

WELCOME TO THE PROJECT UP-START COMMUNITY RESOURCE GUIDE.
HERE YOU WILL FIND RESOURCES THAT MAY BENEFIT STUDENTS AND
THEIR FAMILIES DURING THESE UNCERTAIN TIMES.

P R O J E C T U P - S T A R T

COMMUNITY RESOURCE GUIDE

DURING THE COVID-19 PANDEMIC



Food

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Community Food Distribution Events

COMMUNITY FOOD DISTRIBUTION EVENTS

Community Food Distribution Events			
Food Distribution Site	Location	Hours of Operation	Dates
1 Manantial De Vida Ministerio Cristiano	454 NW 22 nd Ave. Miami, FL 33127	By Appointment (305) 979-3129	10/7/20
2 Unity Baptist Church	13001 NW 7 th Ave North Miami, FL 33168	By Appointment (786) 486-0898	10/7/20
3 Advanced Achievers Academy	713 W Palm Dr. Florida City, FL 33034	9:00 AM - 11:00 AM	10/7/20
4 Gwen Cherry Park	7990 NW 22 nd Ave. Miami, FL 33147	9:00 AM - 11:00 AM	10/7/20
5 Homestead Air Reserve Park	27401 SW 127 th Ave. Homestead, FL 33032	9:00 AM - 11:00 AM	10/7/20
6 San Lazaro Roman Catholic Church	4400 W 18 th Ave. Hialeah, FL 33012	9:00 AM - 11:00 AM	10/7/20
7 Miami Dade College Medical Campus	1000 NW 20 th St. Miami, FL 33127	9:00 AM - 12:00 PM	10/7/20
8 Notre Dame D'Hall Catholic Church	110 NE 62 nd St. Miami, FL 33138	9:00 AM - 12:00 PM	10/7/20
9 True Gospel	171 NE 166 th St. Miami, FL 33162	11:00 AM - 1:00 PM	10/7/20
10 Homestead Soup Kitchen	105 SW 3 rd Ave. Homestead, FL 33030	12:00 PM - 1:00 PM One prepared meal per person	10/7/20
11 New Life Medical Institute	861 SW 8 th St. Miami, FL 33130	12:00 PM - 4:00 PM	10/7/20
12 Agape Youth Ministries	14622 NW 7 th Ave. Miami, FL 33168	2:00 PM - 3:00 PM	10/7/20
13 Iglesia Bautista Poder de Dios	2816 Sheridan Ave. Miami Beach, FL 33140	2:00 PM - 5:30 PM	10/7/20
14 Sanando las Naciones / Centro AFE	868 SE 12 th St. Hialeah, FL 33010	3:00 PM - 5:00 PM	10/7/20
15 Glory Temple Ministry	7950 NW 22 nd Ave. Miami, FL 33147	By appointment (305) 456-5217 Only for Seniors with urgent need	10/7/20 & 10/8/20
16 North Shore Park & Youth Center	501 72 nd St. Miami Beach, FL 33141	By Appointment Register Online: www.miamibeachfl.gov/food/	10/7/20 & 10/8/20
17 Police Athletic Building	999 1 st St. Miami Beach, FL 33139	By Appointment Register Online: www.miamibeachfl.gov/food/	10/7/20 & 10/8/20

COMMUNITY FOOD DISTRIBUTION EVENTS (CONT.)

Community Food Distribution Events			
Food Distribution Site	Location	Hours of Operation	Dates
18 El Futuro De America Community	830 E 1 st Ave. Hialeah, FL 33010	9:00 AM - 1:00 PM	10/7/20 & 10/8/20
19 Hard Rock Stadium	347 Don Shula Dr. Miami Gardens, FL 33056 Line starts at Gate 5	11:00 AM - 12:00 PM Vehicle queue opens at 9:30 AM	10/7/20 & 10/8/20
20 Curley's House of Style	6025 NW 6 th Ct. Miami, FL 33127	11:00 AM - 2:00 PM	10/7/20 & 10/8/20
21 Bridge To HOPE	10844 SW 188 th St. Cutler Bay, FL 33157	By Appointment Register: https://bridge2hope.net/ By Appointment (305) 246-0357 Open only for urgent needs	10/8/20
22 Cofco	778 W Palm Dr. Florida City, FL 33034	By Appointment (305) 246-0357 Open only for urgent needs	10/8/20
23 Missa Missionary Community Church	14817 W Dixie Hwy. Miami, FL 33191	8:00 AM - 11:00 AM	10/8/20
24 Amelia Earhart Park	401 E 65 th St. Hialeah, FL 33013	9:00 AM - 11:00 AM	10/8/20
25 Loren Roberts Park	627 NW 6 th Ave. Florida City, FL 33034	9:00 AM - 11:00 AM	10/8/20
26 Miami Springs Community Center	1401 Westward Dr. Miami Springs, FL 33166	9:00 AM - 11:00 AM	10/8/20
27 Ministerio Int'l Rey Jesus King Jesus Ministry Tamiami Campus	13850 SW 143 rd Ct., # 9 Miami, FL 33186	9:00 AM - 11:30 AM	10/8/20
28 Culmer Community Resource Center	1600 NW 3 rd Ave. Miami, FL 33136	9:00 AM - 12:00 PM	10/8/20
29 Edison Community Resource Center	150 NW 79 th St. Miami, FL 33150	9:00 AM - 12:00 PM	10/8/20
30 Florida City Community Resource Center	1600 NW 6 th Ct. Florida City, FL 33034	9:00 AM - 12:00 PM	10/8/20
31 Hialeah Community Resource Center	300 E 1 st Ave. Hialeah, FL 33010	9:00 AM - 12:00 PM	10/8/20
32 Miami Gardens / Opa-Locka Community Resource Center	16405 NW 55 th Ave. Miami, FL 33054	9:00 AM - 12:00 PM	10/8/20
33 Naranja Community Resource Center	13955 SW 264 th St. Miami, FL 33032	9:00 AM - 12:00 PM	10/8/20

COMMUNITY FOOD DISTRIBUTION EVENTS (CONT.)

Community Food Distribution Events			
Food Distribution Site	Location	Hours of Operation	Dates
34 Perrine Community Resource Center	17801 Homestead Ave. Miami, FL 33054	9:00 AM - 12:00 PM	10/8/20
35 HOPE Miami Lakes United Methodist Church	14800 NW 6 th Ave. Miami Lakes, FL 33014 Miami Lakes Drive entrance	9:00 AM - 11:00 AM	10/8/20
36 Miami Children's Initiative	1907 NW 60 th St. Miami, FL 33175	10:00 AM - 5:00 PM	10/8/20
37 Betesda Baptist Church	12200 SW 56 th St. Miami, FL 33175	10:30 AM - 12:00 PM	10/8/20
38 Opa-Locka ARC Community Development Corporation	675 Ali Baba Ave. Opa-Locka, FL 33054	11:00 AM - 1:00 PM	10/8/20
39 Worship Center Blessed Ministries	1793 Opa-Locka Blvd. Opa-Locka, FL 33054	11:00 AM - 2:00 PM	10/8/20
40 Covenant Baptist Church	1055 NW 6 th Ave. Florida City, FL 33034	1:00 PM - 4:00 PM One prepared meal per person	10/8/20
41 The Salvation Army Miami Citadel Corps	911 W Flagler St. Miami, FL 33130	4:00 PM - 5:00 PM	10/8/20
42 Gifted Love Family Empowerment	701 S Homestead Blvd. Homestead, FL 33030	4:00 PM - 9:00 PM	10/8/20

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Food Distribution Events

Free Food Distribution events will be taking place at the following location, time, dates:

Address: Everglades Community Association
19316 SW 380th St, Florida City, 33034

Time: 6pm – 8pm

Dates: 10/14/2020, and 11/11/2020

Contact: Eunice Hines at 305-323-3001

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Feeding South Florida FOOD DISTRIBUTIONS

City of Miami Gardens	Calder Casino - 21001 NW 27 Avenue	Miami Gardens	FL	33056	10.5.2020	9:00 a.m. - 11:00 a.m.
City of Miami - Tamiami Park	11201 SW 24 Street	Miami	FL	33165	10.6.2020	9:00 a.m. - 11:00 a.m.
City of Opa-Locka	777 Sharazard Boulevard	Opa-Locka	FL	33054	10.6.2020	9:00 a.m. - 11:00 a.m.

<https://ediblesouthflorida.ediblecommunities.com/things-do/food-giveaways-those-need>

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- **Paradise Christian School & Development Center Food Distribution**

- 6184 W 21st Court, Hialeah, FL 33016, Contact: 305-828-7477
- Monday to Friday from 10-11 am

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- **Salvation Army**, located at 1907 NW 38th Street, is giving out fresh fruits and veggies if you have your own bag and a photo ID.

- Monday to Friday at 9 am
- Food is given to the first 100 people to arrive. Only one family member per household can receive items.

