



## Flex High Michigan

### Resource Guide for students and families in Genesee County

## Questions About COVID-19?

MDHHS has launched several statewide platforms to answer questions about Coronavirus Disease 2019 (COVID-19) and to keep residents up to date as information continues to change rapidly during the outbreak.



**Call the COVID-19 Hotline at 888-535-6136**, seven days a week from 8 a.m. to 5 p.m.



**Email COVID19@michigan.gov 24/7.** Emails will be answered seven days a week, 8 a.m. to 5 p.m.



**Subscribe to e-newsletter updates at Michigan.gov/Coronavirus.**



**Visit Michigan.gov/Coronavirus** for the latest news and information.



### Genesee County Meals To-Go for Students Affected by Covid-19 School Closures

## Do I have COVID-19, the flu or a cold?

	 <b>COVID-19</b>	<b>Cold</b>	<b>Flu</b>
<b>SORE THROAT</b>	Sometimes	Common	Common
<b>COUGH</b>	Common	Common	Common
<b>SNEEZING</b>	—	Common	Sometimes
<b>FEVER</b>	Common	—	Common
<b>BODY ACHES</b>	Sometimes	Mild	Common
<b>TIREDNESS</b>	Sometimes	Mild	Common
<b>HEADACHE</b>	—	—	Common
<b>RUNNY/STUFFY NOSE</b>	—	Common	Sometimes
<b>NAUSEA</b>	—	—	Sometimes
<b>SHORTNESS OF BREATH</b>	In severe cases	—	—

Source: World Health Organization and U.S. Centers for Disease Control and Prevention, via Cleveland Clinic

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### COVID-19 SPECIAL SERVICE NOTE

CROSSOVER DOWNTOWN OUTREACH MINISTRY WILL REMAIN  
OPEN FOR ESSENTIAL SERVICES OF FOOD AND PERSONAL  
HYGIENE PRODUCTS ONLY.  
MONDAY-FRIDAY, 10AM TO 2:30PM

THIS CHANGE IS TO MINIMIZE SOCIAL CONTACT WHILE STILL  
PROVIDING ESSENTIALS TO OUR CLIENTS SAFELY AND  
RESPONSIBLY. STAY SAFE 🙏

**Please call with questions: 810-234-2479**

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### Food Distribution Sites Throughout Genesee County

- ❖ *Special Note: Most school distribution sites are providing meals to all children up to age 18 (or up to age 26 if eligible for special education), regardless of the district they attend. So please feel free to go to the site that is most convenient to you if this is offered there!*
- ❖ *Because conditions are constantly changing, please check your district's website and Facebook page often for updates.*

### Genesee Intermediate School District

### Meal Distribution for Genesee ISD Programs

To meet the needs of our students, Genesee Intermediate School District will be distributing meals beginning Monday, March 16 and continuing Mondays through Fridays at the locations and times shown below. Each student will receive two meals each day. Meals are available for all children free of charge. If you are unable to access one of the Genesee ISD meal distribution sites, please call (810) 591-4552.

#### Beecher Dailey Elementary

6236 Neff Road, Mt. Morris  
2:00–3:00 p.m.

#### Cathedral of Faith

6031 Dupont St, Flint  
12:00–12:45 p.m.

#### Early Learning Center

5575 Van Campen Street, Flint  
1:00–1:45 p.m.

#### Educare Flint

1000 Gladwyn Street, Flint  
12:00–12:45 p.m.

#### Elmer Knopf Learning Center

1493 W. Maple Ave. Flint  
10:30 a.m.–12:30 p.m.

#### Mott Early Childhood Center

(near Court St. entrance)  
1401 E. Court St., Flint  
12:00–12:45 p.m.

#### Stalker Early Childhood Center

3329 Burnell Ave., Flint  
1:00–1:45 p.m.

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### Genesee Intermediate School District Cont.

#### The Learning Community

1181 W. Scottwood Ave., Flint

1:00–1:45 p.m.

#### Transition Center

3136 Linden Road, Flint

10:30 a.m.–12:30 p.m.

\*Flint Community Schools will be distributing meals at the following sites where Genesee Intermediate School District programs are also located:

#### Cummings Great Expectations

G-2200 Walton Street, Flint

10:00 a.m. - 1:00 p.m. (Breakfast and lunch)

#### Manley Early Childhood Center

3002 Farley, Flint

10:00 a.m. - 1:00 p.m. (Breakfast and lunch)

#### Summerfield Early Childhood

1360 Milbourne Avenue, Flint

10:00 a.m. - 1:00 p.m. (Breakfast and lunch)

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### Beecher Community School District

To meet the needs of our students, we will be distributing meals beginning Monday, March 16, 2020, and will continue Mondays through Fridays until April 3, 2020; at the times and locations shown below. Meals are available for all children free of charge. Be sure to check The Official Site of Beecher Community School District's Facebook page for updates and changes.

