



Resources for Families During COVID-19

Help with Internet Access and Broadband

The Internet First program by RCN is designed to help families and students in low-income households to have reliable and affordable access to the Internet. Visit www.internetfirst.com for more information and to apply.

(See reverse side for more resources related to internet access during COVID-19)

Help with Parenting/Family Life

The Center for Humanistic Change, Inc. (Prevention Coordinator, 610-443-1595)

<https://www.thehc.org/public-online-programs-calendar.html>

Penn State Extension (Denise Continenza, Extension Educator, 610-391-9840)

<https://extension.psu.edu/youth-family-and-health/children-and-families>

<https://extension.psu.edu/programs/betterkidcare/parents-families/explore-engage> (activities for kids)

Lehigh County Dept. of Human Services (Sue Lettera, MSW, Dir. of Integrated Services, 610-782-3201)

<http://www.lehighcounty.org/Departments/Human-Services/Mental-Health/COVID-19-Information-and-Resources>

Help with Emotional Wellbeing or Substance Abuse

The Center for Humanistic Change, Inc. (Prevention Coordinator, 610-443-1595)

<https://www.thehc.org/public-online-programs-calendar.html>

Penn State Extension (Denise Continenza, Extension Educator, 610-391-9840)

<https://extension.psu.edu/youth-family-and-health/children-and-families/family-resiliency>

Lehigh County Dept. of Human Services (Sue Lettera, MSW, Director of Integrated Services, 610-782-3201)

[Http://www.lehighcounty.org/Departments/Human-Services/Mental-Health/COVID-19-Information-and-Resources](http://www.lehighcounty.org/Departments/Human-Services/Mental-Health/COVID-19-Information-and-Resources)

<https://www.magellanofpa.com/for-providers/communications/provider-announcements/>

Help with Feeding my Family

Free School Breakfast and Lunch for 20-21 School Year -for students in WCSD; contact Wayne Walp at (610) 782-0961 or by email at walpw@whitehallcoplay.org

Snack Pack Pals- Healthy snacks and food items sent home with students during long weekends and holiday breaks. For more information contact Leah Saliby, 484-664-8845

Whitehall-Coplay Hunger Initiative, 1080 Schadt Ave, Whitehall Call/text Shari Noctor 610-730-8067, follow Whitehall-Coplay Hunger Initiative on Facebook

Whitehall-Coplay Hunger Initiative Food Pantry, 3008 S Ruch St, Whitehall (back parking lot), open the 2nd Thursday of every month from 11am-1pm and 5:30pm-7:30pm Drive-in pickup only, ID required, income limits apply. For more information contact Shari Noctor 610-730-8067.

Whitehall Food Pantry, St Stephen's Episcopal Church, 3900 Mechanicsville Road 18052 Whitehall (484) 246-5715

Coplay Food Pantry, Municipal Building, 98 S 4th St, Coplay, Jodi (610)-262-0928

Additional Broadband Resources

- Comcast COVID-19 response: offers free WiFi for 2 months to low income families plus all Xfinity hot-spots are free to the public during this time
- AT&T COVID-19 response: offers open hot-spots, unlimited data to existing customers, and \$10/month plans to low income families
- Verizon COVID-19 response: no special offers but following the FCC agreement.
- Sprint COVID-19 response follows FCC agreement, provides unlimited data to existing customers, and, starting Tuesday, 3/17/2020, will allow all handsets to enable hot-spots for 60 days at no extra charge.
- T-Mobile COVID-19 response: follows FCC agreement, plus unlimited data to existing customers; coming soon, will allow all handsets to enable hot-spots for 60 days at no extra charge.