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Farm Share Food Distributions

- **October 6 @ 9 am – 12 pm**
 - Santa Barbara Catholic Church, 6801 W 30th Ave, Hialeah, FL 33018
- **October 7 @ 9:00 am - 12:00 pm**
 - Miami Dade College – Medical Campus Parking Garage, 1000 NW 20th Street, Miami, FL 33127
- **October 10 @ 10 am – 12 pm**
 - Iglesia Bautista Resurreccion, 2323 SW 27th Ave, Miami, FL 33145
- **October 10 @ 9 am – 12 pm**
 - House of the Living God, 13700 NE 10th Avenue, North Miami, FL 33161
- **October 10 @ 9 am – 12 pm**
 - Miami Opa Locka Executive Airport, 15001 NW 42nd Avenue, Opa Locka, FL 33054
- **October 13 @ 9 am- 12 pm**
 - Santa Barbara Catholic Church, 6801 W 30th Ave, Hialeah, FL 33018
- **October 13 @ 9 am – 12 pm**
 - 1898 NW 43rd Street, Miami, FL 33142
- **October 14 @ 9 am – 12 pm**
 - Mana Convention Center, 2217 NW 5th Avenue, Miami, FL 33127
- **October 16 @ 9:00 am - 12:00 pm**
 - Truck Max Homestead, 29020 S. Dixie Hwy, Homestead, FL 33033
- **October 20 @ 9 am – 12 pm**

- Santa Barbara Catholic Church, 6801 W 30th Ave, Hialeah, FL 33018
- **October 24 @ 10 am – 1 pm**
 - Next Level Faith Center, 2275 NW 62nd Street, Miami, FL 33147
- **October 27 @ 9 am – 12 pm**
 - Santa Barbara Catholic Church, 6801 W 30th Ave, Hialeah, FL 33018

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United Teachers of Dade has launched a **“Grab ’n Go Meal locator platform”** at freeschoollunch.info where parents and students can quickly find food distribution centers in their part of the county.

8

Miami-Dade County Parks, Recreation and Open Spaces (Miami-Dade County Parks) has the following **Weekly Food Distribution Sites** at:

Location: Tropical Park Address: 7900 SW 40th St., Miami, FL 33155 Time: 9:00 a.m. Every Tuesday	Location: Homestead Air Reserve Park Address: 27401 SW 127th Avenue, Homestead, FL 33032 Time: 9:00 a.m. Every Wednesday	Location: Amelia Earhart Park Address: 401 East 65th Street, Hialeah, FL 33013 Time: 9:00 a.m. Every Thursday
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- **Drive-Thru Meal Distribution at New Birth Baptist Church**
 - 2300 NW 135th Street, Miami, FL 33167
 - **12 pm, Mondays, Wednesdays, and Fridays**

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- **Opa Locka Drive Thru Pantry**
 - **Every Friday from 9 am-12 pm**
 - Opa Locka Community Development Corporation:
 - 675 Ali Baba Ave, Opa Locka, 33054

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• **SCHOOL MEALS**

Miami-Dade County Public Schools (M-DCPS) will be distributing student meals at **all schools**, beginning Tuesday, September 1, 2020. Grab-and-go breakfast and lunch pick-ups will now take place on **Tuesdays and Thursdays, from 4 p.m. to 6 p.m.** School meals are for enrolled M-DCPS students and adhere to federal U.S. Department of Agriculture requirements. Student ID numbers will be required at all distributions.

On Tuesdays, students will receive two (2) breakfast and two (2) lunch meals. On Thursdays, M-DCPS will provide three (3) breakfast and three (3) lunch meals. Meal items are packaged in their frozen and refrigerated state to be taken home. Home heating instructions for the frozen items are included.

Breakfast is FREE for all enrolled M-DCPS students and lunch is provided based on meal benefit eligibility status:

- There is no charge for students who qualify for free lunch
- Reduced-price lunch costs \$0.40 for all grade levels
- Full-price lunch costs \$2.25 for elementary and \$2.50 for secondary students

Lunch payments must be made online utilizing [PayPAMS.com](https://www.paypams.com). Parents must create a PayPams account to make lunch payments for their child. Cash payments will not be accepted.

Families are encouraged to apply for Free or Reduced-Price Lunch (FRPL), even if they did not qualify in previous years, as their circumstances may have changed. Parents or guardians can apply online by visiting nutrition.dadeschools.net. Complete only one application per household. The information provided on the application will be utilized for the purpose of determining eligibility and may be verified at any time. Applications may be submitted any time during the year.

[Click here](#) for the 2020-2021 informational flyer with additional details about the Free or Reduced-Price Lunch Application.

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Bridge to Hope, Inc. under the leadership of Rev. Vanessa Tinsley, is providing amazing support to those that needed the most through their Food Distribution program – serving 400 families on a daily basis.

They are operating three times per week and clients need to make appointments beforehand. Online registration form: www.bridgetohope.net

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Food Delivery Services

North Miami Beach Free Food Delivery- <https://www.local10.com/news/local/2020/04/24/north-miami-beach-organizes-home-drop-off-food-program/>, call (305) 948-2900

Buddy System- <https://www.buddysystemmia.com/> Volunteers are paired with individuals who are not able to leave their homes to buy their groceries, pick up their medication, etc. There is no fee for their service, but clients must reimburse volunteers for whatever they purchase.

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Miami Beach Emergency Food Resource- Register online at: [Miamibeachfl.gov/food](https://miamibeachfl.gov/food)

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The Black Collective, an organization committed to promoting a shared agenda to elevate political consciousness and amplify the economic power of Black communities; in partnership with the Smile Trust, Inc., and the Miami Climate Alliance are providing **Food and Supply Stipends** for residents on Liberty City and Little Haiti affected by COVID-19.

To apply for assistance please visit: <https://theblkcollective.org/mutualaid>

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Food Rescue Miami

Roost Overtown (@roosterovertown) Days: Monday, Wednesday, and Friday Time: 12:00 p.m. Address: 920 NW 2nd Ave, Miami, FL 33136	Alter (@Alter) Days: Tuesday, Thursday, and Saturday Time: 2:00 pm. (FREE chef prepared meals for frontline heroes, furloughed friends, homeless and food insecure). Address: 223 NW 23rd St, Miami, FL 33127
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Free Kids Lunches at Pollo Tropical from 11 – 12 on weekdays for a limited time. Get a Kids Classic TropiChop Bowl and a bottle of water, no purchase necessary! The child does need to be accompanied by a parent or guardian, though.

18

Free Meals for Kids and Teens

<https://summerbreakspot.freshfromflorida.com/>

19

Grab n go meals at Sant La Haitian Neighborhood Center

MWF 11am-1pm, 13390 W Dixie Highway, North Miami, FL 33161

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Overtown Youth Center is giving out meals at Gibson Park

Tuesday and Thursday at 9 am, 401 NW 12 Street Miami, FL 33128

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Food Rescue US Distribution

Thursdays and Saturdays from 2-4 pm

Clive's Café, 5890 NW 2nd Avenue

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Food Distribution

20-pound boxes of fresh-picked locally grown produce

Every Saturday drive-up food distribution starting at 11 am

Miami-Dade County Auditorium, 2901 W. Flagler Street.

COVID-19 Information

- ***Miami-Dade County Testing Sites***

A list of testing locations and their testing requirements can be found here:

<https://www.miamidade.gov/global/initiatives/coronavirus/testing-locations.page>

- ***FREE COVID-19 Testing for Children and Vaccinations***

The University of Miami Pediatric Mobile Clinic is offering **FREE** COVID-19 testing for children of all ages by appointment. To set up a test, call **305.243.2059**. The mobile clinic is also offering free vaccinations by appointment. To set up the vaccinations call 305.243.6407.

- List of Resources to help individuals struggling due to the coronavirus-- <https://www.axishelps.org/>

Service Centers

North Sites

Liberty City Community Resource Center
2301 N.W. 54 Street • Miami, FL 33142
(305) 756-2830
Kyra King

Edison Community Resource Center
150 N.W. 79 Street • Miami, FL 33150
(305) 758-9662
Linda Taylor

Hialeah Community Resource Center
300 E. First Avenue • Miami, FL 33010
(305) 884-4801
Michelle Rodriguez

Miami Gardens/ Opa-locka Community Resource
16405 N.W. 25 Avenue
Miami Gardens, FL 33054
(305) 623-6500
Michelle Oyetunji

Wynwood Community Resource Center
2905 N.W. Avenue Miami • FL 33127
(305) 547-7661
German Izquierdo

South Sites

Florida City Community Resource Center
1600 N.W. 6 Court • Florida City, FL 33034
(305) 247-2068
Letah Parrish / Olga Torres

Naranja Community Resource Center
13955 S.W. 264 Street • Miami, FL 33032
(305) 258-5471
Rhonda Moses

Perrine Community Resource Center
17801 Homestead Avenue • Miami, FL 33157
(305) 254-5804
Letah Parrish

Monday through Friday
9:00 a.m. - 5:00 p.m.

