

# COVID-19 Resource List

This resource list was compiled by Women & Justice Project. The list is not exhaustive, and WJP does not specifically endorse any of the resources below. Our intention in compiling this list is to assist allies in locating information about supports that are available during this time of crisis.

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## Mutual Aid & Essential Needs

### Mutual Aid to Access Financial & Other Resources in Your Community

- NYC United Against Coronavirus – Includes list of resources for immediate needs, NYS/NYC info and government resources, and advocacy and organizing info: [bit.ly/nyccoronavirus](https://bit.ly/nyccoronavirus)
- Mutual Aid NYC – Request and offer mutual aid assistance: <https://mutualaid.nyc/i-need-help-2/>
- NYC Democratic Socialists Mutual Aid and Organizing Response Guide: [bit.ly/nycdsacovid19](https://bit.ly/nycdsacovid19)
- NYC COVID-19 Financial Solidarity for Formerly Incarcerated People and Their Families: <https://mutualaid2020.wixsite.com/financialsolidarity> (Closed as of 4/23/2020 but hope to reopen)

### Cash & SNAP Assistance

- NYS Comptroller's "COVID-19 Financial Survival Toolkit for New Yorkers": <https://www.osc.state.ny.us/covid-19/financial-toolkit.htm>
- HRA: All in-person visits have been canceled. Go online to <http://www.nyc.gov/accesshra>, or download the ACCESS HRA app.
- Apply for or renew SNAP and cash assistance benefits. Eligibility interviews are held at 718-SNAP-NOW (718-762-7669), 8:30am-5pm Mon – Fri.
- CA and SNAP recertifications should be returned and completed online
- Apply for special grant or emergency one-time assistance
- Apply for child support services: [childsupport.ny.gov](http://childsupport.ny.gov) or call NYS child support helpline 888-208-4485

## Food Assistance

- Free meals for all NYC residents at school sites: <https://www.schools.nyc.gov/school-life/food/free-meals>
- NYC food pantry locator: <https://maps.nyc.gov/foodhelp/#map-page>
- For information by phone, call 311 for food pantry locations
- List of food pantries by borough: <https://docs.google.com/spreadsheets/d/11sRdUqjIWg7gqZBNVq87Y7Hnfrf4s3fBnbANoxeWUSI/>
- Free food delivery for people most at risk during COVID pandemic, greater NY area: <https://www.invisiblehandsdeliver.com/>

## Housing & Utilities Assistance

- **All eviction proceedings are temporarily suspended until further notice**
- **All utility companies are suspending utility shut-off until further notice**
- Tenants' rights during COVID: <https://www.housingjusticeforall.org/faqs>
- Tenants' Rights Hotline: 212-979-0611 (ingles y espanol)
- HRA Cash grants (see above under "Benefits Assistance"): HRA is offering **Cash Assistance special grants** for any worker who is likely to miss rent due to reduced income. If your work schedule was reduced as a result of the coronavirus and you are unable to pay your rent, you can apply for a Cash Assistance special grant to get benefits for emergencies.
- HEAP (Home Energy Assistance Program extended deadline to accept applications until 4/24/2020. HEAP phone number: [212-331-3126](tel:212-331-3126).

## Unemployment

- File for unemployment assistance: <https://www.ny.gov/services/get-unemployment-assistance>

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# Resource Guides

## Resource Guides

- Paul Weiss – Coronavirus (COVID-19) Resource Center on local and national relief programs: <https://www.paulweiss.com/practices/transactional/coronavirus-covid-19-relief-center/practice-overview/relief-center>
- North Star Fund COVID-19 compilation: <https://northstarfund.org/2020/03/covid-19-resources/>
- "Resources During COVID-19," created by Columbia School of Social Work MSW candidate: [https://docs.google.com/document/d/10u0Zu-i1CPKHDhBK4TebSEQz3Ga675\\_OubH9T7TYD9A/](https://docs.google.com/document/d/10u0Zu-i1CPKHDhBK4TebSEQz3Ga675_OubH9T7TYD9A/)
- New York State Youth Leadership Council, "List of Resources for Undocumented People in NYC": <https://docs.google.com/document/d/1qilwSmaqELoyPc9-a1ka82aXAq3HDIWvbYEzwsKNNL0/edit>

## Social Justice Resources

- The Justice Collaborative COVID19 Responses & Resources: <https://thejusticecollaborative.com/covid19/>
- Irresistible: Social Justice Resources for COVID-19 Response: <https://irresistible.org/covid>