Location	Address	Times
Johnny's Store	2191 Coldwater Rd.	Breakfast: 8:40-9:15am Lunch: 12:35-1:10pm
Tucker Middle School	G5159 Summit St.	Breakfast: 9:20-9:55am Lunch: 1:15-1:50pm
Dailey Elementary	6236 Neff Rd.	Breakfast: 8:40-9:15am Lunch: 12:35-1:10pm
Football Parking Lot	1020 W. Coldwater Rd.	Breakfast: 9:20-9:55am Lunch: 1:15-1:50pm
New Jerusalem FGC	1035 W. Carpenter Rd.	Breakfast: 8:40-9:15am Lunch: 12:35-1:10pm
Cranbrook Apartments	5371 Bermuda Ln.	Breakfast: 8:40-9:15am Lunch: 12:35-1:10pm
Rosewood Park Apartments	7028 Rosewood Dr.	Breakfast: 9:20-9:55am Lunch: 1:15-1:50pm
Harry St. & E. Coldwater	Intersection of Harry St. & E. Coldwater Rds.	Breakfast: 9:20-9:55am Lunch: 1:15-1:50pm

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### Bendle Public Schools

Bendle Public Schools announces the sponsorship of the Summer Food Service Program for children. Free meals will be made available to children 18 years of age and under or persons up to age 26 who are enrolled in an educational program for the mentally or physically disabled that is recognized by a State or local public educational agency. The meals will be provided without regard to race, color, national origin, age, sex, or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the site(s) listed below (M =Mobile)

Please feel free to call Dawn Pully, Food Service Director (810) 591-2148 or high school kitchen (810) 591-2160 with any questions.

Site Name	Address	Times
South Bendle	4341 Larkin	11:00am-11:30am (M)
West Bendle	4020 Cerdan	12:00pm-1:00pm
Bendle High School	2283 E. Scottwood	11:00am-1:00pm
Bendle Middle School	2294 E. Bristol	12:00pm-1:00pm
Firemans Park	2035 E. Bristol	11:40am-12:10pm (M)
Norton	1430 Norton	12:20pm-12:50pm (M)
Webber	1517 Webber	1:00pm-1:30pm (M)
Friel	4469 Greenley	12:00pm-12:30pm

### Bentley Community Schools

Starting Monday, March 16, we will have packaged breakfast and lunch being delivered to the bus stops between 10:00 a.m. and 11:00 a.m. Please watch for the bus. It will honk when it arrives. You, our students, or the whole family are welcome to come to the bus to pick up the food. This will run Monday through Friday this coming week and next. Food will not be delivered during our scheduled spring break.

Also, you may stop at Bentley High School on the west side of the building (the side facing the basketball court and Wendy's) to pick up the meals from 11:00-12:00 p.m. on these days. This is a PICKUP option only; no one will be allowed to stay and eat on campus. We will provide extra food for the weekends with the Friday deliveries

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### Carman-Ainsworth Community Schools

Carman-Ainsworth Community Schools will be providing free “grab and go” breakfast and lunch meals for all students.

Beginning March 17, look for Carman-Ainsworth School Buses parked in the following locations, Monday through Friday, March 17 - March 27, at the times indicated:

#### 11:30 a.m.-12:30 p.m.

Crystal Lake Apartments, 7350 Crystal Lake Dr., Swartz Creek, MI 48473 (Club House)

Economy Motel, G-4186 Corunna Rd., Flint, MI 48532

Greenbrier Mobile Home Park, 4070 Green Briar Blvd., Burton, MI 48529 (Office/Club House)

Kings Lane Apartments, 4400 Kings Ln., Burton, MI 48529

Randels Elementary, 6022 Brobeck St., Flint, MI 48532

River Forest/River Hollow, 3500 Rue Foret, Flint, MI 48532

Villa Mobile Home Park, 3096 Camelot Drive, Flint, MI 48507 (Club House)

Westwood Village Mobile Home Park, 3365 W. Pasadena Ave., Flint, MI 48504

#### 12:45 p.m.-2:00 p.m.

Carman-Ainsworth High School, 1300 N. Linden Rd., Flint, MI 48532

Carman-Ainsworth Middle School, 1409 W. Maple Ave., Flint, MI 48507

Central Church of Nazarene, 1261 W. Bristol Rd., Flint, MI 48507

Clovertree Apartments, 3270 Clovertree Ln., Flint, MI 48532

Fisherman’s Cove, 4441 Jena Lane, Flint, MI 48507 (front of Club House)

Rankin Elementary School, G-3499 Mundy Ave., Swartz Creek, MI 48473

Sunridge Apartments, 3348 Flushing Rd., Flint, MI 48504 (front of Club House)

Woodland/Atlantis, G-3493 Beveridge Rd., Flint, MI 48532

#### 5:00 p.m.-6:30 p.m.

Carman-Ainsworth Middle School

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### Clio Area School District

Free Grab and Go Breakfast and Lunch; beginning Monday, March 16, 10:00am to 1:00pm

Food will be available for distribution at Garner Elementary, Clio High School, New Covenant Church, and Clio Community Church of God from 10-1 beginning Monday, March 16<sup>th</sup>. Breakfast and lunch will both be available. You simply go to the location and let the people working know how many of each you need for your children. #onecommunity

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### Davison Community Schools

Davison Community Schools will be providing free “grab and go” breakfast and lunch meals for all students during the state-ordered shutdown. Look for the Davison school bus parked in the following locations from 1:30pm to 3:00pm Monday through Friday, March 16<sup>th</sup> through March 27<sup>th</sup>.