Miami-Dade County Service Centers for Families in Need

Central Sites

Share Your Heart / Victory For Youth
2400 South Dixie Highway • Miami FL 33133
(786) 362-5870
Luz Oliva / Argel Taylor

Share Your Heart / Victory For Youth
3302 N.W. 27 Avenue • Miami FL 33142
(786) 362-5870
Betty Muller

Accion Community Resource Center
970 S.W. 1 Street, 4th Floor • Miami, FL 33130
(305) 545-2224
Olga Torrens

Culmer Community Resource Center
1600 N.W. 3 Avenue • Miami, FL 33136
(305) 438-4161
Dr. Tangier Scott

Frankie Shannon Rolle/Coconut Grove Community Resource Center
3750 South Dixie Highway • Miami, FL 33133
(305) 446-3311
Helen Miguel

South Beach Community Resource Center
833 6 Street • Miami Beach, FL 33139
(305) 672-1705
Viola Davis

SHARE YOUR  **Victory Youth**

canstruction

facebook.com/shareyourheart.us/

http://victoryforyouth.org/shareyourheart/

M-DCPS Hotlines

M-DCPS Support Lines (Hours of Operation: M-F from 8 a.m. – 4 p.m.):

1. District Emergency Operations Hotline: 305-995-3000

To answer questions from students, parents and other community members about school district-related coronavirus response efforts.

2. Instructional Learning Plan Hotline: 305-995-HELP (4357)

To support students, parents and teachers in engaging in distance learning.

3. Mental Health Services Parent Assistance Line: 305-995-7100

To assist students and their families with mental health support.

4. M-DCPS Employee Assistance Program: 305-995-7111

To assist with wellness support for employees.

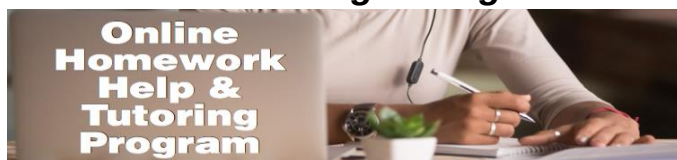
5. Adult and Career/Technical Education: 305-558-8000

To provide information on adult and career/technical distance learning options.

Student and Family Services (Tutoring, Technology Distribution, and Childcare)

1. Tutoring

- **Free Online Tutoring through Miami-Dade County Public Library System**



Register for free virtual tutoring sessions from the library!

Certified teachers are available to provide 30-minute virtual one-on-one tutoring sessions in reading and math for students grades K-12.

A desktop computer or laptop with internet, video and audio capabilities is required.

For more information or to request a virtual tutoring appointment visit www.mdpls.org/tutor or ask library staff for assistance.



The Homework Help & Tutoring Program is funded in part by The Children's Trust. The Children's Trust is a dedicated source of revenue established by voter referendum to improve the lives of children and families in Miami-Dade County.

**Saturdays,
September 12 -
December 19, 2020**

(Excluding November 28 -
Thanksgiving weekend)

9:00 a.m. - 1:00 p.m.

&

1:30 p.m. - 2:30 p.m.
(30-minute sessions)

- **Free Online Peer Tutoring**

Study Buddies of Miami can assist families across Miami-Dade County by providing free peer tutoring on Zoom with high school age volunteers. Assistance is available for students from pre-K - 12th grade.

For more information email studybuddiesofmiami@gmail.com.

- **Remote Programming and FREE Tutoring**

YWCA of Greater Miami-Dade is offering remote youth programming for children in grades K-5. Participants can join Monday through Friday, at 1:15 p.m. for Physical Fitness with Ms. Rae and at 2 p.m. for Story Time with Ms. Bree.

Additionally, the YWCA is offering free remote tutoring sessions. For more information visit <https://calendly.com/ywcatutors>.

2. Enrollment Information

What Your Child Needs For 2020–2021 School Entry

Before entering or attending school in-person or virtually (kindergarten through twelfth grade) each child must provide a *Florida Certification of Immunization* (DH 680 form), documenting the following vaccinations:

Public/Private Schools Kindergarten through Twelfth Grade:

- Four or five doses of diphtheria-tetanus-pertussis (DTaP) vaccine[±]
- Three doses of hepatitis B (Hep B) vaccine
- Three, four or five doses of polio (IPV) vaccine*
- Two doses of measles-mumps-rubella (MMR) vaccine
- Two doses of varicella vaccine†

Seventh Grade:

In addition to kindergarten through twelfth grade vaccines, students entering or attending seventh grade need the following vaccinations:

- One dose of tetanus-diphtheria-pertussis (Tdap) vaccine in grades seven through twelve
- An updated DH 680 form to include Tdap, must be obtained for submission to the school

Need health insurance for your child?

Apply online at www.floridakidcare.org or call 1-888-540-5437 for an application.

FLORIDA KidCare

[±] The fifth dose of DTaP vaccine is not necessary if the fourth dose was administered at age 4 years or older.

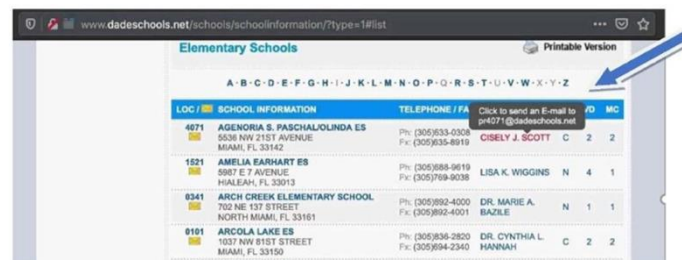
* If four or more doses are administered before age 4 years, an additional dose should be administered at age 4 through 6 years and at least six months after the previous dose. A fourth dose is not necessary if the third dose was administered at age 4 years or older and at least six months after the previous dose.

† Varicella vaccine is not required if varicella disease is documented by the health care provider.

FOR MORE INFORMATION, CALL 1-877-888-7468 OR VISIT WWW.IMMUNIZEFLORIDA.ORG.

3. Mobile Device Distribution Sites

- Parents/Guardians who need a digital device or internet access, contact your school by emailing the principal. Visit dadeschools.net, click School Directory, select school and click on the Principal name to send an email. In the subject selection of email place "Student name/ID" and write "Device Appointment Request."
- Principals will schedule appointments for device pick-up at your child's home school between 11 am and 4 pm, Monday to Friday, to pick up requested device.



LOC	SCHOOL INFORMATION	TELEPHONE / FAX	Click to send an E-mail to principal@dadeschools.net	PD	MC
4671	AGENORIA S. PASCHAL/LINDA ES 5036 NW 21ST AVENUE MIAMI, FL 33142	Ph: (305)633-0306 Fx: (305)633-8919	CIBELY J. SCOTT	G	2 2
1521	AMELIA EARHART ES 5987 E 7 AVENUE HALEMAN, FL 33013	Ph: (305)888-9619 Fx: (305)789-8038	LISA K. WIGGINS	N	4 1
6341	ARCH CREEK ELEMENTARY SCHOOL 702 NE 137 STREET NORTH MIAMI, FL 33161	Ph: (305)992-4000 Fx: (305)992-4001	DR. MARIE A. BAZILE	N	1 1
9191	ARCOLA LAKE ES 1037 NW 81ST STREET MIAMI, FL 33150	Ph: (305)836-2820 Fx: (305)994-2340	DR. CYNTHIA L. HANNAH	C	2 2

4. Childcare Services and Other Info for Young Children

- **The Early Learning Coalition of Miami-Dade/Monroe County** can help parents who are looking for childcare placements for their children. Programs are licensed by the Florida Department of Children and Families and most have sufficient space to accommodate new children.

If a parent needs assistance locating a program near their job or home, they should contact our Child Care Resource and Referral Unit at 305-646-7220. The unit is open M-F from 8-5 pm.

- **YMCA**— will be providing childcare services for kids of first responders, healthcare workers as well as city and county staffers.

5. Stay at Home Parent Help

- ***Virtual Coding Clubs for Girls***

Check out a yearlong weekly coding club for girls starting soon! Website: <https://code-art.com/sign-up/>

Full need-based scholarships are available for students who qualify for free and reduced lunch.

For more information write info@code-art.com.

- ***COVID-19 Disability and School Transition Helpdesk***



- ***Free Online Webinars for Caregivers with Students 2-12 years old***

<https://www.eventbrite.com/o/the-childrens-trust-parent-club-30171085492>

- ***StayHome.Miami***

Parents and caregivers are given useful tips and activities to help them and their children navigate the disruptions to daily lives. StayHome.Miami will help families enjoy their time together while staying safe at home. Resources and activities include read-aloud e-books, free downloadable coloring books, and many other options. Website: <https://www.stayhome.miami/>

- ***Tree of Life Parenting Center***

Due to COVID 19, Tree of Life Parenting Center has opened their doors to all women and their families. Services are free of cost and include pregnancy services, parenting support & education, teen services, and supplying families with maternity and baby essentials.

