

# MONTCLAIR, STATE OF NEW JERSEY AND ESSEX COUNTY RESOURCES

## Township of Montclair Resources

*(To access each link, please hold the CTRL key and click the [Blue Hyperlink](#) to be directed to the websites provided.)*

### [AAngels NJ](#)

AAngelsNJ provides breast cancer awareness, education and resource support services to individuals and families. Our organization will help individuals and families attain services such as free mammograms, screenings, family counseling because of illness, child care during treatment, transportation if necessary to and from treatments, support groups, etc. All services are free of charge.

### [AL-ANON/ALATEEN North Jersey Information Services](#)

Provides information on support groups for family and friends of alcoholics. Adults & teen meetings available, no fee. Services 12 counties of North Jersey.

### [Blue Counseling and Wellness Center](#)

Our mission is to empower, educate, support, and guide individuals, couples, and families who are looking to transform their lives. We aim to assist our clients in taking control of their destiny and functioning productively by providing them with the necessary skills to realize their dreams and maintain their mental health and wellness goals. Our method will empower clients to make healthier choices and promote sustainable living.

### [Brother to Brother](#)

Brother to Brother is a 501(c)3 non-profit mentoring program servicing Essex County male middle and high-school aged adolescents ranging from the 6th through the 12th grades. Our group mentoring activities are designed to be school-anchored and community-based to foster safe, nurturing, and positive relationships between adult mentors and teen male protégés. We seek to inspire program participants with the highest ideals of character, conduct, and educational achievement, so that they may become productive and empowered young men of their communities.

### [COPE Center, Inc.](#)

COPE's mission is to provide quality behavioral healthcare services that are affordable, accessible, and responsive to individual, family, and community needs. COPE Center, Inc., is a nonprofit agency dedicated to providing quality behavioral health-care services that are affordable, accessible, and responsive to individual, family, and community needs. The letters of COPE's name stand for Counseling, Outreach, Prevention, and Education, all areas in which the agency's professional staff is actively engaged in programs throughout Essex County and surrounding areas, including the centers in Montclair and Verona. Its counselors work in the areas of drug and alcohol abuse, family crises, problems in daily

living, and AIDS. COPE was started over 40 years ago by the Junior League of Montclair and the United Way of North Essex and incorporated in 1971.

#### [Essex County Rape Care Center \(SAVE of Essex County\)](#)

SAVE of Essex County is the State of New Jersey's "designated" rape care center for Essex County. The Center has two goals: (1) to provide direct services to survivors of sexual violence and their families; and (2) to work to prevent sexual violence.

#### [Family League Services](#)

The mission of Family Service League is to support and strengthen families in need in Essex County through counseling, education and social services. The agency's success stems from the dedication of an experienced, highly trained staff of professionals who care deeply about families. Our programs are focused on low-income families and individuals who cannot afford counseling or other services. Nearly 95% of our clients receive services at reduced rates -- often at a small fraction of our fee -- or at no cost, including survivors of sexual assault who are seen for free.

#### [Girl Scouts Heart of New Jersey](#)

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. At Girl Scouts, your girl will prepare for a lifetime of leadership, success, and adventure in a safe, no-limits place designed for and by girls!

#### [Growtherapy, LLC](#)

We work with a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to parenting support, couples counseling and beyond. In a comfortable and supportive atmosphere, we offer a highly personalized approach tailored to each of our clients individual needs to help attain the personal growth they're striving for.

#### [IMANI](#)

IMANI works closely with district administrators, guidance counselors, and instructional staff to implement educational support programs and strategies to help Montclair public school students get the support they need to excel and stay engaged in learning.

#### [Montclair Neighborhood Development Corporation \(MNDC\)](#)

The Mission of MNDC is to empower and support disadvantaged individuals, youth and families alike, to achieve an improved quality of life through training, education, and advocacy. The Montclair Neighborhood Development Corporation (MNDC) is a non-profit community based social service agency, founded in 1969. The agency's goal is to strengthen and empower individual and families, to enrich the lifelong development of youths, and families; strengthen their relationship within the home, school and community; and provide an environment for sharing information, education, personal support, and empowerment.

#### [Montclair State University/Campus Recreation](#)

Health Promotion provides education, outreach and advocacy to enhance the health of all students, faculty and staff. This is accomplished through advances in health promotion theory and research, excellence in health education practices and the promotion of public policies conducive to health.