- Central Elementary
- Davison Free Methodist Church
  - Continental Estates
  - Davison Farmer’s Market
  - Broadview Estates
- Davison Meadows Baptist Church (Pending approval of church)
  - Kearsley Creek
  - Siple Elementary
  - Gates Elementary
    - Davison East
    - Charter Oaks

Those with special diets will need to pick up their lunches at Central Elementary. Friday pick-ups will consist of three meals to help provide meals throughout the weekends. Open to all students under the age of 18 (special education students up to age 26).

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### Fenton Area Public Schools

-Fenton Area Public Schools will be serving food and will be working with local churches and organizations to ensure our families are supported.

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-More information will be coming out on Monday (3/16/20) on the details of both opportunities to pick up food and the delivery of food.

-Anna Goss, Director of Food Services, met with our head cooks 3/13/20, and they are finalizing the plan.

-Utilize the call center (810-591-4717) for questions.

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### Flint Community Schools



#### FLINT COMMUNITY SCHOOLS

*Expect More. Achieve More.*

### Breakfast & Lunch Distribution

Those up to the age of 19 may receive a breakfast or lunch meal, regardless of whether you attend Flint Schools.

#### NUTRITION - FOOD SERVICES AND DISTRIBUTION

The District will execute the USDA "Summer Feeding" program model during the time the students are out of school. The District has identified 24 sites across the City of Flint to deploy a team that will provide summer feeding twice a day.

The timeframes for the Food Service at each site will be as follows:



#### Breakfast and Lunch Distribution

**10:00 am to 1 pm**

Families unable to make it to the Food Distribution Sites can contact their child's school or the Office of Student Services at (810) 767-6111.

**Policy Updated 03/17/20**

#### The 24 Food Distribution Sites include the following:

##### North Zone

- Northwestern - G-2138 W. Carpenter, Flint 48505
- Brownell/Holmes - 6602 Oxley Dr., Flint 48504
- Bryant - 201 E. Pierson, Flint, 48505
- Carpenter Road - 6901 Webster, Flint 48504
- Merrill - 1501 W. Moore, Flint 48504
- Williams - 3501 Minnesota, Flint 48506
- Civic Park - 1402 W. Dayton, Flint 48504
- Berston Field House - 3300 Saginaw St. Flint, 48505

##### Central Zone

- Potter - 2500 N. Averill, Flint 48506
- Washington - 1400 N. Vernon, Flint 48506
- Dort - 601 W. Witherbee, Flint 48505
- Pierce - 1101 W. Vernon, Flint 48503
- Doyle-Ryder - 1040 N. Saginaw, Flint 48503
- DTM - 1518 W. Third Ave, Flint 48504
- Anderson - G-3248 Mackin Rd., Flint 48504
- Summerfield - 1360 Melbourne, Flint 48504

##### South Zone

- Scott - 1836 Averill Ave., Flint 48504
- Stewart - 1950 Burr Blvd., Flint 48503
- Manley - 3002 Farley, Flint 48507
- Freeman - 4001 Ogema, Flint 48507
- Eisenhower - 1235 Pershing St., Flint 48503
- Neithercut - 2010 Crestbrook Ln., Flint 48507
- Southwestern - 1420 W. Twelfth St., Flint 48507
- Cummings - G-2200 Walton, Flint 48507

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### Flushing Community Schools

We are committed to feeding any and all of our students and will be passing out lunch and a portable breakfast for the next day at five different locations from 11:00 am - 12:00 pm Monday through Friday for the next two weeks. This is open to all of our families and available to all school aged children, regardless of financial need. You do not need to bring your children or Flushing ID. This service is a drive through operation only. You will not be getting out of your car. If you have any concerns about a family's inability to get the lunch/breakfast that they need, please use the phone numbers posted on our school website to leave a message with the necessary details.

Flushing High School - 5039 Deland

Cops & Robbers Great Escape Mini Golf - 5154 Flushing Road

Trinity Baptist Church - 4222 Elms Road

Flushing Community Church - 9500 W. Pierson Road

North Flushing Baptist - 7500 W. Mt. Morris Road

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### Genesee School District

Free Breakfast and Lunch to Anyone 18 and Under

Dear Genesee Families,

Please save some of your hard earned money and take advantage of our food distribution program over the next two weeks.

A huge thank you to the State of Michigan for allowing school districts to provide food to anyone 18 and under!

**You DO NOT have to attend Genesee to take advantage of this program! If you are one of our non-resident students and need a closer location, your hometown will have distribution sites as well. Look online for more info or call the school district in which you live.**

**Distribution Dates: 3/17, 3/20, 3/24 & 3/20**

Haas Elementary Parking Lot 12-1:00 PM (DO NOT EXIT YOUR CAR, WE WILL HAND DELIVER)

Camelot Club House 11:00 AM

Indian Hill Club House 11:30 AM

Pineview Club House 12:00 PM

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In response to the spread of COVID-19 and to meet the needs of our students, Goodrich Area Schools will be distributing meals, for any child in need age 18 and under. Breakfast and lunch items will be available for pick-up Mondays, Wednesdays, and Fridays, beginning Wednesday, March 18, and running through Friday, April 3. Pick up will be from 9:00 to 11:00 a.m., at Goodrich High School gymnasium entrance #7. These meals are available for all children free of charge.