## Social Justice Mutual Aid Efforts

- Parole Prep Project Mutual Aid for Incarcerated People: <https://www.paroleprepny.org/covid>
- Mutual Aid for People Impacted by Incarceration: <https://www.gofundme.com/f/financial-solidarity-mutual-aid>
- National Bail Out Free Black Mamas & Caregivers: <https://secure.actblue.com/donate/national-bail-out-1>
- Directory of Community Bail Funds: <https://www.communityjusticeexchange.org/nbnf-directory>
- Neighborhood Funders Group list of support funds to resource communities of color on the front lines: <https://www.nfg.org/resources/covid-19-funds-where-donate-support-communities>
- Colorlines' List of Grassroots Mutual Aid efforts: <https://www.colorlines.com/articles/power-people-40-grassroots-activists-step-during-covid-19-crisis>

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# Wellness Resources

## Guided Meditation & Grounding Exercises

- Free live daily meditations by leading practitioners from Ten Percent Happier, at 3pm (recorded for future use): <https://www.tenpercent.com/live>
- Free meditations from Garrison Institute, weekly meditation group/reading, weekly Tai Chi: <https://www.garrisoninstitute.org/programs-retreats/community-programs/>
- Free online meditations from Tricycle: <https://tricycle.org/trikedaily/online-meditation/>
- Free guided meditations and talks from meditation teacher Tara Brach via podcast, FB live and website <https://www.tarabrach.com/guided-meditations/>
- Tapping exercise to calm anxiety: <https://www.eomega.org/videos/tapping-exercise-to-calm-anxiety>
- Soothing Butterfly Hug, "The Soothing Butterfly Hug...can calm and rebalance the nervous system...help processing traumatic reactions, and lessen intense emotions and symptoms of stress." [https://www.youtube.com/watch?v=-AdFG7gek18&feature=emb\\_title](https://www.youtube.com/watch?v=-AdFG7gek18&feature=emb_title)

## Meditation Apps

- Headspace: <https://www.headspace.com/covid-19>
- 10% Happier: <https://www.tenpercent.com/>
- UCLA Mindful: <https://www.uclahealth.org/marc/ucla-mindful-app>
- Calm: <https://www.calm.com/>
- Smiling Mind: <https://www.smilingmind.com.au/smiling-mind-app>
- Insight Timer: <https://insighttimer.com/meditation-app>
- Stop, Breathe, Think: <https://www.stopbreathethink.com/>

## Movement & Dance Resources

- Ailey Extension dance classes on IG live & on demand: <https://www.aileyextension.com/keepdancing>
- Mark Morris Dance Center free classes: <https://markmorrisdancegroup.org/dance-center/online-classes/>

## Fitness Apps

- Workouts
    - FitOn: <https://fitonapp.com/>
    - Peloton 90-Day free trial (no bike required): <https://www.onepeloton.com/app>
    - Nike Training Club: <https://www.nike.com/ntc-app>
    - Daily Workouts Fitness Trainer: <https://dailyworkoutapps.com/>
    - Aaptiv: <https://aaptiv.com/>
    - 7 Minute Workout: <https://7minuteworkoutapp.com/>
  - Yoga
    - Yoga Studio: Mind & Body <https://www.yogastudioapp.com/>
    - Daily Yoga - Workout & Fitness: <https://www.dailyyoga.com/>
    - Yoga for Beginners - Mind + Body: [Apple App](#) [Android App](#)
  - Running
    - C25K – Couch to 5K: <https://www.c25kfree.com/>
    - Strava – social media running app: <https://www.strava.com/mobile>
    - MapMyRun – maps your runs and helps you find running routes: <https://www.mapmyrun.com/app>
    - Runkeeper – simple app to track speed/mileage: <https://runkeeper.com/running-app>
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## Free Art Resources

### Drawing

- Lunch doodles with Mo Willems: <https://www.kennedy-center.org/education/mo-willems/>
- Free drawing classes from famous illustrators: <https://www.fastcompany.com/90478307/stuck-at-home-take-free-drawing-classes-from-famous-illustrators>

### Performances

- Alvin Ailey American Dance Theater performances: <https://www.alvinailey.org/performances-tickets/ailey-all-access>
- Kennedy Center Digital Stage: <https://www.kennedy-center.org/digitalstage/>
- The Metropolitan Opera, free streaming: <https://www.metopera.org/>

