

## Community Resources

Link to restaurants/free meals

<https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJP7E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0>

Salvation Army -- Food shelf Mondays & Wednesdays @ 9am, Tuesdays and Thursdays @ 1pm

Address: 401 W. 7th St., ST. Paul

Phone number: 651-224-4316

Catholic Charities Opportunity Center (St. Paul)--The Opportunity Center provides 3 free meals a day.

Comcast is offering free internet for 2 months

Charter/Spectrum Charter will offer free Spectrum broadband and WiFi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. Installation fees will be waived for new student households.

To enroll: Call 1-844-488-8395 \*\*Note: Ask for Sales department, and indicate that you are calling about the promotion available for students impacted by the COVID-19 closings\*\* \*\*Additional note: Set a reminder for 60 days after service starts, to call and cancel service so that you are not charged for when the promotion ends\*\*

T-mobile (as of 3/16/20) ALL current T-mobile and Metro by T-Mobile customers who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming). Providing T-Mobile and Metro by T-Mobile customers and additional 20GB of mobile hotspot/tethering services for the next 60 days - coming soon. For more info: <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>

Face to Face offering virtual therapy- no new intakes <https://face2face.org/>

Safezone: SafeZone Drop-In Center: Providing food, transportation assistance, and personal hygiene products to go; medical and mental health care continues on-site <https://face2face.org/>

Minnesota Department of Human Services--Teledelivery of Mental Health Services:  
[https://www.dhs.state.mn.us/main/idcplg?IdcService=GET\\_DYNAMIC\\_CONVERSION&RevisionSelecti onMethod=LatestReleased&dDocName=DHS16\\_160257&fbclid=IwAR2msuO8fix6fl-agZ4-rJKxpkqAjlul0s5ivHrByDan6-\\_R2MHUf6iemkA](https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelecti onMethod=LatestReleased&dDocName=DHS16_160257&fbclid=IwAR2msuO8fix6fl-agZ4-rJKxpkqAjlul0s5ivHrByDan6-_R2MHUf6iemkA)

Coping with Stress During An Infectious Disease Outbreak:  
<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Meditation Apps for Kids and Families: [https://www.common sense media.org/lists/meditation-apps-for-kids?j=7698356&sfmc\\_sub=170498159&l=2048712\\_HTML&u=143332603&mid=6409703&jb=723&utm\\_source=covid19\\_resources\\_jim&utm\\_medium=email](https://www.common sense media.org/lists/meditation-apps-for-kids?j=7698356&sfmc_sub=170498159&l=2048712_HTML&u=143332603&mid=6409703&jb=723&utm_source=covid19_resources_jim&utm_medium=email)  
YMCA- no activities but offering child care

Activity resources for home:  
<https://kiddominds.com>

Right Track applicants will be emailed by 3/23, all activities suspended until April 10th.

Service/volunteer opportunities for youth:  
<http://ysa.org/covid/>

<https://leadasap.ysa.org/gysd/#ideas>

Unemployment Benefits: <https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR25EQWwrHeICfIFRYzaGDQqjXQAx0P1iAMUEchIR2JjvWb-Y567uryWCQ>

Talking to Children about Covid-19:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>  
Free Virtuwel online COVID-19 Assessment <https://blog.virtuwel.com/coronavirus-assessment/>  
Participants are asked a series of questions outlining symptoms, travel history, exposure etc. If a user meets testing criteria they will be connected with a nurse for a more comprehensive assessment

IFree online yoga classes through Corepower Yoga: <https://www.corepoweryogaondemand.com/keep-up-your-practice>

United Way- call 211 for information about food, housing, employment, transportation, health services, eldercare, and other crisis hotlines  
<https://www.gtcuw.org/211-find-help-3/>

Bridge to Benefits is a project by Children's Defense Fund-Minnesota to improve the well-being of families and individuals by linking them to public work support programs and tax credits.  
<http://mn.bridgetobenefits.org/Home2>

### **Recursos de la comunidad**

Comida Internet / Teléfono Salud mental Cuidado infantil Otro  
Dispensa de alimentos en la propiedad para miembros de la comunidad y familias

Enlace a restaurantes / comidas gratis  
<https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJPs7E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0>

Ejército de Salvación - Estante de comida los lunes y miércoles a las 9 a.m., martes y jueves a la 1 p.m.  
Dirección: 401 W. 7th St., ST. Pablo  
Número de teléfono: 651-224-4316

Centro de Oportunidades de Caridades Católicas (St. Paul) - El Centro de Oportunidades ofrece 3 comidas gratis al día.

