

# RESOURCES FOR COVID-19



## FAIRFAX COUNTY UPDATES

- [Rights of students with IEPs](#)
- [FCPS Tips for Online Learning](#) – Available in many languages
- [Supporting Return to School \(SRS\)](#) is a new Fairfax County program developed in response to the COVID-19 pandemic and this year’s virtual return to school. The program will provide full-day on-site programming for children in Kindergarten through sixth grade, Monday through Friday, 7:30 a.m. – 6 p.m.
- [Virtual Center for Active Adults Calendar](#)
- [COVID-19 Updates](#)
- [Fairfax County Resources in Spanish](#)
- [Coordinated Services Planning \(CSP\)](#)
- [Community Services Board \(CSB\)](#) – assistance from a distance
- [Department of Family Services \(DFS\)](#) - assistance from a distance
- [Children, Youth and Families \(CYF\)](#) – assistance from a distance
- [Study Buddy Program](#) – tutoring
- [FCPS – Parent Information Phone Lines](#)
- [Fairfax County Health Department](#) – if you have questions email [ffxcovid@fairfaxcounty.gov](mailto:ffxcovid@fairfaxcounty.gov) or call (703) 267-3511 Mon-Fri 9am until 7pm and Sat-Sun 9.30am until 5pm. For text alerts: text **FFXCOVID** to **888777** for English and **FFXCOVIDESP** to **888777** for Spanish
- [County information related to COVID-19 in different languages](#)
- [Office for Children COVID-19 Updates](#)
- [Concerned about a child’s safety?](#) Call the **Fairfax County Child Protective Services** Hotline for advice or to make a report: 703-324-7400, available 24/7
- [Pandemic Electronic Benefit Transfer \(P-EBT\)](#) is a temporary food benefit available in Virginia to families with children who would have received free or reduced-price meals in schools were open. To learn more about P-EBT and how to receive/apply for the benefit click [here](#)
- [Women, Infants and Children \(WIC\) Program](#)
- [Fairfax County YouTube](#)
- [Out-of-School Time Network](#)



## FURTHER RESOURCE LISTS FOR COVID

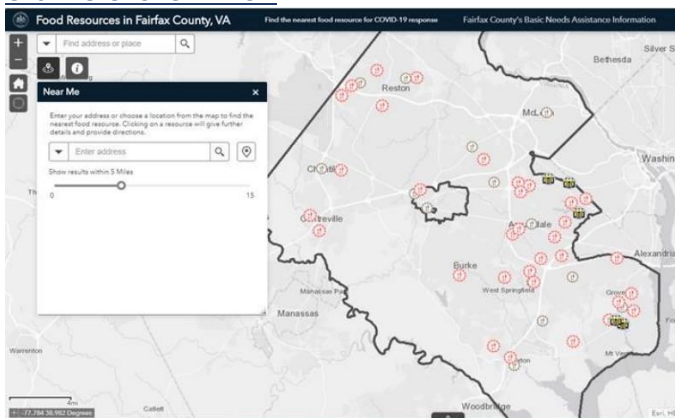
- COVID-19 Testing available in Fairfax – [click here for English](#) – [click here for Spanish](#)
- CDC 10 things you can do to manage COVID-19 at home – [ENGLISH](#) – [SPANISH](#)
- [Phase 3 guidelines for VA](#)
- Collection of resources from [National Network to end Domestic Violence](#)
- Resource list from [Action Alliance](#)
- [Resources for Immigrants during COVID-19](#)
- [Child Welfare Resource Guide](#)
- [Information for ASL users](#)
- [Virginia Department of Social Services](#)
- [DMV’s Response to COVID-19](#)
- [Mark Warner Resource Guide for Seniors and Retirees](#)
- [Mark Warner Resource Guide for Veterans](#)
- [Mark Warner Resource Guide for Native Americans](#)

- [Mark Warner Resource Guide for Immigrants](#)
- [NAMI Resource and Info Guide](#)
- [Northern Virginia Family Services](#)



