



The Center for Humanistic Change COVID-19 Resource Guide

The spread of COVID-19, social distancing, and school closures have disrupted our routines and sense of stability, forcing each of us to adapt to a new normal. CHC is devoted to providing you with resources as you find new ways for children and families to learn, feel safe, and be supported and connected. We have compiled this resource guide so that individuals know what resources are available to them amid this pandemic. As things progress, check back often for additional resources at www.thechc.org.

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Dear Friends of the Center for Humanistic Change,

The Center for Humanistic Change is prepared to help support you and our community during the COVID-19 crisis.

Our primary concerns, like yours, are the safety, health, and well-being of our dedicated staff, contractors, and those with whom we engage. For this reason, we are suspending the delivery of programs on-site and instead will offer those programs remotely, using virtual platforms. We also offer this Resource Guide which will be updated on an ‘as-needed basis.’

We’re able to do this thanks to the forward-thinking commitment and unfailing support of Lehigh and Northampton Counties, as well as other funders, who recognize the value of our services and who want to ensure that Lehigh Valley residents remain healthy emotionally, as well as physically.

Toward that end, we are offering selected courses to students, faculty, staff, and parents, ***remotely and at no cost to you.*** The courses, which are available to individuals or small groups, will be offered in 30-, 45, or 60-minute segments.

Our age-appropriate life skills instruction for children K-12 can help children stay engaged when schools are closed and learn ways of coping during these unusual times. Our courses for faculty, staff, and parents are designed to foster resiliency, reduce anxiety, and manage stress. Over time, based on the feedback received, we expect to offer more courses remotely.

Student offerings include:

- Building communication and coping skills
- Managing stress in unprecedented times
- Understanding and managing anger: warning signs and triggers
- Deciphering what is true in social media and the news
- Identifying personal values and risk factors regarding the use of drugs, alcohol, and vaping
- Current evidence-based programs such as Second Step, Too Good for Drugs, etc.

Faculty, staff, and parent offerings include:

- Managing emotions: techniques and resources to use during crisis situations
- Parenting through crisis: helping your child through these times
- Raising awareness about the trends in, and dangers of, social media
- Recognizing the signs of drug and alcohol use

To schedule a program, simply email preventioncoordinator@thehc.org or call 610-443-1595 to leave a voicemail message in the general mailbox. One of our prevention specialists or Student Assistance Program Liaisons will get back to you to discuss your needs and arrange a time to deliver the program to your students or members of your team. For single-session video options in English and Spanish, please click ***[COVID-19 Online Resources and Programs](#)***. We will be posting them as they are recorded.

Please know that we’re here to support you during these unprecedented times. Brighter days are coming. Until then, be safe.

Sincerely,

Arlene J. Lund
Executive Director

Updated 3/20/2020

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FOOD RESOURCES FOR CHILDREN UNDER 18:

Allentown Area School District:

Allentown School District is providing grab and go meals between 11 a.m. and 1 p.m. The student must be present at pick up. One meal per student per day. Students and families can visit the school nearest to them even if the child does not attend that school. The food contains one breakfast item, one lunch item, milk and a fruit or vegetable.

- Central Elementary, 829 West Turner Street - *Door 3 by the loading dock*
- Harrison-Morton Middle School, 137 North 2nd Street - *Door 3*
- Raub Middle School, 102 S. St. Cloud Street - *Door 4*
- South Mountain Middle School, 709 W. Emmaus Ave
- Trexler Middle School, 851 N. 15th Street
- Louis E. Dieruff High School, 815 N Irving Street - *Door 25 - Jerome Street Parking Lot*
- William Allen High School, 106 N 17th Street - *Door 40*

YMCA of Allentown offering dinner to children 18 and under from 4 p.m. to 5 p.m. Can pick up outside of the front doors to the YMCA. Dinner is to be taken home. Address is: 425 S 15th St, Allentown, Pennsylvania, 18102

Bangor Area School District:

Bangor High School. Grab and Go Meals will be offered for curbside pick-up. Families must pre-order by 5PM the day before pick up. They should email meals@bangorsd.org with the number of meals they will pick up. Pick will be the following day from 10AM to 12noon at Bangor High School.

