

AVAILABLE RESOURCES

During COVID-19 Pandemic

Community Resources for NRCA families as applicable

[The Virginia Department of Social Services](#)

March 25

Emergency benefits will be made available to Virginia SNAP participants during the months of March and April, as part of a provision set forth by the Families First Coronavirus Responses Act of 2020.

Under this provision, The Virginia Department of Social Services will issue the emergency benefits to any household not already receiving the maximum benefits. The emergency benefits will allow the household's current monthly allotment to increase to the maximum allotment for a household of that size as outlined below.

https://www.dss.virginia.gov/files/division/pa/news_releases/2020/Final_Press_Release_-_SNAP_Emergency_Allotment_docx.pdf?fbclid=IwAR0gRQXvlyoC2Of0jXpQRqBI2F-GrKZg9MxJ3_VgYTTcCH1pDmYs6JU4r5A

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM MAXIMUM MONTHLY ALLOTMENTS OCTOBER 1, 2019 TO SEPTEMBER 30, 2020

Maximum SNAP Allotments for 48 States and D.C.

Household Size	48 States and DC
1	\$194
2	\$355
3	\$509
4	\$646
5	\$768
6	\$921
7	\$1,018
8	\$1,164
Each additional person	\$146

Individuals seeking to apply for SNAP benefits may apply online through CommonHelp at



Final_Press_Release
-_SNAP_Emergency.

<https://commonhelp.virginia.gov> or by phone to (855) 635-4370.

Food Assistance Directory for New River Valley is available online:

<https://cfnr.v.org/wp-content/uploads/NRV-Food-Assistance-Directory-10.15.19.pdf?fbclid=IwAR3V04h3iLP1gkBqrrs-JXSXpOVLr-uolxmOZ-0HY6zdkmzSuq6Omj-ojQQ>

Safelink is a government-sponsored program that provides a free cell phone and airtime each month to qualifying customers.

For families with school-age/pre-school children affected by school closures who need internet service, SafeLink via the Lifeline program provides limited free internet service minutes and does not require families to use a new device, they can use a current device (phone, tablet, etc.). Click on link below to apply.

<https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html?fbclid=IwAR17KXiI5XYKpsVyzNL-eSNispnoWjVDLgPQjxn6ZuulhU1f9NO14ledwWU#!/newHome>



#TaxDay is now July 15 for both filing returns AND federal tax payments, regardless of amount owed. Taxpayers do not need to file any forms or call to qualify

for this relief.

See www.irs.gov/coronavirus

Stimulus payment checks: No information available yet, No sign-up needed
Instead of calling, please check back for updates.

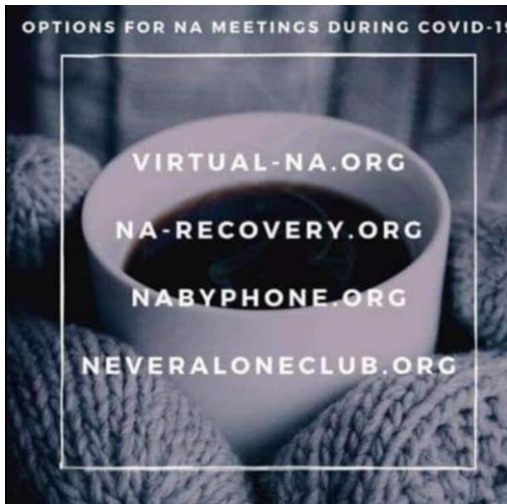
Tax Deadline Changed
The deadlines to FILE and PAY federal income taxes are extended to July 15, 2020.

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Times are tough. Many are feeling more stress now than ever. In response, Carilion's peer recovery specialist program is providing a non-emergency recovery support line for anyone with a **mental health or substance use disorder** every day from 9am-9ap during the COVID-19 crisis.



MENTAL HEALTH & SUBSTANCE USE

RECOVERY SUPPORT LINE



CALL: **540-491-4878**

EVERYDAY: **9:00 AM - 9:00 PM**

*Even if you feel alone, we're with you. Give us a call. We can do this together.
Carilion Peer Recovery Specialists*



Information about the COVID-19 related judicial emergency in Virginia

and what that means for **tenants facing potential eviction**. We encourage you to share this information with any of your constituents or clients who may find it useful. As always, tenants can call 1-866-LEGL-AID with questions about most civil legal issues, including eviction, or can call the Eviction Legal Helpline at 1-833-NoEvict for legal advice related to potential evictions.

Virginia Poverty Law Center



COVID-19 Tenant Rights 23mar2020.p

A message from the health department:

The New River Health District has recently launched a new website to help keep the residents of the New River Valley informed of current health issues. This site is constantly being updated with the latest information including info on Coronavirus (COVID-19). It also has a question portal for interested parties to send in questions and receive a direct response. Please help us spread the word and visit nrroadtowellness.com to learn more.

A message from the The Community Health Center of the NRV:

Both the medical and dental offices are still open!

- If you are experiencing a dental emergency, you may contact the office and a dental professional will evaluate your situation by phone and determine the best course of action.
- If you are experiencing a fever, cough and/or trouble breathing or have been in an area with confirmed COVID-19 cases, please call to obtain information on how to proceed before going to the office.

