LONG ISLAND COVID-19 RESOURCES

At this unprecedented time, many people may find themselves with unexpected challenges. Below, you will find a consolidated list of Long Island resources so you, your family, or your friends can access support easily and quickly.*

LOOKING FOR FOOD?

**THE MARION & AARON GURAL JCC — THE S.H.O.P.**
The S.H.O.P. is a social services hub that provides perishable and non-perishable kosher food, clothing, social work support services, counseling, and community referrals. 516.234.6020 or click here.

**SUFFOLK Y JCC — KOSHER SENIOR LUNCH PROGRAM**
For seniors over 60 years old who are residents of Suffolk County. For more information, call Monday-Friday, 631.462.9800 ext. 147 or ext. 146 or click here.

**SUFFOLK Y JCC — FOOD PANTRY**
Call the warm line to be connected to a broad array of community resources for shopping, meal delivery, and stable food. Serves Suffolk County. To access services, call 631.351.6610.

**THE MID-ISLAND Y JCC — RUDMAN FAMILY FOOD PANTRY**
Call the warm line to be connected to a broad array of community resources for shopping, meal delivery, and stable food, including through the Rudman Family Food Pantry. Serves Nassau County, with a focus on Plainview, Old Bethpage, Syosset, and surrounding communities. To access services, please call 516.545.9534. Or by email at here4you@miyjcc.org or click here.

LOOKING FOR MENTAL HEALTH SERVICES?

**CENTRAL NASSAU GUIDANCE — NASSAU COUNTY**
Central Nassau Guidance is providing tele-mental health treatment over the phone or via computer/smartphone. For more information, please call 516.822.6111 or click here.

**FAMILY SERVICES LEAGUE — SUFFOLK COUNTY**
Family Services League is providing tele-mental health treatment over the phone or via computer/smartphone. For more information, please call 631.427.3700 or click here.

**OHEL**
For those in crisis or with mental illness, Ohel provides support for the mental health and emotional needs of families and individuals of all ages. For more information, call 800.603.OHEL or click here.

**COVID-19 RELATED STRESS AND ANXIETY SUPPORT GROUP — SUFFOLK Y JCC**
For those who are experiencing social isolation, adjusting to changing work or parenting situations, and adjusting to a new “normal.” This eight-week group will help members process and work through the stressors and anxiety unique to our current times. For more information, please click here.

**MEMORY LOSS CAREGIVERS SUPPORT GROUP — BARRY AND FLORENCE FRIEDBERG JCC**
For those caring for individuals with dementia and other cognitive disorders. Free and open to the community. Fridays at 10:30 am. For more information, contact glebeaux@friedbergjcc.org or 516.582.5313.

**MEMORY LOSS SUPPORT GROUPS — MARION & AARON GURAL JCC**
A support group for individuals with Traumatic Brain Injury: contact lisa.barnett@guraljcc.com or call 516.569.6733. A support group for individuals with Parkinson’s: contact cathy.byrne@guraljcc.org or 516.569.6733 x 220.
ANXIETY AND COPING SUPPORT GROUP — MARION & AARON GURAL JCC
Dealing with loss, isolation, and anxiety during Covid-19. Mondays at 11:00 am. For more information, call 516.569.6733 ext. 224 or email judy.goldberg@guraljcc.org.

CANCER WELLNESS — SID JACOBSON JCC
Ongoing virtual exercise, discussion groups and support for those in recovery. For more information, contact rhight@sjjcc.org.

RELATIONSHIP CHALLENGES DURING THE TIME OF COVID-19 — SID JACOBSON JCC
Support for those who are struggling with relationships, a problem heightened by sheltering in place. For more information, please contact a Partners in Caring social worker at 516.484.1545 ext. 196 and leave a brief message. A social worker will get back to you as soon as possible.

NEED LGBTQ SUPPORT?

ESHEL
Eshel provides support for LGBTQ individuals and their family members. Programs include peer-led phone-in support groups for traditional and Orthodox parents of LGBTQ individuals. Please call 724.374.3501 or click here.

JQY
JQY (Jewish Queer Youth) is a nonprofit organization supporting and empowering LGBTQ youth with a special focus on teens and young adults from Orthodox, Chasidic, and Sephardic communities. For more information, call 551.JQY.HOPE or click here.

CAMP GA’AVAH — BARRY & FLORENCE FRIEDBERG JCC
Camp Ga’avah is a day camp and year-round program for LGBTQ youth and their allies, ages 6-17. Open to all. Currently Camp Ga’avah has two google hangouts with discussions, guest speakers, arts, music, etc. If you would like to join, please contact us at lgbtq@friedbergjcc.org for more information.

EXPERIENCING DOMESTIC OR FAMILY VIOLENCE?