Bethlehem Area School District:

The Bethlehem Area School District is offering free bagged breakfast and lunch to all children in Bethlehem through age 18. Children must be present to get meals. Meals will be available Tuesday, March 17 to Friday, March 20 and Monday, March 23 to Friday, March 27. Breakfast and lunch meals will be available between 10:00am to 1:00pm at the following locations:

- Broughal: 114 W Morton, Bethlehem, PA 18015 - *Community School Entrance*
- East Hills: 2005 Chester Road, Bethlehem, PA 18017 - *Main Entrance, Set of Doors on the Left*
- Nitschmann: 1002 West Union Boulevard, Bethlehem PA 18018 - *Bus Drop Off Line, If rain: Auditorium Entrance*
- Northeast: 1170 Fernwood Street, Bethlehem, PA 18018 - *7th Grade Entrance*
- Calypso: 1021 Calypso Avenue, Bethlehem, PA 18018 - *Main Entrance, If rain: Multipurpose Room*
- Fountain Hill: 1330 Church Street, Fountain Hill, PA 18015 - *Parking Lot, If rain: Community School Entrance*
- Marvine: 1425 Livingston Street, Bethlehem, PA 18017 - *Main Entrance*
- Lynfield Community Center: 1889 Lynnfield Drive, Bethlehem, PA 18015 - *Main Entrance*

If you are a part of the Backpack Pal's program, the bags will be available on Friday at the following middle schools: Broughal, East Hills and Northeast. If you live in or near Lynfield Community Center, you can pick up your bag at the Lynfield Community Center. They will be first come first served.

Charter and Parochial School Parents can also pick up meals for their children at the above places.

Bethlehem YMCA is offering grab and go dinner from 4 p.m. to 5 p.m. Children under 18 can stop by the Y to pick up their dinner to take home. The address is: 403 E Broad St, Bethlehem, PA 18018

Easton Area School District:

Meals will be distributed from 9 a.m. to 11 a.m. beginning March 16th, breakfast and lunch available.

- Cheston Elementary - *Meals will be distributed at the main entrance door.*
- Paxinosa Elementary - *Meals will be distributed at the main entrance door.*
- Easton Area Middle School - *Meals will be distributed at gym/cafeteria entrance.*
- Easton Area High School - *Meals will be distributed at the main entrance door.*

Bagelsmith at 2443 Butler St, Easton, PA 18042 will be offering school students in the Wilson and Easton School district free breakfast from the hours of 7 a.m. to 11 a.m. Monday thru Friday. The student must present their school ID while schools are closed. Students can choose between either pancakes OR a bagel with butter or cream cheese. They may also choose from white milk, chocolate milk, or orange juice.

Pen Argyl School District:

Grab and Go Meals are offered for curbside pickup at Wind Gap Middle School from 11:30 a.m. to 1 p.m.

Nazareth Area School District:

Nazareth Ministerium will be supplying brown bag lunches for school age children. Pick up at Nazareth Moravian Church between 12-1.

Northampton Area School District

The Northampton Area School District will be providing available free bagged lunches to all children in the District through age 18. Meals will be available Wednesday, March 18, through Friday, March 20, 2020, and Monday, March 23, through Friday, March 27, 2020. Meals will be available between 10:00 a.m. and 12:00 noon at George Wolf Elementary and Siegfried Elementary Schools.

Saucon Valley School District:

Saucon Valley is providing breakfast & lunch Monday-Thursday 11:30-1:30 in the Middle School bus loop. Drive through only. Thursday's pick up will include 2 breakfasts & 2 lunches to cover Friday. Meals provided to any child. Child must be present in vehicle. No ID or student info required.

Wilson School District:

Grab and go breakfast and lunch will be provided every weekday during the duration of the closure at Avona Elementary & Wilson Borough Elementary Multi-Purpose room entrances. The meals will be available for pick up between 11:30 am & 1:00 pm.

