

# Community Resources for Covid-19

## Nutrition Supports

North					
	Town/City	Days	Times	Meal Type	Comments
Food Bank of Western MA Moblie Food Bank	Adams	2nd & 4th Tuesday	10:00-11:00	Food Bank	Bring your own bag
Food Bank of Western MA Moblie Food Bank	North Adams	1st & 3rd Fridays	10:00-11:00	Food Bank	Bring your own bag
Hoosac Valley Elementary School 14 Commercial St. Adams	Adams	M-W-F	9:00-11:00	Grab-and-Go	school aged children (413)743-0876 Monday & Wednesday Packaged will include 2 days worth of meals
First Baptist Church 88 South Street	North Adams	Saturdays	11-12:30	Meal Site Take out only	
Salvation Army 393 River St	North Adams	Tuesdays	12:00-2:00	Meal Site Take out only	Meet at the front door to recieve food.
Al Nelson Friendship Center 45 Eagle St	North Adams	Wednesday	10am-2pm 3:30-5pm	Pantry	Food will be boxed and distributed one at a time outside
Berkshire Food Project 134 Main St	North Adams	M, W, F	12-1pm	Meal Site Take out only	pickup in the breezeway
Brayton Elementary School 20 Barbour St	North Adams	M-F	11:00-12:00	Grab-and-Go	school aged children, On friday grab breakfast & Lunch for the weekend
Colegrove Park Elementary School 25 Church St	North Adams	M-F	11:00-12:00	Grab-and-Go	school aged children, On friday grab breakfast & Lunch for the weekend
Mohawk Forest Apartments 201 Mohawk Forest Blvd	North Adams	M-F	11:00-12:00	Grab-and-Go	school aged children, On friday grab breakfast & Lunch for the weekend
Greylock Valley Apartments,	North Adams	M-F	11:00-12:00	Grab-and-Go	school aged children, On friday grab breakfast & Lunch for the weekend
Cheshire Food Pantry 175 Sandbank Rd	Cheshire	1st Saturday of the month	11:00-12:00	Pantry	
American Legion/VFW 44 Old State Rd.	Lanesborough	Friday	9:30-11am	Pantry	413-442-1025
Lanesborough Elementary School 188 Summer St	Lanesborough	M-F	9:30-10:30	Grab-and-Go	call (413) 458-9582 or email lunches@mgrhs.org with the # of lunches need
Williamstown food pantry @ Saint Patrick & Raphael Parish 53 Southworth St	Williamstown	Wednesday	9:30-12:00	Pantry	Enter church grounds form the mission park drive entrance north of the church and exit onto southworth Street
Community Bible Church 160 Bridges Rd	Williamstown	M-Th	10:00-3:00	Pantry	Can also call for appointments (413)458-5556
Williamstown Elementary School 115 Church St	Williamstown	M-F	9:30-10:30	Grab-and-Go	call (413) 458-9582 or email lunches@mgrhs.org with the # of lunches need
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	Town/City	Days	Times	Meal Type	Comments
CHP Mobile Food Unit 400 Main St	Dalton			Pantry	Beginning March 23rd Dalton- 4th Wednesday 11-12 GB 1st Tuesday; please park and stay in your car, Flash your headlights and volunteers will bring the food to you.
St. Agnes Church Food Pantry 489 Main St	Dalton	Thursday	10:00-11:00	Pantry	Dalton & Hilltown Residents
Dalton United Methodist Church Food Pantry 755 Main St	Dalton	Tuesdays	12:30-1:00 4:00-6:00	Pantry	For all Berkshire Country residents (413)684-0521
Nessacus Regional Middle School 35 Fox Rd	Dalton	M-W-F	11:30-12:30	Grab-and-Go	
First Contregational Church of Hinsdale 129 Maple ST	Hinsdale			Pantry	Delivery Only, Call to arrange (413)655-2670
Kittredge Elementary School 80 Maple St	Hinsdale	M-W-F	11:30-12:30	Grab-and-Go	Front Lobby
Becket Federated Church parish House 3381 Main St	Becket	1st & 3rd Saturday of the month	9:00-11:00	Pantry	413-841-1701
Becket Washington Elementary School 12 Maple St	Becket	M-W-F	11:30-12:30	Grab-and-Go	Cafeteria