Comcast ofrece internet gratis por 2 meses  
Charter / Spectrum Charter ofrecerá acceso gratuito a Internet y banda ancha Spectrum durante 60 días a hogares con estudiantes de K-12 y / o estudiantes universitarios que aún no tienen una

suscripción de banda ancha Spectrum en cualquier nivel de servicio de hasta 100 Mbps. Las tarifas de instalación no se aplicarán a los nuevos hogares de estudiantes.

Para inscribirse: llame al 1-844-488-8395 \*\* Nota: pregunte por el departamento de ventas e indique que está llamando sobre la promoción disponible para los estudiantes afectados por los cierres de COVID-19 \*\* \*\* Nota adicional: establezca un recordatorio para 60 días después del inicio del servicio, para llamar y cancelar el servicio para que no se le cobre cuando finalice la promoción \*\*

T-mobile (a partir del 16/03/20) TODOS los clientes actuales de T-mobile y Metro by T-Mobile que tengan planes con datos tendrán datos ilimitados de teléfonos inteligentes durante los próximos 60 días (excluido el roaming). Brindando a los clientes de T-Mobile y Metro by T-Mobile y 20GB adicionales de servicios de conexión / conexión móvil para los próximos 60 días, próximamente. Para más información: <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>  
Cara a cara que ofrece terapia virtual: no hay nuevas tomas <https://face2face.org/>

Safezone: SafeZone Drop-In Center: proporciona alimentos, asistencia de transporte y productos de higiene personal para llevar; la atención médica y de salud mental continúa en el sitio  
<https://face2face.org/>

Instalaciones de

Lidiando con el estrés durante un brote de enfermedad infecciosa:  
<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Aplicaciones de meditación para niños y familias: [https://www.common sense media.org/lists/meditation-apps-for-kids?j=7698356&sfmc\\_sub=170498159&l=2048712\\_HTML&u=143332603&mid=6409703&jb=723&utm\\_source=coj19\\_resm\\_source=coj19\\_reservados](https://www.common sense media.org/lists/meditation-apps-for-kids?j=7698356&sfmc_sub=170498159&l=2048712_HTML&u=143332603&mid=6409703&jb=723&utm_source=coj19_resm_source=coj19_reservados)  
YMCA- no hay actividades pero ofrece cuidado de niños

Recursos de actividades para el hogar:  
<https://kiddominds.com>

Los solicitantes de Right Track recibirán un correo electrónico antes del 3/23, todas las actividades se suspenderán hasta el 10 de abril.

Oportunidades de servicio / voluntariado para jóvenes:

<http://ysa.org/covid/>

<https://leadasap.ysa.org/gysd/#ideas>

Beneficios de desempleo: <https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR25EQWwrHeICfIFRYzaGDQqjXQAxf0P1iAMUEchlR2JjvWb-Y567uryWCQ>

Hablando con los niños sobre Covid-19:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Evaluación gratuita en línea de Virtuwel COVID-19 <https://blog.virtuwel.com/coronavirus-assessment/>

Se les hace a los participantes una serie de preguntas que describen síntomas, historial de viaje, exposición, etc. Si un usuario cumple con los criterios de evaluación, se conectará con una enfermera para una evaluación más completa.

Clases de yoga en línea gratuitas a través de Corepower Yoga:

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

United Way: llame al 211 para obtener información sobre alimentos, vivienda, empleo, transporte, servicios de salud, cuidado de ancianos y otras líneas directas de crisis

<https://www.gtcuw.org/211-find-help-3/>

Bridge to Benefits es un proyecto del Children's's Defense Fund-Minnesota para mejorar el bienestar de familias e individuos al vincularlos con programas de apoyo al trabajo público y créditos fiscales.