For more information or assistance contact the center at 305.442.9448 or contact@treeoflifemiami.org.

- ***FREE Learning Resources***

Website: <https://www.juniorachievement.org/web/ja-usa/program-resources>

Library for children: <https://www.mdpls.org/children/children.asp#homeworkhelp>

Library for teens: <https://www.mdpls.org/teens/teens.asp>

YOUmedia Miami: <https://www.mdpls.org/teens/youmedia.asp>

- **Boys & Girls Clubs of Miami-Dade "Virtual Club"**

Boys & Girls Clubs of Miami-Dade are offering "Virtual Club" to all youth ages 5-17. Activities include story time, STEM, arts & crafts, physical fitness, yoga, homework assistance, mentoring, social-emotional learning, "virtual get-togethers" and more.

For information about the "Virtual Club" and how to register your child, email Diana Perez at dperez@bgcmia.org or Franchon Green at fgreen@bgcmia.org.

- **Museum at Home**

The Miami Children's Museum has launched "Museum at Home," an online effort to create exciting and helpful virtual programs available on their website www.miamichildrensmuseum.org and through their social media platforms.

- **Explore Miami Virtually!** Website: <https://www.miamiandbeaches.com/events/virtualmiami>
- **Arsht @ Home-** watch Miami actors perform monologues from your favorite shows and musicals, and more. Website: <https://www.arshtcenter.org/ARSHT-AT-HOME/>
- Enjoy the **Miami-Dade Youth Fair "Fair from Home"** with their online resources and activities. Website: <https://www.thefair.me/seedo-fair-at-home.php>
- **MDPLS E-CARD** <https://www.mdpls.org/library-card/library-card.asp> Sign up to receive an ecard that will give you access to the library's online services, including ebooks, audiobooks, and much more. Your ecard will be replaced with a regular library card when you visit a library location in person.



During these unprecedented times, The Children's Trust Parent Club in partnership with the University of Miami continues its commitment to supporting meaningful family relationships and child development by providing high-quality parenting information and connections to community resources.

At this time, we are offering **free one-hour online workshops** via Zoom in English and Spanish for caregivers of children ages 2 to 12 on the following topics:



The Building Blocks of Positive Parenting

Learn skills to strengthen your relationship with your child as well as improve their behavior through daily play



The Building Blocks of Positive Behavior

Learn principles of calm and effective child behavior management



The Building Blocks of Child Development

Learn about main areas of child development in children ages 2-12

JOIN US FOR A CHANCE TO WIN A \$10 AMAZON E-GIFT CARD!

Visit <http://TCTParentClubUofMiami.eventbrite.com/> to find dates and times for our upcoming online workshops

6. Library Opening Times and Dates

<https://www1.mdpls.org/web services/locator/open>

7. Free Face Masks at Libraries

<https://www.miamidade.gov/releases/2020-07-23-library-free-mask-distribution.asp>

8. Application for Educate Tomorrow

<https://cm2et.neworg.com/Default.asp?PageNum=43>

9. College Virtual Fairs and Workshops



<http://attachmentManagerFiles.dadeschools.net/getFile.ashx?id=fyR~!q8IC/V50via5gOMRGpJRz9IOAO2dluuMR28RWUgfZdMv/WzNBA==&app=AttachmentManager>

Help for Senior Citizens

LOCAL SENIOR Shopping Hours

Publix Tues. & Wed. 7- 8 am	Walmart Tues. first hour of business	TARGET Wed. 8 - 9 am
Winn-Dixie Mon. - Fri. 8- 9 am	COSTCO WHOLESALE Tues. & Thurs. 9 - 10 am	DOLLAR GENERAL Daily, First Hour of Business
BIG LOTS! Daily, First Hour of Business	WHOLE FOODS MARKET Daily 8 - 9 am	THE FRESH MARKET Mon. - Fri. 8 - 9 am

- **3-1-1 Contact Center** – The County's 311 Call Center is connecting senior citizens with food needs to the Emergency Operations Center for assistance.
- **Archdiocese of Miami Elderly Services and Mobile Meal Delivery** – Providing mobile meal delivery program for some 700 elderly clients in South Florida.

Extra Resource Assistance (Health, Food, Rent/Mortgage, etc.)

- Emergency Rental Assistance Program reopened on October 5 and will close Friday, October 16th at 5 pm. The Emergency Rental Assistance Program has reopened for phase two (ERAP2), allowing those struggling to

pay rent due to COVID-19 to apply for up to three months of assistance. Learn more about the program here: <https://www.miamidade.gov/housing/library/erap/erap2-faq.pdf>

- **COVID-19 Relief Fund**

- Link to apply: <https://apply.unitedwaymiami.org/submit>

COVID-19 relief fund available to Miami-Dade County residents

On Thursday, July 16, Miami-Dade County's Board of Commissioners, designated United Way of Miami-Dade to distribute CARES Act relief funds to eligible individuals and families. **The Miami-Dade Pandemic Assistance Program** aims to help support the economic recovery of Miami-Dade communities impacted by the pandemic. United Way of Miami-Dade will accept and process applications from county residents who meet hardship assistance criteria.

The Miami-Dade Pandemic Assistance Program has been established to address the short-term economic disruptions on working families in Miami-Dade County by providing hardship assistance. Funding for this program is provided by Miami-Dade County as a part of the federal CARES Act relief provided to the state of Florida.

The online application will reopen on October 1 at 9 am. Only a limited number of applications will be accepted. Apply for assistance by visiting: <https://apply.unitedwaymiami.org/submit>

Who is eligible:

- Only first-time applicants will be considered
- The program is only open to current residents of Miami-Dade County.
- Applicants who have experienced a significant loss of income, become unemployed, and/or experienced unexpected expenses as a result of the COVID-19 Pandemic.
- The hardship assistance amount will be determined based on multiple criteria including:
 - Household size
 - Household income
- Hardship assistance awards will be up to \$1000 or \$2000 per household subject to eligibility.

Requested supporting materials:

- Proof of Miami-Dade County residency
 - Florida-issued Driver's License or photo ID
 - Substitute form of photo ID (passport, permanent resident card, etc.)
 - Utility bill/statement verifying the applicant's name and address
- 2018/2019 tax returns
 - 2 months of bank statements (if tax returns are unavailable)
- Verification of financial hardship or loss of income (notice from employer regarding employment status)
- Document/image verifying bank account information for an electronic funds transfer (if applicable)

- **Florida Eviction Referral Link:**

- Renters who receive a five-day summons should seek legal advice on how to respond or avail themselves of free tools such as the [Florida Eviction Answer Interview](#), which guides users through the process.
- Link can be found here: <https://jala-docassemble.org/interview?i=docassemble.newevictionanswer%3Adata%2Fquestions%2Fnewevictionanswer.yml#page1>
- Referenced from The Miami Herald, article posted August 20th
<https://www.miamiherald.com/news/business/real-estate-news/article243570437.html>

HOTEL ISOLATION PROGRAM

Open to Miami-Dade County residents who test positive or are at risk of getting exposed to COVID-19 in their household.



To protect multigenerational families from the spread of COVID-19, Miami-Dade County, in partnership with the State of Florida, has set up the Hotel Isolation Program for residents who need temporary hotel rooms to isolate during the COVID-19 pandemic. To make a reservation, residents can call 305-614-1716 between 8 a.m. and 5 p.m. daily.

For more information visit, miamidade.gov/coronavirus and click on Rental and Housing Assistance.



IMMUNIZATION HUBS



ALL students must meet Florida immunization requirements to be in school, whether attending physically, or online.

Below is a list of locations offering FREE immunizations. APPOINTMENTS ARE REQUIRED AT ALL LOCATIONS.

