



The D214 Food and Nutrition Services Department is pleased to announce they are offering meals free of charge, beginning September 9 through December 2020, to all children ages 18 and under. Meal bags will be available for pick-up every Wednesday, from 3:30 p.m. – 5:30 p.m. at all District 214 schools. Children do not need to be present at the time of pick-up. You may pick up food for all of your children (including anyone under age 18) at one school. More details have been sent to your email. Thank you!

El Departamento de Servicios de Alimentación y Nutrición D214 se complace en anunciar que están ofreciendo comidas gratuitas, desde el 9 de septiembre hasta diciembre de 2020, a todos los niños de 18 años o menos. Las bolsas de comida estarán disponibles para la recogida todos los miércoles, de 3:30 p.m. a 5:30 p.m. en todas las escuelas del Distrito 214. Los niños no necesitan estar presentes en el momento de la recogida. Usted puede recoger alimentos para todos sus hijos (incluyendo cualquier persona menor de 18 años) en una sola escuela. Se han enviado más detalles a su correo electrónico. Gracias!

Food and Nutrition

Village of Mount Prospect Human Services Department Food Pantry
MP families for assistance 847-5206-4930 and 847-870-5680

Northwest Compass
Continuing to offer food pantry but only through curbside service. No documentation needed. 847-392-2344

Willow Creek Care Center <https://www.willowcreekcarecenter.org>

Journeys The Road Home
1140 E Northwest Highway
Palatine, Illinois 60074
(847) 963-9163
<http://www.journeystheroadhome.org>

St. Edna Parish

2525 N. Arlington Heights Rd.
Arlington Heights, IL 60004
847-398-3362
Monday, Wednesday, Thursday 1pm-4pm, Saturday 9am-Noon
<http://www.stedna.org/humanConcerns/socialOutreach/foodPantry>

Meal Update - 3.27.20 (Scroll down for more food/community resources)

CCSD59 is continuing to work with our business partners to provide a sustainable plan to provide meals during the time that school is not in session for students. The following meal options will be available starting on Monday, March 30 and will continue until further notice. These options are available for all children in your family. Each option will allow you to pick up breakfast and lunch for **two days at a time**. For example, one visit on Monday will allow you to pick up breakfast and lunch for that day and also the next day, Tuesday.

Option 1: For ALL Students, ALL Schools

You may pick up breakfast and lunch from one of the following pick up locations between 10:00 a.m. - 1:00 p.m. on Mondays, Wednesdays and Fridays. Please knock on the designated door and indicate to staff how many students in your family need breakfasts and lunches. Staff will process your request and provide you with a bag containing your requested meals.

Friendship: Door 10

550 Elizabeth Ave.
DesPlaines

Grove: Door 12

777 Elk Grove Blvd.
Elk Grove Village

Holmes: Door 3

1900 Lonquist Blvd.
Mt. Prospect

Option 2: For students residing in the Blackhawk, Oasis, Willoway and Busse Road Pharaohs/ Forest Cove / Crystal Towers / Victoria Hills areas only

If you reside in the Blackhawk, Oasis, Willoway or Busse Road Pharaohs/Forest Cove/Crystal Towers/Victoria Hills areas, a bus will be at the following locations from 10:00 a.m. - 12:00 p.m. on Mondays, Wednesdays and Fridays to distribute breakfasts and lunches:

Blackhawk

- 400 Touhy - at the laundromat/store
- 500 Touhy - at the front office

Oasis

- at the directory and store

Willoway

- at the white garages

Busse Rd Pharaohs, Forest Cove, Crystal Towers, Victoria Hills

- at Victoria & Morris Hill

Option 3: This option is ONLY for special education bus routes.

If your child rides a special education bus, you may meet the bus at the usual stop at exactly three hours later than your typical pickup time to get lunch and breakfast for the next two days. For example, if your pickup is at 7:40 a.m., your food pickup will be at 10:40 a.m. Busses will run consistent routes on Mondays, Wednesdays and Fridays. Please be on the lookout for the bus to arrive and pick up the food at the bus.

