As our community faces many challenges during the COVID-19 pandemic, the Family Resource Center is here to assist you. Simply call us at 508-567-1735. Please leave a recorded message, and we can help with basic needs, caregiver assistance, and education support.

Let us help you with:

- Information and referral to local community resources
- Basic needs, such as food, toiletries, cleaning products, masks, and more
- Housing resources like rental assistance, fuel assistance, and housing applications
- Healthcare resources and mental health services
- Educational resources to provide support while “crisis schooling” your child
- Parenting Support like parent education groups and grandparent support groups
- Virtual playgroups and children’s activities
You may also wish to access these additional resources:

**Mass211**: This resource provides a comprehensive database of information and services. Dial 2-1-1 on your phone or visit mass211.org.

**Parents Helping Parents**: www.parentshelpingparents.org provides online support groups and chat 24/7 for parents. They also run a 24/7 Parental Stress Line. Call 1-800-632-8188.

**Samaritans of Fall River/New Bedford**: Offering confidential mental health support. Call 866-508-4357. You may also call the National Suicide Prevention Lifeline 1-800-273-8255 or visit suicidepreventionlifeline.org

Grief group support is available from **HopeHealth** at multiple days and times throughout the week utilizing virtual groups. If you need grief support, please call the **Center for Hope & Healing** at 1-888-528-9077 to schedule a time for someone to reach out to you.

**Bay Cove Human Services** is offering over-the-phone crisis evaluation: 1-800-981-4357

The **LGBTQ National Hotline** serves all ages. Call 1-888-843-4564