

# FGC Resources During COVID-19

Compiled by FGC 03.20.20

Questions, Additions, & Issues Contact:

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## Document Purpose

The following are community resources we are collecting in one place for our community, informally. The county is still working on developing a webpage for our community that has more official supports including culturally specific fliers. Many people contributed to the resources in this document including community based mutual aid organizers who have beautifully taken on leadership roles to keep our communities up to date and safer during this time. Because this list is rapidly changing and being updated, not every resource has been vetted - please let us know if there is an issue with a resource or if you have another resource to add.

## Government Guideline Updates

- [Governor Brown Guidelines](#)

## Public Charge

- [Seeking Medical Prevention or Treatment for COVID-19](#) - The federal government's statement for folks seeking care for COVID-19

## Important & Accurate Health Information

- [Multnomah County Health Department \(MCHD\)](#)
- [Oregon Health Authority \(OHA\)](#)
  - [OHA Fact Sheets](#) - Multiple Languages
  - [Social Distancing](#) - What does it mean, why should I practice it, and how?
- [Centers for Disease Control \(CDC\)](#)
- [Oregon Department of Education \(ODE\)](#)
- [World Health Organization \(WHO\)](#)
- [Johns Hopkins COVID-19 Research Center](#)
- [Indian Health Services \(IHS\)](#)

## Native Specific Organization Responses

- [Native American Youth and Family Center \(NAYA\)](#)
- Native American Rehabilitation Association Northwest (NARA)

## Resilience and Community Pieces of Hope & Wisdom

- [Quarantine Kitchen](#)
- [Decolonizing Community Care - NDN Collective](#)
- [Trans Sistas of Color Pass Out Food](#)
- [Indigenous Teachers Go Digital](#)
- [Lummi Nation Fights COVID-19](#)
- [Street Roots COVID Task Force Delivers Food](#)

## **Mutual Aid Guides** - developed by community organizers

- [Google Drive of Mutual Aid Support Guides](#)
- [COVID-19 Resource Guide](#) - Developed by Earl Blumenauer's team

## **Recovery Community**

- [Recovery Speakers](#) - online library of pre-recorded speeches
- [Pause Awhile](#) - call in meetings 425-436-6360; zoom participant code 422932#
- [Online AA Meetings During COVID-19](#) - Google Doc created by mutual aid support organizers that is being continually updated with new zoom, hangout, and call in meetings
- [DePaul Treatment Center](#) - operating on a modified schedule and services but still open
- [In The Rooms](#) - online 12 step meetings
- [Smart Recovery](#) - includes an app that helps with check ins and online support
- [Celebrate Recovery](#) - Christ centered recovery 12 step program - YouTube meetings

## **Families, Youth, Children & Education**

- **Education**
  - [Wisdom of the Elders](#) - Stories and video clips of Native American Elders and community artists throughout the continent
  - [Anti-Oppressive/Anti-Racist Homeschool Resource List](#) - Resources and activities by grade, developed by families
  - [Scholastic Learn At Home](#) - 3 free hours per day for 20 days
  - [Mystery Science](#) - K-5th Grade STEM activities
  - [Amazing List of Educational Resources](#) - family resourced list of many educational sites and activities
  - [Virtual Field Trip Google Drive](#) - sourced from several community members, a full google document of 30+ free virtual field trips
  - [Education Companies Offering Free Subscriptions](#) - Compiled list of several education companies that are offering free subscriptions during school closures
  - [NASA's Full Media Library](#) - NASA opened their entire library for free to explore
  - [Cincinnati Zoo](#) - 3pm EDT/12pm PST daily Facebook Live events with a featured animal and an activity for kids to join in at home
  - [Think Indigenous](#) - Online cultural educational facebook page - Grades K-8 - Lessons from Elders, storykeepers, and on many subjects
  - [Grand Ronde YouTube Channel](#) - Tribally specific education channel
  - [Mother Cloud](#) - Blog with at home activities for children and families
  - [Eureka Math Curriculum](#) - Free PDF curriculum
  - [150+ Enrichment Activities for Kids](#) - By age/development level these include activities not just online
  - [Multnomah County Library](#) - Free resources, books, and access to educational materials
  - [Animal Cams](#) - List of current animal cams that are up and running
  - [What Moms Love](#) - Indoor energy busting activities for kids
  - [Common Lit](#) - Reading program for all students
  - [Rebel Girls](#) - Stay at home kits mailed for free - drawing/writing, business plan, gardening, coding, mountain climbing, etc ages 6-12 years

- **Cultural Arts & Entertainment**
  - [Pluto TV](#) - Free television streaming
  - [Kanopy Kid's Only TV](#) - Library card required
  - [Metropolitan Opera](#) - Nightly streaming of the opera
  - [Open Culture](#) - Online audio books, coloring pages, courses, e-books, and movies
  - [Frida Kahlo Gallery](#) - Google has opened their full interactive gallery
  - [Virtual Field Trip of Chachalu and Tribal Campus](#)
  - [Yoga for Kids](#)
  - [Go Noodle](#) - Mindfulness Movements for Kids
  - [Seattle Symphony](#) - YouTube channel of free Seattle Symphony events
  - [Our Coloring Collections](#) - Coloring pages free from libraries around the world
  - [Google Museum Tours](#) - Free online tours of museums
- **E-Books**
  - [Early Bird Books](#)
  - [Book Bub](#)
  - [Free Booksy](#)
  - [Free E-Books](#)
- **Story Time & Sing Alongs**
  - [Jam with Jamie](#) - Virtual music lessons and sing alongs
  - [Mo Willems Story Time](#) - YouTube channel with storytimes for children
  - [Mac Barnett Story Time](#) - Instagram live storytime
- **Childcare**
  - [Oregon Early Learning](#) - Oregon expanded childcare benefits to support families and providers
  - [Washington County School District Emergency Childcare](#) - available to essential emergency responders for children enrolled in Washington County Schools K-5th
  - [Champions Child Care Sign Up](#) - Offered through Gresham School District