### [Path for Change Counseling, LLC](#)

Path for Change Counseling, LLC provides outpatient psychotherapy in Montclair, NJ for children as young as three years old, through adolescents, and adults. We provide individual therapy sessions, family therapy sessions, couples counseling, and group therapy. Our approach to treatment embraces the unique needs of the individual, guiding them on a “path for change” towards wellness, while honoring their cultural and spiritual beliefs.

### [Sharron Miller Academy for the Performing Arts \(SMAPA\)](#)

Sharron Miller’s Academy for the Performing Arts (SMAPA) mission is to provide comprehensive, inclusive developmental training in dance and related theater arts for children, teens and adults regardless of their race, religion, cultural ethnicity or economic background.

### [Sister to Sister of Montclair](#)

Sister to Sister is a 501 (c) (3) non-profit organization which is entrusted by the community of Montclair, New Jersey to actively foster safe and nurturing relationships between Montclair Public School female students and caring female mentors. Through these relationships, Sister to Sister hopes to inspire its participants with the highest ideals of character, conduct and educational achievement, so that they may become productive, resourceful and empowered leaders of their communities.

### [Succeed2Gether](#)

We meet the unique needs of school-age students from Greater-Montclair and Essex County, including East Orange, Bloomfield, Orange, and Newark, New Jersey. We provide free and affordable educational programs to these low-income students who may be at-risk

## **State and County-Wide Activities, Educational and Home Projects Resources**

### **[10 Virtual Service Projects Youth Can Do from Home](#)**

As an organization focused on youth development and community service, Youth Volunteer Corps has been exploring ways to continue supporting community needs and exploring virtual ways to engage in service learning. We hope this list inspires you and reminds each of us that we are not powerless in this time of uncertainty.

Greater Richmond SCAN

### **[20 Ways to Build Resilience at Home](#)**

Poster featuring twenty ideas for children.

Olivia Clement, Playbill

### **[21 Theatre-Related Online Resources for Kids and Families to Get You Through COVID-19](#)**

A list of remote classrooms, virtual craft and dance workshops, celebrity bedtime stories, and much more.

### **[A Coronavirus Pandemic Resource Guide for New Jerseyans](#)**

Compiled by the Office of U.S. Senator Cory Booker. PDF format. For questions or to get help from Senators Booker's office, please call (973) 639-8700.

### **[The Coronavirus Vaccine Race](#)**

How did scientists develop coronavirus vaccines in record time? New York Times science reporter Carl Zimmer is our guide to the coronavirus vaccine race - from the starting line, to the point when several teams are racing to the finish line. Find out how science gave the competitors a turbo boost that could save hundreds of millions of lives.

Covid NineTeen Project

### **[The Covid nine TEEN Project](#)**

The COVID NineTEEN project provides FREE teen-led activities and one-on-one tutoring meant to support elementary school students. Our teen mentors help keep children motivated and take the stress off of parents. We are a group of motivated teen mentors for elementary school children to help them fill their time and continue to flourish despite the uncertainty of the outside world. Parents sign up for our weekly newsletter and the weekend prior, an email is sent with the activities and timing for the week.

### **[Educator compiles resources for non-English speakers on COVID-19](#)**

CDC and COVID-19 resources for your use in multiple languages. If you can contribute more languages not seen here, please email [mbarnes@njea.org](mailto:mbarnes@njea.org) with the additional links.

### **[Kidcasts: From COVID to the Capitol Insurrection, These Podcasts Help Kids Discern Fact from Fiction](#)**

These days, it can seem as if Americans consume news and information from completely different worlds, resulting in widespread distrust of what were once considered reliable sources. Journalists and kids podcast producers are addressing this void.

### **[NJTV Learning Live, a new series of on-air instruction](#)**

Kids in grades 3-6 can tune in to NJTV from 9:00 am-1:00 pm for on-air classes, taught by some of New Jersey's finest public-school teachers. Hosted by Kimberly Dickstein Hughes, recipient of the 2019-2020 State Teacher of the Year Award.

### **[NJPAC in Your Living Room](#)**

NJPAC in Your Living Room is a curated collection of past Arts Center performances, content from our partners, educational videos for children and much more.

