

RESOURCES FOR YOUNG CHILDREN & FAMILIES



*"Shaping our Children's
School Success"*

To get up to date information on resources for food, housing, shelter and clothing; you can visit www.211ct.org or call **1-800-203-1234** TTY: **1-800-671-0737**

2-1-1 has local services, from utility assistance, food, housing, child care, elder care, crisis intervention and much more.

Below is a brief list of resources that are available in the Middletown area.

If you are looking for help that's not listed here or you can't find on 2-1-1, please contact us:

Dawn Dubay, Middletown School Readiness Coordinator: dubayd@mpsct.org

Monica Belyea, Opportunity Knocks, Middlesex Health Family Advocacy:
monica.belyea@midhosp.org

FOOD

MEALS FOR CHILDREN & FAMILIES

Free "Grab and Go" breakfasts and lunches for families (parents and children of any age)

Monday - Friday 9:00AM -1:00PM until school re-opens

Bielefield Elementary School - Front Office Entrance

Macdonough Elementary School - Café Entrance across from parking lot/basketball courts

Snow Elementary School - Front Office Entrance

Spencer Elementary School - Front Office Entrance

- Pick up two days' meals, on Friday you can get meals for the weekend too
- Please take your meals home to eat
- Staff will guide you on social distance guidelines; drive up, do not park your car; a staff person will approach your car/you at the "order table" to get your "order" and bring it out to you.

If you are unable to walk or drive to one of the four sites or if you have any special needs please email MealAssist@mpsct.org

FOOD PANTRIES & SOUP KITCHENS

Amazing Grace Food Pantry: 16 Stack Street, Middletown, (860) 347-3222

Hours: Wednesday and Fridays(only) from 11:00 AM - 4:00 PM.

Families will receive grocery items to take home based on family size.



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FOOD (CONT)

FOOD PANTRIES & SOUP KITCHENS

St. Vincent DePaul Soup Kitchen: 617 Main Street, Middletown, (860) 344- 0097
TO GO (bagged) meals Monday - Saturday 11:00A.M. -12:30 P.M.
The dining room is closed at this time.

Salvation Army: 515 Main Street, Middletown,(860) 347-7493
Monday, Wednesday, and Friday from 9:00 A.M. - 12:00 P.M.

SNAP (FOOD STAMPS)

Supplement Food Assistance Program (SNAP), formerly known as Food Stamps, helps eligible individuals and families afford the cost of food at supermarkets, grocery stores and farmers' markets.

The DSS office is located at 2081 South Main Street Suite B and their contact number is (860) 704-3100.

End Hunger CT - Help with SNAP/Food Stamps: Call their SNAP call center for help with your application 866-974-SNAP (7627) | www.endhungerct.org/snap/

Expensify.org is offering \$50 grants to SNAP recipients until funds run out.
www.expensify.org/hunger

RENT, UTILITIES, FINANCIAL ASSISTANCE

St. Vincent DePaul Middletown (860) 344-0097 - Rental assistance, Operation Fuel, help with Utilities

Community Renewal Team (CRT) Middletown Office(860)347-4465 - CT Energy Assistance Program 860-560-5800

City of Middletown Walter C. Jones Fund (860)638-4830 - help with one time expenses to prevent eviction



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HOUSING

RENT, UTILITIES, FINANCIAL ASSISTANCE (CONT)

Middlesex Coalition on Housing - Low-income Residents ... Are you facing a temporary financial crisis that may result in your losing housing? We take applications for emergency funding. Please contact ann@growstrongct.org or call 860-346-8695 x15.

Connecticut Fair Housing Center COVID-19 Response Program - If you have any questions or concerns about fair housing protection, or believe you have experienced discrimination in housing, please call the Center at (860) 247-4400 or (888) 247-4401 (toll free), or write to us at info@ctfairhousing.org.

Shelter for Single Adults - If you know someone experiencing homelessness, help them to call 2-1-1 (Option 3, then Option 1).

Internet Essentials from Comcast: <https://www.internetessentials.com/>

New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month.

LEARNING AT HOME

Keep things simple! Give yourself a break, we are all doing the best we can! Read to and delight in your child! Take care of yourself and one another with love and compassion!

www.Vroom.org. A free app that provides daily ideas to build children's brains.

Preschool Lesson Plans - <https://www.education.com/lesson-plans/preschool/>

Footsteps2Brilliance - <https://www.footsteps2brilliance.com/>

Action Guides: What Families Can Do To Support Early Learning & Development

<https://www.ct.gov/oec/lib/oec/earlycare/elds/sections/actionguides.pdf>

PBS Learning Media - Bring the World to Your Classroom (or home)

<https://www.pbslearningmedia.org/>

PBS PreK-12 Resources for Emergency Closings - many different lesson ideas for all ages and subjects

https://www.pbslearningmedia.org/collection/emergency-closings-collection/#.XnJNti2ZND0?utm_source=email&utm_medium=&utm_content=&utm_campaign=



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LEARNING AT HOME (CONT)

BPS Virtual Learning Commons - Reading and Listening, Grades K-5, many ebooks and audiobooks are available!

<https://sites.google.com/bostonpublicschools.org/virtualllearningcommons/reading-listening/reading-listening-grades-k-5>

Read, Wonder, and Learn - watch a variety of children's authors read their books aloud

<https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/>

Lunch doodles with Mo Willems - artist in residence

<https://www.kennedy-center.org/education/mo-willems/>

Explore different places from Mars to the Boston Children's Museum from your own home!

<https://docs.google.com/document/d/1G4GaqhjgZAn5-XAnZMeeTsE8tSzIJZPXdnIH8doKdTc/edit>

VIRTUAL FIELD TRIPS

Virtual museum tours - explore galleries and special exhibits:

MoMA - The Museum of Modern Art, NYC

<https://artsandculture.google.com/partner/moma-the-museum-of-modern-art?hl=en>

The J. Paul Getty Museum - Los Angeles

<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

The Louvre- Paris, France

<https://www.louvre.fr/en/visites-en-ligne#tabs>



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COVID-19 UPDATES

State of Connecticut: <https://portal.ct.gov/Coronavirus> Contact 2-1-1 for important health related updates and resources.

Center for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19):

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

Coping with Stress During Infectious Disease Outbreaks: [https://store.samhsa.gov/product/](https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885)

[Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885](https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885)

Myth-buster Factsheets from the World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Middlesex Coalition for Children

<http://www.middlesexchildren.org/>



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OTHER RESOURCES

Talking to Children About COVID-19 (Coronavirus): A Parent Resource: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks: <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Yale Center for Emotional Intelligence – Free E-Learning Tools for Educators Transitioning to Distance Education: http://www.rulerapproach.org/wp-content/uploads/2020/03/eLearning_Tools_Distance_Education.pdf

The Child Mind Institute - https://childmind.org/?utm_source=newsletter&utm_medium=email&utm_content=childmind.org&utm_campaign=Weekly-03-03-20



www.middletownschools.org