<http://mn.bridgetobenefits.org/Home2>

**Cov Kev Pab Hauv Zej Zog**

Khoom Noj Khoom Haus Hauv Is Taws Nem / Xov Tooj Noj Qab Haus Huv Menyuam Zov Lwm Yam  
Khoom noj khoom haus pantry ntawm cov cuab yeej rau cov neeg hauv zej zog thiab tsev neeg

Txuas rau tsev noj mov / noj mov dawb  
<https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJPs7E641tMHmPvWXPQfx4DvcREOOzyA/edit#gid=0>

Salvation Army - Cov tsee zaub mov Hnub Monday & Hnub Wednesday @ 9am sawv ntxov, Hnub  
Tuesday thiab Hnub Thursday @ 1 teev tsaus ntuj  
Chaw Nyob: 401 W. 7th St., ST. Paul  
Xov tooj: 651-224-4316

Catholic Charities Opportunity Center (St. Paul) - Lub Chaw Muaj Peev Xwm muab 3 puas noj dawb  
rau ib hnub.  
Comcast tab tom muab internet dawb rau 2 lub hlis

Daim Charter / Spectrum Charter yuav pub dawb rau Spectrum broadband thiab WiFi siv tau 60 hnub  
rau cov tsev neeg uas muaj K-12 thiab / lossis cov tub ntxhais kawm qib siab uas tsis tau muaj  
Spectrum broadband li ntawm ib qib kev pabcuam txog 100 Mbps. Yuav zam tus nqi txhim kho rau cov  
tsev neeg tshiab.

Xav rau npe: Hu rau 1-844-488-8395 \*\* Nco Ntsoov: Thov rau Lub Chaw Muag Khoom, thiab qhia tias  
koj hu txog qhov kev tshaj tawm uas muaj rau cov tub ntxhais kawm uas cuam tshuam los ntawm  
COVID-19 txoj kev kaw \*\* \*\* Cov lus qhia ntxiv: Tsim kev ceeb toom rau 60 hnub tom qab kev pabcuam  
pib, hu rau thiab thim kev pabcuam kom koj tsis raug them nyiaj thaum qhov kev tshaj tawm xaus \*\*  
T-mobile (thaum lub 3/16/20) TXHUA T-mobile thiab Metro los ntawm T-Mobile cov neeg siv uas muaj  
cov phiaj xwm nrog cov ntaub ntawv yuav muaj cov xov tooj smartphone tsis tshaj rau 60 hnub tom ntej  
(tsis suav cov nqi caij tsheb). Kev muab T-Mobile thiab Metro los ntawm T-Mobile cov neeg yuav  
khoom thiab ntxiv 20GB ntawm hotspot / tethering kev pabcuam rau 60 hnub tom ntej - tuaj sai sai. Yog  
xav paub ntxiv: <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>  
Ntsej muag ntsej muag muab kev kho mob virtual- tsis muaj qhov tshiab nkag <https://face2face.org/>

Kev Nyab Xeeb: SafeZone Chaw Tso Rau Hauv Chaw: Muab khoom noj khoom haus, kev pab thauj mus los, thiab cov khoom siv tu cev kom mus; kev kho mob thiab kev kho mob hlwb tseem muaj nyob rau ntawm thaj chaw <https://face2face.org/>

Minnesota Tuam Tsev Pabcuam Tib Neeg - Teledelivery Cov Kev Pab Rau Kev Puas Hlwb:  
[https://www.dhs.state.mn.us/main/idcplg?IdcService=GET\\_DYNAMIC\\_CONVERSION&RevisionSelecti onMethod=LatestReleased&dDocName=DHS16\\_160257&fbclid=IwAR2-HH22-Mg2-Mg2-Mg2-Mg2-Mg2-Mg2-Mg2-Mg2-Mg6-](https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelecti onMethod=LatestReleased&dDocName=DHS16_160257&fbclid=IwAR2-HH22-Mg2-Mg2-Mg2-Mg2-Mg2-Mg2-Mg2-Mg2-Mg6-)

Tiv Thaiv Kev Nyuaj Siab Thaum Muaj Kab Mob Sib Kis: <https://store.samhsa.gov/system/files/sma14-4885.pdf>

Meditation Apps rau Cov Menyuum thiab Tsev Neeg:  
[https://www.common sensemedia.org/lists/meditation-apps-for-kids?j=7698356&sfmc\\_sub=170498159&l=2048712\\_HTML&u=143332603&mid=6409703&jb=723&utm\\_source=covimium\\_res](https://www.common sensemedia.org/lists/meditation-apps-for-kids?j=7698356&sfmc_sub=170498159&l=2048712_HTML&u=143332603&mid=6409703&jb=723&utm_source=covimium_res)  
YMCA- tsis muaj kev ua ub no tab sis muab kev zov menyuum

Cov kev ua si rau tsev:  
<https://kiddominds.com>

Cov neeg tso cai khiav yuav yog email los ntawm 3/23, tag nrho cov haujlwm raug ncuu kom txog lub Plaub Hlis 10.