The Washington Post, Amy Joyce

### **[A pandemic winter feels daunting. Here's how parents can help kids cope.](#)**

After three seasons of this pandemic during which kids could mostly cure their cabin fever with bike rides and socially distanced outdoor games, we're staring down the next few months of winter, where one short day pushes into the next short day. The kids are done.

D-O-N-E. The parents are out of ideas and patience. Join our [discussion group here](#) to talk about parenting and work. You can sign up here for our [newsletter](#).

### ***Quarantine Activities***

#### **Quarantine Activities for Families - STEM**

Provides science museum virtual visits, activities, and a guide to learning programming with children.

#### **Quarantine Ideas for Families - Aquariums**

Virtual tours of aquariums around the world.

#### **Quarantine Ideas for Families - Making a Home Schedule**

Keeping a regular learning schedule for kids and teens is a must. Here are popular schedules based on age and ability.

#### **Quarantine Ideas for Families - Mindfulness Activities for Kids**

Mindfulness activities for kids in the classroom. Mindfulness worksheets and printables that help build coping skills and self-control.

#### **Quarantine Ideas for Families - Podcasts**

This list includes age-appropriate podcasts for everyone, from young children to seniors.

#### **Quarantine Ideas for Families - Space**

Space themed activities for children and families. Enjoy story time from space, learn how to become an astronaut, tour space museums, and explore the stars and constellations.

#### **Quarantine Ideas for Families - Theater Arts**

Ten theater ideas for the stars in your family. Choose from Hamilton, Count Basie Theater, the Algonquin, and more. Free and low-cost options available.

#### **Quarantine Ideas for Families - Zoo Cams**

Virtually visit zoos throughout the world, with live cams of your favorite animals and Facebook live events.

### **Special Education/Intellectual and Developmental Disorders Resources**

#### **American Sign Language Video Mental Health Helpline**

A free emotional support helpline is now available to deaf and hard of hearing New Jerseyans feeling the emotional and mental toll of COVID-19. ACCESS at St. Joseph's Health in Paterson is offering help in American Sign Language to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak. New Jerseyans can call the videophone helpline at 973-870-0677 for free, confidential support. Direct communication in sign language will be offered from 9 a.m. to 5 p.m. Monday through Friday by live trained specialists.

The Autism Educator

#### **Coronavirus Social Narrative**

I have created a FREE Coronavirus Social Narrative to help alleviate fears and anxiety many children may be experiencing at this time.

### **COVID-19 and Autism in NJ**

A central hub of coronavirus resources for the autism community.

Autism Speaks/S. McMillon

#### **Autism Grants for Families**

ACT Today! grants are designed to provide access to individuals and families affected by Autism Spectrum Disorders. Grant payments will be made directly to pre-approved treatment providers, assessors or materials vendors.

Autism Speaks

#### **Autism Speaks COVID-19 (coronavirus) information and resources**

Autism Certification Center (ACC) and Autism Speaks are teaming up to make 30+ hours of online video learning resources available at no cost for the autism community. Now through June 1, 2020, get free access to the Foundations of Evidence-Based Strategies courses with over 30 hours of video-based content.

American Psychological Association

#### **Caring for children and adolescents with autism during COVID-19**

APA and Autism Speaks present a webinar designed to help parents and caregivers of children and adolescents with autism connect with each other as they continue to navigate life during the COVID-19 pandemic.

George Lucas Educational Foundation

#### **Apps for Students with Special Needs**

Favorite digital tools; what follows includes some of their recommendations, but it is just the tip of the iceberg of what is available. Remember, as with any tool, what may work wonders for some students will only frustrate others. Customization is key with any app, so adults and educators should be prepared to put in some time learning the apps themselves or how to make modifications in the settings. Many apps come with great teacher-made materials; look for video tutorials, lesson plans, and extension activities.

#### **COVID-19 and Students with Disabilities: What You Need to Know**

The FAQ contains essential information for parents, guardians, caregivers, and advocates to understand the educational rights of students with disabilities during this time of virtual learning. Issues such as the implementation of Individualized Education Programs (IEP), lack of access to technology, the legality of waivers, and considerations regarding compensatory education are all addressed in this publication.

Linguabee

#### **Linguabee Free VRI (Video Remote Interpreting) at Test Sites for Deaf & Hard of Hearing**

Linguabee is offering free VRI services to Deaf people at remote test sites where an interpreter would otherwise be unavailable.

