



## BRHP Resource Guide for Navigating COVID-19 Pandemic

*As of September 17, 2020*

If you would like to add a community resource to this list, please contact [outreach@brhp.org](mailto:outreach@brhp.org).

### Anne Arundel County

- **Anne Arundel County Department of Aging and Disabilities:** Clients of the Senior Nutrition Program can pick up hot meals at select senior activity centers. The pickup sites can be found at <https://www.aacounty.org/coronavirus/older-adults-chronic-disease/index.html>. For seniors who need someone to pick up their meals, or are interested in registering, can call (410) 222-0256.
- **Anne Arundel County Department of Health:** Seniors that need daily meals can contact: (410) 222-4257.
- **Anne Arundel County Food Bank:** List of food pantry and food distribution sites [Food Pantry List](#)
- **Anne Arundel County Government:** If you need assistance call the COVID-19 Hotline at (410) 222-7256. The hotline is available Monday through Friday, 8:00 a.m. to 6 p.m. It is also available on Saturday, 10 am to 4 pm. You can also email at [covid19info@aacounty.org](mailto:covid19info@aacounty.org).
- **Anne Arundel County Public Schools:** Free meals will be available for anyone 18 and under. The pickup sites can be found at <https://www.aacps.org/mealpickup>

### Baltimore City

- **Comcast Internet Essentials - Free for Two Months for City School Students:** Baltimore City Public Schools has partnered with Comcast to bring high speed internet service for free for 2 months to students, families, and staff through the Internet Essentials program to eligible participants. Check to see if you qualify: <https://www.internetessentials.com/>
- **Baltimore City:** Home delivered grocery boxes for those who are eligible. Visit: <https://coronavirus.baltimorecity.gov/food-distribution-sites>
- **Baltimore COVID-19 Asset Map:** [https://www.google.com/maps/d/viewer?mid=1LSfov2kKi\\_ipvJpj4D2L4zm4mtS2bRbu&ll=39.30036317351751%2C-76.62684372704729&z=12](https://www.google.com/maps/d/viewer?mid=1LSfov2kKi_ipvJpj4D2L4zm4mtS2bRbu&ll=39.30036317351751%2C-76.62684372704729&z=12)

- **Baltimore City Public Schools:** Baltimore City is providing grab-n-go meals to all Baltimore children and youth (18 and under) at 18 meal sites. The meals will be available from 10am-2pm and children and adults can each receive 4 meals/person. For locations, visit: <https://www.baltimorecityschools.org/meal-sites>. All students enrolled in Baltimore City Public Schools are eligible for the Pandemic-EBT (P-EBT) Program. Visit: <https://www.baltimorecityschools.org/family-updates> for more information.
- **BH20:** BH20 is the Baltimore City Water Assistance Program by the Mayor's Office of Children and Family Success. The Emergency COVID-19 Discount is a temporary relief program the city is offering to unemployed water account holders. For more information, visit: <https://www.bmorechildren.com/bh20>
- **Baltimore City Health Department:** Provides a list of primary care clinics for people without insurance
- **Baltimore City Mayor's Office of Children & Family Success:** List of meal sites for children and families. View here: [Meals for Youth & Families](#). List of grocery box distribution centers. View here: [Grocery Boxes](#)
- **Baltimore Robotics Center:** Free laptop/lending program. You can also donate a laptop/tablet. More information here: <http://baltimoreroboticscenter.com/wp/laptop-donations/>
- **Baltimore Neighbors Network:** A virtual community of trained volunteers to offer hope, comfort and social solidarity. Visit: <http://www.baltimoreneighborsnetwork.org/>
- **Baltimore Neighborhood Quarantine Response Team:** Those of us with healthy immune systems can assist our neighbors. When we are well we can buy groceries, pick up prescriptions, offer to walk our neighbor's dogs or do anything else that would make it easier for folks to stay inside. Information can be found here: [Baltimore Neighborhood Quarantine Response Team Sheet](#)
- **Baltimore Rec and Parks:** A virtual rec center that provides free activities and tutorials can be found here: [Virtual Rec Center](#)
- **Behavioral Health System Baltimore:** Emotional health and wellness resource list. View it here: <https://www.bhsbaltimore.org/find-help/covid-19-wellness-resources/>
- **Downtown Baltimore of Partnership:** Resource guide. View it here: [DPOB Resource Guide](#)
- **Eating Together Baltimore:** Seniors should reserve their meal through the website. Call Maryland Access Point for their pickup time at (410) 396-2273.
- **Enoch Pratt Free Library:** Free outdoor Wi-Fi sites at the following branch locations: Brooklyn, Edmondson, Forrest Park, Herring Run, Northwood, Orleans St., Patterson Park, and Waverly. Users do not need to have a library card. The username and password is *epfl-wpa*. Remote printing is also available. You can use the remote printing services twice per day and receive up to 10 free black and white prints in each session. If you need to print more than 10 pages, you can add money to your library account. More information here: (<https://www.prattlibrary.org/remote-printing/>).

