

Support Resources During COVID-19 Quarantine

Food Support

- Project Bread-Massachusetts Hunger Helpline 1-800-645-8333
- Grocery Store hours for high risk people: Seniors over 60, Pregnant women, immunocompromised customers
 - Market Basket 5:30-7am
 - Roche Bros. 7-8am
 - Shaw's & Star Market 7-9am (Tuesday and Thursday only)
 - Stop and Shop 6-7:30am- Seniors over 60 only
 - Whole Foods-One hour before the store opens to the public

Communities and Families

- Massachusetts 2-1-1
 - Free state referral service- available 24/7
- Neighborhood Aid Network
 - Serves Brookline, Dorchester, East Boston, Jamaica Plain, Roxbury, Natick, Framingham, Somerville, Medford, Waltham, Western Mass
- Boston Covid-19 Community Care
 - Offers childcare, housing, healthcare resources, financial aid, educational resources, free entertainment
- United Way COVID-19 Family Support Fund
 - Offers grants up to \$2,000 to meet basic needs
- The Southcoast Emergency Response Fund
- Metro West Emergency Relief Fund
 - Feed Framingham COVID-19 Fund
 - The Foundation for MetroWest

Students/College

- Free WiFi from Spectrum
 - Starts March 16th offers 60 day free WiFi to student households without internet access
- COVID-19 College Student Emergency Relief Mini Grants
 - offering racially/ethnically diverse, first-generation, or LGBTQ+ undergraduate students from the Greater Boston Area who have been displaced by COVID-19 a one-time \$100 mini grant. Eligible students can apply through the website.
- Virtual College Tours
 - For prospective students looking at colleges
 - <https://www.youvisit.com/collegesearch/>
- Free Textbooks
 - <https://get.vitalsource.com/vitalsource-helps>

Social Care

- Online Support Groups- Offers emotions group support using ZOOM to help deal with the anxiety around COVID-19
 - <http://www.relationalcenter.org/onlinesupport/>
- Furnished Quarters-offering discounted short-term furnished apartment rentals for \$119 per day (minimum of 10 day stay required) in Boston
- Behind You Emergency Fund- helps food service employees
- Talk Space
 - Online licensed therapy-available via text as well