

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 <u>Resources and Tools</u>	My Recovery <u>Online Meeting Room 24/7</u>	LifeRing Secular Recovery <u>Online Meetings</u>
Narcotics Anonymous <u>Online Meeting Search</u>	Recovery Dharma <u>Buddhist Addiction Healing</u>	AA Boston <u>Website</u>
Alcoholics Anonymous <u>AA Online Meeting Search</u>	Adult Children of Alcoholics <u>Online Meetings</u>	Hazleton Betty Ford Foundation <u>Tips for Safeguarding Your Addiction Recovery</u>
Al-Anon <u>Online Meetings for Anyone Affected by Addiction in a Family or Friend</u>	In the Rooms <u>Resources for Recovery and Online Meetings</u>	Learn To Cope <u>Online Support for Anyone Affected by Addiction in a Family or a Friend</u>

Caregiver/Parent Resources for Youth And Coping with Stress

It is normal for children (and you!) 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: <u>Talking to Kids About COVID-19: A Parent Resource</u>	The National Child Traumatic Stress Network: <u>Caregiver Guide to Helping Families Cope With COVID-19</u>	American Foundation for Suicide Prevention: <u>Taking Care of Your Mental Health in the Face of Uncertainty</u>
NPR: <u>Just for Kids - A Comic Exploring The New Coronavirus</u>	 <p>Scroll to page 4 for a table on how children of different ages might react and how to help</p>	World Health Organization: <u>COVID-19 Advice for the Public: Myth Busters</u>
<u>National Parental Stress Hotline</u>		

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](#)

Network of Care
[Behavioral Health Resources](#)
National Institute on Drug Abuse
[Positive Parenting To Prevent Drug Abuse](#)

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Free 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. Locations and times for meal sites are shown on [this map](#). Sites and meal times are subject to change. Please check map link to confirm info before you head to the meal pickup site. Below are the sites in Allston Brighton:

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

Oak Sq YMCA
8am - 12pm (noon)
615 Washington St,
Brighton, MA 0213

Jackson Mann Community
Center 9am - 2pm
500 Cambridge St,
Allston, MA 02134

Food Access

ABCD Allston Brighton Neighborhood Opportunity Center's food pantry is open to all residents needing food. NO documentation needed! If in need of additional food resources, contact Project Bread's Food Source Hotline at (800) 645-8333.

Monday - Friday
10am - 4pm
640 Washington St, #203
in Brighton, MA 02135

Allston Brighton Food Pantry at the Congregational Church is sharing meals for take out for those in need. Go to to the side door for a hot meal as long as the food supply lasts.

Wednesdays
4:30-6:30pm
404 Washington St.,
Brighton, MA 02135

Reliable 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](#)