

Resource One-Pager for Families and Students

| What Are You Looking For? | | |
|--|---|---|
| School Reopening Information? Visit <u>BPS Reopening</u> | Speaking to Someone at BGA? Reach out to your teachers, <i>email</i> mcabrera@bostongreenacademy.org | Additional BPS Information? Visit <u>BPS</u> <u>BPS Family Guide (Multiple</u> <u>Languages)</u> |
| Help Paying for Food? Apply for <u>SNAP</u> benefits! | Food Today? Visit a <u>Food Pantry</u> Visit <u>BPS Meal Sites</u> | Unemployment Benefits? Apply <u>Online</u> |
| Coronavirus Updates? Search the City of Boston's website: <u>Coronavirus Page</u> | COVID-19 Testing Sites? Search the City of Boston's website: <u>Testing Sites List</u> | COVID-19 Help? Search the City of Boston's website: <u>Help for Residents</u> |
| Community Resources? Search the City of Boston's website: <u>Neighborhood List</u> | Immigrant Support? Search the City of Boston's website: <u>Boston Immigrants Guide</u> | Specific BGA Information for Families <u>BGA Website</u> <u>BGA Resource List</u> |
| Internet Connectivity? Search the City of Boston's website: <u>Affordable / Reliable</u> <u>Internet Services</u> | Support with Zoom? Check out the <u>Zoom Support Page</u> | Additional City Resources? Visit <u>Help Steps</u> |
| Ways to Cope with Stress? | | |
| Try the <u>Cope Challenge</u> Practice <u>Breathing Exercises</u> | Listen to <u>Relaxing Harp Music</u> <u>Soothing Relaxation Music</u> | In Case of an Emergency Call the Best Team at <u>800-981-4351</u> or call 911 |