- **NAMI Baltimore:** Free classes that offer education and support to families who have a loved one that is experiencing mental health challenges. View the list here: <http://namibaltimore.org/find-support/family-support/>

## Baltimore County

- **Baltimore County senior centers are offering online classes for older adults over Zoom.** Classes range from preexisting class options, including Tai Chi, Foreign Language, Strength Training and Cooking, to more individual programming, such as group Happy Hours. Full list of Senior Center Online Classes: <https://www.baltimorecountymd.gov/Agencies/aging/centers/onlineclasses.html>
- **Maryland Access Point:** Resource for Seniors, (410) 887-2594
- **Baltimore County Department of Health:** Hotline for residents with questions and concerns regarding COVID-19, (410) 887-3816. Available Monday through Friday, 8:30 a.m. to 5 p.m.
- **Baltimore County Government:** If you need help with access to food or have questions, call (410) 887-2594. You can also email [food@baltimorecountymd.gov](mailto:food@baltimorecountymd.gov). Seniors can also email [aginginfo@baltimorecountymd.gov](mailto:aginginfo@baltimorecountymd.gov). You can view the resource guide for all of the resources that Baltimore County is currently offering at <https://www.baltimorecountymd.gov/News/foodresources.html>. Locations for free Wi-Fi access can be viewed here: <https://www.baltimorecountymd.gov/Agencies/infotech/wifilocations.html>
- **Baltimore County Public Library:** Starting on July 20, the food bank will set up distribution sites outside of designated Baltimore County Public Library branches. Meal kits for youth 18 years of age and younger will be distributed. Kits will include 4-6 breakfast and lunches and will be distributed on a first come, first served basis. You can view the list of sites here: [Branches A- L](#) and here: [Branches N - W](#)
- **Baltimore County Public Schools:** Free meals for students who are 18 and under. They are available for pickup in the parking lot of select schools. For those locations, visit: <https://www.bcps.org/system/coronavirus/>.
- **Baltimore County Department of Recreation and Parks:** Limited meal distribution to children 18 and under through the Maryland Army National Guard, the Maryland Food Bank, and Healthy Food Access St. Vincent de Paul of Baltimore. Meals are available from **4 to 6 p.m. on Mondays, Wednesdays and Fridays** on a first come, first served basis. Meals are also available on **Saturdays starting at 11 a.m.** on a first come, first served basis. For pickup locations visit: <https://www.baltimorecountymd.gov/News/foodresources.html#weekdays>.

## Carroll County

- **Carroll County Government:** Hotline for residents with questions and concerns regarding COVID-19, (410) 876-4848. Available 7 days a week, 8 a.m. to 5 p.m.
- **Carroll County Public Schools:** Free meals for children 18 and under are available for pickup at select locations. View the locations at:

<https://www.carrollk12.org/admin/financeservices/foodservices/Documents/EmergencyMealDistribution.pdf>

- **Carroll County Veterans Shuttle:** Limited operation. Questions about the Veterans Shuttle Transportation Program can be directed to the Carroll County Bureau of Aging & Disabilities at 410-386-3800.

