



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

*The Family Resource Center (FRC), located at 45 Rock Street in Fall River, is a single point of entry to access community-based, culturally competent family support services. The FRC helps families focus on strengthening their bonds, connecting to others, and engaging in their communities.*

## *You may also wish to access these additional resources:*

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

### **Parents Helping Parents:**

[www.parentshelpingparents.org](http://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](http://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