If you have any questions or concerns regarding meal distribution, please contact Food Service Director, Megan Burny, at 810-591-2236 or 810-591-2250. Be sure to visit our COVID-19 resource page on our district website for updates regarding meal distribution.

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### Grand Blanc Community Schools

Grand Blanc Community Schools Dining Services, in partnership with Chartwells and our local Food Banks, are working diligently to get food to our children during the COVID-19 school shutdown, while maintaining social distance per recommended guidelines.

We are planning to have a drive-up distribution of pre-packed breakfast and lunch available for anyone 18 and under (and people with special needs 26 and under) from 11 am-1 pm on Tuesday, March 17, Wednesday, March 18, and Thursday, March 19 at the following locations:

- ❖ Grand Blanc High School at the main entrance of East campus 12500 S. Saginaw, Grand Blanc, MI 48439
- ❖ Grand Blanc West Middle School 1515 Reid Rd, Grand Blanc, MI 48439
- ❖ McGrath Elementary School 5288 Todd St, Grand Blanc Twp., MI 48439

Tuesday, Wednesday, and Thursday food will be distributed for each day, and Thursday enough will be given to last until the next pickup day. Children do not need to be present, do not have to be enrolled in Grand Blanc Schools, and do not have to qualify for free or reduced lunch. Please be patient as we may need to alter plans as we get a better feel for how many need to be served. We will announce the days and times for next week soon.

Additionally, A Hand Up Food Pantry at West Middle School will be open by appointment Monday, March 16, from 8 am-4 pm and Tuesday, March 17, 2 pm-3:45 pm for families in need (and likely one day next week to be announced). The process will look different than usual, as food will have to be pre-packed for the indicated number in each household to be picked up outside the athletic entrance doors at WMS at your appointment time. Please sign up for available times at [ahandup.rocks](http://ahandup.rocks). Food is included for all members of the household of our Grand Blanc students. There is no residency or I.D. requirement.

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### Kearsley Community Schools

Beginning Monday, March 16<sup>th</sup>, Kearsley High School will become a “grab and go” breakfast and lunch pickup throughout the course of the mandated school shutdown. We will be distributing three days of meals.

Pickup will take place 11am to 1pm

Please pull through the front loop at KHS. This will be a curbside service. Simply pull up and staff will greet you and deliver food directly to your vehicle. This service is open to all students ages 18 and under and special needs students ages 26 and under.

### Lakeville Community Schools

Continuing to feed our children is a top priority of the District amidst the current concern we are facing with the Coronavirus closing school. Beginning on Monday, March 16, 2020 we will have a delivery/drop off service of meals at nine (9) locations within our community. These stops will serve our students a FREE breakfast and lunch each school day that we are closed during this crisis until Friday, April 3, 2020. Stops and times are listed below, please choose the one closest to you.

Notes to Parents/Guardians:

- Students will need to be present at the stop, but may remain in the vehicle
- Staff member will come to the vehicle to get names of students & number of meals needed
- Locations and times are listed below
- Times may be off a few minutes, please be patient and wait at the stop
- One breakfast and one lunch per day
- Meals are FREE to anyone under the age of 18

#### **STOP LOCATIONS & TIMES:**

11:00 am Drive through service at the Middle School

10:00 am Otter Lake Elementary, parking lot in front of the school (VanAmburg Dr)

10:20 am Marathon and Cusena Drive

10:40 am Columbiaville Elementary, back parking lot (5th St)

11:00 am Huckleberry Circle & Columbiaville Road

11:25 am Davison Hills Mobile Home Community, 11067 Mt. Morris Road, parking lot

11:45 am Church of the Nazarene, 7524 E Mt Morris Rd, parking lot

12:10 am Otisville Elementary, front parking lot (Woodward Ave)

12:30 am Forest Township Hall, 130 E Main St, parking lot

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### Linden Community Schools

Linden Community Schools will be providing lunch for our students in grades K through 12 during the following weeks:

March 17-20

March 23-27

Lunch will be provided from 11:00am to 12:00pm at the following locations:

- Linden Elementary School, 400 S. Bridge St., Linden, MI 48451
- Tyrone Woods, 8318 Hogan Rd., Fenton, MI 48430
- Pine Ridge, 9348 Silver Lake Rd., Linden, MI 48451

Those with special dietary needs or transportation issues, please contact the Linden Food Service Department 810-591-0435.

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### Montrose Community Schools

Montrose Community Schools will be providing lunch for anyone 18 and under during the following weeks:

March 16-20

March 23-27

NOTE: Lunch will not be provided the week of spring break.

Lunch will be available from 11:00-11:30 at the following locations:

- Briar Ridge Golf Course - 11099 Dodge Road
  - Brentwood Farms - Corner of Nashua Trl. & Gallant Fox Trl.
  - Marshalls Crossing - Clubhouse
  - Riverside Trailer Park - At the bus stop
  - Hall of Fame Entrance - At Montrose Community Schools
-

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### **Mt. Morris Consolidated Schools**

Pick-up and Delivery Options available during Coronavirus shutdown March 17 - 27:

- Drive up/pick up service directly to your car at the High School and Middle School from 12 noon to 1 p.m. on Tuesday and again on Friday. You may take advantage of this or, if you have elementary students, we have another option:
- Tuesday and Friday (buses leave at 11a.m. but we cannot provide specific times buses will arrive at homes) buses/bus drivers will drive to their elementary route home drop offs, knock on the door and inquire if the students living in the home are in need of grab and go meals. If they are, we will respond by bringing that number of grab and go meals to their front step. They can take them after we leave, minimizing contact. If not, that is fine.