Bagelsmith at 2443 Butler St, Easton, PA 18042 will be offering school students in the Wilson and Easton School district free breakfast from the hours of 7 a.m. to 11 a.m. Monday thru Friday. The student must present their school ID while schools are closed. Students can choose between either pancakes OR a bagel with butter or cream cheese. They may also choose from white milk, chocolate milk, or orange juice.

FOOD RESOURCES FOR FAMILIES, ADULTS AND THE ELDERLY:

Allentown:

- **Ripple Community Inc.** is located at 1335 West Linden St. Allentown, PA. Drop in center for community residents who are homeless. They are distributing sandwiches at their drop-in center which is open Tuesday – Thursday, 1 p.m. to 5 p.m. and Friday – Saturday 11 a.m. to 3 p.m. They are screening people by taking their temperature.
- **Lehigh Conferences of Churches** is located at 6th and Chew Street, Allentown, PA. Distribution of sandwiches at street level from 12 p.m. to 1 p.m.
- **Jubilee Breakfast Ministry** is located at 620 West Hamilton Street, Allentown, PA. Thursday – Saturday they are offering a grab and go breakfast meal from 7 a.m. to 8 a.m. Go to the back entrance of the church to receive your meal.
- **Allentown Ecumenical Food Bank** is located at 534 Chew Street, Allentown, PA 18102. Open Monday to Friday from 9:30 a.m. to 11:45 a.m.
- **Salvation Army** is located at 114 North Eighth Street, Allentown, PA 18105. Open on the 2nd and 4th Wednesday from 10 a.m. to 12 p.m. Bring a valid ID and bag.
- **Second Harvest Food Bank of Lehigh Valley & Northeast PA:** Does not service Northampton County but can call them, give living zip code and they will attempt to locate a food pantry to service that person/family. Phone number is 610-434-0875.
- **Turning Point of Lehigh Valley**, is located at 444 E Susquehanna St, Allentown, PA 18103, the hotel is available but only for clients who are escorted by police and if there is availability. Counseling services are still available via phone. To contact them please call 610-737-0530.

Bethlehem:

- **Lehigh Valley Church of Christ** is located at 3400 Brodhead Road, Bethlehem, PA 18020. Appointment only, call 610-691-1116 and speak with someone about setting up your appointment time.
- **Northeast Ministry Food Bank** is located at 1161 Fritz Drive, Bethlehem, PA 18016. Open Tuesdays to Thursdays from 9:30 a.m. to 12 p.m. and the 2nd Wednesday of every month from 5:30 p.m. to 7 p.m.

- **Food Pantry** is located at 621 Pembroke Road, Bethlehem, PA 18018. Proof of address is needed. Does not service South Side Bethlehem. Open from 9 a.m. to 12 p.m. Appointment is needed so please call 610-867-4681.
- **Meals on Wheels of the Greater Lehigh Valley.** Call 610-691-1030 to order meals or groceries. Case managers will determine the cost clients are able to pay based on income, assets, and living expenses.
- **New Bethany Ministries** is located at 333 4th Street, Bethlehem, PA 18015 will be providing curbside pickup for lunch from 12 p.m. to 1 p.m. The food pantry is open Monday to Friday from 10:30 a.m. to 11:30 a.m. Day shelter and dining room are closed until further notice. Showers are available but limited.
- **Trinity Soup Kitchen** is located at 44 E Market St, Bethlehem, PA 18018 and is serving curb side lunch out of the front window in take home bags from 12 p.m. to 1 p.m. Monday to Friday.
- **Victory House** is located at 314 Filmore Street, Bethlehem PA 18015 is only accepting veteran referrals and referrals for the transitional housing program. You can contact them at 610-691-3373.

