month plans to low income families
- Verizon COVID-19 response: no special offers but following the FCC agreement.
- Sprint COVID-19 response follows FCC agreement, provides unlimited data to existing customers, and, starting Tuesday, 3/17/2020, will allow all handsets to enable hot-spots for 60 days at no extra charge.
- T-Mobile COVID-19 response: follows FCC agreement, plus unlimited data to existing customers; coming soon, will allow all handsets to enable hot-spots for 60 days at no extra charge.