Recipes from Mrs. Miller

<https://docs.google.com/document/d/1LOR3Pq7oiezhrBFSGe3NjzNZRNwnRR35vc58Lot5S5E/edit?usp=sharing>

Food Assistance School/Community Resources

Greater Chicago Food Depository Resources

The Greater Chicago Food Depository provides benefits assistance for food and more. Their Benefits Outreach team helps people in Cook County with SNAP (food stamps), Medicaid, and other public benefits programs. The Greater Chicago Food Depository Benefits Hotline is available Monday through Friday from 8:30 a.m. to 5:00 p.m: [773-843-5416](tel:773-843-5416)

ABE IL Application for Benefits Eligibility: <https://abe.illinois.gov/abe/access/>

Chicago Area Food Banks :

<https://www.foodpantries.org/>

<https://www.chicagosfoodbank.org/find-food/>

Food Pantry Program hours sometimes change. We recommend **calling the program before you go** to confirm hours and requirements.

FOOD ASSISTANCE

Note: Please contact community agencies directly for latest availability.

<p>Northwest Compass Inc. 1300 W. Northwest Highway Mt. Prospect, IL 60056 (847) 392-2344 X415 Contact: Sonia Ivanov</p>	<p>http://northwestcompass.org/how-we-help/food-connection/ (We continue offering food pantry - just curbside service. No documentation needed) Hours: Monday - Thursday: 9am - 3pm; Closed 12:00 - 1:00pm for lunch; Friday 9 - 12pm Service Area: 7 Townships in Northwest Suburbs of Cook County: Barrington, Elk Grove, Hanover, Maine, Palatine, Schaumburg and Wheeling</p>
<p>Lutheran Church of the Cross 2025 S. Goebbert Rd. Arlington Heights, IL 60005 (847) 437-5141 Contact: Debbie Paddack</p>	<p>Hours: Tuesday: 9:00am - 12:30pm Service Area: Arlington Heights, Des Plaines, Elk Grove, Mt. Prospect & Rolling Meadows</p>
<p>TSA: Des Plaines Food Pantry 609 W. Dempster St. Des Plaines, IL 60016 (847) 981-9111 X104 Contact: David Martinez</p>	<p>Hours: Thursday: 9:30am - 11:45am and 1:00pm - 2:45pm Emergency Hours: Monday - Wednesday: 9am - 4pm Service Area: Des Plaines; Mt. Prospect; Rosemont; Arlington Heights and Elk Grove</p>
<p>Harvest Bible Food Pantry 1051 Rohlwing Rd. Rolling Meadows, IL 60008 (847) 398-7005 Contact: Mardel Coty</p>	<p>https://www.harvestbiblechapel.org/ministries/food-pantry/ Hours: Saturday 10:00am - 12:00pm Service Area: Cook County</p>

<p>Elk Grove Township 2400 S. Arlington Heights Rd. Arlington Heights, IL 60005 (847) 437-0300 Contact: Lisa Menich</p>	<p>Hours: Monday, Tuesday and Thursday: 9:00am - 3:45pm Service Area: N: Central Rd. S: Devon E: Mt. Prospect Rd. W: Rohlwing Rd.</p>
<p>School Closure Feeding Sites Wheeling District 21</p>	<p>A free grab and go breakfast and lunch will be handed out at 13 locations starting Monday March 16 through the remainder of the school shutdown for any child 18 years of age and younger. At the following locations and times on the sheet.</p> <p>Se repartirá un desayuno y almuerzo gratuitos para llevar en 13 lugares a partir del lunes 16 de marzo hasta el resto del cierre de la escuela para cualquier niño de 18 años o menos. En las siguientes ubicaciones y horas en la hoja.</p> <p>Pick up Times at all locations: Monday-Friday 9:30-11:30</p> <p><u>The Locations are as Follows:</u></p> <p>Frost Elementary School- 1805 Aspen Drive, Mt Prospect Kilmer Elementary School- 655 Golfview Terrace, Buffalo Grove Poe Elementary School- 2800 N. Highland Avenue - Arlington Heights Riley Elementary School- 1209 Burr Oak Drive, Arlington Heights Twain Elementary School - 515 E. Merle Ln., Wheeling Whitman Elementary School - 133 Wille Ave., Wheeling Alcott Center - 530 Bernard Dr., Buffalo Grove Chamber Park - 127 N. Wolf Rd., Wheeling</p>