## **PUBLIC SCHOOLS FOOD RESOURCES** **Fairfax County Public Schools (FCPS)**

- **Meal Kits**  
Fairfax Meal Kits will be offered at several sites (see link for locations), containing seven (7) days of breakfast and lunch items packed in bulk. Meal kits will be available for pick up from 8:00 a.m. - 12:30 p.m. or until supplies are exhausted. All meals are available at no-cost to FCPS students and children eighteen (18) years of age and under
- **Curbside Pickup**  
Breakfast and lunch will be available from 10:00 a.m. - 1:00 p.m. Those interested in picking up the meals are asked to follow the kiss and ride signage for traffic flow at the school. FCPS staff will deliver meals to children and adults while they wait in their cars in the kiss and ride line. ***Walk-ups are still welcome at all sites.*** See the [map](#) to find closest school to you  
Click here for **SPANISH**



- **Grab and go meals/Bus route meal service**  
Fairfax County Public Schools (FCPS) buses are delivering grab and go meals along some bus routes. School buses will stop at designated intersections to deliver these meals.
- **Noteworthy Information:**
  - ◆ FCPS students are welcome to come to any of the sites to pick up a meal during these time periods.
  - ◆ All FCPS students (regardless of age) are eligible for free grab and go breakfast and lunch
  - ◆ Other county children, under the age of 18, can also receive a meal.
  - ◆ Adult meals are \$2. Students must be present to request the meals.

### **Alexandria City Public Schools (ACPS)**

- **Changes to the Food Distribution Program** – Starting 9/8/20  
Only students in preK through grade 12, currently enrolled in ACPS, will be eligible for meals at the distribution and mobile sites

### **Loudoun County Public Schools (LCPS)**

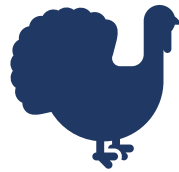
- **Breakfast and Lunch**  
Pick-up meal service from 10a.m. to 1p.m. Click link for locations.

### **Prince William County Public Schools (PWCS)**

- **Breakfast and Lunch**  
To-go meals served at the front door of each location between 9.am and 11.am, see link for more information.

## OTHER FOOD RESOURCES

- [Cornerstones Assistance Services and Pantry Program \(ASAPP\)](#)
- [Food for Neighbors](#) - is a non-profit organization (located in Herndon, VA) helping to feed students who struggle with hunger after school, on weekends, and during school holidays.
- Real Food For Kids/Chefs Feedings Families  
They are collaborating with location restaurants to distribute grab-and-go meals  
Families in need may stop by one of the below locations to pick up a grab-and-go meal, no questions asked. No ID or proof of need required. Family members may pick up meals on behalf of their entire family  
**For more information click [here](#) or see the Real Food For Kids [Facebook](#) Page for updates**
- [Capital Area Food Bank](#) - They have a map showing places in the area offering food donations and at what time.
- [Annandale Christian Community for Action \(ACCA\)](#) – Food Pantry
- [Christ House](#) – Hot meal daily and food pantry
- [FACETS Hot Food Distribution](#)
- [Food for Others](#)
- [Mary's Food Pantry](#)
- [Route One Community Kitchen](#)
- [United Community Food Pantry](#)
- [McLean Bible Church](#)



## HOLIDAY FOOD RESOURCES

- [Britepaths](#) – giftcards for the holidays
- [Cornerstones](#) – Thanksgiving Food Drive
- [Koinonia Food Baskets](#)
- [Facets Food Drive](#)
- [Northern Virginia Family Services](#) – Operation Turkey
- [Lord of Life Lutheran Church](#)



## WIFI RESOURCES

Some of the families we work with do not have internet; see below some resources to obtain low-cost internet that when appropriate you can provide to families during this time. It is essential that the children we serve have internet to be able to continue their schoolwork and communicate with you:

- **Cox Communications** has implemented temporary changes to make the low-cost Connect2Compete broadband program more accessible and more efficient. Click [here](#) for more information.
- **Comcast** is offering free Xfinity WiFi hotspots and waiving caps on data plans. For more information, click [here](#).
- **AT&T** is making all of their public WiFi hotspots open for all and Unlimited AT&T Home Internet available to all customers. Read more [here](#).
- **Verizon extra data**
- **Dominion Energy** suspended all service disconnections related to nonpayment. Read more [here](#).
- **Map of free WiFi Hotspots**
- **Community Internet Access Map - FCPS**
- **SAFELINK** – if eligible you can obtain a phone and sim card
- **FCPS Access to Technology** – list of resources to obtain technology needed for distance learning



## LEGAL SERVICES

- [Northern Virginia Legal Services \(NVLS\)](#) - Nonprofit law firm providing free legal counsel to the region's low income and neediest populations on matters related to the COVID-19 pandemic. [Assisting with a wide range of legal issues.](#)  
Contact your local legal aid, call: 1-866-LEGL-AID  
Contact the Eviction Legal Helpline, call: 1-833-NoEvict
- [Legal Aid Justice Center Resources](#)
- [Virginia Poverty Law Center – help with evictions](#)



## EMERGENCY FINANCIAL ASSISTANCE

- [Eviction Prevention Resources](#)
- [Fairfax County Neighborhood and Community Services](#) If you are facing difficulties - including food, shelter, employment, financial assistance, healthcare and more other needs, please call **Coordinated Services Planning (CSP) 703-222-0880 (8 a.m. to 4:30 p.m. weekdays)**  
Residents can also visit the Human Services Resource Guide (HSRG) at <https://www.fairfaxcounty.gov/hsrg/> an online, searchable guide to available health and human services resources in Fairfax County
- [Fairfax County Rental Assistance](#)
- [Arlington County](#) - Support paying utilities, rent, obtaining food, medical care, prescription medication, dental needs, transportation, eyeglasses and clothing
- [D.C.](#) - Support paying utilities, rent, obtaining food, medical care, prescription medication, dental needs, transportation, eyeglasses and clothing
- [211](#) - Free phone service that can help you find the local resources that you need 24/7
- [Mark Warner Resource Guide for Renters and Homeowners](#)
- [Apply for SNAP, TANF or Medicaid](#)
- [Resources for renters](#)



## FINANCIAL

- [Virginia Housing Homebuyer Education Event – 11/22/20](#)
- **Cornerstones - Mortgage Payment Assistance**  
[Concerned about mortgage payments?](#)  
Cornerstones (non-profit that promotes self-efficiency) are offering individual online sessions to review and address your housing needs. Assistance is available for Homeowners with FHA loans, Conventional Loans with Fannie Mae or Freddie Mac as investors only. To request a counseling session, please do the following:
  - ◆ Request our intake and schedule an appointment by phone at (703) 435 6830
  - ◆ Drop your completed Intake Form with all documents required in copies at:
    - ✓ In-person at Herndon Resource Center – 1086 Elden Street. Herndon VA 20170
    - ✓ By email at [martin.rios@cornerstonesva.org](mailto:martin.rios@cornerstonesva.org)
- [Mark Warner Small Business Resource Guide](#)
- [Social Security Benefits](#) – Updates on The Social Security Administration
- [Financial Support Guide for Virginians](#)
- [Fairfax County Information for Businesses](#)
- [Treasury's Coronavirus Relief Fund FAQ's](#)



## TAXES

- Internal Revenue Service - For information from the IRS click [here](#)
- Real Estate Assessments and Taxes - the county extended the deadline to pay the first installment of [real estate taxes](#) until Friday, Aug. 28. Normally, the first installment is due by July 28. The extension will help homeowners who pay their real estate taxes directly to the county. Many homeowners pay these taxes as part of a monthly mortgage payment. The mortgage company then sends the taxes directly to Fairfax County. Homeowners should contact their mortgage company if they have questions.