Easton:

- **Project of Easton, Inc. Food Pantry** is located at St. Johns Church at 330 Ferry St. Easton, PA 18042 or at home deliveries. Photo ID and proof of Northampton County residency are required for each visit. Intended for low-income, at-risk adults, children, and seniors. Receive a 3 to 4-day supply of food once a month. Bring grocery bags. Only a limited number of people in the pantry at one time. Food will be bagged and given to clients Food Pantry: Please arrive 15 minutes before closing to ensure you get served: Mondays from 10 a.m. - 12:15 p.m. Thursdays from 10 a.m. - 12:15 p.m. & 1 p.m. - 3:15 p.m. If interested in at home deliveries, please contact 610-258-4361. At home deliveries: Tuesday & Thursday from 8:30am-4:30pm for donations, deliveries, and emergency food assistance
- **Easton Area Neighborhood Center, Inc.** is located at 902 Philadelphia Road, Easton, PA 18042. Every 2nd Friday from 9 a.m. to 12 p.m. and every 4th Wednesday from 4 p.m. to 6 p.m. Must be an Easton resident. *Due to current situation only 1 person is allowed in at a time. They are only giving out bags, you are not allowed to choose what you want.
- **St. Paul's Lutheran Church** is located at 610 Berwick, Easton, PA 18042. Phone number is 610-258-2612. Food available on Thursdays at 6 p.m.
- **Easton Food Pantry** is located at 1110 Northampton Street, Easton, PA 18042. Open Monday to Friday from 9:30 a.m. to 1 p.m. Monday, Wednesday, Thursday and Friday 1pm starts fruits and vegetables. (Not sure how long this service will last as they get donations from stores and not getting as much). Ring the doorbell, come in one at a time. Bag will be packed and given. Bring picture id. Closing around 1:30 everyday
- **Safe Harbor Soup Kitchen** is located at 536 Bushkill Drive, Easton, PA 18042. They are on lockdown but are giving out food at lunch time in the parking lot beginning at 12 p.m.

**If you have WIC please refer to the website for the most up to date information.
<https://www.mfhs.org/covid19/> **

Kutztown:

- ***Friend, Inc.*** is located at 658 D Noble Street, Kutztown, PA 19530. Areas including Fleetwood, Brandywine and Kutztown School Districts, and Berks County. Pickup on every 3rd Thursday at 6:30 p.m. and every 3rd Friday at 11 a.m. Individuals can call but they can also just show up. Phone number is 610-683-7790

Orefield:

- ***Food Pantry at Jordan Lutheran Church*** is located at 5103 Snowdrift Road, Orefield, PA 18069. Must be in the Parkland School District. Limit 1 visit per month. 1st and 3rd Monday of every month from 9 a.m. to 11 a.m. and 1st Wednesday of every month from 6 p.m. to 7 p.m.

Pen Argyl:

- ***Benders Mennonite Church*** is located at 975 Benders Church Road, Pen Argyl, PA 18072. Pick-up on the 3rd Saturday of every month from 9 a.m. to 11 a.m. Must live in Northampton County and should bring some form of id or something like a utility bill would also work. MUST have address on it to prove residence in Northampton County.
- ***Food Bank*** is located at 301 West Main Street, Pen Argyl, PA 18072. 1st Tuesday of every month 10 a.m. to 12 p.m. Please bring a valid ID.

Portland:

- ***Portland Upper Mountain Bethel Food Pantry*** is located at 100 Division Street, Portland, PA 18351. Hours of operation are Monday 10 a.m. to 11 a.m. and 6 p.m. to 7:30 p.m.

WHERE TO GET TESTED FOR COVID-19

There are 8 coronavirus testing sites in Lehigh Valley through Lehigh Valley Health Network:

1. **LVHN COVID-19 Assess and Test–MacArthur Road**
2741 MacArthur Road, Whitehall, PA 18052
Daily: 8 a.m. to 8 p.m.
2. **LVHN COVID-19 Assess and Test–Stroudsburg**
1655 W. Main St., Stroudsburg, PA 18360
Monday-Friday: 8 a.m. to 5 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.
3. **LVHN COVID-19 Assess and Test–Palmerton**
528 Delaware Ave., Palmerton, PA 18071
Monday-Friday: 8 a.m. to 8 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.
4. **LVHN COVID-19 Assess and Test–Macungie**
6451 Village Lane, Macungie, PA 18062
Monday-Friday: 8 a.m. to 8 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.
5. **LVHN COVID-19 Assess and Test–Richland Township**
320 W. Pumping Station Road, Suite 3, Quakertown, PA 18951

Monday-Friday: 8 a.m. to 8 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.