## **Statewide and County-Wide Community Health Resources**

### **Community Health Law Project**

In the midst of the COVID-19 pandemic, many individuals with disabilities need legal assistance. If you are a person with a disability and need legal help, please call the telephone number of the office that is closest to you.

New Jersey Department of Health (DOH)

#### **COVID Alert NJ - Android**

COVID Alert NJ App is being made available by the New Jersey Department of Health (DOH) to complement New Jersey's comprehensive COVID-19 contact tracing effort. COVID Alert NJ is a free and secure mobile phone app

New Jersey Department of Health

#### **COVID Alert NJ App - Apple**

COVID Alert NJ App is being made available by the New Jersey Department of Health (DOH) to complement New Jersey's comprehensive COVID-19 contact tracing effort. COVID Alert NJ is a free and secure mobile phone app

Good Grief

#### **COVID-19 Good Grief Resources & Updates**

Good Grief has moved its programs to virtual platforms and other modalities for communication and support. Please call 908-522-1999 to enroll, or for peer support contact the [Family Coordinators](#).

Kidswithallergies.org

#### **COVID-19 Guidelines for Schools and the Impact on Kids with Food Allergies and Asthma**

There are several resources schools can use to protect students and staff with food allergies and asthma during COVID-19 policy changes.

NJ Dept of Health

#### **COVID-19 Resources for Individuals Who Are Undocumented or Uninsured**

The State of New Jersey is focused on ensuring that all people, regardless of immigration status and/or whether or not they have health insurance, are protected from the outbreak and receive appropriate testing and treatment. You should talk to a medical professional about when and how to seek testing and treatment.

PerformCare

#### **CSOC Intellectual and Developmental Disability Services**

Out of an abundance of caution, PerformCare recommends that eligibility applications for CSOC intellectual and developmental disability services (including Summer Camp Services) be submitted online through the Family Portal. Completing the application(s) online will also process faster at this current time. Coronavirus update: The best way to apply for Summer Camp Services and eligibility for intellectual and developmental disability (I/DD) services through CSOC is through our online Family Portal.

<https://apps.performcarenj.org/CYBERPortal/Production/Default.aspx> Get more information about the [summer camp services](#) and the [\(I/DD\) application](#). The Summer Camp Services application deadline has been extended to May 30, 2020.

### **Depression and Bipolar Support Alliance (DSBA) COVID-19 Resources**

We are bringing you new wellness tools, coping tips and inspiring stories from people across the country. Drop in often for podcasts, profiles and special resources we've gathered just for you.

### **Emotional services provided for Healthcare workers, first responders, seniors, children and families and individuals with substance use disorders**

RWJ-Barnabas Health Institute for Prevention and Recovery's Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic. Variety of virtual services, aids those impacted to better adjust, mitigate stress, review options, develop coping strategies and if needed get connected to agencies, programs and other resources in their community.

[hopeandhealing@rwjbh.org](mailto:hopeandhealing@rwjbh.org) or 833-795-HOPE (4673)

### **Free Counseling for those who have tested positive for COVID-19**

NJ Center for the Healing Arts offers free counseling for those that have tested positive for COVID19 [AND] do not have a health insurance policy. To schedule a first appointment, you can contact us by phone at (732)747-2944, email [NJCHAgroup@gmail.com](mailto:NJCHAgroup@gmail.com), or send a text to (732)800-1615.

*Hackensack Meridian Health.org*

### **What You Need to Know About Coronavirus & COVID-19 and Common Myths about COVID-19 Explained**

Flyers with information about Coronavirus from the CDC. Information about COVID-19 is rapidly changing. To get the most up-to-date information about testing, visitor restrictions and all things related to the virus, visit [HackensackMeridianHealth.org/COVID19](http://HackensackMeridianHealth.org/COVID19).

Centers for Disease Control and Prevention

### **Your Guide to Masks**

CDC recommends that people wear masks in public settings, at events and gatherings, and anywhere they will be around other people. Effective February 2, 2021, masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.

### **Heal NJ Healthcare Workers - COVID Hope & Healing Helpline**

Heal NJ Healthcare Workers provides telehealth crisis counseling, virtual support groups, wellness webinars and ensure you have access to the best and most up to date resources available to you. Services all NJ Healthcare Workers and their families statewide, including doctors, physicians, hospital personnel, and nursing home staff.