NOTE: The week of March 30 is the calendared "Spring Break." We will not be providing supplemental food during Spring Break.

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### **Swartz Creek Community Schools**

During this time, there are many children who regularly rely on us for food, who will not have access to school. Because of this, we are prepared to deploy our school buses with grab-and-go lunches and breakfast meals to deliver to sites all over the district. More details on this will be forthcoming, but our plan is to deliver meals on buses to sites all over the community and also to have a "drive-through" concept at both our middle school and high school building. Meals and instructional packets will be delivered starting on Wednesday (3/18/20). More details will be forthcoming.

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### Water distribution

All help centers are operated through the United Way of Genesee County and remain open. Hours may vary on or around holidays.

Bethel United Methodist Church: 1309 N. Ballenger  
Hwy. 10 a.m.-2 p.m. Mondays.

Asbury United Methodist Church: 1653 Davison Road. 10  
a.m.-2 p.m. Tuesdays.

Greater Holy Temple Church of God in Christ, 6702 N. Dort  
Hwy. 10 a.m.-2 p.m. Thursdays.

# Sack Lunches!

**MONDAY- FRIDAY WHILE SCHOOL IS OUT.**

**Will deliver the night before  
(between 5-7pm)**

**MESSAGE US THE NUMBER OF CHILDREN, YOUR  
ADDRESS, AND CONTACT INFORMATION**

**Must pre-order by  
2pm the day prior!**

Priscilla 810-869-0148

Morgan 810-280-0548



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**Free Lunch  
for kids  
M-Fri  
11:30-1pm  
620  
Saginaw St.  
Flint**

**WHILE SUPPLIES LAST**

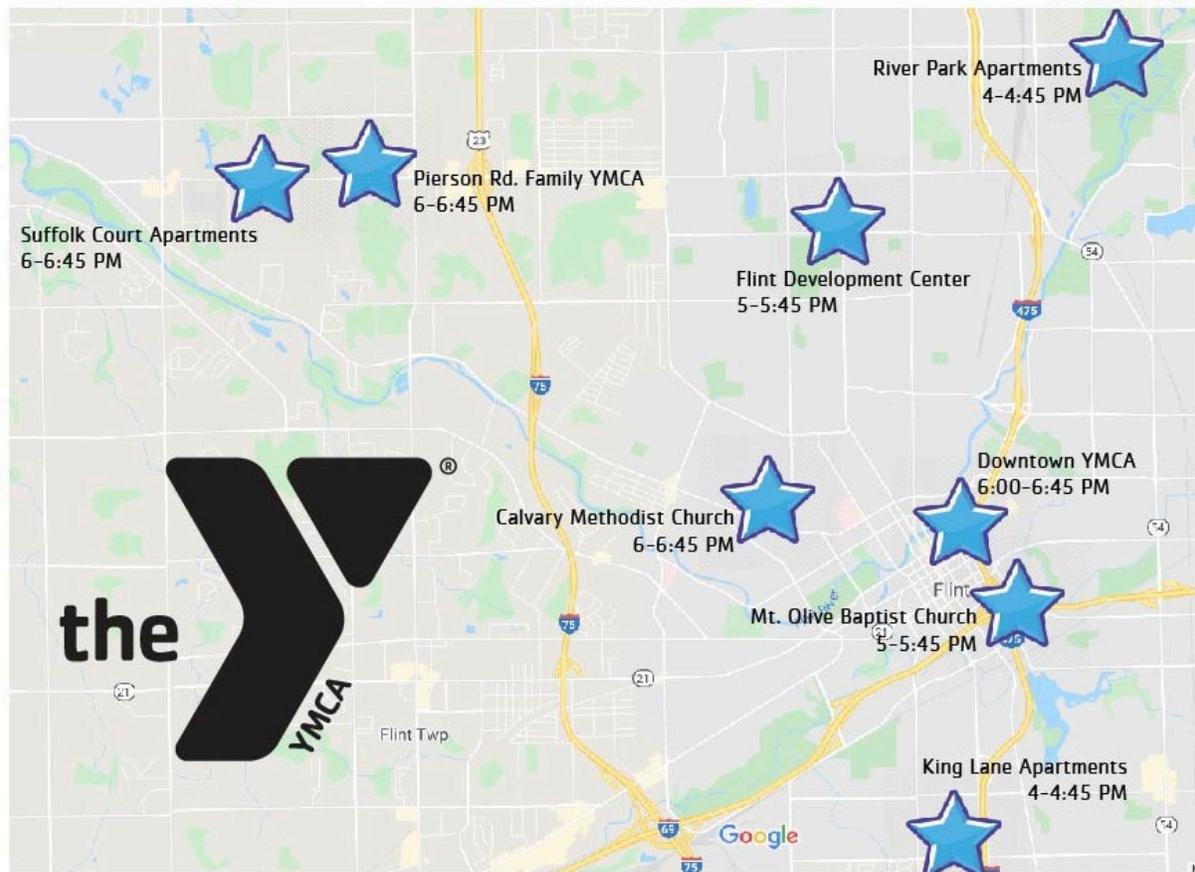
*glam*  
BOUTIQUE



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### YMCA OF GREATER FLINT FEEDING SITES