Jesse Trice

Miami Carol City Senior High School
3301 Miami Gardens Drive
Miami, FL 33056
Call 305-693-3057

Saturday, 9/26/2020
10:00 AM – 2:00 PM
Tuesday, 9/29/2020
10:00 AM – 6:30 PM

Miami Northwestern Senior High School
1100 NW 71 Street
Miami, FL 33150
Call 305-693-3057

Wednesday, 9/30/20
10:00 AM – 6:30 PM

Citrus Health Network

Maternal and Child Health Center
551 West 51 Place
Hialeah, FL 33012
Call 786-209-2185

Saturday, 9/26/2020
9:00 AM – 1:00 PM

Miami Lakes Middle School
6425 Miami Lakeway North
Miami Lakes, FL 33014
Call 786-209-2185

Tuesday, 9/29/20
4:00 PM – 7:00 PM
Thursday, 10/1/2020
4:00 PM – 7:00 PM

Immunization Clinics

Health District Center
1350 NW 14 Street
Miami, FL 33124
Call 786-845-0550

Saturday, 9/26/2020
8:00 AM – 2:00 PM

West Perrine Health Center
18255 Homestead Avenue
Miami, FL 33157
Call 786-845-0550

Saturday, 9/26/2020
8:00 AM – 2:00 PM

Borinquen Medical Centers

E. W. F. Stirrup Elementary School
330 NW 97 Avenue
Miami, FL 33172
Call 305-532-4515 ext. 2113

Thursday, 10/1/2020
12:00 PM – 4:00 PM

Ponce De Leon Middle School
5801 Augusta Street
Coral Gables, FL 33146
Call 305-532-4515 ext. 2113

Friday, 10/2/2020
12:00 PM – 4:00 PM

- **Free Vaccinations for Children-** The University of Miami Pediatric Mobile Clinic is offering **FREE** vaccines for all children by appointment. To set up a vaccination, call **305.243.6407**. The mobile clinic is open from **7:30 a.m.-3:30 p.m.**
- **Free Flu Shots-** Baptist Health is offering free flu shots to the community at all 24 urgent care and urgent care express locations. Visit baptisthealth.net/flu for more information.
- **2-1-1 JCS Helpline Services (305.358.HELP)** – Free 24-hour hotline in English, Spanish and Creole. Emergency Hotline for emergency counseling, financial aid, food, domestic abuse assistance and other services — 305-576-6550
- **Axis South Florida** is a one-stop portal to help connect families, individuals and businesses impacted by coronavirus with the resources they need.
- Check **CareerSource South Florida's Facebook page** for updated lists of the top job openings in Miami-Dade.

***Call HOPE, Inc. if you suspect
discrimination in housing.***

There are laws against discrimination in the rental or sale of housing on the basis of:

- | | |
|--------------------|-------------------------|
| ◇ Race or Color | ◇ Age |
| ◇ National Origin | ◇ HIV Status |
| ◇ Religion | ◇ Sexual Orientation |
| ◇ Marital Status | ◇ Gender Identity |
| ◇ Pregnancy | ◇ Gender Expression |
| ◇ Familial Status | ◇ Political Affiliation |
| (as in whether you | ◇ Source of Income |
| have children) | ◇ Ancestry |
| ◇ Disability | ◇ Being a victim of |
| ◇ Sex (Gender) | domestic violence |
| ◇ Veteran Status | |



Miami-Dade: (305) 651-4673

Broward: (954) 567-0545

Assistance for Landlords and Veterans

The Miami-Dade COVID-19 Military and Veterans Housing Assistance Program is designed to help those who are currently serving or have served in the United States Military and are experiencing financial hardship due to the COVID-19 Pandemic - these programs serve active duty, reserve, guard and veterans who reside in Miami-Dade County. It is intended to support veterans and active duty military households to remain self-sufficient and support a strong recovery.

Applications for the program are available at www.miamidadecovidrelief.org.

For more information you can visit: <https://www.miamidade.gov/releases/2020-09-15-phcd-military-veterans-housing-assistance-covid-19.asp> or <https://www.miamidade.gov/releases/2020-09-15-phcd-landlords-and-tenants-relief-covid19.asp>

Or you can contact Colleen Moss at colleen.moss@hagertyconsulting.com

Rental and Utility Assistance

<https://www.miamiherald.com/news/coronavirus/article242260866.html>

HOMESTEAD ONLY: <https://www.cityofhomestead.com/COVIDgrants>

Water Bill Assistance for North Miami Residents

https://www.northmiamifl.gov/DocumentCenter/View/8501/Water-Assistance-Intake-Form-COVID-19-PDF?utm_source=WATER+BILL+ASSISTANCE+PROGRAM+AVAILABLE+FOR+NORTH+MIAMI+RESIDENTS+&utm_campaign=Mar+2014+-+vol+1&utm_medium=email

Rental Assistance for North Miami Residents

The renters' relief program will cover two months of rent for qualified residents who live within the NMCRA boundaries. Applicants must have resided in the city for a minimum of one year, show proof they have lost their jobs or been otherwise impacted by the COVID-19 outbreak, and provide their landlord's information.

Paper applications are available at the Joe Celestin Center, 1525 NW 135th St. Online applicants can email cragrants@northmiamifl.gov

Rental Assistance for Miami Beach Residents

To apply, you must be a U.S. citizen, live in Miami Beach, permanent resident or have legal immigration status and your household must earn no more than 80 percent of area median income, which was \$47,450 in 2019 for a family of one in Miami-Dade County.

Call the Office of Housing and Community Services at 305-673-7491 to schedule an appointment.

Rental Assistance for Hialeah Residents

The City of Hialeah in partnership with Citrus Health Network, is offering mortgage payment assistance to eligible homeowners in the City of Hialeah who have lost income due to COVID. Applicants will need to provide the following: Duplication of benefits agreement signed by all household members, CRF Application, Housing Intake Application signed by all household members 18 years of age or over, Signed Self Certification of income for each household member 18 years of age or over, Resident Income Certification signed by all household members 18 years of age or over, Copy of driver's license, ID or birth certificate for all household members, Copy of past due mortgage or utility bills that you need assistance with (cannot be for time periods before March 1, 2020), Proof of ownership: Fee Simple Deed in applicant's name for homeowners, Warranty Deed, Homestead Exemption, Quit-Claim Deed, Tax Records, or Life Estate, Copy of monthly mortgage payment for homeowners.

Link to apply: <https://zoomgrants.com/gprop.asp?donorid=2295&limited=3039>

Help for Immigrant & Undocumented Workers

- WeCount!'s Immigrant Worker COVID-19 Fund: An emergency assistance fund for immigrant and undocumented workers in South Florida.
- To be eligible, you must:

- (1) live in Miami-Dade County,
- (2) be undocumented or an immigrant,
- (3) have lost your job or suffered cutbacks in hours, and
- (4) have urgent financial need. This fund is exclusively for those who do not qualify for the COVID-19 stimulus check or Florida's re-employment assistance program.

- Contact: Claudia Navarro, (786) 510-6737 or cnavarro@we-count.org

Legal Services and Links

Free Legal Services

Free Legal Assistance & COVID-19

- | | |
|--------------------------------------|---------------------------------------|
| • Landlord/Tenant Issues | • Disaster Assistance Benefits |
| • Reemployment Assistance | • Special Education for Children |
| • Mortgage Foreclosure | • Disability Benefits |
| • Medicaid & Healthcare Access | • Food Stamps/Cash Assistance |
| • Consumer Scams | • Veterans Benefits/Discharge Upgrade |
| • COVID-19 Economic Stimulus Payment | • Garnishment |
| • Homeowners Tricked Out of Title | • Student Loans |
| • Special Education for Children | • IRS Tax Disputes |

For COVID-19 resources and frequently asked questions visit:
www.legalservicesmiami.org/covid-19

INTAKE HOURS



Apply for services online:
www.legalservicesmiami.org



Apply for services by phone:
305-576-0080
Monday & Wednesday 9:00am - 12:00pm and 1:30pm - 4:30pm
Tuesday & Thursday 1:30pm-4:30pm

American Bar Association (ABA) Resources for COVID-19

https://www.americanbar.org/groups/public_interest/homelessness_poverty/covid-19-resources/

Changes to Existing Programs (Food Stamps, etc.)

- **DCF will waive work requirements as a condition to receive program benefits effective immediately.** The temporary relief of mandatory work requirements will alleviate any undue burden during this public health emergency on individuals normally required to participate in these programs with no disruptions to the receipt of cash and/or food assistance benefits.
 - Log into <https://www.myflorida.com/accessflorida/> to check the status of your benefits, report changes, receive information faster, and upload documents.
 - For questions, contact DCF's customer center at 850-300-4DCF or visit their website at <http://www.myflorida.com/accessflorida/>
 - SNAP Benefits help: <https://www.axishelps.org/programs/reimbursement-for-snap-recipients>

Food Stamp recipients in FL can now buy groceries online. More information:

<https://www.local10.com/news/local/2020/04/14/food-stamp-recipients-in-florida-can-now-purchase-groceries-online/>

- SNAP participants are automatically eligible to participate in this program and do not need to apply.
- Walmart and Amazon are the initial participating retailers; work is being done to expand this.

Economic Impact Payments – Check tax return requirements needed to receive an economic impact payment; low-income taxpayers, senior citizens, Social Security recipients, some veterans and individuals with disabilities who are otherwise not required to file a tax return will not owe tax.

- Taxpayers can check the [IRS.gov](https://www.irs.gov) tool – [Do I Need to File a Tax Return?](https://www.irs.gov/irb/2020-04/01/revproc/2020040101.html) – to see if they have a filing requirement.
- Tax filing and payment deadlines for individuals extended to July 15

Unemployment Benefits Paper Application Pickup

Miami-Dade Public Library System to provide Reemployment Assistance Applications at 26 library locations.
Printed copies will be available in English, Spanish and Creole

Unemployment applications will be available for pickup at tables outside the library entrances from 8 a.m. – 7 p.m. seven days a week until further notice. Residents can take the application home to fill out and then return it in the sealed envelope by dropping it off in the library location's book drop or at any [CareerSource South Florida](#) location. Applications will be picked up from the book drops every day and delivered to CareerSource South Florida where trained staff will send them securely overnight to DEO in Tallahassee for processing. Residents can also download and print a [copy of the application](#) from DEO's website and return it to any participating library's book drop.