## Harford County

- **Harford Community Action Agency:** The Community Action Food Pantry and Food Bank is an emergency and/or supplemental food source that is available once every 30 days to eligible clients in need of nourishment. Families receive enough wholesome fresh and canned fruits, vegetable, meats, milk products, and/or breads and pastries for 3-4 days, based on household size. The current income eligibility is 200% of poverty guidelines. More information here: <https://harfordcaa.org/programs/hunger-prevention/food-pantry/>
- **Harford County Government:** Residents can pay county bills online at <https://www.harfordcountymd.gov/649/Payment-Options>.
- **Harford County Public Schools:** Free meals are available for anyone 18 and under. The pickup time varies by location. The locations can be found at <https://www.hcpsmenus.com/>

## Howard County

- **Howard County Food Bank:** New clients should bring proof of Howard County residency and identification. Hours are:
  - Tuesdays: 1 to 4 p.m.**
  - Wednesdays: 1 to 4 p.m.**
  - 5 to 8 p.m. (by appointment only)**
  - Thursdays: 1 to 4 p.m.**
  - Saturdays: 9 a.m. to noon (by appointment only)**

**More information:** <https://www.cac-hc.org/programs-services/food-assistance/>

- **Howard County Government:** Residents can pay County bills online. More information at <https://www.howardcountymd.gov/alt-pay>. There is a hotline for residents with questions and concerns about COVID-19, call (410) 313-6284. The hotline is available Monday through Friday, 8 am to 5 pm. There is a list of public resources that can be found here: [Howard County Public Resources](#)
- **Howard County Public Schools:** Free meals are available for anyone 18 or under. The time to pick up is from 11:30 am to 1:30 pm. The pickup locations can be found at <https://news.hcps.org/news-posts/2020/04/hcps-to-continue-free-meal-service-during-school-closures/>
- **Dedicated Store Hours for Seniors:** Aldi (8:30 am to 9:30 am, Tuesdays and Thursdays); Big Lots (9 am to 10 am, Monday – Saturday and 10 am to 11 am on Sundays); Giant (6 am to 7 am); Safeway (7 am to 9 am, Tuesday and Thursdays); Target

(8 am to 9 am, Tuesdays and Wednesdays); Whole Foods (7 am to 8 am); Walgreens (8 am to 9 am; Tuesdays); Walmart (6 am to 7 am, Daily)

## State of Maryland

- **Child Care Scholarship Program offered by the Maryland Department of Education, Division of Early Childhood:** The Child Care Scholarship (CCS) (formerly known as Child Care Subsidy) Program provides financial assistance with child care costs to eligible working families in Maryland. The program is managed through a centralized vendor -- Child Care Subsidy Central (CCS Central).  
<https://earlychildhood.marylandpublicschools.org/child-care-providers/child-care-scholarship-program>
- **The Family Tree:** 24/7 Parenting Helpline, education, resources, and support. Call 1-800-243-7337 or visit <https://familytreemd.org/>
- **Fair Housing Action Center of Maryland:** The Tenant Advocacy program allows Maryland tenants to receive free information about tenant rights and responsibilities, including: lead paint, rent escrow, security deposits, etc. Visit: <https://www.fairhousingmd.org/about/tenant-advocacy/>
- **Maryland Network Against Domestic Violence:** Links to all the domestic violence service providers across the state, many have chat functions available.  
<https://mnadv.org/covid-19-response-from-maryland-domestic-violence-service-providers-across-the-state/>
- **Maryland Hunger Solutions:** Need help with your SNAP application? Call Maryland Hunger Solutions at 866-821-5552. In light of recent events involving covid-19, we would like to remind those seeking assistance with SNAP applications or case concerns that you can contact us on our toll-free phone number. We can assist with completing and submitting SNAP applications over the phone, submit any changes to your active SNAP case, answer questions about your benefits, and direct you to additional food resources.  
<https://www.mdhungersolutions.org/>.
- **Maryland Department of Human Services:** List of Community Food Resources in Maryland by Region  
<http://dhs.maryland.gov/documents/Food%20Supplement%20Program/Federal%20Govt%20Shutdown%202019/List%20of%20Community%20Food%20Resources%20in%20Maryland%20by%20Region.pdf>.
- **Maryland Department of Housing and Community Development:** Guidance for Rental Tenants Affected by COVID-19. View here:  
<https://dhcd.maryland.gov/Residents/Pages/COVID-19RentalTenantsGuidance.aspx>
- **Applying for the Food Supplement Program:** There are a variety of ways to file an application for the **Food Supplement Program (FSP)** benefits. You may file an application online at [myDHR](#). Additionally, local departments of social services will give or mail you an FSP application on the same day you ask for one. You may ask for it in person, over the phone, by mail, or someone else may get one for you. You also have the option to download a [SNAP application](#). For more information, visit:

<http://dhs.maryland.gov/food-supplement-program/applying-for-the-food-supplement-program/>.

- **Maryland Coronavirus Hotline/Maryland 211:** A hotline for residents who have questions or concerns regarding COVID-19, call 211. More information can be found at <https://211md.org/>.
- **Maryland Department of Aging:** Senior Call Check program for MD residents over 65+. Senior Call Check phone lines are open Monday-Friday 8 am-5 pm and Saturday 9 am - 3 pm. During these hours, seniors can call toll-free 1-866-50-CHECK (1-866-502-0560) and register. Registration is also available online at <https://aging.maryland.gov/Pages/default.aspx>.
- **Maryland Department of Human Services Food Resource Guide:** [DHS Food Resource Guide](#)
- **Maryland's Digital Library: E-books and Audiobooks can be rented through the Libby app. More information can be found here:** [Libby App](#)
- **Maryland Emergency Management Agency:** Safety and resources alerts through text message. Text "MdReady" to 898211.
- **Maryland Family Network:** Free childcare referral service. Call 1-877-261-0060. <http://www.marylandfamilynetwork.org/>
- **Maryland Food Bank:** Some food banks are still open. For more information, visit: <https://mdfoodbank.org/find-food/>.
- **Maryland Health Connection:** The deadline for the special enrollment period for uninsured Marylanders to enroll in private health plans has been extended through July 15. Visit: <https://www.marylandhealthconnection.gov/coronavirus-sep/>
- **MD Legal Aid:** Free virtual help for civil legal issues. Call (443) 451-2805. Email: [virtualcommunitylawyer@mdlal.org](mailto:virtualcommunitylawyer@mdlal.org).
- **MD Mind Health:** A texting initiative that aims to reach young people, rural communities and general public. Text 898-211 to sign up. More information can be found here: [https://health.maryland.gov/newsroom/Pages/Maryland-Department-of-Health-launches-%E2%80%98MD-Mind-Health%E2%80%99.aspx?fbclid=IwAR026AJOt83PILLz5sMMDJnm1QsXWRD1qRPAAtjIKPD7deNrigVu\\_92kJ018](https://health.maryland.gov/newsroom/Pages/Maryland-Department-of-Health-launches-%E2%80%98MD-Mind-Health%E2%80%99.aspx?fbclid=IwAR026AJOt83PILLz5sMMDJnm1QsXWRD1qRPAAtjIKPD7deNrigVu_92kJ018)
- **National Domestic Violence Hotline:** A resource of highly trained expert advocates who are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. <https://www.thehotline.org/help/>.
- **Office of Larry Hogan:** Email updates with the latest COVID-19 news and resources sent directly to your personal email. Sign up at <https://public.govdelivery.com/accounts/MDGOV/signup/13652>
- **OSI Baltimore Resource Guide:** <https://www.osibaltimore.org/2020/03/covid-19-information-and-resources/>.
- **Pro Bono Counseling Project:** Free Counseling service. Call (410) 825-1001 from 10 am to 2 pm to speak with a counselor. Learn more: <https://probonocounseling.org/>. For

those who need immediate assistance, the WARMLine is available. Call 211 or 443-608-9182. It is available from 9 am to 5 pm.