Kev pabcuam / cov sijhawm pabcuam rau cov hluas:  
<http://ysa.org/covid/>

<https://leadasap.ysa.org/gysd/#ideas>

Nyiaj Poob Haujlwm: <https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR25EQWwrHeICfIFRYzaGDQqjXQAx0P1iAMUEchIR2JjvWb-Y567uryWCQ>

Tham nrog Menyuum Txog Covid-19:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Kev Ntsuas Dawb ntawm Virtuwell online KEVID-19 Kev Ntsuam Xyuas

<https://blog.virtuwell.com/coronavirus-assessment/>

Cov neeg tuaj koom yuav raug nug cov lus nug uas qhia txog cov tsos mob, keeb kwm taug kev, kis tau thiab lwm yam.

IFree online yoga chav kawm los ntawm Corepower Yoga:

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

United Way- hu 211 rau cov ntaub ntawv hais txog zaub mov, tsev nyob, kev ua haujlwm, tsheb thauj mus los, kev pab cuam noj qab haus huv, laus, thiab lwm yam kev kub ntxhov

<https://www.gtcuw.org/211-find-help-3/>

Choj rau Cov Nyiaj Pab yog ib txoj haujlwm los ntawm Children's's Fund Fund-Minnesota txhawm rau txhim kho kev nyob zoo ntawm tsev neeg thiab cov tib neeg los ntawm kev sib txuas rau cov haujlwm pab txhawb rau pej xeem thiab cov se them se.

<http://mn.bridgetobenefits.org/Home2>

## **Kheyraadka Bulshada**

Cunto Internetka / Telefoonka Caafimaadka Maskaxda Ilmaha Caafimaadka Kale

Weelka cuntada ee hantida xubnaha bulshada iyo qoysaska

Iskuxirayaasha makhaayadaha / cuntada bilaashka ah

[https://docs.google.com/spreadsheets/d/1iq1H-](https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJP7E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0)

[dlkdzfJP7E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0](https://docs.google.com/spreadsheets/d/1iq1H-dlkdzfJP7E641tMHmPvWXPQxf4DvcREOOzyA/edit#gid=0)

Ciidanka Badbaadinta - shelf cunto Isniinta & Arbacooyinka @ 9 subaxnimo, Talaadooyinka iyo Khamiista @ 1pm



Cinwaanka: 401 W. 7th St., ST. Bawlos  
Lambarka taleefanka: 651-224-4316

Xarunta Fursadaha Sadaqada Katooliga (St. Paul) - Xarunta Fursadda waxay bixisaa 3 cunno oo bilaash ah maalintii.

Comcast waxay bixisaa internet bilaash ah 2 bilood

Jaartarka / Spectrum Charter wuxuu siin doonaa Spectrum Broadband iyo marin marin lacag la'aan ah oo 60 maalmood ah qoysaska leh K-12 iyo / ama ardayda kuleejka ee aan horeyba u laheyn rukumada Sbandrum Broadband heerka heer adeeg ilaa 100 Mbps. Khidmadaha rakibaadda waxaa looga dhaafi doonaa qoysaska ardayda cusub.