**EACH SITE WILL INCLUDE A GRAB AND GO DINNER AND SNACK**

**Due to school  
closures...**



**Starting Monday 3-16-2020  
we will have sack lunches for  
those without. Free of charge,  
no explanation needed, for  
kids under 18.**

**Pick up at:  
Revive Sips & Sweets  
1006 N Saginaw st, Holly**

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### Transportation



#### MTA SERVICE BULLETIN

Effective **March 19, 2020 through April 6, 2020** fares will be waived on the **14 Fixed Route Bus Services**

All passengers will be asked to load and unload through the rear doors only, except for those that are disabled

The use of transfers will be eliminated, until further notice.

If you have any questions, please contact  
MTA Customer Service at (810) 767-0100

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### COMMUNITY RESOURCES



OFFICE OF GENESEE COUNTY SHERIFF  
SHERIFF CHRISTOPHER R. SWANSON



COMMUNITY CARE TASK FORCE

PUBLIC RESOURCES SERVICES CAREER OPPORTUNITIES COMMUNITY ENGAGEMENT OFFICER MEMORIAL CHASING THE DRAGON

## Community Care Task Force

The Office of Genesee County Sheriff has partnered with community leaders in this time of crisis to respond to the needs of our community.

Below is a list of faith based friends who have been called to action and are ready to serve.

For assistance contact servants in your region directly  
OR  
(810) 257-3422

#### REGION 1

**ERA Ministries:** 700 E. Mt. Morris St. Mt. Morris 48458 810-412-3040 Kids Clothes, Counseling

**Little Lambs:** Pastor Dawn M. Ramirez 2254 Dye Road Flint, MI 48532 Ran by Seniors, Call First Please.

**Victorious Word Church:** Pastor Murphy Rodney 3560 Beecher Road Flint, MI 48532

**Trinity Assembly of God:** 4363 W. Mt. Morris Road Mt. Morris, MI 48458 Food and Counsel

**Macedonia MBC:** Pastor Berry Samuel, III G-5443 N. Saginaw St. Flint, MI 48505 810-787-1561

**New Creation Church:** G-3472 Lennon Road Flint, MI 48507 810-732-0500

#### REGION 2

**Emmanuel:** Pastor John Scalli 6434 Richfield Rd. Flint, MI 48506 Food Pantry, Food Delivery

**The Prayer Shack:** Amber Delavergne 6150 Lapeer Road Burton, MI 48509 810-513-8197 M-F 8-12

**Richfield Public School Academy:** Bob Wright, President of the Board 3807 N. Center Road Flint, MI 48506

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**2nd Chance Pastor:** Derrick Aldridge 2570 Coldwater Road Flint, MI 48505 810-720-8118

### REGION 3

**Hill Road Church:** Pastor Kenneth Gillard 3500 W Hill Rd, Flint, MI 48507

**The Rock Church:** Neil Thompson, Director of Operations Fenton Road, MI People Resources and Buildings

**The River Church:** 9430 Perry Road Goodrich, MI 48438 248-328-0490 Clothes, Diapers, Food, and Water

**One Life Church Pastor Eric Stewart:** 6170 Torrey Road Flint, MI 48507

**Freedom Center Bob Strygulic:** 2525 W. Shiawassee Ave. Fenton, MI 48430 810-620-8167

### REGION 4

**Word of Knowledge Christian Center:** 6009 Westknoll Drive Grand Blanc, MI 48439

**The River Church:** r 9430 Perry Road Goodrich, MI 48438 248-328-0490 Clothes, Diapers, Food, and Water Judson Baptist Church 810-744-0650 Transportation, Prayer, Small Food Bank

### REGION 5

**Catholic Charities:** Viki Shultz, CEO 901 Chippewa St. Flint, MI

**Joy University:** Shearese Stapleton Mercy House 2221 Maplewood Road Flint, MI

**Calvary House:** 2111 Flushing Road Flint, MI

**Flint City Church:** Pastor Ernesto Alaniz Location Carriage Town Ministries

**Higher Quality of Life Ministries:** Pastor Wiggins 5601 N. Saginaw St. Flint, MI 48505

**Stacy Swimp Evangelistic Association:** Stacy Swimp Show 1470 AM 810-449-3318

**F.A.N. Families Against Narcotics:** Aaron Rubio – rhonda3399@gmail.com Insight Building 4800 S. Saginaw St., Suite 1600 Flint, MI 48507

**Latinex Technology & Community Center:** Enrique Rodrigues 2101 Lewis St. Flint, MI 48506 810-893-2257

**Latinas United Flint:** Pastor George Wilkerson 460 W. Atherton Road Flint, MI 48506

**East Side Mission:** Pastor Jeff Rolfe 1917 Delaware Ave. Flint, MI 48506 810-767-5312 9:30 a.m. Breakfast 11:15-12:30 p.m. Lunch Clothing, Food, Diapers, Formula