## EMPLOYMENT

- [Virginia Career Works](#) (formally known as Skill Source Group) has several centers in the Northern Virginia area to aid with employment. **As of 7/6/20 the Prince William Center is open by appointment only.** All other centers remain closed but after offering virtual support. Click the link for more information about the centers, the services offered and the emails/phone numbers to contact and to make an appointment.
- For instructions on how to file for unemployment, click [here](#)
- To file for unemployment, click [here](#)
- [Low-Interest Loans Now Available](#) for Fairfax County Businesses Impacted by Coronavirus
- [Mark Warner Resource Guide for Recently Unemployed Working Families](#)
- [FAQ from workers regarding COVID-19](#)



## HEALTH/INSURANCE

- [Neighborhood Health](#)
- [HealthWorks for Northern Virginia](#)
- [Health Care Options for the Uninsured](#)
- How to obtain a [Coronavirus test](#)
- Virginia [Medicaid](#) action for COVID-19
- [Pharmacies with no-cost delivery](#)
- **CVS is offering free COVID-19 tests at 6 locations in Fairfax County.** Testing is offered for adults with symptoms and for those with pre-existing medical conditions that put them at greater risk. Test is by appointment only. Appointments must be scheduled online, click [here](#) for English and [here](#) for Spanish
- [Fairfax County Handouts](#) – Coronavirus materials
- [Family Wise – Discounted Prescription Program](#)



## MENTAL HEALTH/SUBSTANCE ABUSE

- **Center for Adoption Support and Education (C.A.S.E)**  
[C.A.S.E.'s](#) tele-mental health services provide families with access to highly skilled adoption competent therapists and psychiatrists without leaving their home.

- Community Services Board (CSB) - [Merrifield Center](#)
- For the suicide prevention text line, text CONNECT to 855-11 or call (703) 527 4077 at any time
- For non-emergency mental health support call (703) 383 8500 Mon-Fri 9am until 5pm
- Northern Virginia Family Service's (NVFS) breadth, depth and scope of services offer the resources and support to ensure that everyone in need, at every stage of life, maximizes their potential and fully contributes to a thriving community. Click [here](#) for more information. [info@nvfs.org](mailto:info@nvfs.org) or (571) 748-2500
- **INOVA Behavioral Health**  
Adult Inpatient & Outpatient and Adolescent Inpatient Admissions: (703) 289-7560  
Child and Adolescent Outpatient Admissions: (703) 218-8500  
Click [here](#) for more information
- Supporting [Survivors' Access to Substance Use Disorder and Mental Health Services](#) During the COVID-19 Emergency
- [10 ways to support your child's mental health](#)
- [Mental Health America – Tools 2 Thrive](#)
- [Mark Warner Resource Guide](#)
- **“Heads Up” and “Talk It Out”** support group for teens between the ages of 14-17 who are working through emotional, mental health and substance abuse challenges. And “Talk It Out” provides support, education and resources of parents and guardians. Thursday's at 6pm – 7pm.
- [NAMI Basics](#) – course for the caregivers of children/adolescents who have been diagnosed with a mental health condition or who are experiencing symptoms
- [Fairfax County Mental Health Resources](#)



## DOMESTIC VIOLENCE

- [Fairfax County Info & Hotline](#)
- [National Sex Assault Hotline](#) (online chat and phone number)
- If it is not safe to talk, text LOVEIS to 22522 for the national domestic violence hotline
- [Teletherapy now offered at Domestic and Sexual Violence Service \(DSVS\)](#)
- [Preventing domestic abuse during COVID-19](#)
- [Safety planning with children during an emergency](#)
- [OAR – Violence Intervention Program](#)
- [Staying Safe at Home](#)
- [Be a support system](#)
- Northern Virginia Family Service (NVFS) [Violence Prevention and Invention Program \(VPIP\)](#)
- NVFS – [IPE Program](#) – Youth Violence



## VIDEOS/PODCASTS

- [Dr. Nadine Burke Harris: Helping Adults and Children With Trauma During The Pandemic](#)
- [The Brain Architects Podcast – Center on the Developing Child at Harvard University](#)
- [Child Welfare Information Gateway Podcasts](#)
- [Unadopted Documentary](#)
- [TED Talk – Why Children Stay Silent Following Sexual Violence](#)