The **26 library locations** where residents can pick up an application can be found here:
<https://www.mdpls.org/reemployment-assistance/>

Residents may also call 305-375-2665 to find their nearest library location providing the printed applications. CareerSource South Florida is available to provide assistance with completing the application by calling 305-929-1547.

For the latest COVID-19 updates, information and resources, visit www.miamidade.gov/coronavirus.

Employment Opportunities

- **M-DCPS Job Openings**
 - <https://www.hrdadeschools.net/Employment/>



EMPLOYMENT ALERT
The City of Miami Opportunity Center are seeking qualified candidates for the following positions:

*** Now Hiring ***

The City of Miami Department of Human Services / Opportunity Center Division is calling all City of Miami residents to apply to our current employment opportunities. We are diligently working with employers who are currently hiring during these challenging times.

Seeking qualified candidates for the following positions:

- Licensed Electrician • Security Guard Class D or G • Warehouse Workers • Forklift Operators • Stockers • Delivery Drivers • Correctional Officer • HHA, CNA, LPN, RN & Paramedic • Operations Assistant Manager • Pilot/Boatman • Freight Team Associate • Store Associate • Pharmacy Technician • Welder • Landscaper • Assembler Laborer • Maintenance Workers • Crew Members • Sales Supervisor • Inventory Specialist • Backroom & Receiving Associates • Cart Attendant • Janitorial • Cashier • Call Center Representatives

Please send your resume and include the position you are applying for to:
The City of Miami Opportunity Center
OpportunityCenterInfo@miamigov.com
From entry-level opportunities to more experienced positions available!



Miami Community Ventures Program
UNEMPLOYED & NEED HELP FINDING A JOB?

We will work to match you with jobs, provide you with success coaching to ensure you're successful in the role and give you wraparound support services in the areas of transportation, job training, child care, education and social services.

MUST MEET THE FOLLOWING CRITERIA

- Live in Miami-Dade County
- Looking for a job

SUBMIT YOUR RESUME TODAY
www.miamicommunityventures.org mjc.org/mcv kishah@olcldc.org

Mental and Physical Health Services

- US House of Representatives and the Federal Communications Commission (FCC) have taken new steps to designate the **9-8-8** number for the Suicide Hotline to make it easier to call.
- ***New Life Medical Resources***



On behalf of New Life Resources Inc, Dade and Broward County School Partners, we would like to introduce to you several resources that are available to the parents, students, and the community.

We have three (3) Pediatrics Medical Doctor's office, and several medical facilities available to provide Medical Care to students, adults, and senior citizens. We also have a EMERGENCY 24 HR.HOTLINE available to assist students,adults,and seniors.

We are an ACCESS PARTNER of the Department of Children and Families and Florida Kid Care. As an ACCESS PARTNER, we are able to assist parents with the application process for Medicaid, Medicare, and SNAPs (Food Stamps). Medicaid available for new non-citizens under 18 yrs old.

- Services after school hours (by appointment ONLY)
- IMMUNIZATION SERVICES
- ACCESS to the food pantry
- Assistance with temporary shelter
- Family Restoration Program
- Utility payment such as lights upon eligibility
- Teen Pregnancy
- Mental Health Services available
- Mentoring Program for Fathers and the Youth
- IMMIGRATION Services
- Drug Addiction Services available
- Job Placements, Home Based Cable Business
- 1st Time Home Buyer program available and rentals
- Extra Curriculum Program for the Youth.

Notary • Tax Preparation • Credit Restoration • Financial Advisor
Business Start Up • Insurance • Pediatrics • OBGYN
Internet, TV & Radio

For more information, please contact us at the telephone numbers listed below:
Lawrence Hall - Director of Outreach Communities
786-865-2889 Email: Lhall276@gmail.com
Beverly Woodson - Assist. Director 386-292-9707

• ***Free Telehealth Services through Meraki Wellness & Healing***

Meraki Wellness & Healing, Inc.'s team of licensed mental health clinicians are providing mental health checkups via telehealth services for free. The team will provide support counseling to all ages. This service is also available to Spanish speakers. Treatment focuses on stress reduction and meditation techniques.

For more information email cvazquez@merakiwellnesshealing.com or call 786.536.4420.

• ***Free Telehealth Services through the Institute for Child and Family Health***

The Institute for Child and Family Health (ICFH) provides mental health services including Individual/family therapy and psychiatry for children and adolescents in Miami Dade County. The institute accepts most Medicaid HMO's and has funding for children of low-income families who do not have insurance. ICFH also provides individual/family therapy and psychiatry services for adults who have Medicaid.

For more information call 305.274.3172 or write Referrals@icfhinc.org to make a referral.

• ***National Alliance on Mental Illness Miami-Dade Groups Now Available Online***

NAMI Miami-Dade Support Groups have transitioned to online and by phone. Support Groups are available in both English and Spanish for either individuals with mental health conditions or for their family members/caregivers. NAMI Basics is now available for parents/caregivers of children under the age of 21 with a mental health condition. Details can be found online at NAMIMiami.org.

- ***Florida Blue*** – Offering free, bilingual, emotional support from licensed clinicians in Florida to all Floridians including those who do not have insurance or have coverage with another health plan.
 - 24-Hour Toll-Free Helpline at [833-848-1762](tel:833-848-1762)
- ***National Disaster Distress Helpline*** offers emotional support and ability to speak to a trusted healthcare provider for any medical concerns 24/7. [1-800-985-5990](tel:1-800-985-5990) or text [TalkWithUs](https://text.talkwithus.org) to 66746
- ***Baptist Care On Demand*** – Baptist Health South Florida is offering FREE online urgent care visits for a limited time using the code CARE19.

Free services to help families increase communication and strengthen their relationship

Available to **Hispanic families** with an **LGBTQ child ages 12 - 21**



We provide guidance and support to reduce your child's health risks

The Family Acceptance Project is working with researchers at UM to provide **free services**

Want to learn more?

Call or write us at (305) 204-5399 or UMfamilyacceptance@gmail.com

Servicios gratuitos para ayudar a familias a incrementar la comunicación y fortalecer su relación

Disponible para **familias hispanas** con un/a joven **LGBTQ de edad 12 - 21**



Nosotros ofrecemos guía y apoyo para reducir los **riesgos de salud** de su hijo/a

El Proyecto de Aceptación Familiar está trabajando con investigadores de UM para proporcionar **servicios gratuitos**

¿Quiere saber más?

Llame o escribanos al (305) 204-5399 o UMfamilyacceptance@gmail.com

• **Mobile Health Clinics- FIU**

Mobile Health Center

Locations and Schedule

Monday
Royal Country
5555 NW 202nd Terrace
Miami, FL 33055

Tuesday
Pentecostal Tabernacle Church
651 NW 183rd Street
Miami Gardens, FL 33169

Wednesday
North Miami Beach Library
1601 NE 164th Street
North Miami Beach, FL 33162

South Miami Children's Clinic
6701 SW 58th Place
South Miami, FL 33143

Thursday
Palm Springs Methodist Church
5700 W 12th Avenue
Hialeah, FL 33012

SERVICES

- Primary medical care: routine physicals, well-care, and adult vaccinations
- Disease management and screening for diabetes, high blood pressure, cancer, asthma, obesity, high cholesterol, and other conditions
- Health education and wellness: nutrition, oral health, exercise, and other programs
- Women's health services
- Family planning services and pregnancy testing

We will soon have pediatric services. If you need prenatal care, we will make a referral and also continue caring for other areas of your health. If you need a service that we do not have, we will work hard to find it for you.

COST

- You do not have to pay for services at the Mobile Health Center.
- You may have to pay for services at other health providers, but we will explain this to you before you go for the appointment.



FIU | Herbert Wertheim College of Medicine
Green Family Foundation NeighborhoodHELP™

Mobile Health Center

Mobile Health Center
For appointments/information:
305.348.1379
To send a fax:
305.348.1494

• **NeighborhoodHELP Program- FIU**

Through the Neighborhood HELP program, medical students are immersed in the community as members of interprofessional teams, which include nursing, social work, and physician assistant students, with education and law students available per each household's identified needs. During household visits—which continue over three years—students take comprehensive patient and household histories, develop care plans to improve the health and quality of life of household members – it allows the students to understand how peoples routines and way of life affects their health while providing quality health services to those households.

