

# JCHA Mini Resource Guide

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## FREE YOUTH PROGRAMS FOR JCHA FAMILIES

- **Boys & Girls Club: Afterschool**

Daily, in-person enrichment programming from 3-6pm, for youth in grades 2-8 at all 5 family developments. Programming is on-site at Marion Gardens. Other sites are bussed to the Boys and Girls Club Houses in Hoboken (Hudson & Holland Gardens) or Jersey City (Booker T & Curries Woods).

Phone: (201) 333-4100

Website: <https://www.bgchc.org/>

- **Greater Bergen Community Action: Head Start/Early Head Start and Services for New/Expecting Moms**

Early childhood education for ages 0-5 with 7 locations across Jersey City including on-site at Marion Gardens & Curries Woods. Wrap around social services are available for the whole family. Services available for expecting and new moms.

Phone: (201)-884-1050

Website: <https://www.gbcaheadstart.org/>

## FOOD RESOURCES

- SNAP/General Assistance Benefits: Self-screen & apply for benefits at <https://www.mynjhelps.gov/home>
- WIC (for pregnant, breastfeeding & postpartum woman, infants & children up to 5 years): Prescreen for WIC eligibility at <https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>
- Food Pantries, Farmers Markets, & Meals on Wheels in Jersey City:
  - Visit <https://www.jerseycitynj.gov/cityhall/health/divisionoffoodnutrition>
  - Some food pantries will request photo ID & proof of residence

## WORKFORCE DEVELOPMENT RESOURCES

Contact Michael Strom, JCHA Workforce Development: 973-979-5064 or [mstrom@jcha.us](mailto:mstrom@jcha.us)

- Women Rising Career Services: 201 333 5700 ext 560 or email [job@womenrising.org](mailto:job@womenrising.org)
- One Stop Career Services - <https://bit.ly/NJ-Career-Services> or call 201.369.5205, Option 2
- NCCTI Career Training: go to [newcommunitytech.edu](http://newcommunitytech.edu) or call 973-824-6484
- Workforce Support for People in Recovery: 732-850-2817 or email [RCDD@preventionlinks.org](mailto:RCDD@preventionlinks.org)
- Construction & Maintenance Interest Form: [bit.ly/jchasection3work](https://bit.ly/jchasection3work) or call 973-979-5064
- Flyers of job openings, trainings & other opportunities: <https://bit.ly/currentflyersjcare>
- JCHA Job Openings: <https://bit.ly/jchajobboard>
- LIVE Online Professional Development (Free) - <http://gwvirtualcampus.org/>
- JCHA Digital Access & Training Pathway: <https://linktr.ee/jchadigital>

## INTERNET RESOURCES

- Internet coupon: get up to \$30 off your internet bill. Visit [www.getacp.org](http://www.getacp.org)
- To learn about free and low cost internet and computers, visit [www.everyoneon.org/find-offers](http://www.everyoneon.org/find-offers)
- Learn more about digital resources and check out JCHA's digital inclusion mini guide by visiting [www.jerseycityha.org/digitalinclusion](http://www.jerseycityha.org/digitalinclusion)

## HOTLINES FOR EMOTIONAL SUPPORT & MENTAL HEALTH

- Abortion – Call: 1-866-439-4253 or Text: HELPLINE to 313131
- Bullying – Call: 1-800-420-1479 or Text: HOME to 741741
- Domestic Violence – Call: 1-800-799-7233 or Text: SUPPORT to 741741
- Eating Disorders – Call: 1-800-931-2237 or Text: NEDA to 741741
- Greif – Call: 1-800-445-4808 or Text: CARE to 839863
- LGBTQ+ – Call: 1-866-488-7386 or Text: START to 678678
- Mental Health – Call: 1-800-950-6264 or Text: NAMI to 741741
- Pregnancy Infant & Child Loss – Call: 1-800-944-4773 or Text HELLO to 741741
- Self-Harm – Call: 1-800-366-8288 or Text: CONNECT to 741741
- Sexual Assault – Call: 1-800-656-4673 or Text: HOME to 741741
- Suicide – Call/Text: 988 or Text: HOME to 741741

## COVID-19

- CDC Information and FAQ on COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/>
- For Spanish-speaking individuals: <https://www.ncoa.org/about-ncoa/bienvenidos-a-ncoa/covid19-recursos-para-adultos-mayores-y-sus-cuidadores/>
- State of NJ COVID-19 Information: <https://www.nj.gov/health/cd/topics/ncov.shtml>
- Online COVID-19 Self-Assessment: <https://self.covid19.nj.gov/>
- 24 Hour NJ Public Hotline: 1-800-222-1222 Call anytime if you have questions about coronavirus, symptoms, or risk of exposure.
- For information on local testing sites, visit <https://jerseycitynj.gov/covidtesting>
- Getting vaccinated: <https://covid19.nj.gov/pages/vaccine>

## ADDITIONAL LOCAL RESOURCES

- **The Jersey City Free Public Library**

The Jersey City Free Public Library (JCFPL) the needs of the community by providing a wide array of programming and resources, and access to a broad range of print, digital, and audiovisual collections. To find what your local branch offers and branch hours visit:

<https://www.jclibrary.org/>

- **Findhelp.org**

Search and connect to support. Financial assistance, food pantries, medical care & other free or reduced-cost help at:

<https://www.findhelp.org/>

## JCHA CONTACT INFORMATION

- JCHA Main Number: (201) 706-4600
- JCHA Website: [www.jerseycityha.org](http://www.jerseycityha.org)
- JCHA Resident Services: (201) 706-4695

- Social Media:  @jerseycityhousingauthority  @jerseycityhousingauthority  @jerseycityha