- **Temporary Cash Assistance:** Temporary Cash Assistance (TCA), Maryland's Temporary Assistance to Needy Families (TANF) program, provides cash assistance to families with dependent children when available resources do not fully address the family's needs and while preparing program participants for independence through work. For more information, visit: <http://dhs.maryland.gov/weathering-tough-times/temporary-cash-assistance/>.
- **The Y! in Central Maryland:** Starting Wednesday, March 25, the Y's 11 Family Centers will open to provide child care for approximately 700 children of first responders and frontline health care workers. They'll serve children ages 4-12 from 7 a.m. to 6 p.m. daily, following "enhanced health guidelines developed by the Maryland Department of Health," including taking the temperature of every child entering the building, restricting building access, frequent hand-washing, enhanced cleaning procedures and limiting 10 people to each space. Learn more: <https://ymaryland.org/emergencypersonnelservices>.
- **Unemployment:** The Division of Unemployment Insurance's website and call centers are currently experiencing an unprecedented volume of users due to COVID-19. This may result in unusually long wait times. The call center hours are 7:00 a.m. to 6:00 p.m., Monday through Friday. The hours on Saturdays are 8:00 a.m. to 12:00 p.m. Sunday hours are 12:00 p.m. to 4:00 p.m. To contact a Claim Center, call 1-877-293-4125. Visit the website at <https://www.dlr.state.md.us/employment/unemployment.shtml>. We strongly encourage you to utilize our [NetClaims](#) application to file your claim online.
- **United Way:** Covid-19 Community Economic Relief Fund offers help with bills, rent, and food. Call 1-866-211-9966 and provide your zip code. <https://www.unitedway.org/recovery/covid19>
- **Substance Abuse and Mental Health Services Administration (SAMHSA):**
  - **Disaster Distress Helpline:** A hotline for those who are having difficulty with coping with the pandemic, 1-800-985-5990 or Text TalkWithUS to 66746. <https://www.samhsa.gov/find-help/disaster-distress-helpline>
  - **Taking Care of Your Mental/ Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak -** [https://drive.google.com/file/d/1HG5wfbJFOO8vY5xAR0QxfRlKRowAo\\_8q/view](https://drive.google.com/file/d/1HG5wfbJFOO8vY5xAR0QxfRlKRowAo_8q/view)
  - **Virtual Recovery Resources:** A list of resources that can be accessed virtually during mandated stay-at-home orders and quarantine periods to support recovery from mental/substance use disorders - <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>
- **Store Hours Exclusively for Seniors (60+):** Aldi (8:30 am to 9:30 am, Tuesday and Thursday); Dollar General (The first hour of each day); Giant (6 am to 7 am); Safeway (6am to 9 am, Tuesday and Thursday); Target (One hour before stores open on Wednesdays); Whole Foods (one hour before stores open).

## Educational Resources

- **7-Dippity:** A guide on helping children and families cope with the COVID-19 Pandemic. View and download here: [Helping Children Cope with COVID-19](#)
- **Children’s Mental Health Matters.org:** Free guide on how to talk to your children about the coronavirus pandemic [Calm Your Child's Fears](#)
- **EdNavigator:** Free virtual summer camp that will run from June 1 to September 1 for grades K-8. Visit: <https://campkinda.org/welcome>
- **Enoch Pratt Free Library:** Free tutoring and study assistance for students. Live tutors are available from 1 pm to 11:55 pm every day. Visit: [Enoch Pratt's Brainfuse](#)
- **Homeschool Cooperative 2020:** Free online educational programs taught by volunteer professors, experts, & enthusiasts (& kids!). [www.homeschoolcoop2020.com](http://www.homeschoolcoop2020.com)
- **Outschool:** Outschool is committed to supporting those affected by closures in the wake of COVID-19. Browse our free schooling resources for educators, families, and learners. [www.outschool.com](http://www.outschool.com)
- **B & O Railroad Museum:** B & O Junior Junction - Activities and educational videos for children. Visit: <http://www.borail.org/jrjunction.aspx>
- **Baltimore Museum of Industry:** Free educational activities for children of all ages. Visit: [https://www.thebmi.org/visit/visit-from-home/?fbclid=IwAR2pjmFIMRtsGtsDjmTBDtF4aAV69qjpzQW\\_R61Oa-EuevsxsjFH00Yg3L0](https://www.thebmi.org/visit/visit-from-home/?fbclid=IwAR2pjmFIMRtsGtsDjmTBDtF4aAV69qjpzQW_R61Oa-EuevsxsjFH00Yg3L0)
- **International Association of Children’s Museums:** Free coronavirus guide for children. Visit: [Children's COVID-19 Guide](#)
- **National Aquarium:** Free environmental and science-based educational activities. Visit: <https://www.aqua.org/activities>
- **Port Discovery:** Educational resource guide. View it here: <https://www.portdiscovery.org/visit/parenting-tips-resources?parenting-tips-resources=>