THE SAFE CENTER — PROJECT HOPE
Project HOPE (in partnership with The Safe Center LI) provides domestic violence case management specifically for Jewish women at a site that is easily accessible to them and provides them with the full spectrum of services. For help, contact their 24/7 emergency confidential hotline at 516.542.0404 or click here.

SHALOM TASK FORCE
At this time, if you or a loved one is in an abusive or unhealthy relationship, please call Shalom Task Force’s confidential hotline at 888.883.2323 or click here.

AMUDIM
Amudim provides a 24/7 hotline with a Jewish-focused approach to child abuse. For more information call 646.517.0222 or click here.

DO YOU NEED HELP WITH ADDICTION?

JACS/OUR JEWISH RECOVERY/T’SHUVAH CENTER
To accommodate the recent COVID-19 crisis, JACS, Our Jewish Recovery, and T’Shuva Center are holding weekly virtual meetings for those in recovery and their loved ones. These meetings are open to the Jewish community across the country who want to meet and discuss.

AMUDIM
Amudim provides a Jewish-focused approach to substance abuse. Their 24/7 hotline provides an extensive network to address crisis situations with speed, skill, and compassion. For more information, please call 646.517.0222 or click here.

ADDICTION SUPPORT — SID JACOBSON JCC
Have substance abuse struggles, for you or a loved one, become more challenging during these uncertain times due to the Covid-19 pandemic? To gain support and obtain invaluable resources, contact Cindy Leinwand, program social worker, at 516.484.1545 ext. 211 or cleinwand@sjjcc.org.

NEED UNEMPLOYMENT ASSISTANCE?

NEW YORK STATE — UNEMPLOYMENT BENEFITS
New York State is waiving the seven-day waiting period for unemployment insurance benefits for people who are out of work because of coronavirus (Covid-19) closures or quarantines. For more information and to file an unemployment claim, click here.

DEPARTMENT OF LABOR — EMPLOYMENT RESOURCE
For additional employment resources and support, contact your local New York State Department of Labor location. To find your local location, click here.

NEW YORK LEGAL ASSISTANCE GROUP (NYLAG)
NYLAG is providing free financial counseling from a certified financial counselor. Legal services include your Covid-19 rights in the workplace, housing, and eviction. For more information, call 212.613.5000 or click here.

CAREER CONNECT — SID JACOBSON JCC
Career Connect is now providing services remotely. To schedule a phone appointment with our Career Services Specialist, Heather Rottmund, MHA, CPRW, email Heather hrottmand@sjjcc.org.

SEEKING EMERGENCY FUNDING AND LOANS?

THE MARION & AARON GURAL JCC
Provides one-time emergency funding. For more information, please call 516.569.6733 or click here.

HATZILU AT MID-ISLAND Y JCC
Provides one-time emergency funding. For more information, call 516.822.3535 ext.335 or click here.

HEBREW FREE LOAN SOCIETY (HFLS)
HFLS Coronavirus Financial Impact Loans provide interest-free loans of up to $5,000 to residents of NYC’s five boroughs, Westchester, or Long Island who are facing financial challenges caused by the coronavirus outbreak. Other HFLS interest-free loans offering more than $5,000 include Health Care, Small Business, General Needs, Undergraduate, and Vocational Training Loans. Repayments begin August 2020 or later. Please visit the links above to learn more about eligibility and loan terms, and to apply click here.
NEED SUPPORT WITH BEREAVEMENT AND BURIAL?

**HEBREW FREE BURIAL ASSOCIATION (HFBA)**
HFBA is dedicated to assuring that every Jew in the greater New York metropolitan area, regardless of financial means or religious affiliation, receives a dignified, traditional Jewish funeral and burial. For more information, call 212.239.1662. Phone is answered 24/7 for burial calls or click here.

**BEREAVEMENT GROUP FOR COVID 19–RELATED DEATHS — SUFFOLK Y JCC**
This group support is for those who are isolated from others and are missing the usual rituals of saying goodbye, such as funerals and other gatherings. They may be grieving other losses — our typical routines, work and home situations, and overall sense of security. This eight-week group provides an opportunity to process your grief with those in similar circumstances. For more information, including Covid-19 related groups as well as separated & divorced, bereavement, and next steps groups, click here.

**BEREAVEMENT GROUP FOR SPOUSES — BARRY & FLORENCE FRIEDBERG JCC**
Moving Forward Bereavement Group, a support group for spouses who have been bereaved over a year. Meeting weekly on Tuesdays at 3:00 pm. Free to Barry & Florence Friedberg JCC members; $10.00 for non-members. Register online, friedbergjcc.org.

**COVID-19 LOSS SUPPORT — SID JACOBSON JCC**
For those who have experienced a loss due to the pandemic, please call 516.484.1545 ext. 196 and leave a brief message. A licensed social worker will get back to you as soon as possible to provide you with needed care.

