



COVID-19 RESOURCES

If you have a cough, fever, or difficulty breathing and are worried you have COVID-19, please call 1.800.962.1253 to speak with a healthcare professional. This call line is available for everyone, regardless of citizenship status. For general information on how to access basic needs in your New Jersey community, call 211 or go to nj211.org.

Si necesita traducir alguna información, use translate.google.com.

Federal Stimulus Check

ELIGIBILITY:

- **Individuals:** Income up to \$75,000/ year, eligible for \$1,200 check
- **Married couples:** Combined income up to \$150,000/ year, eligible for \$2,400 check
- **Head of households:** Income up to \$112,500, eligible for \$1,200 check

Married couples and head of households will receive \$500 per child under age 16.

RECEIVING CHECK:

The government will automatically send the check to you via direct deposit or mail.

- They will use your 2018 or 2019 tax return.
- Make sure you submit your 2019 tax return as soon as possible.
- If you moved recently, make sure the IRS has your correct address (irs.gov/help/telephone-assistance)
- *Be careful of scammers who ask for your personal information. The government will not ask for your information to send you the check.*

Unemployment Benefits

Main unemployment site

myunemployment.nj.gov

Specifics about COVID-19 instructions

bit.ly/3dfBwN8

Apply weekly for unemployment benefits. (They give you a time slot based on last 4 digits of your Social Security Number.)

Food Pantries

Father English Food Pantry

- 435 Main Street, Paterson, NJ
- 973.361.5555

CUMAC

- 223 Ellison Street Paterson, NJ
- Monday to Friday, 11:00 AM–3:00 PM
- Wednesday, 4:00 PM–6:00 PM
- No Saturday distributions

OASIS

- 59 Mill Street, Paterson, NJ 07501
- Lunchtime “grab and go” meals
- Emergency food, baby food, diapers, and wipes
- Monday to Friday, 10:00 AM–2:00 PM
- While supplies last

St. Paul’s Community Food Pantry

- St. Paul’s Episcopal Church, 456 Van Houten Street, Paterson, NJ
- 8:30 AM–11:30 AM

Eva’s Village

- 393 Main Street, Paterson, NJ 07510
- Monday to Friday, 12:00 PM–1:00 PM
- Grab-and-go lunch



Housing Rights

NJ Governor has halted evictions and foreclosures

- Can still be pursued (filed) but not carried out
- Can be carried out as soon as this is over

Governor has urged banks/lenders to “do what they can” but there is no law in place regarding mortgage OR rent payments

- Bank/lender/landlord may be able to work with you/have their own plan in place

Rent, Mortgage, and Bill Extensions

Paterson NJ Rent Assistance

rentassistance.us/ci/nj-paterson

Governor Phil Murphy Statement Regarding Rent Forgiveness

bit.ly/2W0epAn

Immigration Rights

Unfortunately, undocumented immigrant families will not be eligible for the government stimulus package.

For more information:

aila.org/File/Related/20030201aj.pdf

Catholic Charities of Paterson

- Legal Services: 973.279.7100
- 212 Slater Street, Suite 201, Paterson, NJ

International Rescue Committee (IRC) Resources

- Economic empowerment: 646.300.0506
- Legal services: 908.368.1975

Childcare

Childcare is still available for essential workers.

Find licensed child care in your area:

nj.gov/dcf/coronavirus_licensedchildcare.html

Official NJ Government child care website

childcare.nj.gov

Internet Providers

Most major phone and internet providers are providing discounted plans, removing data limits, and/ or waiving late fees. Please check your providers website or call to see if any changes benefit you.

Coronavirus Testing Sites

Call 1.800.962.1253 to speak with a healthcare professional if you are eligible for COVID-19 testing before going to a testing site.

William Paterson University

(Passaic County Residents Only)

- 300 Pompton Road, Wayne, NJ
- 9:00 AM–12:00 PM
- Prescription required
- Up to 500 tests a day, availability may impact hours of operation

Bergen Community College

- 400 Paramus Road, Paramus, NJ
- 8:00 AM–4:00 PM
- Campus lots B&C
- NJ residents, insurance card should be taken if available

Wellness & Coping Tips

Adapted from Eileen M. Feliciano, Psy.D.

- **Try to give everyone the benefit of the doubt.** Cooped up time can bring out the worst in all of us. It's important not to show up to every argument you are invited to and try not to hold grudges.
- **Everyone needs a place to retreat to.** For children, this can be a small corner of a room with a blanket or a pillow where they can go when feeling stressed.
- **Try to lower your expectations and practice self-acceptance.** Accept yourself, your situation and your life. There is no roadmap or precedent for this, we are all doing the best we can in a difficult situation.
- **Remember that children are keen observers of people and environments.** Try to keep alarming news and conversations out of earshot, as best as you can.
- **It's all right to reassure children about their safety and the safety of loved ones.** Maintain routines as best you can and validate feelings. Encourage children to engage in activities such as exercise and deep breathing that help them self-regulate. A child's well-being depends on the well-being of their parents and caregivers. Caregivers must take care of themselves so they have the internal resources to care for others.



- **Notice the good in the world.** Help others. Find something you can control: organize a drawer or closet; draw, watch a move; do a puzzle; read a book.
- **Engage in repetitive left, right movements.** Research has shown that left right movements—walking, running, drumming, knitting, crocheting, coloring, butterfly tapping (cross your arms over your chest and tap right hand on left shoulder and left hand on right shoulder in a slow, easy rhythm) can be self soothing and help us regulate our bodies when we are feeling stressed.
- **Remind yourself that this is temporary and although it is a scary and difficult time, it will pass.** We will return to feeling free, safe, busy, and connected.

Emergency Helplines

PSYCHIATRIC EMERGENCY

- **St. Joseph's Psychiatric Emergency Services**
973.754.2230, 24 hours a day, for Children/Adults

COUNSELING HELPLINE

- **Perform Care, NJ**
1.877.652.7624, 24 hours a day
Please note: Some services are being offered via telephone to reduce exposure to clinicians/psychologists.

- **NJ Mental Health Cares Helpline**
1.866.202.HELP (4357), 8:00 AM–8:00 PM every day
- **2nd Floor Teen Hotline**
If you need someone to talk to and are age 10–24, call or text 888.222.2228 or visit their website at 2ndfloor.org.

SUICIDE PREVENTION HELPLINES

- **National Suicide Hotline**
suicidepreventionlifeline.org
Call line: 1.800.273.8255
En Español: 1.888.628.9454
- **The Trevor Project (LGBTQ suicide hotline)**
thetrevorproject.org, 1.866.488.7386

DOMESTIC/ SEXUAL VIOLENCE HELPLINES

- **New Jersey Domestic Violence Hotline**
1.800.572.SAFE (7233), 24 hours a day/7 days a week
- **New Jersey Coalition Against Sexual Assault (NJCASA) Hotline**
1.800.601.7200, 24 hours a day/7 days a week

The mission of The Phoenix Center, working in partnership with families and community, is to develop the potential of each student with developmental disabilities and those on the autism spectrum ages five through 21 and to provide customized, unique, and individualized programs aligned with the New Jersey Student Learning Standards. Promoting the development of the whole student, we care for, educate, and empower our students and graduates so that they will develop life-centered skills which will prepare them for life beyond the classroom.