For more information visit: <https://medicine.fiu.edu/about/community-engagement/green-family-foundation-neighborhoodhelp/index.html> or contact Mr. Samuel Hyppolite at: shyppoli@fiu.edu

Referral Form:

<http://attachmentManagerFiles.dadeschools.net/getFile.ashx?id=IRIk5rN09HftT6eAL8jDhwON9C7QEA4q/UsMSSFgiGUvcB18ZjE0dNj6PoWmG6Om&app=AttachmentManager>

• **Coronavirus Anxiety Assistance**

Care for Your Coronavirus Anxiety Website (features: ask an expert on how to take care of your mental health; free meditations; a curation of reliable, accessible articles to help you take care of your mental health and more): <https://www.virusanxiety.com/>

• **Mental Health Resource Guide**

<http://attachmentManagerFiles.dadeschools.net/getFile.ashx?id=60h1zfVzvEWohWvddm6HmegfSPI~!iqlNVj~!n7Q0GV~!DuYj7B5H7CVw==&app=AttachmentManager> *****

Free Delivery for Prescription Medications

FamilyWize – Prescription Savings- Steps to help coordinate at home delivery of prescription medications:

- Call the FamilyWize toll free number at 800-222-2818
- A FamilyWize team member will work with you and your local participating pharmacy to arrange and schedule delivery to your home
- Ask your pharmacist to apply your FamilyWize card number to receive a discount on your prescription
- Learn more about the savings FamilyWize offers, please visit FamilyWize.org or download the free [FamilyWize mobile app](#).

Covid-19 Information

Any patient experiencing serious symptoms of COVID-19 can seek emergency treatment at any hospital emergency room, including any Jackson facility. To prevent the spread of COVID-19, visitation is suspended for most patients at most facilities, and Jackson encourages the use of phone calls, electronic messages, and videoconference. Watch a video from Jackson's leadership.

1.) Apple – COVID 19 Screening Tool

Apple, Inc. released a website and an iOS app that will allow users to screen themselves for COVID 19 symptoms. Both tools were developed in partnership with the Center for Disease Control (CDC), the White House COVID 19 task force, and the Federal Emergency Management Agency (FEMA).

The app and website include a questionnaire and information about the coronavirus – Apple will not be collecting or storing users answers to the questionnaire, though it will collect anonymous information about usage of the tool. The screening tool does not require an Apple account.

More information about this tool can be found: <https://www.cnn.com/2020/03/27/tech/apple-coronavirus-website/index.html>

2.) Google – Educational Coronavirus website

The website, [google.com/covid19](https://www.google.com/covid19), is "focused on education, prevention and local resources. People can find state-based information, safety and prevention tips, search trends related to COVID-19, and further resources for individuals, educators and businesses".

More information about this tool can be found: <https://www.cnn.com/2020/03/21/politics/google-coronavirus-information-website/index.html>

FRIEND, Inc. –

3.) **COVID 19 Frequently Asked Questions**

1. What is Coronavirus?

Coronaviruses are a type of virus. There are many different kinds, and some cause disease. A newly identified type has caused a recent outbreak of respiratory illness now called COVID-19.

2. How is COVID-19 Spread?

COVID-19 can be passed from person to person through droplets from coughs and sneezes. The spread of this new coronavirus is being monitored by the Centers for Disease Control (CDC), the World Health Organization and health organizations like Johns Hopkins across the globe.

3. How is this new Coronavirus spread to humans?

COVID-19 appeared in Wuhan, a city in China, in December 2019. Although health officials are still tracing the exact source of this new coronavirus, early hypotheses thought it may be linked to a seafood market in Wuhan, China. Some people who visited the market developed viral pneumonia caused by the new coronavirus. A study that came out on Jan. 25, 2020, notes that the individual with the first reported case became ill on Dec. 1, 2019, and had no link to the seafood market. Investigations are ongoing as to how this virus originated and spread.

4. What is the incubation period for COVID-19?

It appears that symptoms are showing up in people within 14 days of exposure to the virus.

5. What are the symptoms of COVID-19? COVID-19 symptoms include:

☐ Cough, ☐ Fever, ☐ Shortness of breath

In rare cases, COVID-19 can lead to severe respiratory problems, kidney failure or death. If you have a fever or any kind of respiratory difficulty such as coughing or shortness of breath, call your doctor or a health care provider and explain your symptoms over the phone before going to the doctor's office, urgent care facility or emergency room. Source: John Hopkins Medicine Here are suggestions if you feel sick and are concerned you might have COVID-19. If you have a medical emergency such as severe shortness of breath, call 911 and let them know about your symptoms.

6. How is COVID-19 diagnosed?

Diagnosis may be difficult with only a physical exam because mild cases of COVID-19 may appear similar to the flu or a bad cold. A laboratory test can confirm the diagnosis.

7. How is COVID-19 treated?

As of now, there is not a specific treatment for the virus. People who become sick from COVID-19 should be treated with supportive measures: those that relieve symptoms. For severe cases, there may be additional options for treatment, including research drugs and therapeutics.

8. Does COVID-19 cause death?

As of Apr. 1, 2020, 43,288 deaths have been attributed to COVID-19. However, 184,771 people have recovered from the illness. This information comes from the Coronavirus COVID-19 Global Cases map developed by the Johns Hopkins Center for Systems Science and Engineering.

9. Is this coronavirus different from SARS?

SARS stands for severe acute respiratory syndrome. In 2003, an outbreak of SARS started in China and spread to other countries before ending in 2004. The virus that causes COVID-19 is similar to the one that caused the 2003 SARS outbreak: both are types of coronaviruses. Much is still unknown, but COVID-19 seems to spread faster than the 2003 SARS and also may cause less severe illness.

10. How do you protect yourself from this coronavirus?

It's crucial to practice good hygiene, respiratory etiquette and social distancing. Source: John Hopkins Medicine

4.) How long can the virus that causes COVID-19 live on surfaces?

1. How worried should we be about our risk of becoming infected simply by touching something an infected person was in contact with days ago?

What's getting a lot of press and is presented out of context is that the virus can last on plastic for 72 hours. But what's more important is the amount of the virus that remains. It's less than 0.1% of the starting virus material. Infection is theoretically possible but unlikely at the levels remaining after a few days. While the New England Journal of Medicine study found that the COVID virus can be detected in the air for 3 hours, in nature, respiratory droplets sink to the ground faster than the aerosols produced in this study. The experimental aerosols used in labs are smaller than what comes out of a cough or sneeze, so they remain in the air at face-level longer than heavier particles would in nature.

2. What is the best way I can protect myself, knowing that the virus that causes COVID-19 lives on surfaces?

You are more likely to catch the infection through the air if you are next to someone infected than off a surface. Cleaning surfaces with disinfectant or soap is very effective because once the oily surface coat of the virus is disabled, there is no way the virus can infect a host cell. However, there cannot be an overabundance of caution. Nothing like this has ever happened before. The CDC guidelines on how to protect yourself include: □ Clean and disinfect surfaces that many people come in contact with. These include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Avoid touching high-contact surfaces in public. □ Wash your hands often with soap and water for at least 20 seconds immediately when you return home from a public place such as the bank or grocery store. □ When in a public space, put a distance of six feet between yourself and others. □ Most importantly, stay home if you are sick and contact your doctor. There has been speculation that once the summer season arrives and the weather warms up, the virus won't survive, but we don't yet know if that is true.

3. Does the weather or indoor temperature affect the survival of the COVID-19 virus on surfaces?

There is no evidence one way or the other. The virus's viability in exposure to heat or cold has not been studied. But it does bear pointing out that the New England Journal of Medicine study was performed at about room temperature, 21-23 degrees Celsius.

4. How does the virus that causes COVID-19 compare with other coronaviruses, and why are we seeing so many more cases?

SARS-CoV-2 behaves like a typical respiratory coronavirus in the basic mechanisms of infection and replication. But several mutations allow it to bind tighter to its host receptor and increase its transmissibility, which is thought to make it more infectious. The New England Journal of Medicine study suggests that the stability of SARS-CoV-2 is very similar to that of SARS-CoV1, the virus that caused the 2002-2003 SARS global outbreak. But, researchers believe people can carry high viral loads of the SARS-CoV-2 in the upper respiratory tract without recognizing any symptoms, allowing them to shed and transmit the virus while asymptomatic.

5.) How families and roommates can effectively self-quarantine, self-isolate

As a result of the widespread and rapid contagious rate of the novel coronavirus (COVID-19) we have been asked to stay safe at home, while practicing social distancing when out getting essential goods (food, medicine, etc.). Some of us are faced with the reality that members of our household have been labeled as essential personnel (doctors, nurses, cashiers, janitors, delivery workers, etc.) which continue to attend their place of work and interact with others to keep the most essential services up and running during this challenging times. The researchers at John Hopkins University have developed this FAQ regarding how families and roommates can effectively self-quarantine, self-isolate if the need presents itself.

Here are the recommendations:

1. What is the difference between self-quarantine, self-isolation, and social distancing?

Self-quarantine is staying in place, either at home or elsewhere, for fourteen days because you have been exposed to someone who has tested positive for COVID-19. Self-isolation would be isolating within the house after you start showing symptoms of COVID-19. Social distancing is a response in which people remain home and distant from others (such as by refraining from shaking hands or hugging or going to the store at off hours), without any known exposure to the virus, to limit possible transmission to or from others.