**Resurrection Church :**65165 Detroit St. Flint, MI 48505 Food and Clothing

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### Mental Health Services For Children and Adults



420 W. Fifth Avenue ,Flint, MI 48503 Phone: (810) 257-3705 Toll  
Free: (866) 211-5455

Crisis Line: (877) 346-3648

### Hurley Mental Health Associates

Psychiatry, Child & Adolescent Psychiatry • 6 Providers  
1085 S Linden Rd Ste 150, Flint MI, 48532

Make an Appointment [\(810\) 262-2100](tel:8102622100)

The Traini Counseling Group Tel: 810-877-6343

1134 S. Linden Rd. STE #8 Flint, MI 48532

### Self-Care

#### Manage Anxiety & Stress

##### Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

**Everyone reacts differently to stressful situations.** How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for COVID-19
  - Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

**If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call**

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

**Stress during an infectious disease outbreak can include**

- Fear and worry about your own health and the health of your loved ones

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- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

### **Things you can do to support yourself**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

### **Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**

Reduce stress in yourself and others

Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful..

When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about taking care of your emotional health.

For parents

Children and teens react, in part, on what they see from the adults around them.

When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

**Not all children and teens respond to stress in the same way. Some common changes to watch for include**

- Excessive crying or irritation in younger children

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- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

### **There are many things you can do to support your child**

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.( CDC 2020)

# Hey UIA Claimants! READ THIS!



**DID YOU KNOW** that there is no in-person work registration if you're claiming unemployment benefits?



**DID YOU KNOW** you will be able to talk to an agent when you file your claim by phone?



**DID YOU KNOW** you could file your claim online?



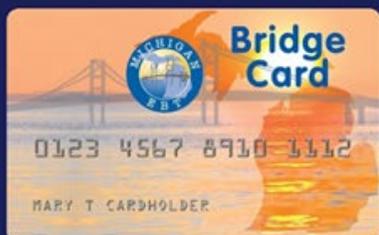
**DID YOU KNOW** you could chat with a live agent online through MiWAM?

[michigan.gov/uia](https://michigan.gov/uia)

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### HAVE YOU RECENTLY LOST YOUR JOB OR HAD YOUR WORK HOURS CUT?

You may be eligible for the **Food Assistance Program (FAP)**. FAP benefits are loaded on the Bridge Card and can be used to purchase groceries each month.

#### APPLY BY PHONE



Call the Food and Other Resources (F.O.R.) Helpline at **1-888-544-8773**

Need an interpreter? The F.O.R. Helpline has access to over 200 languages!



#### APPLY ONLINE

Visit [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges)



Helpline operated by the Food Bank Council of Michigan. Funded in part by the Michigan Department of Health and Human Services.  
*This institution is an equal opportunity provider.*



PREGNANCY HELP CLINIC

**PROVIDING FREE DIAPERS,  
WIPES, BABY SUPPLIES**

For community members in need during  
the COVID-19 Restrictions.

**(810) 494-5433**

To request items, please call and leave a  
message including the following information:

- NAME
- PHONE NUMBER
- SPECIFIC ITEMS NEEDED

While the clinic is closed for renovations,  
our staff will work diligently to  
accommodate our community needs.

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### Educational Resources



In response to emergency measures associated with Coronavirus (COVID-19), Internet Essentials will increase speeds from 15/2 Mbps to 25/3 Mbps for all customers. This speed increase will happen automatically - no action is required by customers.

