

RESIDENT ENGAGEMENT & COMMUNITY EMPOWERMENT RESOURCES GUIDE

(Updated March 2021)

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FREE YOUTH PROGRAMS FOR JCHA FAMILIES (*we have flyers available for each program*)

- **Boys and Girls Club:**
 - **Remote learning:** At Curries Woods, they offer daytime, in-person remote learning support for students in grades k-12 from 8am-3pm on school days.
 - **After School:** Daily, in-person enrichment programming from 3-6/7pm, for youth in grades K-8 at all 5 family developments. On-site (Marion Gardens) or via bus to the Hoboken Club House (Hudson and Holland Gardens) or the Jersey City Club House (Booker T and Curries Woods).
- **Greater Bergen Community Action:** Early childhood education and childcare for ages 0-5 with 7 locations across Jersey City including on-site at Marion Gardens and Curries Woods. Currently remote only but in-person classes will resume TBD. They also offer wrap around social services for the whole family and services for expecting moms.
- **Hands in 4 Youth:** Virtual afterschool programming to be offered daily from 3-6pm for ages 11-14, likely starting in late March. Programming includes arts, STEM, physical fitness, and leadership development.

FOOD RESOURCES

- SNAP/General Assistance Benefits: You can screen yourself and apply for benefits at <https://oneapp.dhs.state.nj.us/>
- WIC (for pregnant, breastfeeding and postpartum women, infants and children up to 5 years): Prescreen for WIC eligibility at <https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>
- Hudson County has over 40 food pantries.
 - Visit <https://cfbnj.org/findfood/> or call 211
 - Some food pantries will request photo ID and proof of residence

INTERNET

- JCHA has hotspots available on a first-come, first-served basis.
- AT&T: \$5.00/month and \$10.00/month (max speed of 10Mbps depending on plan; available only to households with low income)
- Comcast: \$9.95/month for in-home Wi-Fi with 25Mbps (available only to households with low income)
 - Contact: 855-846-8376 (English) or 855-765-6995 (Spanish)

- JCHA can sponsor Wi-Fi for 8 months for family with children on remote instruction at school. Contact Devin Monserrate at dmonserrate@jcha.us or 201-920-7225.
- For more information, visit JCHA's website for our Digital Inclusion Resource Guide: <https://jerseycityha.org/jcha-covid-19> (scroll to the list of resources at the bottom of this page)

COVID-19

- CDC Information and FAQ on COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/>
- For Spanish-speaking individuals: <https://www.ncoa.org/about-ncoa/bienvenidos-a-ncoa/covid-19-recursos-para-adultos-mayores-y-sus-cuidadores/>
- State of NJ COVID-19 Information: <https://www.nj.gov/health/cd/topics/ncov.shtml>
- Online COVID-19 Self-Assessment: <https://self.covid19.nj.gov/>
- 24 Hour NJ Public Hotline: 1-800-222-1222
 - Call anytime if you have questions about coronavirus, symptoms, or risk of exposure.
- For information on local testing sites, visit <https://jerseycitynj.gov/covidtesting>
- Getting vaccinated: <https://covid19.nj.gov/pages/vaccine>

HOTLINES FOR EMOTIONAL SUPPORT AND MENTAL HEALTH

- Crisis counseling: NJ Hope and Healing: 833-795-HOPE; RWJBH.org/hopeandhealing
- Abortion – Call: 1-866-439-4253 or Text: HELPLINE to 313131
- Bullying – Call: 1-800-420-1479 or Text: HOME to 741741
- Domestic Violence – Call: 1-800-799-7233 or Text: SUPPORT to 741741
- Eating Disorders – Call: 1-800-931-2237 or Text: NEDA to 741741
- Greif – Call: 1-800-445-4808 or Text: CARE to 839863
- LGBTQ+ – Call: 1-866-488-7386 or Text: START to 678678
- Mental Health – Call: 1-800-950-6264 or Text: NAMI to 741741
- Pregnancy Infant & Child Loss – Call: 1-800-944-4773 or Text HELLO to 741741
- Self-Harm – Call: 1-800-366-8288 or Text: CONNECT to 741741
- Sexual Assault – Call: 1-800-656-4673 or Text: HOME to 741741
- Suicide – Call: 1-800-273-8255 or Text: HELLO to 741741

JCHA

- JCHA main number: 201-706-4600
- JCHA website: www.jerseycityha.org.
- JCHA Facebook/Instagram = @jerseycityhousingauthority) and Twitter = @jerseycityha)