

Covid-19 Resources

Underlined text indicates a clickable link that will take you to another website.

Online Resources for Recovery and Self-Help

Smart Recovery

[Resources and Tools](#)

My Recovery

[Online Meeting Room 24/7](#)

LifeRing Secular Recovery

[Online Meetings](#)

Narcotics Anonymous

[Online Meeting Search](#)

Recovery Dharma

[Buddhist Addiction Healing](#)

AA Boston

[Website](#)

Alcoholics Anonymous
[AA Online Meeting Search](#)

Adult Children of Alcoholics

[Online Meetings](#)

Hazleton Betty Ford Foundation

[Tips for Safeguarding Your
Addiction Recovery](#)

Al-Anon

[Online Meetings for Anyone](#)

[Affected by Addiction in a
Family or Friend](#)

In the Rooms

[Resources for Recovery and
Online Meetings](#)

[Learn To Cope](#)

[Online Support for Anyone
Affected by Addiction in a Family
or a Friend](#)

Resources for Coping with Stress and Parents/Caregivers

It is normal for children (and adults) to feel worried about Covid-19 and the many disruptions to everyday life that have come with efforts to curb it.

National Association of
School Psychologists:

[Talking to Kids About
COVID-19: A Parent
Resource](#)

The National Child Traumatic

Stress Network: [Caregiver
Guide to Helping Families
Cope With COVID-19](#)

American Foundation for
Suicide Prevention: [Taking
Care of Your Mental Health
in the Face of Uncertainty](#)

NPR: [Just for Kids - A Comic
Exploring The New Coronavirus](#)



Scroll to page 4 for a
table on how children
of different ages
might react and how
to help

World Health Organization:
[COVID-19 Advice for the
Public: Myth Busters](#)

[National Parental Stress Hotline](#)

Social distancing may put youth at higher risk for experimenting with alcohol & other substances due to stress, greater access, & more time with older siblings.

Substance Abuse and Mental
Health Administration

[Parent Resources for Talking To
Youth About Alcohol and Drugs](#)

National Institute on Drug Abuse

[Positive Parenting To Prevent Drug Abuse](#)

Network of Care

[Behavioral Health Resources](#)

[Guide to Talk to Your Children About and Prevent Marijuana and Other Substance Use](#)

[Resources for Parents and Caregivers about At Home Activities, Mental Health and More](#)

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Resources for Youth About Substances and Mental Health

[Mental Health and Substance Use Resources For Teens and Young Adults](#)

[Boston Public Health Commission Cope Code Campaign](#)

Youth Programming and Employment Opportunities

[Summary of Live Virtual Programs for Allston Brighton Youth](#)

[Boston Private Industry Council Student Jobs Application](#) for BPS high school students

Sources for News and Updates

The City of Boston has launched a free texting service to receive daily updates about Covid-19. Text BOSCOVID to 99411 to sign up. Visit their [website](#) for more information.

[MA Dept. of Public Health](#) Call 211 [Boston Public Health Commission](#), Call 311 [Center for Disease Control and Prevention](#)

[Allston Brighton Health Collaborative COVID19 Resources](#)

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Free Youth Meals

Boston Public Schools will continue to provide free breakfast and lunch meals to all Boston children at numerous locations throughout the city. A variety of packaged meal options will be available.

Additionally, the City of Boston has partnered with community organizations to provide free meals to Boston families at various locations across the city. Sites and meal times are subject to change. Please check [map link](#) or call 617-635-3717 to confirm info before you head to the meal pickup site. Below are the sites in Allston Brighton:

Brighton High School
Mon- Fri 8:30am - 11:30am
25 Warren St,
Brighton, MA, 02135

Jackson Mann K-8
Tue and Wed, 10:00 am - 6:00 pm
40 Arlington St.
Allston, MA 02134

BHA Commonwealth
Mon-Fri 10:00am-2:00pm
35 Fidelis Way,
Brighton, MA, 02135

BHA Faneuil
Mon-Fri 10:00am-2:00pm
270 N. Beacon St,
Brighton MA 02135

Gardner Pilot Academy
Tue and Wed, 10:00 am - 6:00 pm
30 Athol Street
Allston, MA 02134

Oak Sq YMCA
Every day 4pm - 6pm
615 Washington St,
Brighton, MA 0213

Additional Food Resources

- [The Supplemental Nutrition Assistance Program \(SNAP\)](#)
- [Women, Infants and Children \(WIC\) program](#)

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Food Pantries in Allston / Brighton

Sites and meal times are subject to change. Please check back to confirm information before you head to a soup kitchen or food pantry. Locations and times for meal sites are shown on this [map](#). Below are the sites in Allston Brighton:

Allston Brighton APAC
Mon to Fri: 10 a.m. - 2 p.m.
406 Cambridge Street
Allston/Brighton, MA 02134
Contact - 617-783-1485

ABCD/Allston Brighton
Mon: 11 a.m. - 4 p.m.
Wed and Fri: 10 a.m. - 4 p.m.
Thurs: 10 a.m. - 2 p.m.
640 Washington Street #203
Allston/Brighton, MA 02135
Contact - 617-903-3640

Tifereth Raphael, Inc.
2nd and 4th Wed: 4 - 6 p.m.
77 Englewood Avenue
Allston/Brighton, MA 02135
Contact - 617-605-5288

Open Door / St Bridget's Pantry
Mondays: 6 p.m.
62 Harvard Avenue
Allston/Brighton, MA 02134
Contact - 617-787-7625

Boston Food Not Bombs
Wednesdays: 2 p.m.
14 Harvard Avenue
Allston/Brighton, MA 02134
Contact -
fnbboston@gmail.com

Allston Brighton Food Pantry
Wed: 6 p.m.
2nd and 4th Sat 10 a.m. - 1 p.m.
404 Washington Street
Allston/Brighton, MA 02135
Contact - 617-254-4046