<https://www.internetessentials.com/covid19>

Company	Link
Discovery Ed	<a href="https://www.discoveryeducation.com/coronavirus-response/">https://www.discoveryeducation.com/coronavirus-response/</a>
BrainPop	<a href="https://educators.brainpop.com/2020/02/19/free-brainpop-access-for-schools-affected-by-the-coronavirus/?utm_source=organic&amp;utm_medium=social&amp;utm_campaign=coronavirus&amp;utm_content=free-access">https://educators.brainpop.com/2020/02/19/free-brainpop-access-for-schools-affected-by-the-coronavirus/?utm_source=organic&amp;utm_medium=social&amp;utm_campaign=coronavirus&amp;utm_content=free-access</a>
Kahoot	<a href="https://kahoot.com/blog/2020/02/27/kahoot-free-access-schools-higher-education-coronavirus/">https://kahoot.com/blog/2020/02/27/kahoot-free-access-schools-higher-education-coronavirus/</a>
Pronto	<a href="https://pronto.io/coronavirus/">https://pronto.io/coronavirus/</a>
BookCreator App	<a href="https://bookcreator.com/2020/03/support-for-schools-affected-by-coronavirus/">https://bookcreator.com/2020/03/support-for-schools-affected-by-coronavirus/</a>
Google for Edu	<a href="https://www.blog.google/outreach-initiatives/education/distancelearning-covid19">https://www.blog.google/outreach-initiatives/education/distancelearning-covid19</a>
Tynker	<a href="https://mailchi.mp/tynker/in-support-of-schools-facing-health-related-closure">https://mailchi.mp/tynker/in-support-of-schools-facing-health-related-closure</a>
Buncee	<a href="https://blog.buncee.com/supporting-remote-student-learning/">https://blog.buncee.com/supporting-remote-student-learning/</a>
Pear Deck	<a href="https://www.peardeck.com/staying-connected">https://www.peardeck.com/staying-connected</a>
Kami	<a href="https://blog.kamiapp.com/remote-learning-with-kami-during-school-shutdowns/">https://blog.kamiapp.com/remote-learning-with-kami-during-school-shutdowns/</a>
Parlay	<a href="https://parlayideas.com/school-closure-support/">https://parlayideas.com/school-closure-support/</a>
Elementari	<a href="https://docs.google.com/forms/d/e/1FAIpQLSdJ1LAywQdwvNKN_SpsypVA48XOaoCTQoG_huaP7e12fgwPnWA/viewform">https://docs.google.com/forms/d/e/1FAIpQLSdJ1LAywQdwvNKN_SpsypVA48XOaoCTQoG_huaP7e12fgwPnWA/viewform</a>
EdPuzzle	<a href="https://support.edpuzzle.com/hc/en-us/articles/360039805612-Help-for-schools-affected-by-Covid-19">https://support.edpuzzle.com/hc/en-us/articles/360039805612-Help-for-schools-affected-by-Covid-19</a>
Wakelet	<a href="https://wakelet.com/wake/3af73ea4-a652-4e38-934d-765aefe0f35b">https://wakelet.com/wake/3af73ea4-a652-4e38-934d-765aefe0f35b</a>
Twinkl	<a href="https://www.twinkl.com/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools?utm_source=twitter&amp;utm_medium=social&amp;utm_campaign=corona">https://www.twinkl.com/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools?utm_source=twitter&amp;utm_medium=social&amp;utm_campaign=corona</a>
Hapara	<a href="https://hapara.com/from-home/">https://hapara.com/from-home/</a>

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Manga High	<a href="https://www.mangahigh.com/en-gb/blog/2020-03-06-free-access-schools-online-maths-coronavirus">https://www.mangahigh.com/en-gb/blog/2020-03-06-free-access-schools-online-maths-coronavirus</a>
ListenWire	<a href="http://blog.listenwise.com/2020/03/listenwise-support-for-schools-affected-by-the-coronavirus/">http://blog.listenwise.com/2020/03/listenwise-support-for-schools-affected-by-the-coronavirus/</a>
MobyMax	<a href="http://press.mobymax.com/mobymax-to-provide-all-k-8-schools-and-school-districts-closed-by-covid-19-with-free-internet-learning-software">http://press.mobymax.com/mobymax-to-provide-all-k-8-schools-and-school-districts-closed-by-covid-19-with-free-internet-learning-software</a>
GoGuardian	<a href="https://www.goguardian.com/blog/learning/goguardian-teacher-for-remote-learning/">https://www.goguardian.com/blog/learning/goguardian-teacher-for-remote-learning/</a>
Seterra Geography	<a href="https://online.seterra.com/en/p/corona-support">https://online.seterra.com/en/p/corona-support</a>
We Video	<a href="https://www.wevideo.com/education">https://www.wevideo.com/education</a>
Education Perfect	<a href="https://epforlearning.com/2020/education-perfects-technology-minimising-impact-on-100-coronavirus-affected-schools-in-china/">https://epforlearning.com/2020/education-perfects-technology-minimising-impact-on-100-coronavirus-affected-schools-in-china/</a>
Slido Education	<a href="https://blog.sli.do/slido-for-education/">https://blog.sli.do/slido-for-education/</a>
Breakout Edu	<a href="https://www.breakoutedu.com/funathome">https://www.breakoutedu.com/funathome</a>
Microsoft Education	<a href="https://educationblog.microsoft.com/en-us/2020/03/how-schools-can-ramp-up-remote-learning-programs-quickly-with-microsoft-teams/">https://educationblog.microsoft.com/en-us/2020/03/how-schools-can-ramp-up-remote-learning-programs-quickly-with-microsoft-teams/</a>
NearPod	<a href="https://nearpod.com/coronavirus">https://nearpod.com/coronavirus</a>
Zoom	<a href="https://blog.zoom.us/wordpress/2020/02/26/zoom-commitment-user-support-business-continuity-during-coronavirus-outbreak/">https://blog.zoom.us/wordpress/2020/02/26/zoom-commitment-user-support-business-continuity-during-coronavirus-outbreak/</a>
ScreenCastify	<a href="https://twitter.com/ScreenCastify/status/1226934956930281472">https://twitter.com/ScreenCastify/status/1226934956930281472</a>
Mystery Science	<a href="https://mysteryscience.com/?fbclid=IwAR0tiDhJA1fs0tvraKnXpDLa2JIJGXQhzPR4UnQRVfbOR1Ca3C5yQY5tNwQ">https://mysteryscience.com/?fbclid=IwAR0tiDhJA1fs0tvraKnXpDLa2JIJGXQhzPR4UnQRVfbOR1Ca3C5yQY5tNwQ</a>
Age of Learning (ABCmouse, Adventure Academy, ReadingIQ)	<a href="https://www.ageoflearning.com/schools">https://www.ageoflearning.com/schools</a>