6. **LVHN COVID-19 Assess and Test–Hazleton**
140 N Sherman Court, Hazleton, PA 18201
Monday-Friday: 8 a.m. to 5 p.m.
7. **LVHN COVID-19 Assess and Test–Cressona**
35 Sillyman Street, Cressona, PA 17929
Monday-Friday: 8 a.m. to 5 p.m.
8. **LVHN COVID-19 Assess and Test–Nazareth**
863 Nazareth Pike
Nazareth, PA 18064
Monday-Friday: 8 a.m. to 5 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.

EDUCATION AND LEARNING FOR STUDENTS:

Center for Humanistic Change: Offering selected courses to students, faculty, staff, and parents, remotely and at no cost to you. The courses, which are available to individuals or small groups, will be offered in 30-, 45, or 60-minute segments. Age-appropriate life skills instruction for children K-12 can help children stay engaged when schools are closed and learn ways of coping during these unusual times. Courses for faculty, staff, and parents are designed to foster resiliency, reduce anxiety, and manage stress. For more information and to access online videos please visit <https://www.thechc.org/>.

Allentown School District: Materials are available by grade level with activities in Math, English, Language Arts, Science, and Social Studies online at <http://allentownsd.ss14.sharpschool.com/cms/One.aspx?portalId=521953&pageId=11762371>. If you do not have access to devices or internet at home, print materials can be picked up at the same location and times as the grab and go meals beginning Thursday, March 19 from 10 a.m. to 2 p.m.

KidsPeace Teen Central: This is a free web-based service for teens. It is confidential and anonymous and provides a range of information and encouragement to older kids and teens including the opportunity to submit questions and concerns and get an individualized response from clinical experts provided in a “safe space” for young people who may have reluctance to discuss such matters with parents or other adults. You can access this at www.teencentral.com.

Online Resources:

- ***Khan Academy*** <https://www.khanacademy.org/>
- ***Scholastic*** <https://classroommagazines.scholastic.com/support/learnathome.html>
- ***Openstax*** <https://openstax.org/>
- ***Prodigy Math*** <https://www.prodigygame.com/>
- ***Mystery Science*** <https://mysteryscience.com/school-closure-planning>
- ***TED Ed*** <https://ed.ted.com/>
- ***BrainPop*** <https://www.brainpop.com/> You can get free access on the webpage
- ***YouTube*** – SciShow, SciShow Kids, CrashCourse, and CrashCourse Kids
- ***Wonderopolis and Camp Wonderopolis*** – explore intriguing questions about the world around us

- **PBS Parents Play and Learn App**
- **NASA** - <https://www.nasa.gov/multimedia/imagegallery/index.html>
- **San Diego Zoo** <https://kids.sandiegozoo.org/>
- **Monterey Bay Aquarium** <https://www.montereybayaquarium.org/animals/live-cams>
- **Discovery Education Field Trips**
<https://www.discoveryeducation.com/community/virtual-field-trips/>
- **Lunch Doodles** with Children’s Author Moe Willems at 1pm every weekday on his website <https://www.kennedy-center.org/education/mo-willems/>
- **Online Mindfulness Class!** Every Tuesday, Wednesday, and Thursday 1pm
<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

RECOVERY AND MENTAL HEALTH:

- **In the Rooms** is a free online recovery tool that offer 130 weekly online meetings for those recovering from addiction and related issues. They use multiple pathways to recovery including 12 Step, Non-12 Step, and Wellness and Mental Health modalities.
<https://www.intherooms.com/home/>
- **Warmline** is a telephone support service for Lehigh County adults who are faced with loneliness, confusion, and other mental health concerns. The Warmline number is 610-820-8451. Visit the website for more information: <https://pbfalv.org/programs/warmline/>
- **Online AA Meetings:** <http://aa-intergroup.org/directory.php>
- **National Suicide Prevention Line** English: 1-800-273-8255 Spanish: 1888-628-9454
- **Crisis Text Line** Text HELLO to 741741
- **Veterans Crisis Line** 1-800-273-8255 and press 1 or text to 838255
- **Pyramid Healthcare Detoxification Services:** They are accepting new clients in their network of residential detox centers. Pyramids admissions is 24 hours a day, 7 days a week. They offer free door-to-door transportation and 1,300 beds system wide. They all accept all funding sources including PA and NJ Medicaid. They have locations in Dallas, PA, East Stroudsburg, Langhorne, Altoona, Pittsburgh, and Hammonton, NJ.
- **Pyramid Healthcare Telehealth Services for Outpatient Care:** Offering outpatient telehealth videoconferencing. Patients would have access to group, individual, family, and medication management sessions. These services will be available for partial hospitalization/partial care, intensive outpatient, and outpatient levels of care. For any questions or to schedule an initial assessment call 1-888-694-9996 or visit pyramidhealthcarepa.com.

GENERAL TIPS:

This is a stressful time. Be aware of how you are feeling. Social distancing does not mean social isolation. You should still call your loved ones, friends, and family. If you have the means to you can FaceTime, Skype, or Zoom them as well.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to the news including social media.
- Take care of your body.
- Take deep breaths, a relaxing shower or bath, stretch, eat well-balanced meals, and exercise.
- Avoid alcohol or drug use and get plenty of sleep.

- Make time to unwind.
- Start a new hobby, finish a project that has been sitting around for a while, or do some other activity you enjoy.
- If you can, sit on your front steps or back porch. Vitamin D produced by the sun is very good for you. It is a natural antibiotic so is the air outside. Spend 10 minutes a day outside but distance yourself to people.
- Wash your hands and don't touch your face!

FINANCIAL RESOURCES:

Financial Institutions

If you need to access your financial institution, complete transactions using online or mobile banking, drive thru, or ATM's.

Make use of services available 24/7 on your financial institutions website or app including balance inquires, transfers, loan payments, mobile check deposits, and transaction inquires.

You should contact your financial institution for any concerns with credit, automatic bill payments, or debt obligations like credit card and mortgage payments.

Unemployment

If you are unable to work because of COVID-19, you may be eligible for unemployment benefits. Learn more here: <https://www.uc.pa.gov/Pages/covid19.aspx>

Credit Cards

If you are struggling to make your credit card or loan payments due to the loss of income from COVID-19, contact your lender right away. Regulatory institutions have encouraged financial institutions to work with customers impacted by the coronavirus. Learn more here: <https://www.consumerfinance.gov/ask-cfpb/what-should-i-do-if-i-cant-pay-my-credit-card-bills-en-1697/>

Rent and Mortgage

If you are having trouble paying rent or mortgage, contact your lender or landlord immediately. Do not wait until you're behind on payments. Some lenders may work out an agreement to waive late fees, set up a repayment plan or offer loan forbearance. For mortgage information visit: <https://www.consumerfinance.gov/ask-cfpb/if-i-cant-pay-my-mortgage-loan-what-are-my-options-en-268/> For rental assistance visit: https://www.hud.gov/topics/rental_assistance

Loans

Consider your options before taking out a high cost short term loan. This should be a last resort option. Speak to your creditors and negotiate more time to pay bills or borrow from friends and family before exploring loans offered by banks, credit unions, or licensed small loan companies that you may not be able to repay. Borrow only what you can afford to pay back.

Scams: BEWARE!

Financial scams are at an all-time high right now. If you have received an unsolicited phone call, when in doubt, hang up. Never provide credit card or other financial information or personal information as part of an unsolicited phone call and think twice if you're pressured to act now. Anyone can contact DoBS at 1-800-PA-BANKS or 1-800-722-2657 to ask questions or file complaints about financial transactions, companies, or products.