Berkshire Dream Center (held at the Morningside Baptist Church) 475 Tyler Street	Pittsfield	Tuesdays	3:00-4:00	Pantry	
Christian Assembly 850 Williams St	Pittsfield	Fridays	10:00-12:00	Pantry	
First Baptist Church 88 South Street	Pittsfield	Tuesdays	10:30-12:30	Pantry	
St. Joseph's Church (Held at the Parish Center) 414 North Street	Pittsfield	Wednesday	9:00-10:00	Pantry	
St. Mark's Church 400 West Street	Pittsfield	Last 2 Fridays of the month	9:00-11:00	Pantry	
Soldier On 360 West Housatonic St	Pittsfield	Saturdays	8:00-11:00	Pantry	(413)236-5644
The Salvation Army 298 West Street	Pittsfield	W-F	10:00-2:00	Pantry	access once per week
First United Methodist Church 55 Fenn St	Pittsfield	2nd & 4th Tuesday	4:00-6:00	Pantry	(413)499-0866
South Congregational Church 110 South Street	Pittsfield	Wednesday and Thursday	8:00-11:00	Pantry	
South Congregational Church 110 South Street	Pittsfield	Breakfast W-Th & Dinner W	8:00-9am & 3:30-6pm	Meal Site	Deliveries as needed; call (413) 442-7357
Morningside Community School 100 Burbank Street	Pittsfield	M-W-F	12:00-1:00	Grab-and-Go	school aged children Monday & Wednesday Kids are provided Breakfast & Lunches for 2 days. Friday Kids are provided Breakfast & Lunches for 3 days
Conte Community School 200 West Union Street	Pittsfield	M-W-F	12:00-1:00	Grab-and-Go	school aged children Monday & Wednesday Kids are provided Breakfast & Lunches for 2 days. Friday Kids are provided Breakfast & Lunches for 3 days
Dower Square Housing Village 253 Wahconah Street	Pittsfield	M-W-F	12:00-1:00	Grab-and-Go	school aged children Monday & Wednesday Kids are provided Breakfast & Lunches for 2 days. Friday Kids are provided Breakfast & Lunches for 3 days
The Berkshire Family YMCA 292 North Street	Pittsfield	M-W-F	12:00-1:00	Grab-and-Go	school aged children Monday & Wednesday Kids are provided Breakfast & Lunches for 2 days. Friday Kids are provided Breakfast & Lunches for 3 days
Boys & Girls Club of the Berkshires 16 Melville Street	Pittsfield	M-W-F	12:00-1:00	Grab-and-Go	school aged children Monday & Wednesday Kids are provided Breakfast & Lunches for 2 days. Friday Kids are provided Breakfast & Lunches for 3 days
The Brattlebrook Apartments April Lane	Pittsfield	M-W-F	12:00-1:00	Grab-and-Go	school aged children Monday & Wednesday Kids are provided Breakfast & Lunches for 2 days. Friday Kids are provided Breakfast & Lunches for 3 days
Berkshire Peak Apartments 341 West St	Pittsfield	M-W-F	12:00-1:00	Grab-and-Go	school aged children Monday & Wednesday Kids are provided Breakfast & Lunches for 2 days. Friday Kids are provided Breakfast & Lunches for 3 days
Lenox Meal Delivery Hotline	Lenox			Delivery	(413)637-4787
Lenox Ecumenical Food Pantry in United Methodist Church 6 Holmes Rd	Lenox	Saturdays	10:00-11:00	Pantry	
<b>South</b>					
	<b>Town/City</b>	<b>Days</b>	<b>Times</b>	<b>Meal Type</b>	<b>Comments</b>
Lee Public Schools/Town of Lee	Lee	Tuesdays	after 11:30	Delivery	Weekly packages of 5 days worth of meals for Lee residents and LPS students in Tyringham; call (413) 243-0336 X3333 or email lunches@leepublicschools.net and provide name, address, phone number, # of meals need and ages of children. Need to call or email by FRIDAY to receive a box for the following week

