



**St. Martin of Tours
CATHOLIC SCHOOL**

An Independence Mission School

WE ARE BETTER TOGETHER!
Many People, One Family, Serving Christ

Ms. Jennifer Nobles
jnobles@stmartinof toursphila.org
Principal
19124

Phone: 215-744-0444
5701 Loretto Avenue, Philadelphia, PA

Support for Families During Coronavirus

| | | |
|--|---|---|
| Coronavirus Updates in Philadelphia | Sign up for Philadelphia's Office of Emergency Management updates on COVID-19 by texting "COVIDPHL" to 888-777 | |
| Coronavirus Updates for Non-English Readers | Provides information about the virus, how people can protect themselves and what to do if someone thinks they have contracted the coronavirus | Fact Sheet in 24 Languages |
| 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 page | 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 |



**St. Martin of Tours
CATHOLIC SCHOOL**

An Independence Mission School

WE ARE BETTER TOGETHER!
Many People, One Family, Serving Christ

Ms. Jennifer Nobles
jnobles@stmartinof toursphila.org
Principal
19124

Phone: 215-744-0444
5701 Loretto Avenue, Philadelphia, PA

| | | |
|---|--|--|
| Paying Bills & Accessing Essential Services (e.g., internet, utilities, housing) | <i>Internet:</i> 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. |
| | <i>Gas/Electric:</i> How to get help paying utilities | Programs to Help with Paying Utility Bills |
| | <i>Water:</i> Problems paying water bill | Water Bill Customer Assistance |
| | <i>Mortgage:</i> In case of financial hardship or missed payments | Pennsylvania Housing Finance Agency Guidance |
| | <i>Student Loans:</i> Deferment guidance on federal student loans | Federal Student Aid Guidance |
| Accessing Food | Free food resources in Philadelphia | Free Food Resources |
| | <i>For seniors:</i> If cooking, shopping, or being able to afford to buy food is challenging | Philadelphia Corporation for the Aging's meal delivery program |