## ADVICE AND GUIDANCE/ARTICLES

- [Restarting and Reinventing School](#)

- ADDitude - [How to Explain Coronavirus to a Child with Anxiety](#)
- Home Schooling - [Learning at home](#) – everything you need in one place
- [Healthy Outcomes from Positive Experiences](#)
- [Educating a child with a developmental disability](#) on COVID-19 and being prepared
- [Talking to kids about the Coronavirus](#)
- [30 Grounding Techniques](#)
- [How to regulate your emotions](#)
- [Sheltering in Place: ACEs-Informed Tips for Self-Care During a Pandemic](#)
- Washington Post - [It's okay to not be okay](#)
- [Washington Post - Aging Out During a Pandemic](#)
- [Trauma is written into our bodies](#)
- [What it is like to be in foster care](#)
- [Community Corner](#)



## **PARENTING/KIDS**

- **Parenting and Navigating the Teen and Tween Years Program**  
Every Tuesday from 10/13 until 12/1, 5pm until 7pm. Click here for [English](#) and here for [Spanish](#)
- [NVFS Family Reunification Program](#)
- [Body Safety Program](#)  
The Body Safety Program is taught FREE of charge in elementary schools, childcare centers, community centers and other group settings for children in Pre-K to sixth grade. It is a school-based program that focuses on building safety skills within the child, preparing them to identify risks such as:
  - ◆ Child abuse
  - ◆ Bullying
  - ◆ Internet safety
- If you are concerned about the wellbeing of a child, contact the Child Protective Services Hotline at (703) 324 7400
- [20 ways to build resilience at home – adults](#)
- [20 ways to build resilience at home – kids](#)
- Parent/Caregiver [Guide to Helping Families Cope](#) With COVID-19
- [Virginia Department of Education Parent Guide for school-aged children](#)
- [We're going to be OK – Children's book](#)
- [Fairfax County Department of Family Services](#) is offering a weekly **Parent Café**, each Monday evening from 7:30pm until 8:30pm. Parents can connect with each other to process through and share different strategies. Also offered in Spanish on Wednesday evenings from 7pm until 8:30pm. Starting 9/10 an African American Culturally Focused Virtual Parent Café will be offered. Thursday evenings starting 9/10/20 from 6pm until 7:30pm  
**To participate, you'll need to register at least 24 hours ahead of time at (703) 324-7720 or [buildingstrongerfamilies@fairfaxcounty.gov](mailto:buildingstrongerfamilies@fairfaxcounty.gov)**
- [Respite to Recharge](#) – 10 hours of free respite care per week for kin caring for relative children



## **DAILY OR WEEKLY BLOGS/ARTICLES**

- [ClickSchooling](#) - brings you daily recommendations by email for entertaining websites that help your kids learn.
- [Kid Friendly D.C.](#) - Blog with daily update, including events in the area and useful anecdotes and ones that just brighten your day

- [Neighborhood Community Services](#) (NCS) – new activities/virtual resources added each Monday
- [Nurture and Thrive Blog](#)
- [Parenting from the heart](#)
- [What do we do all day?](#)



## **FITNESS/MOVEMENT**

- [Planet Fitness](#) – Online Workouts for adults, free daily workouts on facebook live at 7pm ET
- [Go Noodle](#) - Movement videos for children
- [Little Twisters Yoga](#) - Kids Yoga Lesson Plan
- [Sworkit Kid-Friendly Workouts](#) - choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout.
- [The OT Box](#) - movement through play
- [Fluency and Fitness](#) – Helping students exercise their brains and bodies, reading and Math K-2 with exercises after questions. Unlimited access for 21 days
- Smile and Learn – [yoga for kids](#)
- [Activity Works](#)
- [Move to Learn](#)
- [GROOV3Dance](#) – Dances to pop music
- [Little Sports](#) – Exercise videos for children
- [KidzBop](#)