Starving Artist Creperie and Café 40 Main St	Lee	Wed-Mon	7:30-5pm Sunday (9-3)	Delivery	More information on their Facebook, local farm fresh foods offering a weekly delivery at different price points.
Lee Food Pantry 45 Railroad St	Lee	Saturdays	10:00-12:00	Pantry	(413)266-1141
Richmond Consolidated School 1831 State Rd	Richmond	M-F	9:00-10:00	Grab-and-Go	call or email Tammy at (413) 698-2207 or tjervas@richmondconsolidated.org the night before with the number of lunches needed
Undermountain Elementary School 491 Berkshire School Rd	Sheffield	M-F	11:00-1:00	Grab-and-Go	For Southern Berkshire Families only. Can contact Jeremy Wells for more information: meals@sbrsd.org or call 413-248-0727- no registration or ID needed. On Friday, a weekend box of food is sent home. Need to register to receive. Also do delivery
People's Pantry 5 St. James Place	Great Barrington	Monday & Thursday	5:00-6:30 & 9:30-1:00	Pantry	
Monument Valley Middle School (in the main loop) 313 Monument Valley Rd	Great Barrington	Fridays	11:30-12:30	Grab-and-Go	Box of food for the week. Email meals@bhrsd.org to let them know how many you want. You need to stay in your car when you pick up. Also do delivery
GB fire station (in the back parking lot) 37 State Rd	Great Barrington	Fridays	11:30-12:30	Grab-and-Go	Box of food for the week. Email meals@bhrsd.org to let them know how many you want. You need to stay in your car when you pick up. Also do delivery
Housie Dome (front entrance)	Housatonic	Fridays	11:30-12:30	Grab-and-Go	Box of food for the week. Email meals@bhrsd.org to let them know how many you want. You need to stay in your car when you pick up. Also do delivery
Stockbridge Town Hall (back entrance)	Stockbridge	Fridays	11:30-12:30	Grab-and-Go	Box of food for the week. Email meals@bhrsd.org to let them know how many you want. You need to stay in your car when you pick up. Also do delivery
Shaker Mill Tap House 5 Albany Rd	West Stockbridge	Monday	11:00-1:00		Free lunch for any adult or child, menu will change weekly
West Stockbridge Public Market 8 Main St	West Stockbridge	M-F	12:00-2:00 4:00-6:00		Free lunch & Dinner to any adult or child in need
Farmington River Elementary School 555 Main St	Otis	Monday	9:00-10:00	Grab-and-Go	Brown Bag Meals+food for the week. Email: tdellagiustina@frsd.org for info. Delivery available

### Additional Grocery Store Hours for Seniors

	Times	Days	Comments
Big Y	7am - 8am	7 days a week	Regular hours are 7:30am - 8pm
Price Chopper/Market 31	6am - 7am	7 days a week	Regular hours are 7am - 10pm
Stop and Shop	6am - 7:30am	7 days a week	Regular hours are 7:30am - 8pm
Guidos	9am - 10am	7 days a week	Regular hours Sunday 10am - 6pm Monday - Saturday 9am - 6pm

### Other Food Supports

	Contact Information	Comments
Square Roots Farm	(413)446-1446 farmers@sqaurootsfarm.org	Offering a home delivery service, place orders through their website. Accepts SNAP.
Mountain Girl Farm	(413)663-9761 mountaingirfarm@yahoo.com	Offering a home delivery, please contact to order accepts SNAP & HIP
Massachusetts Food Delivery	<a href="https://massfooddelivery.com/">https://massfooddelivery.com/</a>	Farm fresh food delivered to your door
Meals on Wheels	(413)499-0524	Monday-Friday around lunch time
FoodSource Hotline	1(800)645-8333	This hotline connects people struggling to put food on the table with SNAP benefits and other food resources in their community. Monday - Friday from 8am-7pm Saturday from 10am - 2pm

## Financial & Utility Supports

	Contact Information	Comments
Emergency child care services for essential employees	<a href="https://eeclead.force.com/resource/1584913293000/EEC_EmergencyProviderList">https://eeclead.force.com/resource/1584913293000/EEC_EmergencyProviderList</a>	Please visit this website for a contact list of all emergency child care services.
The Department of Public Utilities	(617)305-3500	Suspending all shut-offs of gas and electric utilities, including municipal light and gas plants, for residential customers during the #COVID19 State of Emergency.
National Grid	<a href="https://ngrid.com/covid-19">ngrid.com/covid-19</a> .	Temporarily suspended collections-related activities, including service disconnections, to lessen any financial hardship. This will stay in effect at least until the end of April.
Berkshire Community Action Council	Central/South: (413)445-4503 North: (413)663-3014	If you were recently laid off apply for fuel assistance through BCAC by calling the number provided. This program can also help with free Tax prep and Loan programs.
Spectrum	1(800)488-8398	Free internet access for students.
Honda Financial Services	1(800)457-9929	If in need and cannot pay car payment - call number given and they will allow 3 month of non payment with no penalty.
Comcast	<a href="https://www.internetessentials.com/covid19">https://www.internetessentials.com/covid19</a>	2 months of internet essentials for new clients in low income families impacted by COVID
Bartender Relief Fund	<a href="https://www.usbgfoundation.org/beap">https://www.usbgfoundation.org/beap</a>	Bartender emergency assistance program, applications required, please follow the link to apply.
Covid-19 Emergency Response Fund for Berkshire County	To apply, email requests to <a href="mailto:berkshireuw@email.com">berkshireuw@email.com</a> They will require you answer a few questions.	Berkshire Taconic Community Foundation and Berkshire United Way has launched resources for 501c organization working with communities who are disproportionately impacted by the coronavirus and the economic consequences of this outbreak

