DEPARTMENT OF SCHOOL SOCIAL WORK REGION 1 COMMUNITY RESOURCE INFORMATION BACK-TO-SCHOOL 2020





Welcome Back-To-School!!! During this time of uncertainty, DeKalb County School Social Workers are here to support students and their families. School Social Workers function as a link between the home, school and community. We can assist families who are experiencing social, familial and/or economic challenges that impact the learning process of students.

The beginning of the school year is often usually an exciting time, but it can also be a bit challenging. This is particularly the case this year as we start off with virtual learning because of the COVID-19 pandemic. We wanted to share some resources you may find helpful.



LOW COST INTERNET ACCESS

EVERYONEON

A nonprofit organization dedicated to creating social and economic opportunity by connecting lowincome families to affordable internet service and computers.

www.EveryoneOn.org

COX CONNECT2COMPETE

Home internet with wifi for only \$9.95 per month for eligible low income households. To qualify,

your household must have at least one K-12 student and participate in a government assistance program. Applicants may need to provide documentation for eligibility. https://www.cox.com/residential/internet/connect2compete.html

INTERNET ESSENTIALS FROM COMCAST

Affordable high-speed Internet for \$9.95 + tax per month for low income eligible households. You may qualify if you are eligible for public assistance programs (i.e National School Lunch Program, Medicaid, SNAP, SSI, and others.

https://www.internetessentials.com/

ACCESS FROM AT&T

Internet service for \$10.00 per month or less. Access from AT&T provides low-cost internet service for eligible households.

https://www.att.com/internet/access/

SPECTRUM INTERNET ASSIST

The Spectrum Internet Assist program provides reliable, high-speed internet access at an affordable price for low-income eligible households.

https://www.spectrum.net/support/spectrum-internet-assist/

ONLINE SAFETY TIPS

- Set expectations and time limits
- Monitor usage (i.e. check browsing history)
- Know who their online "friends"
- Make sure you have an antivirus program
- Familiarize yourself with different apps and how they are used
- ⇒ Make sure that security settings are in place
- Use parental controls and filters











Food Resources



Pandemic Electronic Benefit Transfer (P-EBT) provides assistance to families with children who have temporarily lost access to free or reduced-price school meals due to the COVID-19 pandemic. All children attending a public school (including public charter schools) who would receive free or reduced-price meals are eligible to receive a one time benefit of \$256.50 in per child. Visit: <a href="https://discourses-new-mailto:

St. Patrick's Episcopal Church Malachi's Storehouse

4755 North Peachtree Rd Dunwoody, GA 30338

http://malachisstorehouse.org/

Services provided: Food distribution drive-

thru or walk up service

Wednesdays 9:00 a.m. -2:00 p.m.

Community Assistance Center Dunwoody Branch Office

5 Dunwoody Park South, Building 5, #113 Dunwoody, GA 30338 Open for food Mondays & Thursdays 9:30 a.m. to 1:30 p.m.

Community Assistance Center Outdoor Mini-Market Food Pantry

8607 Roswell Road
Sandy Springs GA 30350
Food Pantry Hours for Clients
Mondays, Wednesdays, Fridays

(770) 552-4889

Helpline: (770) 552-4015

9:30 a.m. – 1:30 p.m.

https://www.ourcac.org/2020/08/11/

cvirusplans/

Services provided: Assistance with food, clothing and emergency financial assistance is available to the residents of Sandy Springs and Dunwoody those who qualify.

Shallowford Presbyterian Church

2375 Shallowford Rd Atlanta, GA 30345 (404) 321-1844 Food pantry drive through at back Tuesday, Wednesday, and Thursday 1:00 p.m. —3:00 p.m. Serve all zip codes.

Holy Cross Catholic (St. Vincent de Paul)

3773 Chamblee Tucker Atlanta, GA 30341 (770) 939-3501 ext.231 Food pantry Tuesday and Friday 9:00 am—11:00 am Serve all zip codes.

Toco Hills Community Alliance

1790 La Vista Road NE
Atlanta, GA 30329
(404) 325-0677
Food box In the white building at the back of St Bartholomew's.
Tuesday, Wednesday, and Thursday
1:00 p.m.—4:00 p.m.
Serve zip codes 30341 and 30319.

Los Vecinos de Buford Highway

P.O Box 48046
Atlanta, GA 30362
https://vecinosbh.org/
Services Provided: Food and assistance with rent/mortgage.

Center for Pan Asian Community Services

3510 Shallowford Road, NE Atlanta, GA 30341 (770) 936-0969

www.cpacs.org

Services Provided: Assistance with Rent/ Mortgage and Utilities

Dresden Elementary School

2880 Dresden Drive Chamblee, GA 30341 (A partnership between Cowart Family YMCA and Chamblee Boys & Girls Club) Food pick up every Thursday at 11:30 a.m.

Latin American Association

2750 Buford Highway

Atlanta, GA 30324 (404) 638-1800 Services provided: Financial Assistance for rent and utilities https://thelaa.org/

United Way 2-1-1

A database of community resources that can be searched based on location and needs.

http://211online.unitedwayatlanta.org/

Food finder App or Website

FoodFinder is a safe, secure and awardwinning mobile and web app that gives food insecure children and their families a way to find free food assistance https://foodfinder.us/

DeKalb County School Nutrition Services

DCSD will serve healthy, nutritious and safe meals for students during virtual learning. Students will be charged based upon their eligibility status. Parents and students will need a student ID number to pick up meals. Visit the following link to see the nearest bus distribution site.

Monday, Wednesday, and Friday

11:00 am -1:00 pm

https://www.dekalbschoolsga.org/student-meal-service/#tab-3ca53e037bd5f298642



Mental Health and Wellbeing

These are stressful times for both parents and students alike. We have all had to adjust to a "new normal," even if it is just temporary. Our lives have all been impacted one way or another by the pandemic and the adjustments we have had to make. From working remotely or learning virtually to having to restrict our movements and be more conscientious when we leave our homes. Some people have lost loved ones or access to them, jobs, homes, etc., but we have all experienced losses. All these things create different feelings within all of us. Whatever we feel is okay and having an awareness of what those feelings are is the first step in being able to effectively cope with them. Below are some resources that can be used to ensure that we are taking care of our mental health and wellbeing.



Medical & Mental Health Resources

CETPA

6020 Dawson Boulevard, Suite I Norcross, GA 30093 (770) 662-0249 https://www.cetpa.org/

DeKalb Community Service Board

Central Access Line Call (404) 892-4646 https://dekcsb.org/

Mercy Care - Chamblee (works w/

Uninsured)
5134 Peachtree Road
Chamblee, GA 30341
678-872-7100
https://mercyatlanta.org/

Oakhurst Medical Centers

5582 Memorial Drive Stone Mountain GA 30083 (404) 298-8998

https://www.oakmed.org/

Psychology Today (referral site)

https://www.psychologytoday.com/us
Click "Find a Therapist" tab to search for a
variety of therapy options close to your
home

The Summit Counseling Center

2750 Old Alabama Road, #200 Johns Creek, GA 30022 (678) 893-5300 https://summitcounseling.org/

A CRISIS HAS NO SCHEDULE



Help is available 24/7 for problems with developmental disabilities, mental health, drugs, or alcohol.

Provided through the Georgia Collaborative ASO



Ways to nurture one's self:

- 1. Take a warm relaxing bath.
- 2. Have a cup of tea.
- 3. Read a good book or listen to music.
- 4. Take 30 minutes to just be by yourself.
- 5. Take a walk.

REGION ONE SCHOOL SOCIAL WORKERS

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