MISCELLANEOUS RESOURCES:

- **The United Way** has a COVID-19 Community Economic Relief Fund. They will help with bills, rent, and food. You can call 1-866-211-9966 and provide zip code and will be given a list of local agencies to provide assistance. <https://www.unitedwayglv.org/>
- **6th Street Shelter** in Allentown at 219 N 6th Street #4111 Allentown, PA 18102 is still accepting new CES referrals and clients for an Emergency Shelter. You can contact them at 610-433-3282 or by email at sixthstreetshelter@caclv.org
- **Allentown Rescue Mission** at 355 Hamilton Street Allentown, PA 18101 is still accepting veteran referrals and referrals to their housing program. You can contact them at 610-740-5500.
- **Utility Companies:** At this time, utility costumers including **PPL Electric, Met-Ed, UGI, and Verizon** will not shut off any electric, natural gas, water, wastewater, telecommunications, and steam utilities. This is part of an emergency order signed by the Pennsylvania Public Utility Chairwoman prohibiting companies from terminating consumers for unpaid bills or other reasons.
- **Lehigh County Water Authority** will not shut off water to customers with delinquent bills.
- **Service Electric** will not terminate service to any residential or small business due to inability to pay their bill, waive late fees, and open its Wi-Fi hotspots to everyone. Will also offer free broadband modems to qualifying costumers during the ongoing national emergency. For more information on modem access and 60-day financial grace period, contact representatives at:1-800-232-9100
- **Charter Communications/Spectrum:** Offering free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription. Installation fees will be waived for new student households. Charter will also open its Wi-Fi hotspots across their footprint for public use. Spectrum does not have data caps or hidden fees. If you would like to enroll contact them at 1-844-488-8395.
- **Comcast:** is offering free Xfinity Wi-Fi to everyone with hotspots available to all. To access the service, look for the xfinity Wi-Fi network name in a list of hotspots. Also, if you are a costumers and are unable to pay your bills during this time, you can contact Comcast for advice on flexible payment options. No disconnects or late fees will be applied if you contact costumers service. 1-800-934-6489 Low income families who are in an area with Comcast service can sign up for Internet Essentials and as new costumers, are eligible for 60 days of free service <https://www.internetessentials.com/>
- **RCN:** Lifeline Internet Program for Students (K-12) The first 60 days FREE of RCN Internet it includes the modem, router, and network access maintenance fee. There is no credit check, no activation fee, no installation fee, and no contract. An adult over the age

of 18 living in the household must call and request enrollment in the Lifeline Internet Program. RCN cannot schedule installations called in by a minor. There is a specific hotline for the program and it is 866-926-6704. Normal business hours/phone line is open: Monday to Friday from 9 a.m. to 8 p.m. and Saturday 8:30 a.m. to 5 p.m. During non-business hours, callers may leave a message, which will be returned on the next business day. A non-costumer may qualify if: the live in an area of the Lehigh Valley that RCN service is available, they have no subscribed to RCN services within the last 60 days, they have no outstanding debt to RCN that is less than one year old, and the name on the bill matches the name of the adult household member requesting enrollment in the Lifeline Internet program.

- **U-Haul:** College students who need to move out of their dorms or rental units and have no place to put their belongings. You must present a college ID and it is dependent on availability. This offer lasts 30 days of free self-storage. Find out more by visiting <https://www.uhaul.com/Storage/> or calling 1-800-468-4285
- **Sprint:** If you are a costumer, they are providing unlimited data for 60 days with metered data plans and giving 20 GB of free mobile hotspot to costumers with hotspot-capable devices.
- **AT&T:** No overage fees while people are at home using more data, open public Wi-Fi hotspots open for anyone to use, internet access for qualifying limited-income households at \$10/month through Access from AT&T program. They will not terminate service of any wireless, home phone, or broadband residential or small business costumer due to an inability to pay their bill as a result of the coronavirus. They are also waiving late payment fees for those costumers.
- **T-Mobile:** Will waive late fees, not cutoff service for lack of payments and open hotspots. Plus unlimited data to existing customers and, coming soon, will allow all handsets to enable hot-spots for 60 days at no extra charge.