## Health & Self Care

- **Health Insurance**
  - [503-416-4100 or 1-900-224-4840](#) - OHP is doing phone call assistance to enroll or make appointments
  - [Oregon State Sick Time](#) - Oregon State sick time rules
- **Mental Health**
  - [Complete Guide to Mental Health Care](#) - Peak Resilience
  - [Take Care of Your Mental Health - AFSP](#) - American Foundation for Suicide Prevention
  - [Coalition to End Social Isolation](#) - Tips, Tricks, and Guides on how to stay connected when isolating
  - [Coronavirus Anxiety Resources](#) - Shine, in partnership with Mental Health America, developed this list of anxiety resources
- **Safety Net Clinics**
  - [List of Safety Net Clinics](#) - Places you can seek care without insurance

## Income & Money

- **Utilities**
  - [Portland General Electric](#) - Discontinued disconnection for nonpayment services
  - [Pacific Power](#) - Discontinued disconnection for nonpayment
  - [Portland Water Bureau](#) - Updates on discontinuing shut offs and info on drinking water safety
  - [211 Info](#) - Utility and Energy Information and Resources
- **Rent**
  - [Home Forward Moratorium on Evictions](#) - This outlines the current rent moratorium issued by Home Forward specifically and the steps to take to notify your landlord of rent payment concerns
  - [Multnomah County Moratorium on Evictions](#) - This is the press release for the county's current plan
- **Job Specific Relief Funds**
  - [Layoff & Unemployment Information](#) - State of Oregon website for more detailed information on questions about business closures, unemployment, and layoffs
  - [Unemployment Insurance](#) - Folks may be eligible for unemployment insurance
  - [Portland Voz](#) - Day labor worksite, developing a day laborer relief fund
  - [Business Oregon](#) - Loans to small businesses
  - [Nonprofit Association of Oregon](#) - Resources for organizations and nonprofits
  - [Freelance Artist Resources](#) - List of free resources, opportunities, etc for artists of all disciplines
  - [Musicians and Live Music Professionals Resources](#) - List of free resources for musicians

## Technology

- [Comcast Free Internet](#) - 60 Days of Free Internet
- [Keep Americans Connected Pledge](#) - Free Unlimited Smartphone Data from Verizon, Sprint, T-Mobile, AT&T which also includes: Not terminating service due to an inability to pay, Waiving late fees, & WiFi hotspots.
- [Student Device Request Form](#) - Portland Public Schools allow students to borrow a laptop - this is the request form (other languages available on the form)

## Food & Formula

- **School District Food Supports** (Many school districts are offering breakfast and lunch to anyone under 18 years old - no questions asked)
  - [Washington County Lunch Information](#)
  - [Portland Public Schools Lunch Information](#) - [Interactive Map](#)
  - [Reynolds School District Lunch Information](#)
  - [Centennial School District Lunch Information](#)
  - [Parkrose School District Lunch Information](#)
- **Food Boxes & Pantries**
  - [Oregon Food Bank](#) - Operating with modified services
  - [Laughing Planet Kids Eat Free](#) - providing meals to children

- [Oregon City Pita Pit Kids Eat Free](#) - providing meals to children
- [Supplemental Nutrition Assistance Program \(SNAP\)](#) - the application to obtain SNAP (also known as food stamps)
  - [SNAP for College Students](#) - information on how to access SNAP as a college student
- [Latino Network](#) - List of community meal/foodbox sites for children and families
- **Other Food Resources**
  - [Vulnerable Shopper Hours](#) - New Seasons, Albertsons, and Safeway set hours to allow for the most vulnerable community members to shop safer

### **Those Experiencing Domestic Violence/Sexual Assault**

- [National Domestic Violence Hotline](#) - hotline is open and resources are available
- [Domestic Violence Resource Center](#) - in person/on site operations are closed but the hotline is still up and running
- [National Sexual Assault Hotline \(RAINN\)](#) - Resources online and they host a hotline

### **Unhoused Community**

- [Portland Peoples Outreach Project](#) - Current schedule for safer sex supplies, harm reduction materials, and heigene products

### **Queer, Trans, and Two-Spirit Community**

- [The Trevor Project](#) - Crisis intervention for LGBTQ young people - support line and resources

### **Ceremony & Spirituality**

- [Great Spirit PDX](#) - Native American Church (working to connect online)
- [Zen Dust](#) - Meditation and Buddhis dharma talks
- [Arch of Portland](#) - Catholic Mass live stream
- [Beth Israel Synagogue](#) - Temple services live stream
- [Portland Bahai](#) - Baha'i New Year festivities & prayer live stream
- [Ananda Portland](#) - Live stream Ananda services
- [St. David of Wales Episcopal Church](#) - Live Stream every morning and Sunday services

### **Reservation Communities**

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