Si aad iskaga diiwaangeliso: Soo wac 1-844-488-8395 \*\* Xusuusin: Weydiiso waaxda libka, oo tilmaanso inaad soo waceyso wax ku saabsan xayeysiinta loo heli karo ardayda ay saameyn ku yeelanayso xiritaanka COVID-19 \*\* \*\* Qoraal dheeri ah: Xusuusin xusuusin ah 60 maalmood kadib markii adeegu bilaabmay, inaad wacdo oo aad joojiso adeegga si aan lacag lagaa qaadin markii dallacsiinta uu dhammaado \*\*

T-mobile (laga bilaabo 3/16/20) DHAMMAAN T-mobile-ka hadda jira iyo Metro ee macaamiisha T-Mobile ee leh qorshooyin xog leh waxay lahaan doonaan xogta taleefanka casriga aan xadidneyn 60-ka maalmood ee soo socda (marka laga reebo socodka). Bixinta T-Mobile iyo Metro ee macaamiisha T-Mobile iyo 20GB dheeraad ah oo ah adeeg hotspot / tethering ah 60-ka maalmood ee soo socda - dhow. Faahfaahin dheeri ah: <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>  
Wejiga Wajiga oo bixiya daaweyn toos ah - majirto wax ku darsasho cusub <https://face2face.org/>

Safezone: Xarunta Soo-gelitaanka SafeZone: Bixinta cunno, gargaar gaadiid, iyo alaabooyin nadaafadeed oo shaqsiyeed si ay u baxaan; daryeelka caafimaadka iyo caafimaadka maskaxda waxeey kusii socotaa barta internetka <https://face2face.org/>

Waaxda Adeegyada Aadanaha ee Minnesota - Bixinta Adeegga Caafimaadka Maskaxda:  
[https://www.dhs.state.mn.us/main/idcplg?IdcService=GET\\_DYNAMIC\\_CONVERSION&RevisionSelectonMethod=LatestReleased&dDocName=DHS16\\_160257&fbclid=IwIart2dkcdkd-d-d5cd](https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectonMethod=LatestReleased&dDocName=DHS16_160257&fbclid=IwIart2dkcdkd-d-d5cd)

Sida loola tacaalo walaaca fekerka inta lagu guda jiro dillaaca cudurada faafa:  
<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Barnaamijyada Dhex-dhexaadka ee Caruurta iyo Qoysaska:  
[https://www.common sense media.org/lists/meditation-apps-for-kids?j=7698356&sfmc\\_sub=170498159&l=2048712\\_HTML&u=143332603&mid=6409703&jb=723&utm\\_source\\_moogole\\_source\\_mailjuumini](https://www.common sense media.org/lists/meditation-apps-for-kids?j=7698356&sfmc_sub=170498159&l=2048712_HTML&u=143332603&mid=6409703&jb=723&utm_source_moogole_source_mailjuumini)  
YMCA- waxqabadyo ah maahee waa bixinta xanaanada cunugga

Kheyraadka waxqabadka guriga:  
<https://kiddominds.com>

Codsadayaasha Raadinta Tooska ah waxaa e-mayl loo diri doonaa 3/23, dhammaan howlaha la hakiyey illaa 10-ka Abriil.

Fursadaha shaqo / tabaruc ee dhalinyarada:  
<http://ysa.org/covid/>

<https://leadasap.ysa.org/gysd/#ideas>

Faa'iidooyinka Shaqo La'aanta: <https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp?fbclid=IwAR25EQWwrHeICfIFRYzaGDQqjXQAx0P1iAMUEchIR2JjvWb-Y567uryWCQ>

Kalahadalidda carruurta wax ku saabsan Wadarta-19:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Khadka bilaashka ah ee Virtuwel khadka COVID-19 <https://blog.virtuwel.com/coronavirus-assessment/>  
Ka qeybgaleyasha waxaa la weeydiinayaa su'aalo taxane ah oo qeexaya astaamaha, taariikhda safarka, soo bandhigida iwm.

Fasalada yoga tooska ah ee khadka tooska ah ee loo maro Corepower Yoga:  
<https://www.corepoweryogaondemand.com/keep-up-your-practice>

United Way- wac 211 si aad u hesho macluumaad ku saabsan cuntada, guryaha, shaqada, gaadiidka, adeegyada caafimaadka, daryeelka waayeelka, iyo khadka kale ee dhibaatooyinka  
<https://www.gtcuw.org/211-find-help-3/>

Buundada Faa'iidooyinka ayaa ah mashruuc ay sameysay Sanduuqa Difaaca Caruurta-Minnesota si loo wanaajiyo wanaaga qoysaska iyo shakhsiyaadka iyadoo lagu xirayo barnaamijyada taageerada shaqada ee dadweynaha iyo dhibcaha canshuurta.  
<http://mn.bridgetobenefits.org/Home2>