Childery Park - 506 McHenry Rd., Wheeling
Indian Trails Library - 355 Schoenbeck Rd., Wheeling
Meadowbrook Park - 427 Nancy Ln., Wheeling
Windsor Ridge Park - 780 Vernon Ln., Buffalo Grove
Willow Trails Park - Apple Dr. and Burning Bush Ln., Prospect Heights

**School Emergency Feeding
Site: Arlington Heights SD 25**

Arlington Heights School District 25 Emergency Feeding sites Meal pick up information

Each week schools are closed, our team plans to bag breakfast and lunch for the week and set up pickup/distribution times. This is available for ALL District 25 families who find themselves in need of food support at any time during the school closures.

Please note that our food services team is practicing social distancing and following the 10 or less people in a space rule as they pack the bags of food.

The dates and times and directions for picking up food for the coming week are as follows:

PICK-UP DIRECTIONS *PLEASE READ THOROUGHLY*

1. Pull into the parking lot as if you are doing drop-off/pick-up for your child.
2. Remain in the car with your windows closed. A food service team member will come to you.

3. Indicate with your hands how many students (age 18 and below) you are picking up for.
4. Pop your trunk. Please have a large box or bin in your trunk for the meals to be loaded into.

We are unsure of future bag deliveries so in an effort to save bags we will be loading loose food items into your trunk. The large box or bin is essential to making this process run smoothly.

5. The food service team member will place the meals in your trunk and you can then drive home.

***NOTE:** There are items that will need to be refrigerated so please go home and place the items in your refrigerator.*

Every Wednesday until school resumes 1:30 pm - 3:30 pm

Thomas Middle School (Front drive near the front office)

1430 N. Belmont Avenue, Arlington Heights

Every Wednesday until school resumes 1:30 pm - 3:30 pm

South Middle School (Front drive near the front office)

400 S. Highland Avenue, Arlington Heights

Estimadas familias del Distrito 25:

El equipo de Servicios de Alimentos del Distrito 25 ha estado trabajando diligentemente para garantizar que nuestros estudiantes y familias reciban apoyo durante este tiempo inesperado.

Cada semana las escuelas están cerradas, nuestro equipo planea empacar desayuno y almuerzo para la semana y establecer horarios de recogida / distribución. Esto está disponible para TODAS las familias del Distrito 25.

Tenga en cuenta que nuestro equipo de servicios de alimentos practica el distanciamiento social y sigue a las 10 personas o menos en una regla de espacio mientras empacan las bolsas de alimentos.

Las fechas, horarios y direcciones para recoger alimentos para la próxima semana son los siguientes:

INSTRUCCIONES DE RECOGIDA *POR FAVOR LEA COMPLETAMENTE*

1. Deténgase en el estacionamiento como si fuera a dejar / recoger a su hijo.
2. Permanezca en el automóvil con las ventanas cerradas. Un miembro del equipo de servicio de alimentos vendrá a usted.
3. Indique con sus manos para cuántos estudiantes está recogiendo.
4. Pop tu baúl. Tenga una caja o contenedor grande en su maletero para cargar las comidas.

No estamos seguros de las futuras entregas de bolsas, por lo que en un esfuerzo por guardar bolsas cargaremos alimentos sueltos en su maletero. La caja o contenedor grande es esencial para que este proceso funcione sin problemas.

5. El miembro del equipo de servicio de alimentos colocará las comidas en su maletero y luego podrá conducir a casa.

NOTA: Hay elementos que deberán refrigerarse, así que vaya a su casa y coloquelos en su refrigerador.

Todos Los Miércoles 1:30 pm - 3:30 pm

Thomas Middle School

1430 N. Belmont Avenue, Arlington Heights

Todos Los Miércoles 1:30 pm a 3:30 pm

Escuela media del Sur, 400 S. Highland Avenue, Arlington Heights

School Emergency Feeding Site: River Trails SD 26	River Trails School District 26 Emergency Feeding sites Meal pick up information Each week schools are closed, our team plans to bag breakfast and lunch for the week and set up pickup/distribution times. This is available for ALL District 26 families who find themselves in need of food support at any time during the school closures.