## Family Supports

	Contact Information	Comments
Multilingual Factsheet	<a href="https://www.kingcounty.gov/covid">https://www.kingcounty.gov/covid</a>	Public health factsheet in 11 languages
Berkshire Community Diaper Project	<a href="https://www.berkshirecommunitydiaperproject.com/need-diapers">https://www.berkshirecommunitydiaperproject.com/need-diapers</a>	Please follow this link for locations on Diapers in your area
Child Care of the Berkshires & NBCC	(413)663-7588	Emergency Diapers

## Substance Use Supports

	Contact Information	Comments
Pause A While	(425)436-6360 Access Code 422932#	Free conference call for AA meetings @2pm everyday.
1 Day at a Time	<a href="https://zoom.us/j/773878425">https://zoom.us/j/773878425</a> Or call in 1(646)876-9923 Meeting ID: 773 878 425	Zoom meeting for AA. 10pm EST 7 days a week. featuring a 15 minute speaker or topic followed by group discussion.
SROL (Smart Recovery Online Community)	<a href="https://www.smartrecovery.org/community">https://www.smartrecovery.org/community</a>	Warm and caring online community where participants interact and help one another recover from addictive behaviors. Registration is required to access SMART recovery online message board, chat room, and online meetings.
Narcotics Anonymous	<a href="https://www.na.org/meetingsearch/">https://www.na.org/meetingsearch/</a>	Online meetings
Spectrum Health Systems	(413)442-0402	Still currently seeing patients

SaVida Health in Pittsfield	(413)236-9100	Monday - Thursday 8am-6pm, still seeing patients.
Savida Health in North Adams	(413)398-5180	Tuesday - Friday 8:30am - 5:30pm, still seeing patients.
CleanSlate Addiction Treatment Centers	(413)347-4088	Still seeing patients, will move to telahealth in future if necessary with pharmacy pick up for medications.
Brien Center	(413)499-0412	Using telahealth and phone based therapy. Injection clinic is still open, only one patient at a time. Day treatment programs and on hold.
Tapestry Health	(413)443-2844	Needle Exchange: Still open for needle exchange and narcan. Willing to give more supplies than normal to limit visits. No current testing Preventative Health: using telahealth with no in-person visits, can provide birth control and support for other that may have been exposed to an STI.

### Mental Health Supports

	Contact Information	Comments
Crisis Text Line	Text "Connect" to 741741 <a href="http://www.crisistextline.com/textline">www.crisistextline.com/textline</a>	Text line if you are anxious about COVID-19
North Berkshire EOC Hotline	(413)662-3614 email: <a href="mailto:nbcovid@gmail.com">nbcovid@gmail.com</a>	8am - 5pm Monday through Friday answering questions related to COVID-19, regarding what services you may need as well as additional resources in your community
Parent Support Groups	<a href="https://zoom.us/j/6607380697">https://zoom.us/j/6607380697</a> or Dial in 1(646)558-8656 Meeting ID 6607380697#	Mon 3/23 at 9am & 4:30pm Tues 3/24 at 8am & 6pm Wed 3/25 at 9am & 4pm Thur 3/26 at 12pm & 5pm
Parental Stress Line	(800)632-8188	24-7 Free & Confidential hotline for parental anxiety. Which can help address the following questions How do I protect my children? what do I tell them? or simply, how do I keep them busy when thier is no school?
Coping Skills tool-kit	<a href="http://www.virusanxiety.com">www.virusanxiety.com</a>	Resources to help you manage anxiety and stress during this time
National Alliance on Mental Illness	<a href="https://namimass.org/online-and-phone-support-options/">https://namimass.org/online-and-phone-support-options/</a>	Many in-person peer and family support options have een temporarily suspended. Please visit this website to find options accessible during this time.
Veterans Crisis Line	(800)273-8255 and Press 1, or text 838255 to connect	Free confidential recourse for Veteran in crisis and their families and friends, including veterans not registered with the VA

**\*\*\* This is a working Document, not a Comprehensive list, Last Updated 4/1/2020 \*\*\***