[COVID19.NJ.GOV](http://COVID19.NJ.GOV)

### **Healthy At Home - Cooking With Children**

Making a quick dish in the kitchen may not seem like the perfect teaching moment but it could provide several benefits.

### **Interfaith Neighbors COVID-19 Emergency Assistance Fund**



The Emergency Fund can be used for utilities, repairs, food and medicine, insurance payments and other essential living expenses. Anyone in need of immediate assistance can call the office at (732) 775-0525 and leave a detailed message. Please note that due to the high volume of calls, your call may not be returned on the day it is received.

### **Is Your Child in crisis?**

Know the signs. All kids have bad days. But, trauma and life-changing events can create lasting challenges. Extreme behavior problems that continue for more than six months could indicate a need for help. Don't wait to get help! For free real-time de-escalation and emergency counseling, call the Children's System of Care at 1-877-652-7624.

### **My Child Is In Crisis! Who Do I Call?**

**IF THERE IS INJURY OR THREAT OF INJURY, DIAL 911.** If your child has been impacted by depression, trauma, violence, defiant behavior, and/or drug or alcohol use, call the NJ Children's System of Care at 1-877-652-7624. It is open 24/7/365.

### **Mental Health America 2020 Back to School Toolkit**

Mental Health America (MHA) has developed its 2020 Back to School Toolkit with this and more in mind to help students, parents, and school personnel navigate the uncharted waters of COVID-19.

### **Mental Health Association in New Jersey's Virtual Support and Learning Opportunities**

Don't let COVID-19 get you down! Many who are used to leaving home every day for work, social gatherings, religious services and school may be feeling anxious, isolated or bored. Many can benefit greatly from support groups and individual emotional health sessions usually held in-person. The Mental Health Association in New Jersey (MHANJ) can help!

### **Mental Health Association of NJ Call Lines**

Various call lines for mental health issues.

NJ Department of Human Services

### **Mental Health Videophone Support Available to Assist Sign Language Users During COVID-19 Outbreak**

A free emotional support helpline is now available to deaf and hard of hearing New Jerseyans feeling the emotional and mental toll of COVID-19.

New Jersey Hope and Healing

### **New Jersey Hope and Healing January 2021 Virtual Groups and Resources**

Pdf of the January 2021 Calendar of New Jersey Hope and Healing free virtual groups with clickable links

New Jersey Hope and Healing

### **New Jersey Hope and Healing Virtual Support Groups February 2021**

New Jersey Hope and Healing Virtual Support Groups February 2021 Children and Families, Fire Responders, Healthcare and Frontline Workers, Individuals in Recovery, and Seniors.

Monmouth County Cooperative Extension

### **Monmouth County Cooperative Extension: We 'R' Here For You - Family & Community Health Sciences**

Stepping up to meet the needs of families impacted during these unprecedented times, the Department of Family & Community Health Sciences is offering new virtual programs for families both in Monmouth County and beyond. These programs are offered online with a variety of evidence-based resources and provide participants information that focuses on health and wellness.

### **NAMI NJ Online Support Groups**

NAMI Family Support Group is a 60-90-minute support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes. NAMI Connection Recovery Support Group is a 60-90-minute support group for adults (18+) with a mental health condition. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes. Spouse/Partner Support Group-2nd Thursdays of the month-January 14, 7 pm

### **National Domestic Violence Hotline**

Avoiding public spaces and working remotely can help to reduce the spread of COVID-19, but for many survivors, staying home may not be the safest option. We know that any external factors that add stress and financial strain can negatively impact survivors and create circumstances where their safety is further compromised.

Society for the Prevention of Teen Suicide

### **Navigating Back to School: Trauma Informed (free) Online Learning Experience for ALL Members of School Community**

The Society for the Prevention of Teen Suicide has developed a FREE online learning experience to bring Trauma-Informed Care into the post-COVID-19 school environment.

NJ Hope and Healing the Mental Health Association of New Jersey and NJ DHS

### **Navigating Life as a College Student during COVID-19**

This is an open forum and support group for current college students to discuss topics such as self-isolation, emotional struggles, and time management. It is ongoing Friday evenings @ 5:00 p.m. Through Zoom: Meeting ID: 98344908458 Password:209772

Noggin and Common-Sense Media

### **Navigating the New Normal: Parents Edition**

Noggin asked the Surgeon General of California and other leading experts how to handle the stress of the pandemic on little kids. With help from Jamie-Lynn Sigler, a mom and superstar host, and parents just like you, this 20-minute special will help answer questions you have about your kid's health and learning during this challenging time.