Please note that our food services team is practicing social distancing and following the 10 or less people in a space rule as they pack the bags of food.

The dates and times and directions for picking up food for the coming week are as follows:

PICK-UP DIRECTIONS *PLEASE READ THOROUGHLY*

1. Pull into the parking lot as if you are doing drop-off/pick-up for your child.
2. Remain in the car with your windows closed. A food service team member will come to you.
3. Indicate with your hands how many students (age 18 and below) you are picking up for.
4. Pop your trunk. Please have a large box or bin in your trunk for the meals to be loaded into.

We are unsure of future bag deliveries so in an effort to save bags we will be loading loose food items into your trunk. The large box or bin is essential to making this process run smoothly.

5. The food service team member will place the meals in your trunk and you can then drive home.

NOTE: There are items that will need to be refrigerated so please go home and place the items in your refrigerator.

Every Wednesday until school resumes 12:00 pm - 3:00 pm

River Trails Middle School (in parking lot behind school, cafeteria entrance)

1000 N. Wolf Rd

Mount Prospect

If you have any questions about the food pick up, please contact Erni at [847-496-0011](tel:847-496-0011)

Estimadas familias del Distrito 26:

El equipo de Servicios de Alimentos del Distrito 26 ha estado trabajando diligentemente para garantizar que nuestros estudiantes y familias reciban apoyo durante este tiempo inesperado.

Cada semana las escuelas están cerradas, nuestro equipo planea empacar desayuno y almuerzo para la semana y establecer horarios de recogida / distribución. Esto está disponible para TODAS las familias del Distrito 26.

Tenga en cuenta que nuestro equipo de servicios de alimentos practica el distanciamiento social y sigue a las 10 personas o menos en una regla de espacio mientras empacan las bolsas de alimentos.

Las fechas, horarios y direcciones para recoger alimentos para la próxima semana son los siguientes:

INSTRUCCIONES DE RECOGIDA *POR FAVOR LEA COMPLETAMENTE*

1. Deténgase en el estacionamiento como si fuera a dejar / recoger a su hijo.
2. Permanezca en el automóvil con las ventanas cerradas. Un miembro del equipo de servicio de alimentos vendrá a usted.
3. Indique con sus manos para cuántos estudiantes está recogiendo.
4. Pop tu baúl. Tenga una caja o contenedor grande en su maletero para cargar las comidas.

No estamos seguros de las futuras entregas de bolsas, por lo que en un esfuerzo por guardar bolsas cargaremos alimentos sueltos en su maletero. La caja o contenedor grande es esencial para que este proceso funcione sin problemas.

5. El miembro del equipo de servicio de alimentos colocará las comidas en su maletero y luego podrá conducir a casa.

	<p>*NOTA: Hay elementos que deberán refrigerarse, así que vaya a su casa y coloquelos en su refrigerador.*</p>
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Todos Los Miércoles, 12:00 pm - 3:00 pm

River Trails Middle School (in parking lot behind school)

1000 N. Wolf Mount Prospect

Mental Health

Students in Recovery

<https://12steplifestyle.com/>

<https://mail.google.com/mail/u/0/#inbox/FMfcgxwHMPILPrKdhPzqwDbhztcPXWhT>

[Erika's Lighthouse](#) - We're All in This Together - [Promoting Positive Mental Health for Teens Feeling Isolated](#)

<https://secure.qgiv.com/event/inhistogether/>

<https://www.mountprospect.org/departments/human-services>

This year the Schaumburg Township Mental Health Committee's signature mental health awareness fair Minds Matter was cancelled. Knowing the importance of strengthening mental health in trying times, the Committee took the opportunity to bring you online content covering various mental health topics from local experts. We invite you to view these online:

- ▶ Teiara Grant, MHFA Coordinator - Amita Health - [Communication in a Mental Health Crisis](#)
- ▶ Sgt. Matt Christenson - Village of Schaumburg Police Department - [I Called 911. Now What?](#)
- ▶ Jenny Jedrzejczak, PsyD - Amita Health - [What is Healthy Sleep?](#)

