

Distance Learning Support

Each of these sites are prepared for school closures and has a specific set of tools to support students during this time.

- MATH Distance Learning with [Khan Academy](#)
- ELA Distance Learning with [RazKids](#)
- STEM [BrainPop](#) is providing free access
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Coronavirus Updates in Philadelphia

Sign up for Philadelphia's Office of Emergency Management updates on COVID-19 by texting "COVIDPHL" to 888-777

Support for Talking with Children About the Coronavirus

Advice from the experts at the Child Mind Institute – [Talking To Kids About The Coronavirus](#)

Resource for Parents from the National Association of School Psychologists – [Talking to Children About COVID-19: A Parent Resource](#) (Available in Spanish)

The Anxiety and Depression Association of America has created a COVID-19 resource – [COVID-19 Resource page](#). And if someone is in crisis, text CRISIS to 741741 to be connected to a trained crisis counselor for free, confidential support 24/7.

How to help teens cope with coronavirus-related anxiety, recognizing that while tensions are running high for everyone, teens are particularly (and neurobiologically) prone to even more acute distress – [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

Paying Bills & Accessing Essential Services (e.g., internet, utilities, housing)

Internet: Effective Monday, March 16, 2020, Comcast is offering 2 months free to new Internet Essentials customers in response to recent and anticipated emergency measures associated with the Coronavirus (COVID-19). Click [here](#) for more details.

Gas/Electric: How to get help paying utilities. Click [here](#) for more details.

Water: Problems paying the water bill. Click [here](#) for more details.

Mortgage: In case of financial hardship or missed payments. Click [here](#) for more details.

Student Loans: Deferment guidance on federal student loans. Click [here](#) for more details.

Accessing Food

Free food resources in Philadelphia – [Free Food Resources](#)

For seniors: If cooking, shopping, or being able to afford to buy food is challenging – Philadelphia Corporation for the Aging's [meal delivery program](#).

Volunteer/Donation Opportunities

Project HOME: Philadelphia non-profit organization empowering individuals to break the cycle of poverty and homelessness through affordable housing, employment, health care, and education. [Project HOME in-kind needs](#) and, for social distancing, [Project HOME's Amazon wish list](#). Or consider making a [financial contribution](#), to help cover the costs of unpredictable needs as they arise.

Volunteer at Philabundance Food Bank: While Philabundance is taking every measure to keep their facilities sanitary, they understand that immunocompromised volunteers may not be able to fulfill their obligations, and they invite volunteers to help them pack and sort food.

- Check [here](#) for volunteer opportunities, which will continue to evolve.
City of Philadelphia Mayor's Office of Civic Engagement and Volunteer Services
- Click [here](#), then create an account on the volunteer portal then look for opportunities.