## Films/Episodes

- Free catalogue of indigenous films: <https://www.cbc.ca/arts/there-s-a-massive-free-catalogue-of-indigenous-films-online-and-we-have-6-picks-to-get-you-started-1.4623884>
- The Show Must Go On, short episodes of theatre, arts, and science: [https://www.youtube.com/channel/UC8GyW2bW83f\\_KXXwBHeMx-A](https://www.youtube.com/channel/UC8GyW2bW83f_KXXwBHeMx-A)

## Museums

- List of virtual museum tours: <https://www.timeout.com/travel/virtual-museum-tours>
- Italian museums to visit online: <https://anamericaninrome.com/wp/2020/03/italy-museums-visit-for-free-online/>
- Museum images online for unrestricted use: <https://kottke.org/20/01/paris-museums-put-100000-images-online-for-unrestricted-public-use>

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# Resources for Parents & Caregivers

## Supporting children during the COVID-19 Crisis

- National Association of School Psychologists: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources>  
Resources include:
  - “Helping Children Cope with Changes from COVID-19” (Spanish & English)
  - “Talking to Children about COVID-19” (Multiple languages)
  - “Countering COVID-19 stigma and racism tips for parents and caregivers” (English & Spanish)
- PBS News Hour, “10 tips for talking about COVID-19 with your kids”  
<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

## Resources for Children (from a list shared by Osborne Association’s [NY Initiative for Children of Incarcerated Parents](#))

- Sesame Workshop 'Caring for Each Other' Initiative to Help Parents and Children During Coronavirus Pandemic <https://www.sesamestreet.org/caring>
- Brain Pop video explaining Coronavirus for elementary school-aged children <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- Coronavirus: What Kids Can Do, Kids Health <https://kidshealth.org/en/kids/coronavirus-kids.html>
- Just For Kids: A Comic Exploring The New Coronavirus, NPR <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

## Mental Health Organizations

- Child Mind Institute: <https://childmind.org/coping-during-covid-19-resources-for-parents/>

- The Trevor Project, for LGBT young people:  
<https://www.thetrevorproject.org/2020/04/03/implications-of-covid-19-for-lgbtq-youth-mental-health-and-suicide-prevention/>

## Educational & Recreational Resources

- Educational companies offering free subscriptions during COVID:  
<http://www.amazingeducationalresources.com/>
- Resources for parents: <https://whileathome.org/i-am/a-parent/>
- Resources for elementary school children: <https://fordhaminstitute.org/national/commentary/resources-learning-home-during-covid-19-school-closures>
- Pandemic activities resource: <https://mommypoppins.com/new-york-city>
- Websites for parents while school is closed:  
<https://docs.google.com/presentation/d/1Sgk9Pq5eCRJFvnjM9PNdei21z5-AQ6l0-bJqFE7n25o/mobilepresent?slide=id.p>
- Free stories through Audible: <https://stories.audible.com/start-listen>
- Khan Academy: <https://www.khanacademy.org/>
- PBS Kids: <https://pbskids.org/>
- Kennedy Space Center: Science lessons via Facebook Live:  
<https://www.facebook.com/KennedySpaceCenterVisitorComplex/>
- BrainPop: <https://www.brainpop.com/>
- NASA STEM at home: <https://www.nasa.gov/stem-at-home-for-students-k-4.html>
- Youtube channels with celebrities reading aloud: <https://kidsactivitiesblog.com/136186/celebrities-read-aloud-to-kids/>
- Smithsonian distance learning resources: <https://learninglab.si.edu/distancelearning>

## Movement & Dance

- Mark Morris Dance Center free on-demand classes for children & teens on YouTube:  
<https://markmorrisdancegroup.org/dance-center/online-classes/>
- Luna Performing Arts dance classes for children (many classes \$5, free trial):  
<https://www.lunaperformingarts.com/lunalive>
- Cosmic Kids Yoga (2 weeks free, free adventures on YouTube): <https://app.cosmickids.com/>

## Family Rhythm/Schedule

- Family Quick Guide: Developing a visual schedule  
[https://docs.google.com/document/d/1aEW\\_pnk7bocRPPEXs6iAW4IzuxlGX-UUGMOLfFKcw/edit?fbclid=IwAR0hwdMomWnYhDfqclULqbWD6JBnoauwi6pzl8lh-qgnzIXhbaZzVnQw-HA](https://docs.google.com/document/d/1aEW_pnk7bocRPPEXs6iAW4IzuxlGX-UUGMOLfFKcw/edit?fbclid=IwAR0hwdMomWnYhDfqclULqbWD6JBnoauwi6pzl8lh-qgnzIXhbaZzVnQw-HA)