► James Kowal, PhD - Life Worth Living - [Neurobiology of Trauma in the Brain](#)

Call4Calm- Illinois Department of Human Services Free and Anonymous Support Line

Individuals who want to speak with a mental health professional can text the word "TALK" or "HABLAR" (for Spanish speakers) to 552-020. Within 24 hours, that individual will receive a call from a mental health professional employed by a local community health center. People can also text other terms, like "unemployment" or "food" or "shelter" to the same number to receive information on how to navigate and access supports and services.

Half of Us offers information on a wide variety of struggles that young people face and connects students with resources to decrease mental health stigma, help themselves, or a third party.

<http://www.halfofus.com>

Support for people with depression or anxiety. It offers daily check-ins and lessons to help them change some of their thought patterns.

<https://woeobot.io>

Parental Stress Line - Provides a 24-hour helpline for parents who need to discuss issues related to their children. Translators are available to support all languages.

<https://www.parentshelpingparents.org/copy-of-parental-stress-line>

Self-Help for Anxiety Management App

<https://apps.apple.com/us/app/self-help-for-anxiety-management/id666767947>

Coronavirus Resources

<https://www.acesconnection.com/blog/resources-for-supporting-youth-and-family-mental-health-while-at-home-during-the-coronavirus-pandemic>

Mindfulness

https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720

<https://www.headspace.com/headspace-meditation-app>

Crisis Resource List:

<https://namiccns.org/resources/crisis-resources-list/>

Digital Recovery/Substance Use Meetings:

unityrecovery.zoom.us/my/allrecovery 7 days a week, at 9am 12pm 3pm 9pm EST

Mather Telephone Topics, call in for isolated older adults in a variety of topics.
Information and schedule mather.com/telephonetopics

NAMI Illinois helpline: 800-950-6264

Suicide Prevention Line: 800-273-8255

Learning Resources

PBS:

<https://illinois.pbslearningmedia.org/>

Elementary:

<https://abdodigital.com/?tk=414F33301B8E136DEE3F0A93BF1795E1>

Secondary: <https://abdodigital.com/?tk=840BC558E6676AB1F4C9FA29D8EC6D69>

Scholastic:

<https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>

Prospect Knights' Learning Center

<https://libguides.phs.d214.org/eLearning>

Tutoring Resources

AHML - Homework Help

<https://www.ahml.info/teens/study>

MPPL - Tutor.com

<https://mppl.org/e-library/>

Students or a parent/guardian must have a valid library card from either library to sign to Tutor.com

If they do not have a library card, they can register for one on the MPPL website homepage using the [Online Library Card Applications](#) tab. After they register, they will receive a Card Number and PIN within 24 hours by email. This card number is valid for 6 months and can be extended when the library reopens. Students can use their library card number to access Tutor.com. The live tutoring is open from 2:00-9:00pm. Each card holder receives 5 free sessions per week on tutor.com

EBSCO's PrepStep - free until June 30, 2020

PrepSTEP provides targeted learning centers in an easy-to-use, intuitive online navigation. PrepSTEP includes tutorials, practice tests, and high-stakes test preparation

designed to meet the specific needs of high school students who are in need of extra academic support. All core academic subjects are covered such as Math, Science, English, and Social Studies. Additionally, AP, SAT, ACT, and Career Preparation practice tests are also available for students.

Khan Academy - students create a free account

Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We tackle math, science, computer programming, history, art history, economics, and more. Our math missions guide learners from kindergarten to calculus using state-of-the-art, adaptive technology that identifies strengths and learning gaps. We've also partnered with institutions like NASA, The Museum of Modern Art, The California Academy of Sciences, and MIT to offer specialized content.