NJ COVID-19 Information Hub

### **New Jersey Centro de información de COVID-19**

Llamada (Preguntas generales COVID-19) : 2-1-1 (7a-11p)

Call (Medical COVID-19 Questions): 1-800-962-1253 (24/7)

Envía un mensaje de texto con NJCOVID al 898-211 para recibir alertas

### **New Jersey COVID-19 Information Hub**

Call (General COVID-19 Questions): 2-1-1 (7a-11p)  
Call (Medical COVID-19 Questions): 1-800-962-1253 (24/7)  
Text NJCOVID to 898-211 to receive alerts

MHANJ

### **NJ Mental Health Cares**

Get Help Now

866-202-4357

Available 8:00 am-8:00 pm, 7 days a week

NJ Mental Health Cares is New Jersey's behavioral health information and referral service. Our staff of behavioral care specialists use their experience and understanding of the behavioral health system to provide emotional support for issues related to COVID-19 and other mental concerns.

### **Report: Parents are Essential Too: Supporting Working Families During the Pandemic**

"Parents are Essential Too: Supporting Working Families During the Pandemic," examines data on conditions for working parents and finds that the current crisis has intensified barriers to economic security and childcare among families with children.

### **RWJ Barnabas All Recovery Meetings**

All Recovery Meetings are facilitated by trained and certified IFPR Peer Recovery Specialists and provide social support for those seeking or maintaining recovery, as well as family members, friends and supporters of those who have been influenced by substance use

### **think of us Child Welfare COVID-19 Command Center**

This Command Center houses resources and guidance for foster care individuals and organizations affected by the outbreak of the COVID-19 pandemic.

### **Toolkit for Young Adults: 15 to 21**

CDC has produced a series of factsheets for young adults, ages 15-21. The factsheets cover a variety of topics, including what test results mean, how to stay safe at the pool or beach, how to wear a face covering and other preventive measures.

## **Family & Housing Informational Resources**

### **Home Owners and Renters Information**

#### **URGENT INFORMATION FOR NEW JERSEY TENANTS DURING THE COVID-19 PANDEMIC**

- There is currently an eviction moratorium until November 1, 2020. That means that you cannot be evicted (locked out of your home) until after November 1, 2020, except in rare circumstances. This date may be shortened or extended by the Governor.
- Rent is still due. If you can, you should continue to pay your rent in order to avoid eviction when the moratorium ends.
- Even though there is an eviction moratorium, your landlord may still be able to file an eviction complaint against you in court. However, most landlord/tenant trials are currently on hold which means that most trials will not be scheduled until further notice.
- Although most landlord/tenant trials are currently not taking place, some counties are scheduling virtual (online) settlement conferences between landlords and tenants to give landlords and tenants the opportunity to settle their cases. These settlements are

VOLUNTARY which means that you DO NOT have to settle your case. If you do not want to settle your case, just tell the court staff that you do not want to settle and you can then leave the virtual conference. Your case will be set for trial when the courts start holding trials again. At that point, you may still have an opportunity to settle your case.

- Unless the court finds that there is some kind of emergency, the eviction moratorium prevents lockouts until November 1, 2020 even if tenants have agreed to move out sooner and even when a non-emergency court order authorizes removal of a tenant. You should call the police if your landlord tries to lock you out or turns off your water or power to try to force you to leave.

- You should seek legal advice if you have any questions regarding your rights as a tenant. If you cannot afford an attorney, you can contact a legal services organization such as Legal Services of New Jersey at (888) 576-5529, Volunteer Lawyers for Justice at (973) 943-4754, the Community Health Law Project (for individuals with disabilities) at (973) 275-1175.

### **Does Public Charge Apply To You?/¿Está Afectado Por La Regla De Carga Pública?**

In New Jersey, we want to make sure you and your family have access to affordable groceries and health care without fear. The new Public Charge final rule from the federal government may apply to you, and this quick guide can help you make informed decisions for your family.

En New Jersey, queremos asegurarnos que usted y su familia tengan acceso a comida y cuidado de salud asequible sin miedo. La nueva regla final de Carga Pública del gobierno federal puede aplicarle a usted. Esta guía informativa le puede servir para tomar decisiones para su familia.