Visit CHCNRV.org for additional information on their services, updates and COVID-19 protocols. They have offices in Christiansburg, Pearisburg and Dublin.

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Virginia Department of Education Guidance (*ctrl+click link*)

For Parents, Families and Caregivers

The VDOE has created a [COVID-19 Parent Guide for School Aged Children](#) and developed a comprehensive [COVID-19 Resource List](#) for parents, families and caregivers.

Families are adapting to the evolving changes in daily life caused by the COVID-19 pandemic and adjusting to a new normal. None of this easy, and we hope that the following resources will help support families.

- [Talking to Children about COVID-19](#) (*National Association of School Psychologists*)
- [Talking to Young Children about COVID-19](#) (*Zero to Three*)
- [Talking With Kids About Covid-19 Graphics Twitter/Facebook](#) and [Instagram](#) (*NAESP*)
- [Social and Emotional Resources for Parents and Families](#) (*CASEL*)
- [Tips for Parents While School's Out](#) (*CDC*)
- [Strategies for Coping with Stress and Anxiety](#) (*CDC*)
- [Resources for Supporting Children's Emotional Well-being during the Covid-19 Pandemic](#)
- [Regional Food Banks](#) (*Federation of Virginia Food Banks*)
- [Free or Reduced Cost Services](#) (*Social Care Network*)

Child Care for Essential Personnel

Child care for essential personnel is currently permitted under the Governor's order. Additional information can be found on the [Child Care Aware](#) website. Families can also call 866-KIDS-TLC (866-543-7852). The Department of Social Services (VDSS) and the VDOE are working closely together in this effort to support critical members of the workforce and provide safe childcare alternatives for their families. Additional information is available in our [Joint Guidance for Emergency Child Care during Statewide School Closure](#).

Nutrition Services

The VDOE has been awarded a waiver from the USDA to approve waivers to allow school divisions to provide meals in non-congregate settings due to COVID-19. Parents and families can find sites approved for meal service on the [School Meal Finder website](#) (this information is continually updated).

Families can also text "food" or "comida" to 877-877 to learn more about food options near them.

Students Experiencing Homelessness

- [COVID-19 and Homelessness: Strategies for Schools, Early Learning Programs, and Higher Education Institutions](#) (*School House Connection*)

EL and Immigrant Students

- [School Responses to COVID-19: ELL/Immigrant Considerations](#)
- [Online Learning Webinar for ELs: Strategy and Resource Share](#) (part of VDOE's EL Instruction Monthly Webinar Series) April 6, 2020 at 3:30pm
- [What School Closures Could Mean for English Learners](#)

Students with Disabilities

The Virginia Department of Education (VDOE) is working to ensure additional guidance from the U. S. Department of Education (USED) is available to local school divisions. VDOE has issued guidance through our Superintendent's Memo [Addressing the Risk of COVID-19 in Preschool, Elementary and Secondary Schools While Serving Children with Disabilities](#).



NEW! Interested parents can now submit an online application on our webpage! No downloading needed!

It only takes a few minutes to enter information!

<http://newrivercommunityaction.org/nrca-head-start-application/?fbclid=IwAR05a8ak1jIleceXOckVD0VfwbBnAct7V6ViPydx60NRn4Yx8h9VeFR5Q84>

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Virginia Office on Volunteerism & Community Services **COVID-19 Nonprofit Toolbox**

- [Virginia COVID-19 Updates](#)
- [No Kid Hungry School Meal Finder](#) (or text “food” or “comida” to 877-877 to learn more about food options near you)
- [Tips for Healthy Volunteers During the Coronavirus](#)
- [Virginia Department of Health](#) has an up-to-the-minute Coronavirus Disease 2019 (COVID-19) Situation Summary with helpful information on everything from what to do if you are sick to county case totals.
- [Virginia Department of Education](#) has a constantly updated list of resources for parents and students navigating the change in the school year due to COVID-19. Also, check out the latest issue of the [Equity Virginia newsletter](#) for all kinds of helpful links.
- [Virginia Guidance for Community and Faith-Based Organizations](#) and the [CDC Guidance for Community and Faith-Based Organizations](#) both offer information for nonprofits and churches seeking direction on their role at this time.
- [2-1-1 Virginia](#) is a one-stop resource for finding human service needs across Virginia. Visit the website or call 2-1-1 toll free.
- [Virginia Federation of Food Banks](#) features an extensive list of food bank sites across the Commonwealth for your constituents and places to make donations. To deliver meals to seniors in your region, visit <https://seniornavigator.org/program-type/home-delivered-meals>.
- [Virginia Board for People with Disabilities Facebook Page](#) is offering regular updates and advice for individuals with disabilities during this COVID-19 emergency.
- [COVID-19 Symptoms](#) and [Stop the Spread of Germs \(Multiple Languages\)](#) printable flyers are great resources to post at your organization.
- [Ideas for Youth for the Common Good During the Coronavirus](#) details some great ways kids can make a difference now.
- [VolPro.net](#) has published a list of [Tips for Managing Volunteers During a Crisis](#)