Hospitals/Community Agencies:

Linden Oaks Behavioral Health Hospital/Northwest Community Hospital Update:

(<https://www.nch.org/home/covid-19-coronavirus>)

AMITA, Hoffman Estates: SEE LETTER BELOW

(<https://www.amitahealth.org/our-locations/hospitals/amita-health-alexian-brothers-behavioral-health-hospital-hoffman-estates/>)

Access Community Health Network:

Due to the nature of the services that we provide, our "Primary Comprehensive Health Care Services" are available at our Access/Genesis Center for Health and Empowerment, 1 North Broadway in Des Plaines (847) 298 - 3150 ----- and our other site Access/ Northwest Family Health Center, 1120 N. Arlington Heights Rd. Arlington Heights IL 60004 (847) 342 - 1554 9:00 - 5:00 pm

Kenneth Young Center (for families in Elk Grove Township):

Outpatient therapy services are being offered to already open clients - via phone, telehealth, and limited in-person therapy services as needed. Community-based and home visits are being provided to already open clients - to the most vulnerable and in need, and then most additional support is being provided via phone and telehealth.

Clients who are not yet open to the agency who call the intake line for services, will receive a call back - but we continue to have a waitlist. Also KYC Dropin is providing outreach calls for support to non-KYC clients, and peer support is available by phone 847-621-2040 ext 117

(<https://www.kennethyoung.org/blog/client-communication-coronavirus-update>)

Omni Youth Services (for families in Wheeling Township):

We are entirely moving our services to telehealth, using either phone or video to complete sessions. The video sessions are currently being held on GoToMeeting, and can be accessed through phone app or computer browser.

New referrals may call our intake at (847) 353-1500 x1664 to schedule an assessment with our team.

Support for Neighbors:

During these times, our fragile community may be in need of assistance. At your discretion, these [door hangers](#) could reach out to your neighbors and help take care of one another. Emails and phone calls are other options to connect and support with those in need if you are comfortable.

Unemployment:

[Illinois Department of Employment Security](#)

[Illinois Department of Human Services](#)

- IDHS Family Community Resource Center and Division of Rehabilitation Services Offices
- Emergency Food Relief (SNAP), cash assistance (TANF) and medical (Medicaid eligibility) applications
- Vocational Rehabilitation services and Home Services
- [Closure Update](#) as of 3/18/20:

<https://www2.illinois.gov/ides/Pages/default.aspx>

To the Prospect families and students,

I wanted to reach out to you and offer phone sessions for any students who may request it, over the course of the next several weeks until school re-opens. I would also kindly request for you to be present during the initial portion of the call.

However, please take this important precaution: if there are any emergency concerns, I would advise you to please call 911. If there are no emergency concerns, I would love to speak to your student about any other questions or concerns they are having at this time, or just have our normal session time to speak about anything on their minds at all.

I am available M-F anytime between 10 a.m. - 6 p.m. However, I also understand it may be easier for you to call during the evenings and weekends and this is okay too. But, as much as possible please try to stick to my normal office hours. Please email me at danielle.anderson@amitahealth.org to receive my direct contact information

Just to be clear, there will be **NO charges** for these calls. The calls can be short 5 minute check-ins or can be longer up to 30 minutes. Please respond to this email with a date and time that would work for you and your student. You do not need to be present for the entire call, just the initial portion and approve the call.

Please respond to this email with your student's name, date, and time requested, And I will reply back within 24 hours to confirm if this time works. If desired, we can also just have a weekly time to speak, just as we would during our normal school schedule.

I will be sending out resources for using social emotional learning, to help in times of stress.

I know this a difficult and new situation for all of us, but if we are able to stick together and support each other, I'm confident we will all come out of this stronger and with a greater appreciation for literally EVERYTHING!

Please know I've been thinking of you and your families each day and will do anything I can to help support you at this time.

Sincerely,

Danielle Anderson MA, QMHP
Counselor



Alexian Brothers Behavioral Health
School Based Services

VIRTUAL VOLUNTEER OPPORTUNITIES

Online volunteer opportunities for those who want to help
<https://www.dosomething.org/us>

Cyber Kindness

<https://kindness.org/programs/cyber-kindness/>

RESOURCES FOR FAMILIES

Connects people to local resources and support (similar to 211), with the ability to search for low-cost care options.

https://www.auntbertha.com/search_results/60007

Provides free tax filing assistance to families earning less than \$66,000 a year.

<https://www.getyourrefund.org>