### **COVID-19 and Residential Mortgage Relief**

The State of New Jersey is working to lessen the financial impact of COVID-19 on residents who are struggling to pay their mortgage and bills. This page provides guidance regarding the moratorium on foreclosures and where to find help.

### **Residential Evictions: What Homeowners Need To Know**

This document is for informational purposes only, is not intended as legal advice, and does not substitute for consulting with a lawyer about specific facts and circumstances. This document does not constitute a solicitation, and your use of this document does not create any attorney-client relationship between you and Lowenstein Sandler.

### **Desalojos Residenciales: Lo Que Los Inquilinos Necesitan Saber**

El presente documento es únicamente de carácter informativo, no pretende ser un asesoramiento jurídico y no sustituye la consulta con un abogado sobre hechos y circunstancias específicos. Este documento no constituye una solicitud, y su uso de este documento no crea ninguna relación de abogado-cliente entre usted y Lowenstein Sandler.

### **Residential Evictions: What Tenants Need to Know**

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### **[Legal Services of New Jersey Coronavirus Update](#)**

Learn about the Covid-19 impact on court procedures, access to government assistance, and more.

### **[Family Resources](#)**

#### **[2-1-1 NJ](#)**

Looking for resources in NJ? Check out 2.1.1. Phone, chat, or text options available. Every day we connect people to daycare facilities, shelters, affordable housing units, social services, employment training programs, senior services, medical insurance, and more.

#### **[Broadband Providers Keep Americans Connected](#)**

This is a list from the FCC of broadband providers that have relaxed their data usage limits in appropriate circumstances and have taken steps to promote remote learning and telehealth at no extra cost to consumers.

#### **[Community Food Bank of New Jersey, Food Resources](#)**

If you need additional food assistance, our SNAP Outreach team can help you apply or recertify for SNAP benefits. Please call our SNAP hotline for assistance over the phone: 800-609-3663

#### **[Computer Request / Application](#)**

Computers with Causes and Giving Center are here to help!

#### **[Computer Technology Assistance Corps \(CTAC\)](#)**

Computers for low income Individuals, Non-Profits, Libraries, Schools & Faith Based Organizations

#### **[Emergency Child Care Application, Essex County](#)**

The state is launching an Emergency Child Care Assistance Program (ECCAP) to help support child care costs when a parent or guardian is an essential employee. List of emergency child care centers.

#### **[Energy Assistance Programs](#)**

If you're having trouble affording your utility bills, there are many options for help. There are different customer assistance programs that are available in New Jersey.

#### **[Everyone On](#)**

Find Low-Cost Internet Service and Computers in Your Area

#### **[NJ SNAP: Using your EBT Card to Access P-EBT Benefits](#)**

SPECIAL ANNOUNCEMENT about Pandemic EBT/School Meal Assistance: If you received a new green EBT card recently with “Way2Go” written on it, do not ignore it or destroy it! The cards are part of pandemic assistance from September, and do not look like a regular EBT card. They may even appear to have expired on December 30, but they are not expired. The card is legitimate and should have funds loaded onto it for much-needed food assistance. Contact the LSNJLAW hotline at 1-888-LSNJ-LAW (1-888-576-5529) for more information

#### **The New Jersey Supplemental Nutrition Program for Women Infants and Children (WIC)**

The New Jersey Supplemental Nutrition Program for Women Infants and Children is commonly known as WIC. WIC is a successful public health nutrition program that provides wholesome food, nutrition education, and community support for income-eligible women who are pregnant and post-partum, infants and children up to five years old.

#### **The On It Foundation**

The On It Foundation is a National 501(c)(3) public non-profit that provides free computers, computer training and Internet to low-income families with students in grades K-12 that receive a free or reduced school lunch, attend a public school and reside within the United States.

#### **SNAP and WFNJ Updates During Coronavirus**

During this public health crisis, we are making the application process for SNAP food assistance simpler by removing some parts in the process.

#### **State of New Jersey COVID-19 Jobs and Hiring Portal.**

Search for jobs by industry, location, and more.

The Boggs Center on Developmental Disabilities, Rutgers University

#### **Supported Employment COVID-19 Resources**

Includes a list of resources that has been curated to focus on the most critical employment issues at this time

#### **Utility Assistance**

New Jersey's public electric and gas utilities have agreed to suspend service shutoffs. Click below for further information for utility customers, including eligibility for home energy assistance and how to apply.