**GRIEF AND TRAUMA INDIVIDUAL COUNSELING — SID JACOBSON JCC**
Licensed social workers offer individual and family counseling to those who are struggling with pandemic-related grief and trauma. For more information, please contact a Partners in Caring social worker at 516.484.1545 ext. 196 and leave a brief message. A social worker will get back to you as soon as possible. Please note that the callback you receive may come from a blocked number.

ARE YOU A SENIOR AND/OR HOLOCAUST SURVIVOR IN NEED OF HELP?

**SELFHELP HOLOCAUST SURVIVOR PROGRAM**
Selfhelp Community Services continues to provide for Holocaust survivors and other low-income elderly, including food and medication, one-month rent stipends, and access to their Virtual Senior Center to alleviate their extreme isolation. Call 516.481.1865 or click here.

**MEALS-ON-WHEELS**
For weekly kosher and non-kosher meals delivered to your house, or for more information, please contact Nassau County 516.227.8900. For Suffolk County, please contact 631.853.8200 or click here.

**OFFICE OF THE AGING — CONNECT CARES**
For information on all services and support for seniors and their caregivers and family members. For more information for Nassau County, please call 516.227.8900; and for Suffolk County, please call 631.853-8200 or click here.

PROJECT INDEPENDENCE (TOWN OF NORTH HEMPSTEAD)
The Town of North Hempstead’s Project Independence program continues to operate and has expanded and added services to accommodate the needs of seniors during these difficult times. Services include taxi rides, medical and food services, and neighbor-to-neighbor volunteer help. Available for seniors over the age of 60. For more information, please call 311 or 516.869.6311 or click here.

**OHEL LIFETIME CARE**
Programs for seniors to assist them with payment of rent, utilities, and medical services; financial planning and trusts; advocacy; and case management. For more information, please call 800.603.OHEL or click here.

**MEMORY LOSS SENIOR SERVICES**
Adult day programming for all ages and stages of neurodegenerative conditions like dementia, Parkinson’s, Alzheimer’s, and other daily programming and caregiver support groups. For more information, please contact lwatling@miyjcc.org.

ARE YOU A SINGLE PARENT AND NEED SUPPORT?

**KADIMA SINGLE PARENT PROGRAM — THE MARION & AARON GURAL JCC**
Kadima continues to provide telephone one-on-one counseling, entitlements assistance, telephone reassurance, and emergency cash assistance. For more information, please call 516.569.6733 ext.222 or click here.

DO YOU NEED SUPPORT FOR A SPECIAL NEEDS CHILD OR AN ADULT?

**ADLER CENTER FOR SPECIAL NEEDS — MID-ISLAND Y JCC**
Currently offering interactive virtual classes for teens, young adults & adults. Current class offerings include: music, Fit-tastic, yoga, dance, art/sketching, teaching game strategies, self-advocacy, and theater arts. They also offer weekly support group for adults with special needs and a separate parent support group. For more information please contact Lauren Watling, Adler Center Administrative Assistant, lwatling@miyjcc.org. Pre-recorded classes can be found on their website, miyjcc.org.

**OHEL BAIS EZRA**
OHEL Bais Ezra provides a full range of outpatient and residential services to children and adults with developmental disabilities and their families. For more information, please call 800.603.OHEL or click here.

**BUTLER CENTER — SUFFOLK Y JCC**
They continue to offer an array of community classes from Monday through Friday, virtually. They offer both group and one-on-one classes based on the needs of those attending. Classes include: nutrition with cooking, Fit-tastic fitness & yoga classes, arts university, web design, theater, social sharpener, and cabaret plus. For more information about Butler Center programs, please contact Stacey Astachovsky at sastachovsky@syjcc.org.
CENTER FOR PEOPLE WITH SPECIAL NEEDS —
SID JACOBSON JCC
Sid Jacobson JCC now has interactive virtual classes for children, teens, young adults, and adults seven days a week through a variety of offerings. They include cooking & nutrition, Saturday kehilla, virtual respite, pre-vocational & vocational programming, self-advocacy, young adult social group, and individual and group support for clients and families. For more information please contact Cynthia Harrypersaud at charrypersaud@sjjcc.org.

EZRA CENTER FOR PEOPLE WITH DISABILITIES
Currently offering interactive virtual classes for teens, young adults, and adults. Class offerings include music, fitness, yoga, zumba, art, and cooking. Meetings for self-advocates and prevocational activities are also available virtually. For more information, please contact Marcy Hallerman, senior program director, at mhallerman@friedbergjcc.org. Pre-recorded classes (on their YouTube channel) can also be found on the JCC’s website, friedbergjcc.org.

HELP WITH YOUR CHILDREN
JEWISH EDUCATION PROJECT
As communities seek to lower the impact of Covid-19, many families are spending a lot of time at home with their kids. Please see available resources from the Jewish Education Project. For guidance in talking with your children about quarantines and pandemics, visit our page on How to Talk to Your Kids About Scary Situations.

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