2. What are the signs or symptoms that someone should self-isolate? When can the self-isolation end?

If you do develop symptoms, like a fever, cough, or shortness of breath, that is when you would need to self-isolate at home, away from other household members. If you develop these symptoms, contact your medical provider but stay home as long as those symptoms are manageable (like you would for a normal cold or flu). If you have severe shortness of breath or if symptoms suddenly get worse, that is when you should seek out medical care. According to CDC guidelines, individuals with COVID-19 symptoms should self-isolate until their symptoms have resolved and it has been at least seven additional days since symptoms first appeared to ensure they are no longer contagious.

3. What is the safest way to self-isolate one person within a larger household?

If you can have a separate space for the sick person—a space where they can access the restroom without traveling through common spaces—that would be best. Those who are caring for loved ones who are sick at home should wash their hands frequently, avoid close contact as much as possible, and have the sick individual wear a surgical or procedure mask to prevent droplets spreading through the air. It is also important to clean frequent- or high-touch surfaces, as well to clean clothes in very hot water. Caregivers should also wear a mask.

4. In households that are not able to accommodate these suggestions, what else can be done to limit transmission at home?

If you're not a caregiver, maintaining six feet of distance and washing your hands frequently are the main steps, along with cleaning surfaces often. If you are a caregiver, it's certainly tougher. You should wear a mask if possible and follow the other guidelines of handwashing and cleaning clothes and surfaces frequently.

5. How can parents and other caregivers help children and dependents who are unable to follow the recommended advice (like washing hands and not touching your face), particularly if they need to be self-isolated?

It's very hard to stay away from kids, especially when they're ill and need care and comfort. If possible, main caregivers should be those who are not at high risk from COVID-19, meaning those not over age sixty or with underlying health issues. Other than that, it's important to take the normal precautions in terms of handwashing and cleaning, but it is much more difficult with children.

6. How much can caregivers rely on childcare alternatives (relatives, neighbors, babysitters) in this moment?

In general, it's important to keep the circle smaller. At the moment, not exposing yourself to many additional people is best. Healthcare workers, people with critical jobs, and hourly employees who have to work will need to rely on childcare providers. In those situations, you may ask someone you know and trust, and who is reliable in taking the social distancing rules seriously. If possible, childcare providers should not be in a group that's at high-risk for COVID.

7. What supplies should be on hand, for both self-quarantine and self-isolation?

For self-quarantine you should have your basic supplies like food and thirty days of any medications being taken. If you should become sick, and in anticipation of becoming sick, you should have supplies like Gatorade—something to rehydrate—as well as cough medicine to manage symptoms, and Tylenol to assist with the fever.

6.) COVID-19: True or False and Helpful Links

It is important to note that best sources for information regarding COVID-19 and its development are:

- a. **Centers for Disease Control and Prevention Coronavirus Disease 2019 website:**
<https://www.cdc.gov/coronavirus/2019-nCoV/>

- b. **U.S. Department of Health and Human Services:**

Twitter: <https://twitter.com/HHSGov>

Facebook: <https://www.facebook.com/HHS>

- c. **Centers for Disease Control and Prevention:**

Twitter: <https://twitter.com/CDCgov>

Facebook: <https://www.facebook.com/CDC>

- d. **Florida Department of Health:** <https://floridahealthcovid19.gov/>

- e. **Miami Dade County:** <https://www.miamidade.gov/global/initiatives/coronavirus/home.page>

Also, Lisa Maragakis, M.D., M.P.H., Senior Director of Infection Prevention at John Hopkins University provides the following clarification about what is true or false about COVID-19:

TRUE or FALSE?

A vaccine to cure COVID-19 is available.

The answer is false. There is no vaccine for the new coronavirus right now. Scientists have already begun working on one but developing a vaccine that is safe and effective in human beings will take many months.

TRUE or FALSE?

You can protect yourself from COVID-19 by swallowing or gargling with bleach, taking acetic acid or steroids, or using essential oils, salt water, ethanol or other substances.

The answer is false. None of these recommendations protects you from getting COVID-19, and some of these practices may be dangerous. The best ways to protect yourself from this coronavirus (and other viruses) include: Washing your hands frequently and thoroughly, using soap and hot water. Avoiding close contact with people who are sick, sneezing or coughing. In addition, you can avoid spreading your own germs by coughing into the crook of your elbow and staying home when you are sick.

TRUE or FALSE?

A face mask will protect you from COVID-19.

The answer is false. Certain models of professional, tight-fitting respirators (such as the N95) can protect health care workers as they care for infected patients. For the general public without respiratory illness, wearing lightweight disposable surgical masks is not recommended. Because they don't fit tightly, they may allow tiny infected droplets to get into the nose, mouth or eyes. Also, people with the virus on their hands who touch their face under a mask might become infected. People with a respiratory illness can wear these masks to lessen their chance of infecting others. Bear in mind that stocking up on masks makes fewer available for sick patients and health care workers who need them.

Business Relief Programs

10. *City of Miami Business Continuity Micro-Enterprise Assistance Program*

This program provides a **GRANT** of up to \$10,000 to eligible businesses for stabilization for 3 months due to the Covid-19 crisis. The City of Miami has allocated \$400,000.00 to the program.

Allowable expenses:

- Rent, current employee salaries, utilities, licenses and insurances. The grant cannot be used for construction activities.

To be eligible the business must be:

- For-profit businesses located within the City of Miami
- 5 employees or less including the business owner

- Defined “non-essential” by Miami-Dade County’s “Safe at Home Order 7-20” and subsequent amendments. View the order [here](#).
- Established prior to March 1, 2020
- Owner must be at 80% area median income (AMI) or below.

11. City of Miami Small Business Emergency Loan Program

This program provides a **LOAN** between \$5,000- \$20,000 to eligible businesses impacted by the Covid-19 crisis. Assistance is for expenditures that are NOT covered by the SBA’s Payroll Protection Program. The City of Miami has allocated \$600,000.00 to the program.

Allowable expenses:

- Rent, current employee salaries, utilities, licenses and insurances.
- Minor repairs construction repairs are allowed under the terms, but may trigger other terms.
- No loan payment will be required if jobs are retained for a minimum of 12 months. Otherwise the loan will be fully amortized for 5 years with no payment required in the first 12 months.

To be eligible the business must be:

- Minimum of an owner and an employee
- Show financial viability prior to February 15, 2020
- At least 51% of all jobs created or retained must be made available to low and moderate income (LMI) as defined by the US Department of Housing and Urban Development under Section 8. Generally, to be classified as LMI, an individual or family’s household income must be 80% of the area median income.

12.

Other Community Resource Guides

1. Community and Family Resource Manual - English

<http://attachmentManagerFiles.dadeschools.net/getFile.ashx?id=60h1zfVzvEUMFnhRwxUVaEOGorsaBgWla0Vi~!YUrfPCqau9JjRdNhpM9oIwGlef16528lhpRG6E=&app=AttachmentManager>

2. Community and Family Resource Manual- Spanish

<http://attachmentManagerFiles.dadeschools.net/getFile.ashx?id=60h1zfVzvEUMFnhRwxUVaEOGorsaBgWla0Vi~!YUrfPCqau9JjRdNhtbPgFSrA4j~!IGvagUbVxng=&app=AttachmentManager>

3. Community and Family Resource Manual- Creole

<http://attachmentManagerFiles.dadeschools.net/getFile.ashx?id=60h1zfVzvEUMFnhRwxUVaEOGorsaBgWla0Vi~!YUrfPB9KEAN1US4MPg4NYj3qe9OmMIK30MMR81lBpOlXJwgZA==&app=AttachmentManager>

4. Community Resource and Assistance List

<https://www.miamihomesforall.org/covid19-assistance>

5. FIU Center for Children and Families Resource List

<https://ccf.fiu.edu/coronavirus-resources/index.html>

Resource Pages:

Page Numbers can be found in the bottom right side of page outside of page margin.

1. **Food-** Pages 2-7 (Listed from oldest to newest)
2. **Covid-19 Testing Centers-** Page 7
3. **Service Centers-** Page 8
4. **M-DCPS Hotlines-** Pages 8-9
5. **Student and Family Services-** Pages 9-13
6. **Help for Senior Citizens-** Page 14
7. **Extra Resource Assistances-** Pages 14-16
8. **Help for Immigrant and Undocumented Workers-** Page 17
9. **Legal Services-** Page 17
10. **Changes to Existing Welfare Programs-** Page 18
11. **Unemployment Paper Application Pickup Locations (Public Libraries)-**
Page 18
12. **Employment Opportunities-** Page 19
13. **Health Services-** Page 19-21
14. **Free Delivery for Prescription Medications-** Page 21
15. **Covid-19 Information-** Pages 21-26
16. **Business Relief Programs-** Page 27
17. **Other Community Resource Guides-** Page 28