#### Other Resources:

- **Summer Ideas for Families During COVID-19:** <https://www.challengesuccess.org/parents/summer-covid/>
- **Tips to Support Playtime, Downtime, and Family Time:** <https://www.challengesuccess.org/parents/pdf-tips/>
- **HUD:** Answers to questions and concerns about rent and evictions [https://dhcd.maryland.gov/Residents/Documents/PIHTenantFlyerEvictionMoratoriumFlyer\\_Published.pdf](https://dhcd.maryland.gov/Residents/Documents/PIHTenantFlyerEvictionMoratoriumFlyer_Published.pdf)
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** Disaster Distress Helpline – A hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. It is available 24/7, 365 days a year. The number is 1-800-985-5990. For more information, visit: <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **Black Men Heal:** 8 free sessions to local men of color by qualified therapists of color who volunteer to donate 8 hours over a duration of 2 months. In exchange, the men will



have to commit to share/discuss their experience with 8 other black men that they identify. Visit: <https://blackmenheal.org/>

- **TherapyforBlackMen.org:** A directory to help men of color in their search for a therapist. Visit: <https://therapyforblackmen.org/>
- **Therapy for Black Girls:** An online space dedicated to encouraging the mental wellness of Black women and girls. Visit: <https://therapyforblackgirls.com/>
- **Housing Alliance of Pennsylvania:** Landlord Toolkit for small- and large-scale landlords as they face rental income losses and general uncertainty. View here: [https://housingalliancepa.org/wp-content/uploads/2020/04/COVID-19\\_Landlord\\_Tool-Kit.pdf](https://housingalliancepa.org/wp-content/uploads/2020/04/COVID-19_Landlord_Tool-Kit.pdf)
- **Federal Student Aid:** To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers are automatically being placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment. This suspension of payments will last until **Sept. 30, 2020**, but you can still make payments if you choose. Learn more: <https://studentaid.gov/announcements-events/coronavirus>.
- **Coronavirus Aid, Relief and Economic Security (CARES) Act:** U.S. Department of Labor Announces New CARES Act Guidance on Unemployment Insurance for States in Response to COVID-19 Crisis: <https://www.dol.gov/newsroom/releases/eta/eta20200402-0>
- **Johns Hopkins Bloomberg School of Public Health:** An article on how to protect your mental health during a pandemic. Read here: [Protecting your mental health during the coronavirus pandemic](#)
- **Worker ReEmployment (Sponsored by the U.S. Department of Labor):** Worker ReEmployment is your one-stop site for employment, training and financial help after a layoff.
- <https://www.careeronestop.org/WorkerReEmployment/UnemploymentBenefits/unemployment-benefits.aspx>
- **CDC Coronavirus Info Page:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **U.S. Department of Labor:** For details about the CARES Act visit: <https://www.dol.gov/newsroom/releases/eta/eta20200402-0>
- **World Health Organization (WHO) Advice for the Public:** These materials are regularly updated based on new scientific findings as the epidemic evolves. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>